

Our Town

S · T · J · A · M · E · S



MAY
2009

Volume 22
Number 7

Keeping you up to date on
SALES, HAPPENINGS
& PEOPLE
In Our Town - St. James
PUBLISHED MONTHLY



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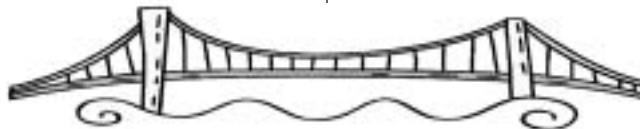
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OUR TOWN

- ST. JAMES -

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PLEASE NOTE:

Advertising & Editorial Deadline for the **JUNE** edition
of OUR TOWN • ST. JAMES is

THURSDAY, JUNE 4, 2009 - 12 NOON.

Distribution takes place on **Wednesday, June 17, 2009.**

George's Innovative Inflatables

631-757-0294

by Elizabeth Isabelle

How would you like to see your children literally bouncing off the walls this summer, right in your own backyard! Then pick up the phone and call George's Innovative Inflatables for a stress free children's party. Delivered right to your home and set up for you, George's Innovative Inflatables has been the number one choice for family entertainment for the last 18 years in both Suffolk and Nassau counties. St. James Chamber of Commerce members, Rachel and Joe, along with their professional and kid-friendly staff, are your party experts and one-stop entertainment source. George's Innovative Inflatables is both licensed and insured, making their dedication to customer satisfaction and safety second to none.

With over 40 pieces to choose from, you are sure to find something for kids of all ages. The two newest additions to Rachel and Joe's collection of inflatables are the *Sticky Velcro Wall* with four velcro suits sized from youth to adult and the *5-in-1 Inflatable Festival Arcade Game*



System! The Carnival Games include Darts, Football, Soccer, Baseball, Golf and Frisbee! Don't forget about the favorites from last year which included, the *Bungee Run*, the thrilling *180 Degree Water Slide* and the *5-Game Sport Arena* featuring soccer, volleyball, basketball, twisting and jousting!

At George's Innovative Inflatables, no party is too large or too small. George's also provides a full catering service as well, enabling you to completely enjoy and relax at your own party. Chicken, hamburgers, hot-dogs and sausage and peppers,

along with salads are just a few of their barbeque offerings. Set-up begins well before your guests arrive, assuring you that things are in full swing the moment the party-goers arrive!

Do you love festival

food such as fried oreos, zep-poles, funnel cakes, pucker powder and sno cones? George's can provide that too and so much more. Bar or Bat Mitzvahs, Communion, Graduations, Family Reunions and Sweet Sixteens are just a few of the special occasions that can be made more memorable with the help of Rachel and Joe. By the way, a graphic artist is on staff to help with any t-shirt needs, etc. They are experienced with school and church fundraising events as well as being a part of many of town chamber events across Long Island. Their professionalism, experience and coordination of special events has earned them a stellar reputation island-wide.

Call Rachel or Joe and ask about current special promotional offers. They look forward to providing excellent service for your next special event. Remember, an outrageous party is just a phone call away. George's Innovative Inflatables – the entertainment place for all your party needs. For a good time call 631-757-0294... AND LET THE FUN BEGIN!

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4019 Wilshire Ln., Oakdale.
\$259,000.



714 Meadow Rd., Smithtown.
\$479,900.



535 Moriches Rd., St. James.
\$899,000.

A R O U N D T O W N

This 1969 Camaro SS is one example of the hundreds of custom and collectible show cars expected to turn out on Sunday, June 7 at Flowerfield Fairgrounds.



Car Show & Swap Meet

Long Island Cars will host their *Custom and Collectible Car Show and Swap Meet* on Sunday, June 7 at the Flowerfield Fairgrounds in St. James. Acres of classic and collectible autos including street rods, exotics, muscle cars, customs, antiques, S.U.V.'s, imports and classics of the 50s, 60s and 70s will compete in judging in 50

classes with impressive trophies.

Hundreds of vendors will be available selling all kinds of older parts, literature and accessories necessary for the auto collector, plus a wide variety of cars will be for sale by owners.

Show hours are: 8 a.m.-5 p.m., rain or shine. General admission is \$8/adults, children

under 12/free. Free parking. Bring a can of food to be donated to Long Island food pantries and save \$1 off your admission. Show or sell your collectible car with admission price. Judged cars and vendors register at the gate from 7-10 a.m. Call 567-5898 or visit www.LongIslandCars.com.

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AROUND TOWN

Mills Pond Elementary Blood Drive a Success

Once again on April 27, the Mills Pond Elementary School PTA in conjunction with Long Island Blood Services and the generous donors of St. James saved over 150 lives.

Special thanks go out to Vicky Cuomo for donating a gift certificate to Bocu Salon; and a tremendous big thank you to Gwen

Wallash and her son, Jake, for getting additional gift certificates to raffle off to the donors, as well as donating their time to help at the drive.

If you missed your chance to donate at this Blood Drive, you will have another opportunity to donate at Nesaquake Middle School on Monday, June 22,

2009.

There were some people that wanted to donate, but unfortunately, they couldn't because they were iron deficient. So up your intake of iron and schedule your appointment today with Thea at 631-806-8969.

Remember, when you donate blood you **Give the Gift of Life**.



School Superintendent Visits Fairfield Civic Group

The Fairfield Civic Association was honored to have Superintendent of Schools, Edward Ehmann,

Pictured (L-R) is Fairfield Civic Assoc. Vice President John McNulty and Smithtown Superintendent of Schools, Edward Ehmann.

as their guest speaker on May 4. Mr. Ehmann's presentation was informative and insightful with open dialogue regarding the school budget and curriculum. The Civic Association has been invited to tour one of the District's schools.

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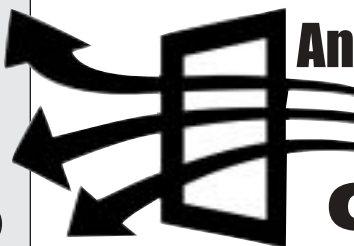
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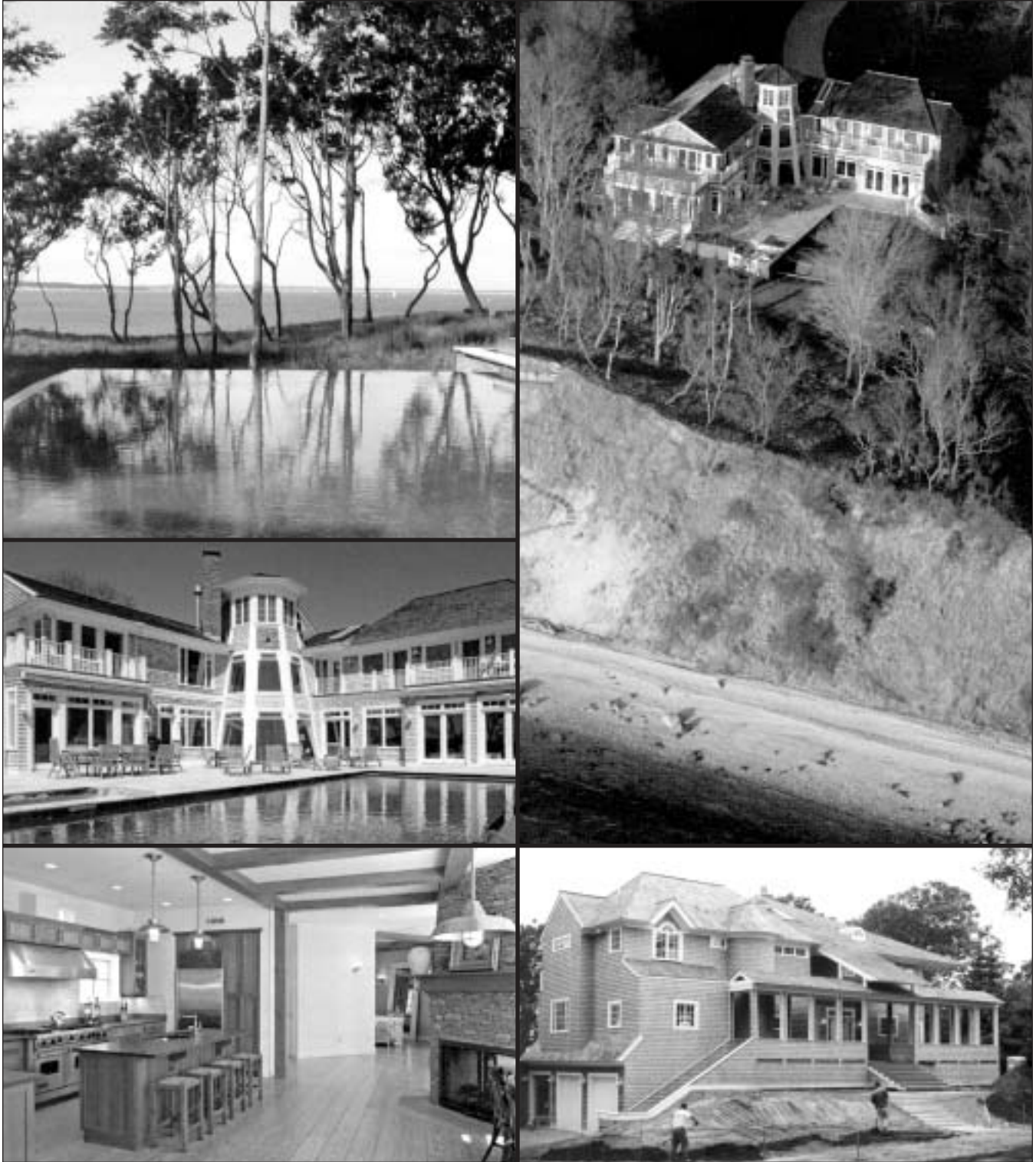
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Senior Spring Fling Set for May 29

The Senior Resource Alliance (SRA) of Western Suffolk would like to invite the senior residents of St. James and the surrounding communities to their 2nd Annual *SPRING FLING!* This FREE event will take place on Friday, May 29, 2009 at Deepwells Mansion, Route 25A and Moriches Road in

St. James, from 3 to 6 p.m.

In addition to food and beverages, their special guest speaker will be Ron Villano. Ron is not just a motivational speaker – he's a life changer. You will leave this talk like a new person!

Space is limited to the first 100 respondents, so please reserve

your spot by May 21... Call Howard Essinfeld at 631-544-6500.

This event is sponsored by the SRA of Western Suffolk, a group of professionals who work with seniors and want to give back to the community. For more information, please visit their website: www.SRAwesternsuffolk.com

Chinese Auction on Saturday, June 20

The Society for Lending Comforts will hold a Chinese Auction on Saturday, June 20 from 1-4 p.m. at the Brush Barn, 211 Middle Country Road (located behind the historic Epenetus Smith Tavern) in Smithtown. Refreshments will be served.

A donation of \$10 is requested for a block of 25 tickets; \$8 for each additional block of 25 tickets. All new auction items are

worth between \$20 and \$50 each and include gardening items, beauty products, jewelry, assorted gift certificates, books, pet products, cooking items, clothing and accessories, appliances, gift items, kitchen gadgets and more.

If you can't attend the auction, you can still participate by sending your name, address and telephone number with your \$10 (\$8 additional tickets) donation –

indicate the categories you would like them to put your tickets in. You will be notified if you are a winner.

Proceeds will be used to purchase medical equipment which Lending Comforts loans out free of charge to all residents of Smithtown Township. The Society for Lending Comforts is located at 71 Blydenburgh Avenue in Smithtown.

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Fleet Week in NYC Begins May 20

submitted by LTJG Megan Shutka

Thousands of Sailors, Marines and Coast Guardsmen from U.S. Navy and U.S. Coast Guard ships will be in Manhattan for Fleet Week New York, May 20-27.

Hosted nearly every year since 1984, Fleet Week New York is the City's celebration of the sea services. This annual event also provides an opportunity for the citizens of New York City and the surrounding Tri-State area to meet Sailors, Marines and Coast Guardsmen, as well as witness first hand the latest capabilities of today's Navy, Marine Corps and Coast Guard Team.

Fleet Week includes dozens of military demonstrations and displays throughout the week, as well as public visitation of many of the participating ships.

Ship Tours will be held during

the week in Manhattan (USS Iwo Jima (LHD-7) at Pier 88N and USS Roosevelt (DDG-80) at Pier 90S).

USS Vella Gulf (CG-72, USS Thunderbolt (PC-12), USS Tempest (PC-2) and USS Hurricane (PC-3) will be at the pier on Staten Island.

General public touring in Staten Island and Manhattan will be conducted daily (except Sunday in Manhattan) from 8 a.m. to 5 p.m. Lines will be capped at 3 p.m.

No visitation will be conducted in Manhattan on Sunday. Visitors are encouraged to come early and are reminded that lines to visit these ships may be closed prior to scheduled visiting hours so that the last people in line have the opportunity to complete their tour in conjunction with the



end of visiting hours.

For more information on Fleet Week New York City 2009, please visit the website: www.cnmc.navy.mil/cnrma/Programs/FWNY/index.htm

Editor's Note:

LTJG Megan Shutka, USS Enterprise (CVN-65), Public Affairs Officer, is the daughter of Megan and Charles Shutka of St. James. Megan earned her Gold Award, the highest rank in Girl Scouting, by starting the Annual Spring Egg Hunt in St. James. We look forward to getting updates of interest from Megan.

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Memorial Day Parade on Monday, May 25

The Sgt. John W. Cooke, Post 395, Veterans of Foreign Wars in St. James, extends an invitation to the community to join them in their celebration of Memorial Day, May 25, 2009. The parade and ceremony is the chance to remember all veterans, especially those who made the ultimate sacrifice.

The parade group will assem-

bly at 10 a.m. at the intersection of Lake and Woodlawn Avenues in St. James and step off at 10:30 a.m. when they will march to the St. James Elementary School, where the appropriate ceremonies will take place.

For further information, contact parade chairman Lee Dike at (917) 865-8899.



Setauket Village Green Walking Tour

The Three Village Historical Society will hold walking tours of Setauket, designed for students, families and adults, on Saturday, May 23, at 10:30 a.m. and Sunday, June 14 at 1:55 p.m. Discover Setauket's rich history as you explore its architecture and beautiful natural environment.

Visit the cemetery where the

leader of the Setauket Spy Ring is buried, near the resting place of the artist William Sidney Mount. See the 17th and 18th century homes of the early residents of Suffolk County and 19th century homes of sea captains.

Tours leave from the Setauket Neighborhood House, 95 Main Street, in Setauket, across from

the Mill Pond, and lasts 1½ hours. Fee: \$3 for Society members, \$5 for non-members.

For additional information, contact the Three Village Historical Society at 751-3730 or visit their website www.threevillagehistoricalsociety.org.

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Smithtown, NY – Price Reduction

5.75 river front home with Cottage, barn, icehouse & docks; 5 bedrooms, 4 baths, 4 fireplaces, breathtaking & expansive views. Picturesque, secluded, simply enchanting. DGSER Enhanced Listing. SD #1. MLS# 2126948. \$1,795,000.



Head of the Harbor, NY

Fully restored 16-room house on 4.75 acres. 9 bedrooms, 5.5 baths, 7 fireplaces, front-to-back living room. Fabulous period detail paired w/modern conveniences. Estate setting w/room for tennis, pool, horses, vineyard. Smithtown SD #1. MLS# 2160132. \$1,150,000.



Head of the Harbor, NY – Horse Property
Idyllic 4.1 acres of pasture & mature trees adjacent to 37-acre preserve. Inviting circa 1844 Farm House. 4 bedrooms, 3 full baths, many charming details, lovely enclosed porch. Plus a spacious 3 bedroom, 2 bath Cottage. Smithtown SD #1. MLS# 2145360. \$1,490,000.



Fort Salonga, NY – Contemporary

11 rooms, 5 bedrooms, fine custom millwork, oak, walnut, granite floors, new kitchen & bths. Lower level recreation room, gym, sauna, many extras. 1-acre private oasis, evergreens, rhododendrons, free-form pool, gazebo. Kings Park SD #5. MLS# 2124358. \$1,285,000.



Miller Place, NY

Welcome to North Harbor at Miller Place, close to the water. 5 bedroom Colonial offers oversized entertaining rooms, 2-story entry, formal dining & living room. Custom painted, wood floors, prof. landscaped w/pool. SD #8. MLS# 2147874. \$849,900.



St. James, NY – Price Reduced

Young Victorian, wrap-around porch, 4 bedrooms including main-floor bedroom, eat-in kitchen w/ granite, family room with fireplace, much more. Half acre. Smithtown SD #1. MLS# 2158687. \$579,900.



St. James, NY – Country Charmer

This house has it all. Unique expanded floor plan, new master suite, large eat-in kitchen, dining room & family room. This 3-bedroom Ranch is perfect for entertaining. Sited on 1/2-acre w/extensive perennial gardens & IG Pool. Smithtown SD #1. MLS# 2146078. \$575,000.



St. James - Price Reduced

Spacious 4 bedroom, 2 bath Cape. Vinyl siding, young roof & heating system. Wood floors, full basement, 2-car detached garage. Smithtown SD #1. MLS# 2143315. \$339,000.

RENTALS

• St. James, NY – Victorian

3 bedrooms, 1.5 baths, sunroom, 1-car garage, washer/dryer. Half acre, close to all. SD #1. MLS# 2129093. \$2,150 +utilities.

• Nissequoque, NY – Spectacular Water Views

Water views from every room. 2 bedroom, 2 baths, living room w/fireplace. Full furnished. No pets, no smoking. TRW & referenced required. Smithtown SD #1. MLS# 2155270. \$2,100.

• St. James, NY – Charming Cape

Recently remodeled. New roof, new siding, new kitchen cabinetry, refinished hwd flrs. Fireplace, detached 2-car garage, extremely clean. No smoking/pets. SD #1. MLS# 2149057. \$2,200 +utilities.

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Nissequogue, NY – New To Market

Traditional Clarendon Farm Ranch situated on a quiet cul-de-sac & nestled on 2 usable acres with mature trees, gunite pool, tennis court. Features old world charm such as built-in bookshelves, decorative moldings, woodfloors, plus modern amenities. Living room w/fireplace, large eat-in kitchen, sun-drenched den, 5 bedrooms, finished basement. Priced to sell. SD #1. MLS# *1045833. \$995,000.



Nissequogue, NY – Elegance and Character

This spacious Yablonski Cape has been tastefully updated. Features 2 fireplaces, woodfloors throughout, remodeled den, updated heating system, updated CAC, remodeled guest bath. Gourmet kitchen features cherry wood cabinetry, GE Monogram appliances, honed granite countertops, slate backsplash. Situated on a shy 2-acre parcel with brick patio & rose garden. SD #1. MLS# 2149929. \$899,000.



Nissequogue, NY – Price Reduction

Water view lot – Level ½-acre has water views of Stony Brook Harbor & is near Long Island Sound. It has health department approval & building permit for 3,600 sq. ft. home. SD #1. MLS# 2079172. \$499,000.



St. James, NY – Spacious Farm Ranch

Pride of ownership is evident in this 3-bedroom, 2-bath Farm Ranch. New light cherry kitchen cabinetry & countertops, den w/fireplace, 1st floor master. 2 driveways provide for extra parking & easy access. SD #1. MLS# 2115618. \$355,000.



Ronkonkoma, NY – Price Reduction

Lovely 2-bedroom Condominium in Nob Hill South. Newer appliances in the kitchen, updated bath, new Andersen slider to balcony. Plenty of closets for storage. SD #7. MLS# 2154203. \$226,500.



Hauppauge, NY – Great Value

Bright and appealing 1-bedroom Condominium with new wall-to-wall carpeting, updated bath, large bedroom, neutral décor. Its mid-block location & side entry provide privacy. SD #13. MLS# 2159659. \$199,900.

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St. James, NY

Great House. Well-maintained and immaculate Cape. Updated kitchen with granite, updated baths, 3 large bedrooms, deck. SD #1. MLS# 2174329. \$389,999.



St. James, NY

Point-of-Woods 4-bedroom Colonial. Living room, dining room, eat-in kitchen, open floor plan, main-level master suite, finished basement, in-ground pool. SD #1. MLS# 2175532. \$985,000.

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**The St. James Office
Of Daniel Gale Sotheby's International Realty
Is Pleased To Announce**



**Lisa Jackson
Has joined our office as a Licensed Salesperson.**

Lisa grew up in Miller Place and has lived in St. James for the past 10 years. As a true Long Islander, she has a comprehensive perspective on the North Shore's real estate market. In addition to being an experienced real estate salesperson, she has worked in both the technology and property management fields. Lisa has a daughter, who attends the Mills Pond Elementary School in St. James.

Lisa's enthusiastic personality, professionalism and attention to detail combine to enable her to provide her clients with a well-rounded approach to their real estate needs.

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Little Shelter Animal Rescue & Adoption Center Celebrates 82 Years of Saving Lives!

It was a time of great opulence. People were dancing the Fox-trot and Charleston, the radio was invented, and Rin-Tin-Tin went from rags to riches and became the most famous movie dog in history. Unfortunately, life wasn't so wonderful for the homeless dogs and cats that roamed the streets in Huntington. Rounded up by the town dog-catcher, these animals were kept in a tiny shed, in deplorable conditions until claimed by their owners, or they met their unfortunate end.

The 1920's also gave birth to one woman's dream. Anna Hunninghouse dreamt of opening a refuge where homeless animals could live in safety and comfort until a new home was found. Her dream came true in April



1927 when the doors of Little Shelter were unlocked for the very first time.

Since that fateful Sunday, thousands of animals have passed through the doors of Little Shelter. Their outreach has grown from community-based to nationwide, and Little Shelter continues to set the benchmark for other shelters to follow. Their mission is

now, as it was then, to serve as a refuge for abandoned and homeless animals, by providing food, quality medical care, and shelter, until loving, permanent homes can be found - in essence, to 'Rescue, Nurture & Adopt'.

Anna's dream lives on, and we know that she would be very proud of what Little Shelter has become today

**HAPPY 82ND ANNIVERSARY
LITTLE SHELTER!**

Please help to continue Little Shelter's mission. Little Shelter, a no-kill animal shelter in Huntington finds loving homes for thousands of unwanted pets every year. Call to make a donation at 386-8770, ext. 206 or visit their website at www.littleshelter.com and give the 'gift for a life' today.

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Safe Boating Course Offered on June 9

The United States Coast Guard Auxiliary Flotilla 2204 will be conducting *America's Boating* course to promote safe boating at the Stony Brook Yacht Club. This three-week course will be held

on Tuesdays beginning June 9, from 7 to 10 p.m. The cost is \$45 per person which includes the book.

For more information about this class contact Ken Gustafson

at 821-9248 or Flotilla Commander Ronald J. Doda at 786-6818.

Boating safety classes will be held at additional locations, see website for further information – www.flotilla2204.com

Youth Rally at Grace Church

Grace Church, a non-denominational church located at 450 Edgewood Avenue in Smithtown, is hosting a *YOUTH RALLY* on Saturday, May 30 from 6-9 p.m.

This special night for 7th-12th graders from the community, is an opportunity for youth to get together. There will be speakers, music, drama, snacks, and

games... and ALL is FREE!

For further information call 265-4680, or visit their website at: www.gracechurchsmithtown.org.

Temple Beth Chai Calendar 870 Townline Road, Hauppauge • 724-5807

Defensive Driving Classes

Call for dates • All Ages

The National Safety Council, in cooperation with the Department of Motor Vehicles, offers a way to lower your insurance premiums and reduce your driver record violation points. For further info,

and to register call 360-9720.

Sabbath Services

Friday evenings, 8 p.m.

Saturday mornings, 9:30 a.m.

Temple Beth Chai, a Conservative/ Egalitarian Synagogue welcomes the community.

"FREE" Early Childhood Programs

Sunday School for kids in 1st and 2nd grades and Shalom Sesame for preschool, pre-K, and kindergarten students. Call the temple to register and request a schedule at 724-5807.



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Trailblazer Program

- Half day program 9:00 am - 12:30 pm
- Recreational swim and snack included
- Course titles include: Literacy through Sensational Creativity, Literary Minds (beginner), Literary Minds (advanced), Green Power Science for the Young Scientist, Green Power Science for the Advanced Scientist, Introduction to iMovie, Computer Adventures, Masterpiece (studio art) and Preseason Soccer Training
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10 Reasons to Use the Smithtown Library

The Smithtown Library has four branches –

- Main Branch -Smithtown, 1 North Country Rd., 265-2072
- Nesconset, 127-20 Smithtown Blvd., 265-3994
- Commack, 3 Indian Head Rd., 543-0998
- Kings Park, 1 Church Street, 269-9191.

Visit the Library's website at www.smithlib.org

1. Search for Jobs

Your Library has a large collection of resources that are a good starting point for job seekers. Collections include test prep guides and resources about career choices, job searching, resume writing, and interviewing.

2. Update Your Resume -- Apply Online

Your Library can provide print resources for job seekers as well as assistance applying for jobs and posting resumes online. You

can also use word processing and other software for updating your resume or writing cover letters.



3. Learn a New Skill

Your Library offers programs, including classes to help you master basic computer skills and workshops about making savvy investment decisions. Check out all the choices by searching the online program calendar.

4. Connect to FREE Internet and WiFi

Your Library offers FREE access to the Internet. Or, go portable and bring in your laptop. There is FREE WiFi too.

5. Find Data

Boost your business. Databases from reliable, respected sources are available at no charge to the public. All you need is your Library card.

continued on page 26

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10 Reasons to Use the Smithtown Library

continued from page 24



6. Use the Business Resource Collection

The Smithtown Library has a Business Resource Collection which has information on the management, planning, finance and legal aspects of starting a small business, as well as information on industry and market analysis. Programs and workshops may also be available.

7. Be Smart; Get Your Kids Homework Help

Students of all ages have access to a wide collection of reference materials including

dictionaries, encyclopedias, almanacs, and atlases at the Library.

8. "Test-Drive" it Before Buying

Make sure your purchases work for you, before buying. Borrow for free from the Library's wide variety of books, audiobooks, music on CDs, and DVDs. There's also an amazing range of magazines and newspaper.



9. Be Entertained for FREE

Use your Library for a family night out or to pick up a new

hobby, such as knitting, gardening, cooking or researching your family tree. The Library offers FREE programs for patrons of all ages. Story times for infants, toddlers, and preschoolers, puppet shows, music performances, author visits, even gaming programs along with summer reading programs for kids and teens.

10. Can't Get to the Library? Find it Online

Collections of digital materials include hundreds of great books (audiobooks and eBooks), music and DVDs. Titles can be downloaded 24/7 – all you need is your Library card number. Use What's New @ the Library to keep up with new additions to the collection.



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Most present coupon at time of service. Offer Expires 6/30/09

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Price does not include environmental fees or taxes on all the coupons. Cannot be used in combination with other coupons or discounts. Some models and vehicles with the monitoring systems slightly higher. Some models may be extra. All coupons must be present at time of service.

Offer Expires 6/30/09

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Smithtown RANCH... College Section... .25 Acre, 3 Bedrooms, 1.5 Baths, Living Room w/Dining area, Eat in Kitchen, Full Basement w/Outside Entrance Partly Finished, Andersen Windows, New Window Treatments, CAC, IGS, New Blacktop Driveway, System 2000 HI-efficiency OHW w/Separate Hot Water Heater, Private Backyard.\$425,000.

2009 MARKET UPDATE

21 Houses went into Contract in April

Listing Price	Under \$300,000	\$301,000-\$500,000	\$501,000-\$700,000	\$701,000-\$999,000	Over \$1,000,000	To Date
St. James 11780		2	2	1		19
Head of Harbor 11780:				1		5
Nissequoque 11780:			1			6
Smithtown 11787:	1	6	1	1		47
Nesconset 11767:	1	3		1		25
Total to Date:	15	50	21	12	4	102

Above information as per Multiple Listing Service of Long Island as of 4/30/09

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NISSEQUOGUE. "WATERFRONT"

Spectacular water-views! Diamond Post Modern. New Gourmet EIK. 2 frplc, wetbar, walls of glass overlooking panoramic LI sound views. FDR, Great rm, FR, 4 BRs. Amenities include: antique hardwood floors, vaulted ceilings, mahogany decking w/2 electric awnings, fin. bsmt, elevator to all levels, CAC, 2 car gar. Electric gated entry & 2.7 lush green treed acres. Cul-de-sac. MORE!



\$2,750,000.

ST. JAMES. "OAKFIELD AREA"

Lovely Custom Colonial featuring front to back FLR w/frplc, FDR w/French doors, FR w/brick frplc, EIK, den w/walls of glass overlooking 1 acre treed private prop. Oak flrs thru-out, custom moldings, 4 BRs, 2.5 baths. 2.5 garage. Bsmnt w/ose. A gem!



\$699,000.

HEAD OF HARBOR. "CUL-DE-SAC LOCATION"

Lovely Williamsburgh Colonial has new arch. roof & is freshly painted. Oak floors, LR/frplc, FR/frplc, 4 BRs, 2.5 baths, FDR, EIK, CAC, bsmt, 2 car. Deeded beach & mooring rights. Great location!



\$739,000.

SMITHTOWN. "NEW TO MARKET"

Large Ranch home features 3 BRs, 2 full baths, LR w/frplc, eat-in-kitchen, den. Oak floors, CAC, level .38 acre, patio & IGS. 1/2 garage. Full bsmt w/ose. Walk to town, park & pond.



\$385,000.



ST. JAMES. "A TRUE GEM"

Fabulous Victorian style home in diamond condition features charm & character thru-out. Hardwood floors, mouldings, Andersen windows, 3 BRs, 3 full baths. Shy 3/4 acre level property w/IGP, deck & patio. 2.5 car garage. Full fin bsmt. w/ose. \$585,000.



ST. JAMES. "NEW TO MARKET"

Lovely Hi Ranch features 4 bedrooms, 2 full baths, formal LR & DR, oak floors, updated bath, new gas heat, roof 3 yrs, mostly Andersen windows, 1 car. Walk to LIRR, town & parks. \$399,000.

\$399,000.

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NISSEQUOGUE. Level treed 3 acre parcel. Seasonal harborviews. Quiet street. Small Cottage (in disrepair) on property. Prime location. \$1,100,000.

NISSEQUOGUE. Private Waterfront Community. Level treed 2 acre lot, cul-de-sac street w/deeded access to sandy LI Sound beach. \$949,000.

HEAD OF HARBOR. Mostly level treed secluded 3.69 acres property, backs to 2+ acres of protected conservation land. 3V schools, includes all permits, plans for 6,000+/- sq. ft. Colonial w/3 car garage. \$585,000.

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SMITHTOWN. Building & Business. Free standing, 2400 sq. ft. 2 story bldg. in heart of town. 20 seat Deli business on first floor, turn key operation, + 2nd floor apts, bsmt. Parking at rear & street. \$425,000.



ST. JAMES PROPER. "NEW CONSTRUCTION"

Prime location. 2800 sq. ft. Custom Colonial on beautiful level half acre. 2 story foyer, granite tops in EIK & baths, oak floors thru-out, Andersen windows, arch. roof, full 9' bsmt w/ose, gas heat & CAC, CVAC. 2 car side entry garage. Or will build to suit. From \$749,999.



SMITHTOWN. "EXPANDED CAPE"

Lovely Cape featuring 4 bedrooms, 3 baths. Living room w/frplc, formal DR, EIK, enclosed heated breezeway, oak floors, full bsmt w/ose & full bath, 1.5 car garage. .38 level prop. Nice rear yard, walk to town. \$399,000.

\$399,000.

CALL FOR A FREE MARKET ANALYSIS

New Adult Art Classes at The Mills Pond House

The Smithtown Township Arts Council, 660 Route 25A in St. James, is now offering new adult art classes for ages 17 to 99! Learn to draw in a basic drawing class, *Drawing out the Artist Within*, where you can explore the basic fundamentals of drawing: contour line, composition,

perspective and tonal drawing. Or learn to paint beautiful, decorative art for pleasure or profit in *One Stroke Brush Painting for Adults*. There's also an adult class in portraiture where, working in any medium, you can learn to draw a portrait from start to finish!

Throughout the spring and summer, a wide range of weekly art classes are being offered for both children and adults.

A full schedule is listed at www.stacarts.org. Call 862-6575 or e-mail classes@stacarts.org for more information.

Upcoming Events at the Mills Pond House Gallery

The Mills Pond House Gallery, located at 660 Route 25A, St. James, is dedicated to exhibiting the work of local, regional, and national artists and is open to the public Tuesday through Friday, 10 a.m. to 5 p.m. and Saturday and Sunday from 12 noon to 5 p.m. Admission is free. For additional information call the Smithtown Township Arts Council at 862-6575 or visit their website at www.stacarts.org.

The Smithtown Township Arts Council is an independent, not-for-profit, community arts organization. **EXHIBIT SPONSORSHIPS** are available for many exhibits, concerts and workshops. If you are

interested in sponsoring one of their innovative exhibitions or programs, call 862-6575.

MAY through 30

The Artist Next Door - an exhibition of Suffolk County artists participating in the arts.

21
Strings 'n Things Acoustic Open Mic Night - 8-10:30 p.m. Free for musicians and audiences. Sign up to perform begins at 7:30 p.m.

JUNE

4
Strings 'n Things Acoustic Open

Mic Night - 8-10:30 p.m. Free for musicians and audiences. Sign up to perform begins at 7:30 p.m.

18
Strings 'n Things Acoustic Open Mic Night - 8-10:30 p.m. Free for musicians and audiences. Sign up to perform begins at 7:30 p.m.

19
Jazz in the Living Room Concert, 7:30 p.m. \$Free to participate; \$5 to listen.

continued on page 38

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Summer Art Classes and Summer Camp at STAC

The Smithtown Township Arts Council is now accepting registrations for its summer arts camp for children. Develop your child's creativity in a fun and stimulating environment with a week-long arts exploration full of thinking, making, seeing and doing! In a fun, non-competitive environment, campers explore creativity and develop their artistic talent. Weekly sessions are offered throughout July and August, and camp hours are from 9 a.m. to 4 p.m. Aftercare will be available

from 4-5 p.m. for a small additional fee.

Campers ages 7-10 will spend a week at Mills Pond House Gallery, located at 660 Route 25A in St. James, having fun, exploring the gallery exhibitions, learning about art and creating their own art projects. Camp projects change each week so students may enroll in more than one session.

Enrollment is on a first-come, first-serve basis on receipt of payment, so early registration is

encouraged. And there are three ways to save 10% off your registration fee! Enroll with a friend; enroll with a sibling; or enroll in multiple classes.

Also throughout the summer, a wide range of weekly art classes are being offered for adults and children.

Call the Smithtown Township Arts Council, 862-6575, or e-mail classes@stacarts.org for more information. A full class schedule is listed on www.stacarts.org.

Jazz in the Living Room Concert

A Jazz in the Living Room Concert will be held on Friday, June 19 at 7:30 p.m. at the Mills Pond House, 660 Route 25A in St. James. Admission is \$5 to listen, free for Jazz in the Living Room participants/players. This is an evening where the Jazz in the Living Room participants have an opportunity to perform – showing off their newly learned skills to the audience!

Jazz in the Living Room clinics



were started by teacher, composer and musician Ranny Reeve, over 40 years ago. Originally, Ranny invited his students and

their friends to his home for Jazz Clinics to learn to play or sing jazz and to improvise. Working professional musicians from Long Island and NYC came up through the clinics and returned regularly to help the new students grasp the concept of Jazz Improvisation and most of all to have fun! The clinics are now held at the Mills Pond House in St. James.

For additional information, call 862-6575.

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www.littlemozartacademy.com

Strings 'n Things Acoustic Open Mic Nights

The Smithtown Township Arts Council will hold *STRINGS N' THINGS OPEN MIC*, an evening filled to the brim with personality, entertainment, good humor and great music! Performances will be held at the Mills Pond Gallery, from 8 p.m. until 10:30 p.m. on first and third Thursday nights, May 21, June 4, 18, July 2, 16, at the Mills Pond House, 660 Route 25A in St. James. Sign ups begin at 7:30 p.m. Come to play or just to hear some great music. Admission is free.

Open Mic nights make it possible for both artists and audiences to extend and enhance their experience of music. The project gives local musicians a place to showcase and develop their skills and talents, and gives music-loving audiences an opportunity to hear some of Long Island's newest talents.

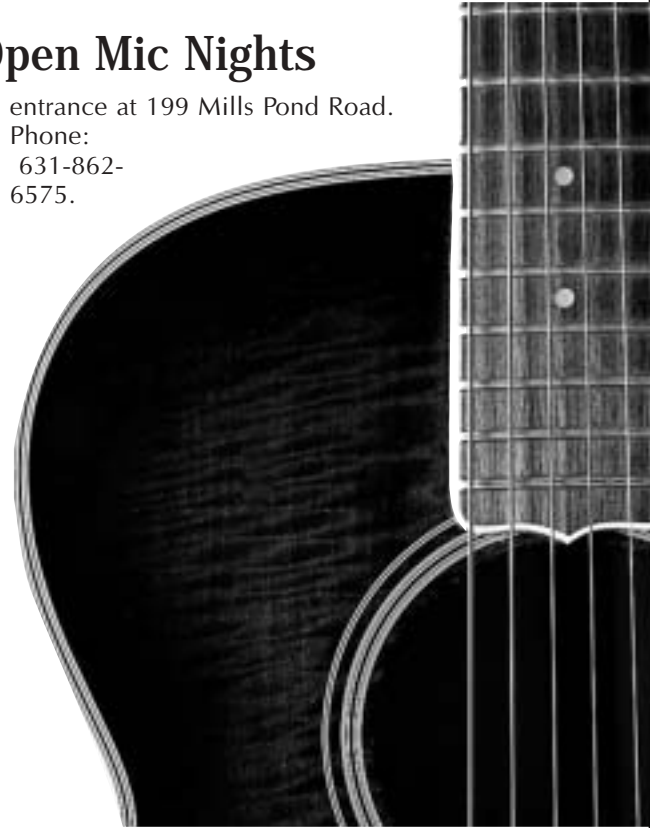
Open Mic performances are recorded and posted on the web at www.bobkmusic.com, allowing audiences to hear their favorite singers and songwriters 24/7.

Please check www.stacarts.org for schedule changes due to holidays, or email executivedirector@stacarts.org to be added to the email list.

There is ample parking off Mills Pond Road – located directly across from Flowerfield catering

entrance at 199 Mills Pond Road.

Phone:
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2009 SEASON PERFORMANCE SCHEDULE

I Love You, You're Perfect, Now Change

MAIN STAGE
through June 28

This celebration of the mating game takes on the truths and myths behind that contemporary conundrum known as "the relationship." This hilarious revue, that ran for over 10 years – off Broadway – pays tribute to those

who have loved and lost, to those who have fallen on their faces at the portal of romance, to those who have dared to ask, "Say, what are you doing Saturday Night?"

Into the Woods Junior

YOUTH PRODUCTION

June 6-28

All seats: \$15

This group of talented youth will take you through this funny and engaging story that reexamines the stories we've all grown up with.

Little Tramp – A Musical Biopic of Charlie Chaplin

SPECIAL EVENT

July 9-12

All seats: \$42.50

Award winning recording artist David Pomerantz takes us on a journey of the life of

Chaplin, the controversial genius of the silent screen who lit up the world with his much beloved character, The Little Tramp.

The Great American Trailer Park Musical

MAIN STAGE

July 18 - August 30

A hilarious musical comedy about love, lust and adultery in a Florida trailer park unites the antics of Desperate Housewives with the comedy of The Simpson's. Great adult fun for all. Adult language and situations.

Guys and Dolls Junior

YOUTH PRODUCTION

August 1-30

All seats: \$15

Experience the twists and turns of this hilarious, fast-paced
continued on page 38

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On Stage at Smithtown Performing Arts Center

continued from page 36
story which takes us from Times Square to Havana to the sewers of Manhattan with a bright, brassy immortal score.

The Farnsworth Invention

MAIN STAGE

September 12-October 4-

Its 1929. Two ambitious visionaries race against each other to invent a device called "television." Separated by 2,000 miles, each knows that if he stops working, even for a moment, the other will gain the edge. Who will unlock the key to the greatest

innovation of the 20th century: the ruthless media mogul, or the self-taught Idaho farm boy

The Cast of Beatlemania

SPECIAL EVENT

September 5 & 6

All seats: \$35

The best Beatles Tribute Band returns for its seventh consecutive year. Relive the experience.

Jekyll And Hyde - The Musical

MAIN STAGE

October 17 - November 15

The evocative tale of the epic battle between good and evil,

"Jekyll and Hyde" is a true musical phenomenon.

Subscription plans available at substantial savings. Call the box office at 724-3700 more information.

Become a member and save with additional benefits. Annual membership is \$75 and a lifetime membership is \$300. Benefits include additional 10% discount on the purchase of tickets to any performance or subscription package, preferred status for seating, and much more.

STAC Calendar continued from page 30

JULY

2

Strings 'n Things Acoustic Open Mic Night - 8-10:30 p.m. Free for musicians and audiences. Sign up to perform begins at 7:30 p.m.

16

Strings 'n Things Acoustic Open Mic Night - 8-10:30 p.m. Free for musicians and audiences. Sign up to perform begins at 7:30 p.m.

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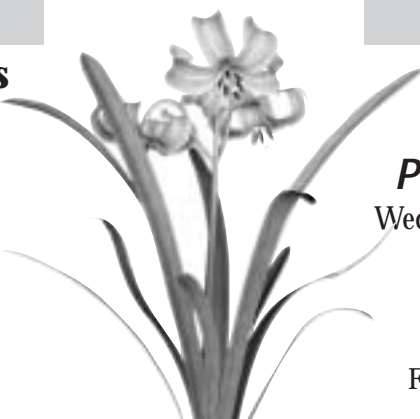
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Main St. in Smithtown. The concert, featuring works by Beethoven, Bartok, Wieniawski, Bach-LeMasters, Piazzola, Ginastera and Monti, will be held at 8 p.m. and will also feature a silent auction – doors open at 7 p.m. to preview silent auction items.

Enjoy this outstanding evening of extraordinary music, refreshments, plus bidding on the silent auction themed baskets.

Tickets at \$25 per person are available by calling 864-6244 or visit www.fpcsmithtown.net for additional information.

Atlantic Wind Symphony's "International Imports"

The Atlantic Wind Symphony is continuing its 41st season on Sunday, June 7 at 3 p.m. with the final concert in their 2008-2009 series. The program titled "International Imports" will include selections from Richard Rodgers' *South Pacific* and Owen Reed's *La Fiesta Mexicana*, as well as marches by Sousa.

This performance will be held at the Patchogue Theatre for the Performing Arts, 71 East Main

Street, Patchogue. The program will feature the winner of the Atlantic Wind Symphony Solo Competition as well as *Pusztá* by Jan Van der Roost performed with a large massed ensemble including some of Long Island's finest graduating high school musicians selected by their directors.

Tickets, at \$15/adults and \$12/students and senior citizens, may be purchased at the door or in advance at the Patchogue

Theatre for the Performing Arts, or by calling 589-0861 or 207-1313 (box office).

The Atlantic Wind Symphony, Suffolk County's only fully professional concert band, is under the direction of Mr. David Schecher, of St. James.

For additional information call 589-0861 or visit their website at www.atlanticwinds.org.



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LISCA Presents *The Passion According to St. John*

The Long Island Symphonic Choral Association (LISCA), conducted by Gregg Smith and Thomas Schmidt, will present *The Passion According to St. John* by Johann Sebastian Bach with soloists and orchestra, sung in German, on Saturday, May 30 at 8 p.m. at the St. James R.C.

Church, 429 Route 25A in East Setauket.

This concert will be conductor Gregg Smith's final before assuming his role as emeritus. Mr. Smith founded LISCA 41 years ago and has served as conductor until this season.

Tickets at \$20/general admission and \$15/seniors and students, are available at the Gift of Faith, Port Jefferson; Three Village Music Shoppe, Setauket; and at the door.

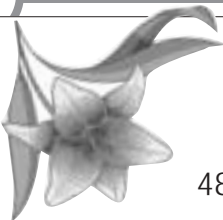
For additional information call 751-2743 or 941-9431.

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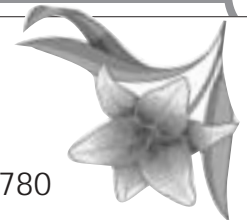
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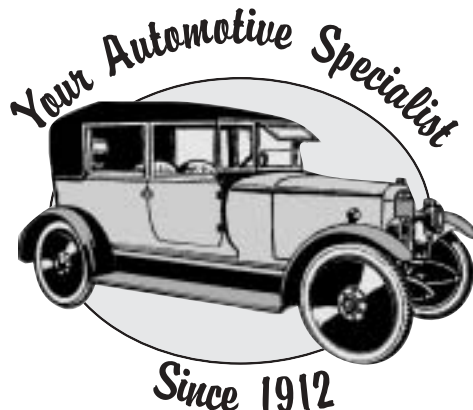
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WMHO Educational and Cultural Center Programs

The Ward Melville Heritage Organization will hold the following events at their Educational & Cultural Center, located in Stony Brook Village, Main Street on the Harbor. Call 689-5888 or visit www.wmho.org or www.stonybrookvillage.com for further information on any of these programs.

Through May 22, 2009 "Home With...Miss Marilyn Monroe" A Musical Theatre Production depicting the life of Marilyn Monroe

WMHO EDUCATIONAL AND CULTURAL CENTER
A ST. GEORGE PRODUCTION - FEE
Reserve early for this production on the life of one of the most celebrated figures of the 20th century. For full information and reservations call 689-5888.

Through June 5 Art Exhibit by Dr. Robert Kenny - artist, educator, writer and historian

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May 20, 27, June 3, 10 Spring Quilting Workshop

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May 22-October 25 Discovery Wetlands Cruises

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July 10-August 23 Grand Opening July 12 Celebrating P.T. Barnum

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continued on facing page

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E D U C A T I O N A L E N T E R T A I N M E N T

continued
Exhibit will feature authentic Tom Thumb furniture, Jenny Lind and circus memorabilia, photographic montage of Barnum and more.

July 13-August 13 "Summer of Science in Stony Brook"

Summer marine science program for 10th, 11th and 12th grade. Experience science right in the heart of an 88-acre wetland preserve! Field sampling exercises will include cruises on Long Island Sound aboard a coastal research vessel, as well as trips to Crane Neck Point, West Meadow Creek salt marsh and West Meadow Beach coastal spit. Students completing all course requirements can receive 3 undergraduate credits from Stony Brook University, or may take the course without credits. Dates/Times: Stony Brook University Summer Session II; July 13-Aug. 13, 9 a.m.-1:30 p.m. Mon. thru Thurs. of each week Location: Dr. Erwin J. Ernst Marine Conservation Center,

West Meadow Creek
Stony Brook.
Facility owned and operated by The Ward Melville Heritage Organization. Class Size: 20 students max; 10 students, min. Tuition: \$775 per student 751-2244.

Sundays, July 12-August 30 Summer Concerts on the Green

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E D U C A T I O N A L E N T E R T A I N M E N T

Programs Offered at the Library

The Smithtown Library offers a variety of programs during the upcoming weeks and months. The Main Branch, is located at 1 North Country Road, Smithtown, 265-2072. The Nesconset Branch is located at 127-20 Smithtown Blvd., Nesconset, 265-3994. The Commack Branch is located at 3 Indian Head Road, Commack, 543-0998. The Kings Park Branch is located at 1 Church Street, Kings Park, 269-9191. Call for Library hours - all branches closed Sundays.

For additional information visit their website at www.smithlib.org.

You may register at the above phone numbers for all programs.

WII FOR ADULTS

NESCONSET

Call for dates and times

WII Sports featuring baseball,

bowling, boxing, golf and tennis.

MEDITATION WITH GENEVIEVE

NESCONSET

*Thursday, May 21,
12:30-1:30 p.m.*

Learn practical methods of meditation to promote inner peace and reduce anxiety with Genevieve Mancini. Registration is required.

HOW TO MANAGE A HOME-BASED BUSINESS

SMITHTOWN

*Wednesday, June 3,
10-11:30 a.m.*

This workshop will help anyone interested in developing a full or part time home-based business. Topics covered: selecting a business, home site evaluation, business and financial planning, marketing plans and product or

service analysis.

MOVIES AT THE LIBRARY

SMITHTOWN

Call for dates and times

NESCONSET

Call for dates and times

The Smithtown and Nesconset branches of the Library will screen a popular movie each month. Call the library for dates, times and titles. Register for this program.

ONGOING ADULT PROGRAMS

FREE BLOOD PRESSURE SCREENINGS

(Program cancelled for the month of May.)

SMITHTOWN

A registered nurse will conduct Free Blood Pressure Screenings at continued on facing page

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EDUCATIONAL ENTERTAINMENT

continued

The Smithtown Library on the second Wednesday of each month from 10:15 a.m. to 12:15 p.m. Information and answers to questions concerning hypertension, heart disease and nutrition will be addressed.

No appointment is needed. For further information, call 265-2072, ext. 208.

FREE INDIVIDUAL HEALTH INSURANCE COUNSELING FOR SENIORS

SMITHTOWN

Wednesdays, 10 a.m. by appointment only

The main branch of the Smithtown Library, in conjunction with the Retired Senior Volunteer Program, will give free individual health insurance counseling for seniors on the 2nd and 4th Wednesday of each month. Call for additional dates and times.

Appointments are necessary. Call 265-2072 ext. 208 to set up an appointment. Some topics covered will be: Medicare benefits and claims problems, Medigap insurance, long term care options, Medicare HMO's and Medicaid eligibility.

ADULT WRITERS' GROUP

SMITHTOWN

This series is the perfect opportunity for anyone who has the burning desire to write, but has trouble getting started or would like to receive constructive feedback from fellow writers. The group is scheduled to meet the first Tuesday of every month. Compare ideas on writing as well as give and receive advice, while having fun in the process. Call for dates and times.

BOOK DISCUSSION GROUPS

SMITHTOWN

NESCONSET

Call for books, dates and times.

CHESS AT NIGHT!

Tuesdays, 6:30-8:30 p.m.

SMITHTOWN

Chess for everyone... bring your mind and be ready to learn the ultimate game of mind strategy. Basic instructions and chessboards will be provided... all are

welcome. Children under 12 must be accompanied by an adult. The group usually meets the second and fourth Tuesday of the month. Call for dates. Register for this program.

continued on following page

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Programs Offered at the Library

continued from page 47

CROCHET & KNITTING

Mondays, 7-8:30 p.m.

Wednesdays,

11:30 a.m.-1:30 p.m.

SMITHTOWN

Mondays, 7 p.m.

Call for dates. Please register for this program by calling 265-2072, ext. 208.

QUILT AT THE LIBRARY

SMITHTOWN

Saturday, 10 a.m.-2 p.m.

In this monthly series you can share and learn about quilting. The group usually meets the first Saturday of the month. Call for dates. Please register for this program by calling 265-2072, ext. 208.

LIBRARY ART GROUP

SMITHTOWN

Thursdays, 11:45 a.m.-2:30 p.m.

Work on various art projects in a relaxed and informal atmosphere. Call the Library for supplies needed. Registration is NOT required.

COMPUTER CLASSES FOR ADULTS

SMITHTOWN

Feeling left behind with the new technology? Learn a new skill at the Smithtown Library. Registration is required for each class. Basic computer knowledge is required. Fee: \$20 per class

Internet 1st Grade

Thursday, May 21, 2-4 p.m.

Learn how to use the Explorer browser and experience the Internet.

Internet 2nd Grade

Thursday, May 28, 2-4 p.m.

Learn how to download info from

the Internet, including pictures, data and programs.

Email Kindergarten

Monday, June 1, 2-4 p.m.

This is an introduction to sending email. Learn to compose, reply and forward email.

Email 1st Grade

Monday, June 8, 2-4 p.m.

Build an address book and learn how to create file folders, compose draft letters, manage sent mail and clean out old mail files.

Email 2nd Grade

Monday, June 15, 2-4 p.m.

Learn how to attach files to emails you send as well as opening an attachment and downloading to your computer.

continued on page 50



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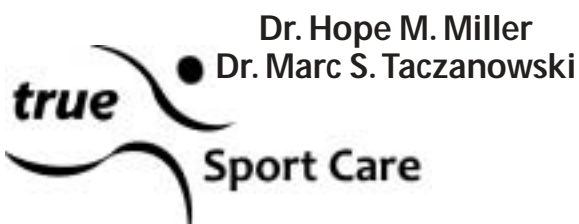
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Programs Offered at the Library

continued from page 48

DEFENSIVE DRIVING CLASSES

The Smithtown Library offers two Defensive Driving classes in conjunction with the New York State Safety Program. After the successful completion of this course, attendees may receive a discount on their automobile insurance and point deduction from existing violations on their driver's licenses.

There is a fee of \$30 (check or money order only) which is non-refundable. Licensed drivers of all ages are eligible to participate in this course (under 50). Call for dates and additional info.

An AARP Defensive Driving class will be held at three of the Smithtown Library branches on a rotating basis — SMITHTOWN

(January, April, July, October), COMMACK (February, May, August, November) and NESCONSET (March, June, September, December). There is a fee of \$12 AARP members; \$14 non-AARP members (check or money order only) which is non-refundable for drivers 50+ years.

Call for dates.

Register at the Circulation Desk of the the branch you wish to take the program. Space is very limited, registration is on a first-come first-served basis. Open to Smithtown residents only. A Smithtown Library Card must be presented.

TEEN PROGRAMS

Call the Library for additional information.

Teen Writers Club

NESCONSET (young adults)
Tuesday, May 26, 5 p.m.

Call for additional dates and times.

For young adults interested in creative and professional writing.

Book Discussion Group

NESCONSET (young adults)
Saturday, May 30, 1 p.m.
Enjoy a snack while discussing the the *Hunger Games* by Suzanne Collins. Call for additional books, dates and times.



Beatle Mania Movie-a-Thon

NESCONSET (young adults)
Saturday, May 30, 2 p.m.
Beatle fans unite? Enjoy a few of the Beatles' movies and popcorn.
continued on facing page

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CHILDREN'S PROGRAMS

Register in person or by phone for all Children's Programs:

Smithtown

265-2072, ext. 248.

Nesconset

265-3994

Call the library for dates and times and age restrictions for ALL programs.

Visit the Library website at www.smithlib.org for a complete program listing and additional details or go to the library and pick up a program flyer.

For School Age Children

A variety of literature-based programs which include a wide range of activities are offered throughout the school year. Each children's department provides specialized programs, unique to each branch. Contact your local children's librarian for details or visit the library website at www.smithlib.org.

Little Linguists

SMITHTOWN (2-5 years w/adult)
Thursdays, May 21, June 4, 18
10:30-11 a.m.

Au pairs, living with local families will do mini-interactive language lessons including counting, singing, playing games and sharing stories. Each week will focus on a different country.

Mother Goose Rhymetime

SMITHTOWN (birth-35 months)
10-10:30 a.m.

Call for dates

NESCONSET (birth-2 years)
10:30-11 a.m.

Call for dates

A children's librarian leads you and your child in reciting, singing and reading Mother Goose rhymes, which are the cornerstones of literature and cultural heritage.

One is Fun

NESCONSET (12-23 months)

Call for dates and time.

Enjoy stories, rhymes and songs during this interactive story time with parent/caregiver.

Open Craft Days

SMITHTOWN

May 23, 30, 10 a.m.-4 p.m.

Call for additional dates and times.

Come to the Library during these hours and complete some cool crafts.

continued on following page

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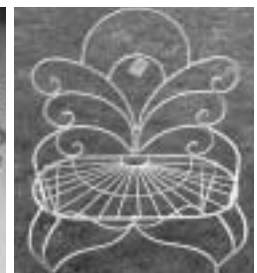
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Programs Offered at the Library

continued from page 51

Pajama Story Time

SMITHTOWN (3-6 years w/adult)
Call for dates and times
Children are invited to come for a special evening of stories, finger-plays and song in pajamas. Siblings are welcome. No registration is required.

Parent Toddler Workshop

SMITHTOWN (2 years w/adult)
Tuesdays, May 26,
June 2, 9, 10 a.m.
Free play with time set aside for rhymes, songs and stories. Siblings welcome.

Picnic in the Park

NESCONSET (3-5 years)
Tuesday, June 2,
11:30-12:15 p.m.
Meet at the park across from the Library for stories. Bring a bag

lunch. Picnic and outdoor activities. Raindate, June 3.



Picture Book Story Time

SMITHTOWN (4-5 years)
Wednesdays, May 20, 27,
June 3, 10
11 a.m.
Call for additional dates and times
Stories, songs and finger plays for pre-school children. No siblings please.

Stories and Crafts

NESCONSET (3-1/2-5 years)
Call for dates and times.
Enjoy listening to stories and

make a craft to take home with parent/caregiver.

Toddler Time

NESCONSET (2-3 years w/adult)
Mondays at 11 a.m.
Call for dates and times.
Have fun with stories, finger plays and crafts with parent/caregiver.

Wii've Got Game

SMITHTOWN (grades 4-6)
Wednesday, June 10,
4:30-5:15 p.m.
Test your gaming skills during this open event. We'll provide the games and the Wii system. All games will be rated "E" for everyone.

Young Writers Group

SMITHTOWN (grades 4-6)
Tuesdays, May 26, June 23,
4:30 p.m.
Love to read and write? Share some stories and writing ideas.

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Tiny Dancers

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DESIGN IDEAS: Ask the Design Expert: How to Stretch Your Decorating Dollars



by Natalie Weinstein,
Allied ASID

Dear Natalie,

I love the designer look out there but I don't have the budget for all those expensive products that make a home beautiful. How can I get that look on my budget?

Nancy R.

Dear Nancy,

Creating that designer look on a budget is actually what I do. The budget may be large or small, but there's always a budget! If your limited budget is holding you back — don't let it. Thinking creatively, using expensive products in smaller amounts, can still achieve a great effect.

Here are some ways that principle can be applied, as well as other money saving tips:

- In the kitchen instead of using expensive glass tile for the entire backsplash, use a basic background tile and add glass tiles randomly, or in a single row or as a picture frame behind the cook top. Use a cheaper tile to fill in the rest.
- Instead of replacing kitchen cabinets that are in a wood

finish you don't like, consider refinishing existing cabinets or replacing doors. (This works well if the floor plan of your cabinetry and appliances is still the best one for your room.) This is also the option that is best for the environment!

- Instead of creating expensive wainscot raised panels, use ready made 4x8 sheets of bead board and add a chair rail molding cap at the proper height to finish it. (This works best in a casual home in areas such as powder room, hallway and dining room.)
- Use wallpaper that looks like *trompe l'oeil* (trick of the eye) painting instead of calling in



Instead of painting *trompe l'oeil* stripes, this designer's dramatic wallpaper and border creates the same effect on a budget.

*Designed by Natalie Weinstein;
photographed by
Jack Ader / Images for Presentation.*

the faux finisher. (The same goes for murals that are panels of wallpaper instead of hand painted by an artist)

- Find ready made bedding that looks like custom and create the paint, carpet and window treatments around it.
- Respray tubs that are a dated color rather than ripping them out, or look to a bath refitting company that can get the job done in one day without costly rip out.
- Look for basic classic styles of furniture that are comfortable and won't be dated (in a fabric that is textural rather than printed patterns).
- Investing in a good quality area rug makes everything look expensive.
- Look to your home first to accessorize. Use books, photos and collectibles you've amassed to not only save money, but personalize your space. Instead of expensive art work, find prints that appeal to you and frame them well.
- Don't be afraid to mix styles that have integrity (perhaps English, French or American style pieces from past generations) with new purchases. People often make the wrong choice by keeping what's newer (mica and leather) and giving away beautiful timeless pieces that might need an investment of a little money and some TLC.

Look for legitimate sales and bargains in good quality stores. That's the real bargain, not something that's just cheap! Start with
continued on page 78

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*Natalie is President of Natalie
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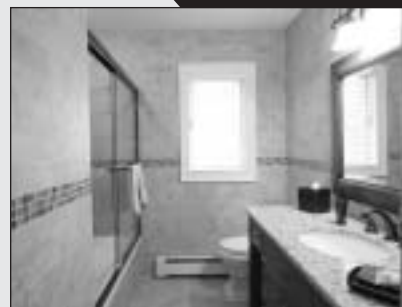
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NATURALLY SPEAKING: Enjoy A Summer of Flowers, Food and Fun

by June A. Liardi

It is almost summer time, summer time, sum-sum-summertime.

All of your heat loving vegetables can be in now, including peppers and eggplants. Also, put in some more cucumbers and summer squash to keep your harvest going. Put in some radish seeds in between those plants to keep striped cucumber beetles away.

Keep picking peas, lettuce and spinach before the real heat of the summer stops them from producing.

Put mulch in place, especially around tomato plants to retain moisture and keep weeds at bay. Pinch back your chrysanthemums again too. Dead head any other spent flowers while out there.

Put in some more beets, car-

rots and beans. Also put in seeds of cauliflower, broccoli and brussels sprouts for a September harvest.

You may be looking for some hardy plants that are *shade tolerant* and *deer in-tolerant*. here are a few:

- Astilbe - This is a great shade plant with lacy foliage and blooms that can be spectacular.
- Pulmonari or lungwort - These plants spread eagerly and boast spotted foliage with blooms from white, to pink and blue.
- Huechera or coral bells - This is a great growing shade plant with pretty foliage and delicate small flowers.
- Dicentra or bleeding heart - Many will call this an old-

fashioned shade plant, but there is a reason it has been around for so very long. Those beautiful little dangling flowers are just delightful.

- Aruncus or Goatsbeard - Has also been around a long time and looks similar to Astilbe. It can spread quite a distance and does not like to be transplanted, so it is best to plant it where it can stay.
- Asarum or wild ginger - These are wonderful foliage plants with dark green shiny leaves. make sure the plant has rich, leafy soil to grow in.

These are just a few great plants to get your shade garden started.

Tea is very popular today, and you can grow your own herb tea continued on page 60

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All winners will be posted in the next issue of
OUR TOWN • ST. JAMES

Naturally Speaking

continued from page 58
garden. Some drinkable and edible herbs include: basil, chamomile flowers, chives, dill, lemon balm, marjoram, oregano, parsley, peppermint and other mints, rosemary, sage, thyme and verben-
na. Some flowers that are safe to

use for drinks and to eat include: bee balm, carnations, hibiscus blossoms, hollyhock, honeysuckle flowers (*CAUTION - the berries are highly poisonous*), johnny-jump-ups, pansies, lavender, nasturtiums, roses and violets.

You can also make some lav-

ender-scented water to sprinkle on your laundry when you iron, or to spray on your sheets. Bring a quart of water to a boil in a stainless steel, glass or enamel pot. Drop a handful of fresh or dry lavender flowers, remove pot from heat and cover it. Let mixture steep over night then strain through a coffee filter. Discard lavender flowers and put scented water into a spray bottle. Water should not stain most fabrics, but test on an out-of-the-way spot just to be sure.

A nice gift for your child to give to a teacher is a small herb garden. Buy one or more small herb transplants at the local nursery. Pot them up in an attractive grouping in one pot. Your child could paint or otherwise decorate the pot before planting. They could attach shells to the pot or around the rim, or small pebbles, even dried moss or some other natural item. Have them make plant identification labels with the plant's name and picture. A listing of uses for the herb or a recipe or two also would be nice. Dad or Grandpa might also like this gift.

Make sure to visit a local farmstand to pick up some of the fresh strawberries ripe now. Make some whipped cream and present Dad with a strawberry shortcake for desert on his special day.

"The flowers are nature's jewels, with whose wealth she decks her summer beauty."

— George Croly, British author

Hope you enjoy your summer.



Editor's Note:

June Liardi, a St. James resident for over 30 years, is a wife and mother of three sons. June will be writing articles on gardening, nature related craft projects and family activities.



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MONEY MATTERS: Investing Lessons From the Vineyards

by Scott Posner, CFP, A.A.M.S.

As an investor, you can get plenty of advice from financial experts on the evening news or cable financial shows. But you may actually be able to learn some deeper truths about investing by observing other professionals – such as winemakers.

At first glance, you might not see what these “guardians of the grape” can teach you about building an investment portfolio. After all, they’re shaping Sangiovese while you’re seeking stocks, they’re bottling Burgundy while you’re buying bonds, and they’re mastering Malbec while you’re monitoring mutual funds. Where’s the connection?

Start by considering the life cycle of wine and the concept of “vintage.” For example, a particular wine is labeled a 2005 vintage if it is made from grapes that were predominantly grown and harvested in 2005. Yet given the requirements of wine production, this 2005 vintage may not actually hit the markets until 2008 – and some aficionados may think the wine won’t taste its best until 2018.



If you translated this type of scenario to the financial world, you could say that the 2008 investment “vintage” was not promising, given that the value of almost all investments – even the quality ones – fell last year. But if you were to hold these quality investments for the long term – as you should, because investing is a long-term activity – you might find that the 2008 vintage investments may eventually become

productive vehicles that can help you achieve your financial goals.

So, what lessons can you learn from winemakers? Here are a few suggestions:

- **Be patient.** Winemakers put a lot of time, effort and money into planting today’s grapes – for which they will not see one penny of profit for many years. Yet they have the discipline to wait patiently until the products of their labors come to fruition. Are all their wines successful? No – and all your investments may not be, either. But given enough time, quality investments can usually help you work toward your financial goals.

- **Have faith in your strategy.** Wine drinkers’ tastes can change from year to year. Yet winemakers don’t rip out their vineyards and replant them with today’s “hot” varietal. Instead, they cultivate the grapes they’ve planted, make the best wine they can and maintain their belief that their

continued on page 64

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Investing Lessons From the Vineyards

continued from page 62
products will find a market. As an investor, you can't allow yourself to be swayed by today's hot tips and trends. Instead, build a portfolio of quality investments that can stand the test of time.

- **Adapt your goals to your situation.** One of the most famous winemaking regions in the world, Napa Valley, contains a number of microclimates that vary by temperature, rainfall and soil. Napa Valley winemakers know which grapes will do best in which microclimate, and they concentrate their efforts accordingly. And you, as an individual investor, should make your investment decisions based on your own "microclimate" — your risk tol-

erance, family situation, time horizon and other factors. In other words, you should choose those investments that are best suited for you and that have the best chance to help you meet your goals.

Investing, like winemaking, is filled with challenges. But by observing how winemakers work, you may learn some things that can eventually help you raise a glass to your own success.

Editor's Note: Money Matters is a monthly feature written by Scott Posner, CFP, A.A.M.S., an investment representative with Edward Jones Investments. This 130-year-old firm has over 10,000 offices around the world with one here in town at 542 North Country Road in the Old St. James School House. Mr. Posner has serviced both personal and institutional investors for over 17 years. For more information, a schedule of free investment classes or to request topics for future columns, call 862-2020.



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RELATIONSHIPS BUILT ON HONESTY, INTEGRITY & TRUST

MORTGAGE MATTERS: Make Home Affordable Program

by Ann Mondrone

You may be like many homeowners who have been questioning why you have not been able to refinance your home mortgage to take advantage of the now lower rates. You may have been told that your lender cannot help you because, even though you have been making your payments on time, you are not eligible to refinance because the value of your home has dropped and you do not have enough equity to refinance. To make matters worse, you may also have heard that the bank would only help you if you had fallen behind on your payments! I have heard many homeowners grumbling about this and recently even saw a bumper sticker that said, "Honk if I am paying your mortgage."

There may now be an opportunity for those who have previously been shut out of the refinance option. In February, the President announced the "Making Home Affordable Program" designed for homeowners exactly in this position. Although this program is only slowly being implemented by lenders, and although it will



not make refinancing available to all homeowners, you may be one of those who will be eligible.

There are two different programs – one for mortgages held by Freddie Mac and one for mortgages held by Fannie Mae. How do I know, you ask, who holds my mortgage? There is only one way to learn that, and that is to contact a company that is offering this program. I will attempt, however, to give you some of the important aspects of this program:

- The new mortgage cannot exceed 105% of the value of

your home.

- You must have a minimum FICO score of 620.
- PMI Insurance is not required (note that loans currently with PMI are not eligible).
- The existing mortgage must be current.
- Only the existing first mortgage debt can be included in the refinance. Second mortgages are not eligible, nor can the owner take additional cash

- The Freddie Mac version may limit your ability to include closing costs in the new loan

With mortgage interest rates at unprecedented levels, there is a tremendous window of opportunity to save money on your home mortgage payments. If you think you are qualified, contact a mortgage lender today.

Editor's Note:

Ann Mondrone is a senior loan officer with Preferred Empire Mortgage Company. If you have a question, comment, or suggestion for an article, you can call her at 547-5151, ext. 308 or e-mail her at amondrone@pemc.com



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PLANNING FOR THE FUTURE: Do Money and Happiness Go Hand-in-Hand?

*submitted by Lawrence Glazer,
CLU, ChFC, LUTCF*

How many times have you said to yourself: If I only had a few extra thousand dollars a year, all my problems would be solved? The truth is that money usually has very little to do with your personal level of happiness. In and of itself, money possesses no value. It's not the money – it's how you use it that determines its worth. It's important to realize that achieving your goals lies in your ability to see money for what it really is – a tool, no more, no less. Just as your car gets you from one destination to another, money is a financial tool that, when used correctly, can help you reach your goals.

Establish a "Wish List"

Deciding what is important to you is the first step to effective money management. Make a wish list of what you want for yourself and your family. Items such as a new home, new car, vacations, funding retirement or future college costs, or charitable donations may appear on your list. Next, prioritize your goals by deciding what is most important to you. Why? Because in a world of unlimited choices, you may have only limited resources. Finally, put a realistic price tag on each of your goals. For exam-



ple, you may want \$100,000 for college in 20 years. Or, you may like to retire with a \$500,000 nest egg in 30 years.

How Do You Achieve These Goals?

Now that you have prioritized your goals, look to achieve short-term objectives through daily money management. A household budget may help you decrease credit card debt, build a savings account, save for vacations, etc. A budget may help you to revise your spending habits, cut costs, and achieve short-term goals.

For long-term objectives, your best bet is to start saving a specific amount on a systematic basis. The more disciplined you are, the better your chances. For exam-

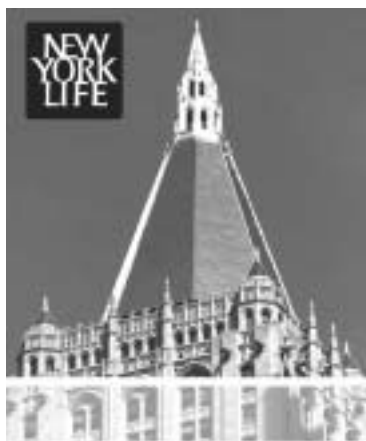
ple, to accumulate \$500,000 for retirement in 30 years, you will need to save about \$6,000 a year, or approximately \$500 a month. You will need to put aside nearly \$2,600 a year, or \$210 a month, for a \$100,000 college fund in 20 years. (These examples assume a 6% rate of return and do not take into account the effect of current income taxes. They are for illustrative purposes only and do not represent the return on a specific financial product.)

Set Realistic Goals and Manage Your Money Effectively

Money is not the source of happiness. But when used correctly, money can help you receive the most satisfaction out of what you earn, spend, and accumulate. When it comes to your money, it makes sense to seek the advice of professionals whose job it is to help people realize their goals. Talk to your insurance agent about insurance and other financial products that can help you achieve some of your goals.

Editor's Note:

Lawrence Glazer, CLU, ChFC, LUTCF, a St. James resident, is a New York Life Insurance Company Agent and can provide additional information on insurance and other financial products that can be used to help you prepare for the future. Call him at 391-3490.



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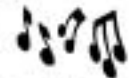
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Condominium Unit Owners Need Property Insurance

by Jim Winter

You finally decided that your residence should be a condominium. Condos can be an appropriate choice for a number of reasons – fewer maintenance worries and no yard work are only some of the benefits. But

what about insurance on your property?

In most cases, homeowners insurance differs from condominium unit owners insurance. Homeowners insurance protects the building structure and the items inside, whereas condomini-

um unit owners insurance protects the items you keep within your unit. Also, unit owners insurance may be needed to protect any additions or alterations you have made to your unit.

Know your responsibility.

The condominium association insures the building structures and the common areas, like the club house or the swimming pool with the master policy. But master policies vary widely and it's important to read the bylaws and know what is covered by your association and what items are your responsibility to insure.

As a unit owner, there are several insurance coverage options to consider:

- *Personal Property* – protects personal items such as clothing and furniture.
- *Building Property* – protects the additions or alterations you made to your unit.
- *Loss of Use* – coverage for the necessary costs to maintain your standard of living after a major fire, tornado or another insured catastrophe.
- *Personal Liability* – protects you if someone makes a claim or brings a lawsuit against you for bodily injury or property damage for which you or a member of your family are responsible.
- *Rentals*: If you own a unit that is rented to another party most of time, ask your insurance agent about any special insurance coverage arrangements.

Learn to protect your personal property while living safely within your condominium community.

Editor's Note:

Jim Winter is a State Farm Insurance Agent, located at 320 Lake Avenue in St. James. He has over 30 years experience with State Farm, the last 17 as an agent serving the insurance needs of St. James. Jim's office offers auto, home, life, disability and business insurance as well as financial products. He can be reached at 584-5929.

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New Stamp Issues



PURPLE HEART

The Postal Service reissued the **PURPLE HEART** definitive stamp with a 44-cent denomination. The stamp, designed by Carl T. Herrman of Carlsbad, California, is on sale at the St. James Post Office.

WEDDING (RINGS)

The Postal Service issued a 44-cent 1-ounce **WEDDING (RINGS)** special stamp in one design in a pressure-sensitive adhesive pane of 20 stamps. Designed by Ethel Kessler, Bethesda, Maryland, the



stamp is available at the St. James Post Office and features a photograph of two gold wedding rings resting on a small white pillow; a slender ribbon of white silk unites them.

THE SIMPSONS

The Postal Service issued a 44-cent **THE SIMPSONS** stamp, in five designs in a pressure-sensitive adhesive convertible booklet of 20 stamps. Designed by Matt Groening, a native of Portland, Oregon, the stamps are on sale at the St. James Post Office.

With these stamps, the U.S. Postal Service recognizes *The Simpsons*, the longest running comedy in the history of American prime-time television,

entering its 20th year, as a regularly scheduled half-hour series in 2009.



WEDDING CAKE

The Postal Service issued a 61-cent 2-ounce **WEDDING (CAKE)** special stamp in one design in a pressure-sensitive adhesive pane of 20 stamps. Designed by Ethel Kessler, Bethesda, Maryland, the stamp is now available at the St. James Post Office.

continued on page 74

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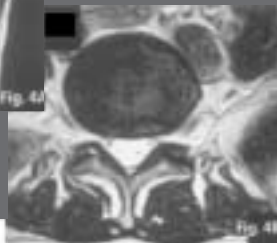
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AFTER SPINAL DECOMPRESSION



Fig. 4: Post-spinal decompression T2-weighted mid-sagittal (A) and axial (B) MR images through the L5/S1 levels obtained using an upright weight-bearing position. Observe that there has been complete resolution of the previous extruded disc herniation at the L5/S1 level. These images were performed approximately 7.5 months after the first of 17 spinal decompression treatments. There was complete resolution of the patient's back and leg pain.



BEFORE SPINAL DECOMPRESSION



Fig. 3: Pre-spinal decompression T2-weighted mid-sagittal (A) and axial (B) MR images through the L5/S1 levels obtained using an upright weight-bearing position. There is a large focal left paracentral extruded disc herniation which is posteriorly displacing the left S1 nerve root. This scan was obtained prior to any spinal decompression therapy. Note that on the axial scan, there is bright signal intensity within the disc representing an annular tear.



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POSTAL CORNER

New Stamp Issues

continued from page 72



U.S. FLAG

The Postal Service issued a 44-cent, *U.S. FLAG* definitive stamp in one design, in a pressure-sensitive adhesive coil of 100. The stamp, designed by Terrence W. McCaffrey, USPS, is available at the St. James Post Office.

KING & QUEEN OF HEARTS LOVE SERIES

Since the beginning of its popular Love Stamps in 1973, the U.S. Postal Service is paying

clever tribute to the world's favorite "game" with the issuance of the *KING AND QUEEN OF HEARTS*, the latest stamps in the Love series. Artist Jeanne Greco, New York, NY, created the art on her computer for the two stamp designs, one showing the King and one showing the Queen, by using images from 18th Century French playing cards as a reference. These stamps are available at the St. James Post Office.



BOB HOPE COMMEMORATIVE

The U.S. Postal Service will issue a commemorative stamp honoring *BOB HOPE* (1903-2003), a man who devoted his life to making people laugh. Well-known for his many television appearances, Hope also found



success on the live stage, in radio shows, and in motion pictures. He became one of the most honored and beloved performers of the 20th century. The stamp goes on sale at the St. James Post Office on May 29, 2009.





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Foreclosures – Some Words of Caution

by Lisa Haber, Esq.

In past articles, I have discussed the general processes of buying and selling a home as well as the process of the purchase of a short sale. This month, I would like to discuss the process of buying a home that has been (or is being) foreclosed upon and is currently bank owned. The single most important piece of advice I can give to someone looking to be involved with a foreclosure is DO YOUR HOMEWORK!!!!

Learn all you can about the values of the homes in the area, surrounding neighborhood as well as municipal requirements and guidelines for certificates of occupancy, certificates of completion and violations. I say this because once you find the foreclosure of your dreams and start



the process of going to contract, it will be too late. Once an offer is accepted, you will not have adequate time to research these issues because you will have a very short period to sign the contract. The banks permit very few, if any, contract modifications from the purchaser's attorney. The contract sent to the purchaser's attorney will be very one-sided in favor of the selling bank.

The foreclosing bank does not care if the house has certificates of occupancy or violations and will not condition the sale upon clearance of these issues. Generally, the foreclosing bank will not clear up all of the title issues that typically are the seller's responsibility.

Also, the foreclosing bank gives approximately two to three
continued on page 78

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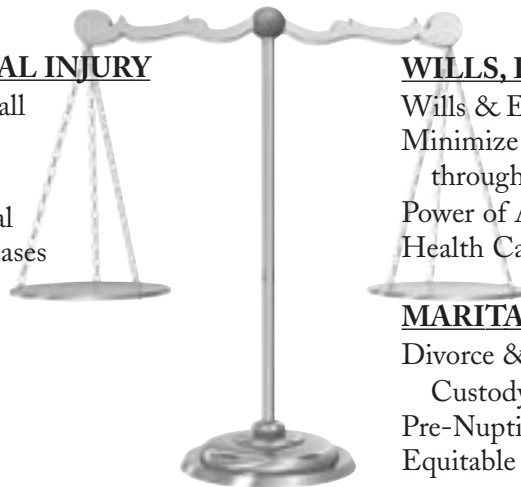
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Foreclosures – Some Words of Caution

continued from page 76
weeks (versus generally 30 to 45 days) for purchaser to obtain a mortgage commitment. Notice requirements are extremely strict and there are many opportunities for the purchaser's contract downpayment to be forfeited.

I would also urge a prospective foreclosure purchaser to be familiar with the lending and title requirements of several lenders and make sure to work with a lender/mortgage broker or mortgage banker that is able to get the loan cleared with tight deadlines

and likely troubling issues of missing certificates of occupancy or even violations. You don't want to learn that the lender is unable to fund the loan halfway through the process, because the seller (foreclosing bank) will likely not extend any deadlines. Downpayments are at risk!

I give this information not to scare people away from buying a foreclosure, but rather to protect the buyer and ensure as minimum risk as possible. It is very important to have an attorney who can differentiate between issues that should cause a purchaser to walk away from a transaction from those problems which can be cured by the purchaser after closing.

We welcome questions and comments to lhaber@haberand-haber.com. All e-mails and calls will be personally responded to and remain confidential.

Editor's Note:

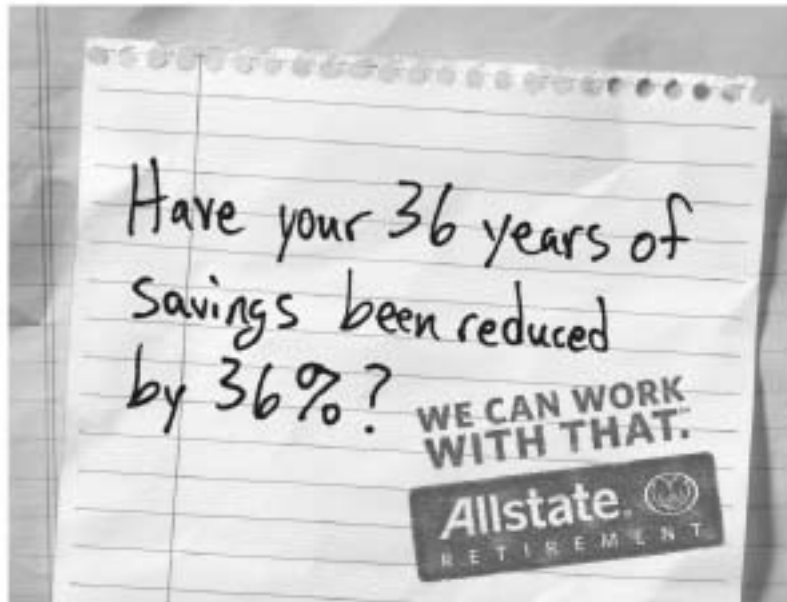
Both Lisa & Stephen Haber have been practicing law for over 20 years and have offices in Saint James and Garden City. They reside in Saint James with their three daughters. If you have any questions about this type of transaction or other matters, please feel free to call their office at 516-742-7277.

Design Ideas

continued from page 56
less and add more as needed. Sometimes the answer is just to be willing to wait a little for the next purchase. What counts is that it all looks great together when it's finally finished.

Editor's Note:

Natalie Weinstein is president of Natalie Weinstein Design Associates and the Natalie Weinstein Home Decorating Club with over 15,000 members on Long Island. If you have a design question or would like to become a member, visit www.nataliesclub.com, call 631.862.6198, or e-mail nataliesclub@aol.com. Hear "Design Tips by Natalie" on WALK 97.5 FM, "Home Show" on WALK 1370 AM, Sundays from 10-11AM and podcast 24/7 on walkradio.com, keyword Natalie.



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Real Estate Short Sales

by John L. Belford, Esq.

During these difficult times the market value of homes often falls below the amount payable on the mortgage. If such a home is sold, the seller would not receive enough funds from the sale to satisfy the mortgage lien. If the sellers do not have sufficient funds beyond the funds received from the sale of the home to satisfy the mortgage lien, the holder of the mortgage, that is the bank, will often agree to accept the proceeds of the sale in full settlement of the mortgage lien. That transaction is called a short sale.

That scenario complicates the sale and purchase of the home for both the sellers and the buyers. The sellers have to request the mortgage holder to take less, but the mortgage holder will not take less without satisfying itself that



the sellers are not able to pay the full mortgage lien. That takes time and money.

Another consequence to the sellers is that the amount of the mortgage reduction allowed by the bank will be taxable income to the sellers as ordinary income. The sellers may be better off filing a bankruptcy proceeding in order to discharge the obligation of the mortgage note.

A short sale is also complicated for the purchasers. The purchasers will have to wait for the

bank to agree to accept less than the full mortgage balance which can take many months during which the fair market value of the home may decline. If the bank ultimately does not agree to the short sale, the purchasers will have incurred legal fees to enter into the contract of sale and they may pay more for their new home if real estate prices rise in the interim.

In summary, both sellers and buyers of homes should avoid a short sale except in extraordinary circumstances.

Editor's Note:

John L. Belford, Jr., Esq., has been practicing law for 39 years, with 32 of them here in St. James at 217 Lake Avenue at the corner of Woodlawn and Lake Avenues. A graduate of Columbia Law School, John specializes in real estate, wills & estate planning and elder law. For additional information, call him at 862-8600.

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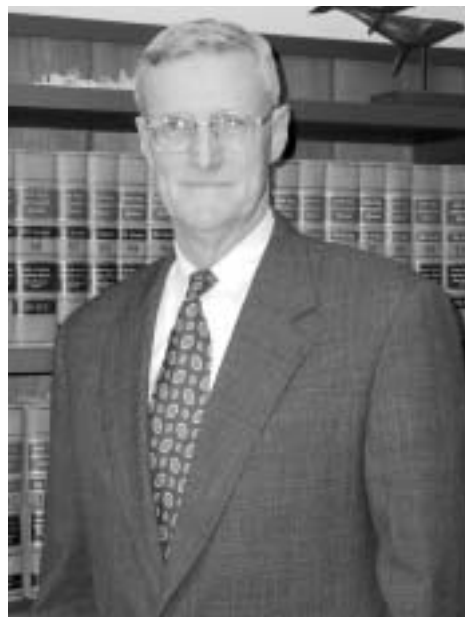
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SCHOOL NEWS

A VISIT FROM THE EASTER BUNNY...



Mrs. Lofaro and Mrs. Hensen's 3-day morning nursery class at Sts. Philip and James school in St. James, celebrated Easter with a visit from the Easter Bunny. The children are pictured with the Easter Bunny wearing their Easter Bunny bonnets.

SCOUT NEWS

PUTTIN ON THE GREEN...



Girl Scout Brownie Troop 662 from Mills Pond Elementary School in St. James is pictured at the St. Patrick's Day Parade on March 14, 2009.

Dr. Gregory R. Thomaier

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HEALTH VIEWS:

By Gregory R. Thomaier, D.C., C.C.S.P.

This article is part of an ongoing series presented in order to bring you the very best and latest information about exercise, health and diet.

Headaches (part II/III)

Migraine Headaches

Each year, about 25 million people in the U.S. experience migraine headaches, and about 75% are women. Migraines are intense and throbbing headaches that are often associated with nausea and sensitivity to light or noise. They can last from as little as a few hours to as long as a few days. Many of those who suffer from migraines experience visual symptoms called an "aura" just prior to an attack that is often described as seeing flashing lights or that everything takes on a dream-like appearance.

Migraine sufferers usually have their first attack before age 30 and they tend to run in families, supporting the notion that there is a genetic component to them. Some people have attacks several times a month; others have less than one a year. Most people find that migraine attacks occur less frequently and become less severe as they get older.

Migraine headaches are caused by a constriction of the blood vessels in the brain, followed by a dilation of blood vessels. During the constriction of the blood vessels there is a decrease in blood flow,

which is what leads to the visual symptoms that many people experience. Even in people who don't experience the classic migraine aura, most of them can tell that an attack is immanent. Once the blood vessels dilate, there is a rapid increase in blood pressure inside the head. It is this increased pressure that leads to the pounding headache. Each time the heart beats it sends another shock wave through the carotid arteries in the neck up into the brain.

There are many theories about why the blood vessels constrict in the first place, but no one knows for sure. What we do know is that there are a number of things that can trigger migraines, such as lack of sleep, stress, flickering lights, strong odors, changing weather patterns and several foods; especially foods that are high in an amino acid called 'tyramine.' You can reduce the likelihood of migraine headaches by making some lifestyle changes.

Cluster Headaches

Cluster headaches are typically very short in duration, excruciating headaches, usually felt on one side of the head behind the eyes. Cluster



headaches affect about 1 million people in the United States and, unlike migraines, are much more common in men. This is the only type of headache that tends to occur at night. The reason that they are called 'cluster' headaches is that they tend to occur one to four times per day over a period of several days. After one cluster of headaches is over, it may be months or even years, before they occur again. Like migraines, cluster headaches are likely to be related to a dilation of the blood vessels in the brain, causing a localized increase in pressure.

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Challenger Division Celebrates Its 10th Year

A Special League For Special Kids

by Teri Mangione,
Challenger Division Head Coach

The Challenger League was started in 1998 after my son Nicholas was recovering from the removal and treatment for a malignant brain tumor. We had

been a very big baseball family and my husband Frank had been president of St James / Smithtown Little League for many years. When Nicholas was able to restart his life at eight years old he exhibited a desire to start playing

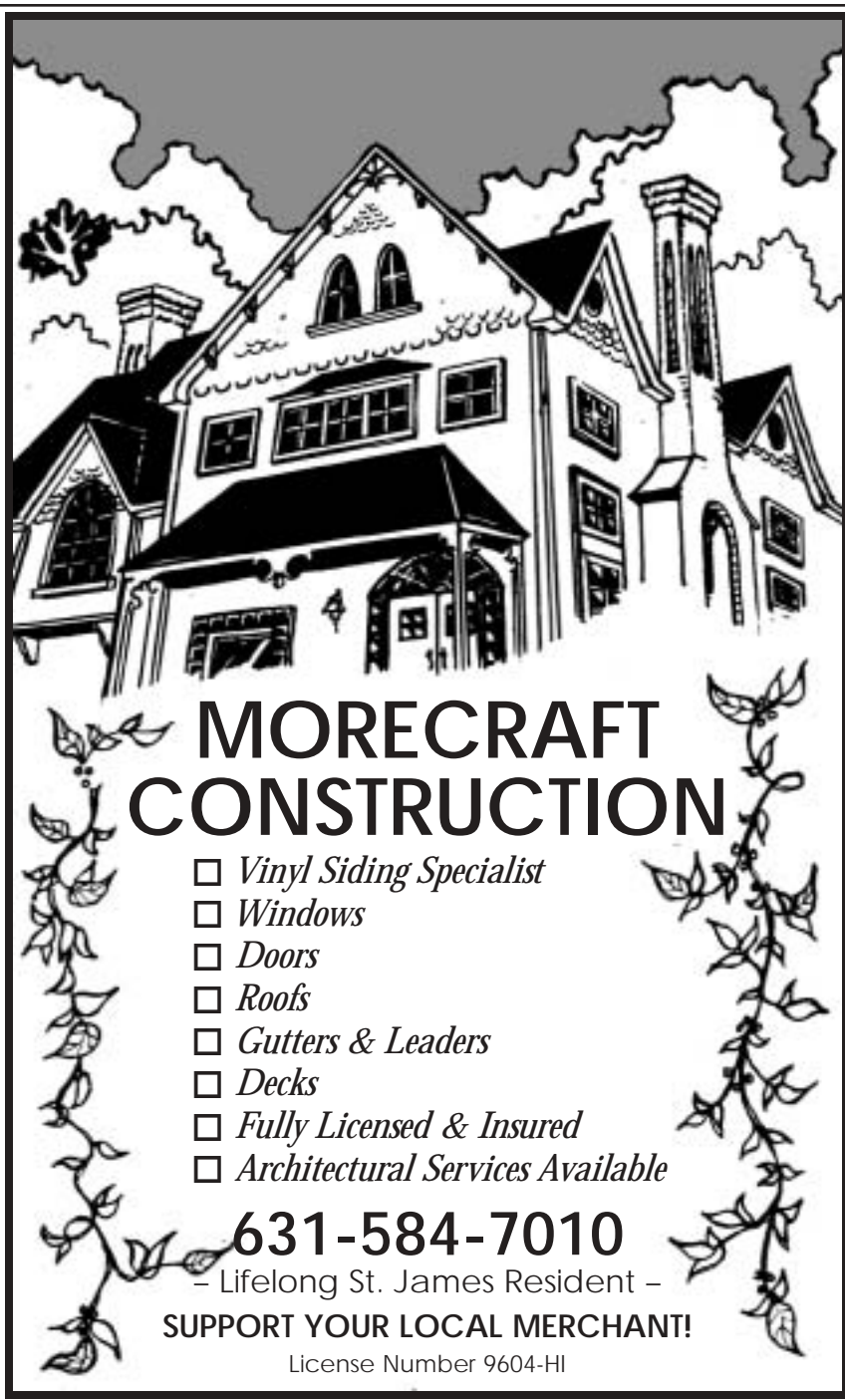
baseball again. As I searched for a league for him to play on (including our own League) it became apparent that there was no team for him. I took it upon myself to start the CHALLENGER DIVISION LEAGUE. My experience on the field was minimal but enough to get us started.

The beginning of a league...

By word of mouth and some flyers through the Little League, our team began to form, as a small group of eight we took to the field. The league became the talk of the town, with many spectators attending to show their support whether on the field or in the stands. Volunteers from St Patrick's Athletic Department started volunteering at our games every week, moms and dads, kids from the Smithtown Little League, my daughter, Tiffany and son, Anthony would come bringing friends. Then one day I was approached by a gentlemen asking how he could help. I told him "just sign up your child and if we need your help on the field, I will ask." He replied to me, "I don't have a child with a disability I just want to help." Adam Harris has been a God sent to us - he is always available in whatever aspect of help we need. Our League consists of children from 5 to 22 years of age, disabilities range from TBI, ADD ADHD, Downs Syndrome, MS, Autism, and more. We currently started our 10th season this year with over 40 players and too many volunteers to count.

Our games are played on Thursday nights from 6 to 8 p.m. at the Mills Pond Elementary School, located on Woodlawn Avenue and Moriches Road in St. James, for anyone who is interested. Our season is short - from April to June 18 with many canceled games due to weather. We

continued on facing page



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foreign countries attended the 2008 Ten Star All Star Summer Basketball Camp. College basketball scholarships are possible for players selected to the All-American Team. For a free brochure, call (704) 373-0873 anytime. www.tenstarcamp.com

Challenger Division

continued from previous page are always looking for more players, helpers, and spectators... *SO JOIN US.*

If baseball is not your thing, in the off season I found the kids were getting restless waiting for spring, so I formed a bowling league that starts in September and runs through March on Wednesday nights at the AMF Smithtown Lanes at 6:30 p.m.

Anyone wishing for more information can call me (Teri) at 631-513-0706.

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Sacroiliac Joint Pain

by Dr. Linda M. Bocchichio

Sacroiliac joint pain can interfere with standing, walking, lifting, and changing positions; i.e., rising from a seated position, turning over in bed. When a sacroiliac dysfunction is not cared for properly, chronic back pain can develop. Fortunately, most sacroiliac conditions respond well to chiropractic care, proper support and rehabilitation exercises.

The sacroiliac SI joints are the source of many symptoms categorized as mechanical low back pain. There often is a pattern of unilateral pain extending from the lowest part of the spine into the buttock and/or down the back of the upper leg. This may vary from patient to patient.

The pelvic ring is made up of two innominate bones that are joined anteriorly at the pubic symphysis and are separated posteriorly by the sacrum. The main func-

tion of the SI joints are to support the vertebral column, transmit motion and weight bearing between the spine, pelvis and the lower extremities.

Acute sprain of the sacroiliac presents as a sudden onset of unilateral pain. Sacroiliac pain is usually caused by forceful twisting or heavy lifting, especially improper lifting. Unguarded motions, like stepping off a curb or even twisting in bed can cause SI sprains.

Recurrent problems of the SI joint and non traumatic subluxations are often due to biomechanical instabilities. Pain is often aggravated by prolonged or repetitive weight bearing activities. Chronic dysfunction of the joint will lead to degeneration. Patients will often get dramatic relief from specific SI adjustments but the condition tends to recur. Often a search for underlying gait problems and/or biomechanical instabilities need to

be addressed. Because the SI joints are so intimately involved in gait, proper foot gear and or orthotics are necessary to support chiropractic adjustments. Rehabilitative exercises focusing on the abdominal and supporting pelvic muscles are a must to support the corrective changes being made through the chiropractic adjustments.

In conclusion, the SI joints are closely associated with efficient gait and proper support of the spine. A patient with SI dysfunction usually responds well to chiropractic care. See your chiropractor today to enhance your health and lifestyle.

Editor's Note:

Dr. Linda Bocchichio is a chiropractor practicing at 105 Lake Avenue So. in Nesconset. She was the founder of the St. James Walking Club and is a former president of the St. James Chamber of Commerce. For further information, call 979-9854.

Dr. Linda M. Bocchichio

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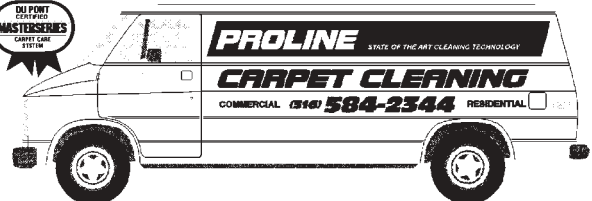
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Keeping Your Elder Parent Safe in Their Home

by Susan Marklin

As our parents age and reach into their 80's, safety in their homes becomes an issue. Many elders prefer to remain in their own home as they age; therefore, it is so important to safe guard their homes.

With increasing age, eye site and hearing loss decreases and walking becomes unsteady as their reflexes are slower. Here are some helpful tips to ensure their safety.

- Start with the entry way of their home. If possible, create a no step entry with small ramps and plenty of light. Make sure there is no clutter or throw rugs. If your elder parent uses a walker or a cane it can easily get caught up in a throw rug.
- Install hand rails on both sides

of staircases. If possible widen entrance ways into rooms and remove saddles in doorways.

- Keep all electric cords wrapped tightly and reroute them where necessary.
- If needed rearrange furniture so there is plenty of room for walking.
- Make sure doorbells work and the telephone ringer is set on high.
- Make sure all lighting in rooms is bright.
- Keep smoke and carbon monoxide detectors tuned up and check batteries regularly.
- If needed, a life line can be installed in case they fall and need immediate assistance.
- In the bedroom small bed rails can help the elders get in and out of bed. Make sure all

bedspreads and blankets are tucked in tight. Due to the use of walkers and canes elders can get caught up in them easily.

- In the bathroom, handrails in the shower and by the toilet are essential.

Although your parent is aging... with some safety monitoring and reliable caregiving they will be able to live in their own homes with some independence and a greater sense of self worth. As their family you will have some peace of mind and be able to sleep at night.

Editor's Note:

Susan Marklin, owner of Helping Hands Home Care, based in St. James, has over 25 years experience in gerontology and is nationally certified. If you want to find out how to choose the correct caregiver for your loved one, contact her at 804-8248.

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The Dreaded Plateau

by Monica Rea McNamara

Life can become monotonous when we do the same thing day in and day out. When your body stops responding (in a good way) to your same workout routine it is called plateauing and the results of our exercise routine cease. Our muscles have memory, that is to say they adapt to the "stress" you put on them during a workout. Think about it, the first time you try a new exercise, your muscles will be sore the next day (hopefully) but the next time you perform that exercise they are less sore until eventually you coast right through the exercise. Alas, the dreaded plateau has hit!

The good news is plateaus can be beat, all you need to do is change up your routine. Experts suggest that you should change up your exercise routine every 3-4 weeks to break the plateau cycle. Here are a few simple suggestions to help you break the cycle:

- Consider changing the time of day you exercise. Try waking up early and take advantage of the jump-start your metabolism receives which will put your body to work burning more calories throughout the day.
- If you do your cardio workout first and then your weights, try it in reverse.



- Take a night off from the gym and enjoy an activity with family/friends.
- Review your diet, make sure that you are eating enough calories to maintain your muscle mass, if not your metabolism could slow down thus causing a plateau.
- Make sure you are getting enough sleep, I have already written about the importance of sleep.
- Incorporate interval training in your workouts – jog or sprint on the treadmill for short bursts.
- Try fatiguing your muscles in a new pattern. If you always do abs last, do them first.

- Replace some of your exercises to add some variety and *muscle confusion*. Instead of doing a dumbbell fly on the bench try doing it on a stability ball.
- Change up your reps on an exercise if your normally do 3 sets of 10, try doing 3 sets of 8 with a heavier weight or go crazy and do 4 sets of 4 with heavy weights. You can also reverse that and go lighter on the weight and do 3 sets of 15.
- Try something new – yes you can! Check out that SPIN class, try kettle bells, resistance bands, try training with a buddy, register for a race, ride your bike to the gym, or better yet, break out your roller blades, the derby is coming to town!

Whatever you do, shake it up this month, try something new! Get out and enjoy some warm weather and sun!

HAVE FUN!

Editor's Note:

Monica R. McNamara is a long time resident of St. James with a passion for health and fitness. She is an Independent Associate for ISAGENIX International a company dedicated to optimum nutritional health. To learn more about nutritional cleansing and how it can improve your health and jumpstart weight loss, contact Monica at stjamesmonica@yahoo.com or visit www.bodybiz.isagenix.com

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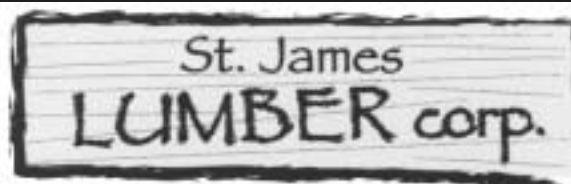
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How to Nourish the Body With an Anti-inflammatory Diet

St. James resident Anne Marie Lisa, a certified nutritional counselor, will present a workshop explaining how inflammation can contribute to conditions such as allergies, joint pain, arthritis, colitis, asthma and weight gain at the main branch of the Smithtown Library on Thursday, June 11 from 7 to 8:30 p.m.

An anti-inflammatory diet will

assist in strengthening the immune system, promoting weight loss, lowering LDL (bad) cholesterol levels, lowering blood pressure and stabilizing blood sugar levels as associated with type II diabetes.

Inflammation is also associated with heart disease and many digestive disorders, all of which are on the rise. Learn about foods

and additives that can compromise your family's immune system and hinder your child's ability to focus and learn. Learn about super foods which aid the body in fighting illness and help promote weight loss.

Registration is recommended – call the Library, located at 1 North Country Road in Smithtown, at 265-2072.

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CELEBRATIONS

Congratulations Villani Grads

THOMAS VILLANI

The family of Thomas Villani is proud to announce that Thomas will be attending Albright College in Reading, PA, where he plans to study history and become a high school history teacher. As an athlete, he will continue to play soccer on the collegiate level for the Albright Lions.

Thomas was born and raised in St. James and is the youngest of six children. He plays travel soccer for the Smithtown Kickers and is a four-year starting Varsity soccer player for Smithtown East. Thomas was captain of his Varsity team and voted MVP in his senior year. He was awarded "All Conference" and "All County" player through the Suffolk County Soccer Coaches Association. In addition Thomas received NYS 2008 All Academic Team Award for Soccer and Lacrosse.

Thomas is a valued member of the Symphonic Band and Percussion Ensemble and also started the very first Pep Band for Smithtown East. He volunteers his time for Athletes Helping



Thomas and Jessica Villani

Athletes, educating and empowering younger students in the community to make good decisions as they enter their teen years.

His family is proud of his many

accomplishments and generous heart. We wish him all the success and happiness as he continues his journey.

JESSICA VILLANI

The Villani family is also celebrating another graduation. Jessica Villani is graduating from Sacred Heart University in CT. Jessica, also born and raised in St. James, is the only girl of six children. She is receiving her BS in Business Administration with a marketing concentration. Jessica is currently interning at Media Storm in CT.

Jessica spent a semester in her junior year studying abroad at the University of Notre Dame in Perth Australia. She will be traveling back to Australia this coming July for one year. Please join us in wishing Jessica a safe and happy journey as she experiences and explores her passion for travel.



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Jones / Marquez Exchange Marriage Vows

On November 14, 2008 at 5 p.m., with a little of God's holy water sprinkling down on the happy couple, and bagpipes playing in the background, Scott Francis Jones and Kathi Therese Marquez were joined together in marriage at Sts. Philip & James R.C. Church in St. James. Father Anthony Stanganelli and Deacon Kenneth Maher performed the nuptials.

Kathi's parents, Steve and Cathy Naklacki of Stony Brook, walked her down the aisle and gave her away. Scott's parents are Patricia A. Jones and the late Francis M. Jones of St. James.

A reception followed at the Brentwood Country Club in Brentwood, where the celebration was enjoyed by all.

The bride's maid of honor was her sister Michelle Naklacki, her matron of honor was her sister Dawn Maciaszek, bridesmaids were cousin Kristen Donbar, and friends Kathy Ostrofsky, Chrissy Filip, Nancy Kastenbieck, Stephanie and

Mariah Grace and Sandy Nelson; her niece Madison Maciaszek was a junior bridesmaid.

The groom's best man was Michael Schomber; groomsmen were cousins, Thomas, Michael, Kevin and Daniel Unverzagt, friends Daniel Maciaszek and junior usher Ryan Maciaszek.

Scott and Kathi met in St. James and fell in love. They dated for three years and became engaged on April 18, 2008.

Scott is an optician for Brookhaven Opticians in Smithtown and Kathi is an RN at St. Catherine's of Siena Hospital in Smithtown.

The couple honeymooned in Aruba and reside in lovely St. James.

May God Bless their future together.

Congratulations and best wishes to the happy couple and their families from your friends and neighbors in St. James.



Kathi and Scott Jones



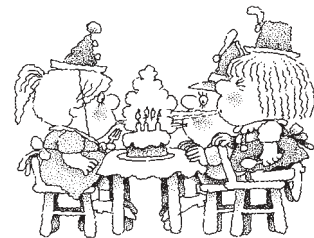
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CELEBRATING A BIRTHDAY?



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Call **862-9849** for further info.

Engagement Party Etiquette

When it comes to weddings, it seems there are as many traditions as there are guests. Unless you've taken the trip down the aisle before, chances are you're in for a surprise or two with respect to what's expected of you once the pre-wedding planning and commitments start to take shape.

One aspect of the wedding that isn't obligatory but has become popular over the years is the engagement party. While it's not mandatory, the engagement party is something more and more couples have chosen to include as part of their pre-wedding planning. And just like most other things associated with weddings, the engagement party comes with its own etiquette as well.

- **Invitations:** While this might seem like a no-brainer, it's important that only those guests who will be invited to the wedding are invited to the engagement party. No one who won't

be getting a wedding invite should be invited to the engagement party. In addition, not all wedding invitees should be invited to the engagement party.

- **Gifts:** The engagement party is a celebration of the engagement and somewhat of a meet-and-greet for the couple's parents and other family members. Guests are not expected to bring gifts, but if they do, open them in private or after the party.

- **Toasts:** The bride's father is expected to offer the first toast of the evening in honor of the bride- and groom-to-be. Guests then take a drink, but the couple does not. The groom-to-be then says a few words before toasting his bride-to-be and her family. Other guests can then offer toasts if they're so inclined.

- **Hosting duties:** It's often considered the responsibility of the bride's parents to host the engagement party, but this isn't set in stone. If the bride's parents

are divorced, for instance, the party can be hosted by another relative of the bride's. However, the best man or the maid of honor should not be considered as hosts of the engagement party, as they will have additional responsibilities down the road.

- **Timing:** Because the length of engagements varies greatly depending on the couple, timing can be another tricky element of the engagement party. For those who will have a particularly lengthy engagement, one to three months after the initial announcement is generally the norm for the engagement party. Another good rule of thumb for those with longer engagements is that the party should take place roughly a year before the wedding. Couples with shorter engagements, on the other hand, can get by with an engagement party roughly six months before the wedding.

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CELEBRATIONS

101st Birthday Celebration

On May 4, 2009, Agnes Southard, wife of the late J. Wesley Southard, former principal of Freeport High School, will celebrate her 101st birthday.

Agnes, a former business teacher at Browne's Business School, accomplished pianist and skilled bridge player, has led a very active life as president of the Chopin Club in Freeport, as an honorary past president of the Athena Club of Freeport and a 50-year plus member of the Freeport/Baldwin Chapter of the Order of the Eastern Star.

She now resides at the St. James Healthcare Center where she enjoys a myriad of pursuits such as arts and crafts, exercise class and bible study.

In 2006, Agnes began painting watercolors to the delight of family

and friends. "Our own family Grandma Moses!" She is an avid reader of novels and daily newspapers. For the past five years, Agnes has been helping others at the Healthcare Center, that are not as fortunate, by giving them comfort and cookies. And as for her beloved New York Yankees — she has been a lifelong fan. In 2006 Agnes was a co-MC at the St. James Healthcare's World War II Swing Time Variety Show.

Daughters, Janet Scott and Linda Southard, celebrated with a luncheon at the Southard residence and a party at St. James Healthcare Center for all her new friends. Agnes also has two grandchildren and four great grandchildren.

Happy 101st birthday to Agnes from your friends and neighbors in St. James.



Agnes Southard
101 years young



104 YEARS YOUNG...

Hattie Ravitch, 104 years young, celebrated her special birthday at St. James Plaza Nursing Facility with her family and friends. Pictured with Hattie is St. James Plaza administrator Robert Baffa. Hattie attributes her longevity to healthy living, avoiding the sun and remembering all the events of a full life both good and bad. *"Enjoy everyday because you never know!"*

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Police (Emergency) "911"

Police (Non-Emergency) 854-8400

Head of the Harbor 584-7891

Nissequogue 584-5302

Fire Department..... "911"

Other Business

Jefferson Ave. F.D. 584-5799/584-5836

North Country Rd. F.D. 584-5760

Nissequogue F.D. 862-7410

Ambulance (F.D.)..... "911"

Poison Control 516-542-2323

HOSPITALS

University Hospital 689-8333

St. Catherine of Siena Medical Center .. 862-3000

St. Charles Hospital 474-6000

John T. Mather Memorial Hospital 473-1320

Veterans Administration

Medical Center 261-4400

GENERAL INFORMATION

St. James Post Office 1-800-275-8777

LIPA (Long Island Power Authority) - Electric

Electric Service 1-800-490-0075

Automated Service 1-800-490-0015

Business Office 1-800-490-0025

Keyspan Energy - Gas

Gas Emergency Only..... 1-800-490-0045

Automated Service 1-800-930-5003

Business Office 1-800-930-5003

St. James Water District 584-6202

Village of Head of the Harbor..... 584-5550

Village of Nissequogue..... 862-7400

Town of Smithtown 360-7512

Smithtown Library 265-2072

Smithtown Recreation Dept. 360-7644

Smithtown Senior Citizens Dept. 360-7616

Smithtown Youth Bureau 360-7595

Smithtown Sanitation 269-6600

Smithtown Animal Shelter..... 360-7575

Suffolk County Office for Aging 853-3610

Motor Vehicle Information 1-800-342-5368

Western Union..... 1-800-325-6000

St. James Chamber of Commerce..... 584-8510

President Caren Anderson-Perez) 584-4444

Fairfield of St. James Community Assoc. .. 862-8502

American Legion Sherwood Bros.

Post #1152 584-9633

St. James VFW Post #395 862-7965

Smithtown Township Arts Council

Mills Pond House..... 862-6575

Smithtown Historical Society 265-6768

Environmental Centers of

Setauket-Smithtown (ECSS) 979-6344

St. James Lions Club 928-3023

Sons of Norway Loyal Lodge #252 584-7510

C.L.E.A.N. 584-7887

St. James Homemakers Club..... 862-8945

SCHOOLS

Smithtown Central School District..... 382-2000

Smithtown High School East..... 382-2705

Smithtown High School West..... 382-2905

Accompsett Middle School..... 382-2305

Smithtown Middle School (6-8) 382-2700

Nesauquake Middle School..... 382-5105

St. James Elementary School (K-5)..... 382-4450

Mills Pond Elementary School (K-5)..... 382-4300

Nesconset Elementary School (K-5) 382-4400

Dogwood Elementary School (K-5) 382-4250

Sts. Philip & James School (N-8)..... 584-7896

St. James United Methodist Nursery

(3 & 4 years)..... 584-9555

St. James Lutheran Pre-School..... 862-8934

Harbor Country Day School (K-8) 584-5555

The Knox School 686-1600

Kiddie Academy of Flowerfield 584-4444

HOUSES OF WORSHIP

Sts. Philip & James Church..... 584-5454

St. James United Methodist Church 584-5340

St. James Lutheran Church 584-5212

St. James Episcopal Church 584-5560

The New Apostolic Church 584-6320

Temple Beth Chai 724-5807

Temple Beth Emeth of Mt. Sinai 928-4103

Temple Beth Shalom 724-0424

Temple Isaiah 751-8518

Religious Society of Friends (Quakers) . 862-6213

Nesconset Church of Christ 265-2141

TRANSPORTATION

Long Island Railroad Information..... 822-LIRR

Suffolk Transit Information 852-5200

AMTRAK 1-800-872-7245

Port Jefferson/Bridgeport Ferry 473-0286

MacArthur Airport 467-3210

JFK International Airport (718) 244-4444

LaGuardia Airport..... (718) 533-3400

Airlines

American..... 1-800-433-7300

Continental 1-800-525-0280

Delta 1-800-325-1999

Southwest Airlines 1-800-435-9792

Spirit Airlines 1-800-772-7117

United 1-800-241-6522

US Air 1-800-943-5436

HAPPY BIRTHDAY



Gabriella Amiazia

Happy Birthday wishes go out to Gabriella Amiazia, of St. James, who celebrated her 4th birthday in April, 2009.

Happy birthday Gabby. We love you so much. Love Mommy, Daddy and Marina.

We join with Gabriella's family and friends in wishing her a very happy birthday.



Alexandra Rae DeGiorgio

Happy birthday to Alexandra Rae DeGiorgio, of St. James, who celebrated her 4th birthday on May 10, 2009. Alexandra, who attends Story Book Hollow in St. James, enjoyed a party with friends and family.

Special Happy Birthday wishes go out to Alexandra from her Mom, Dad, and big sister Ashley.

Haughie / Squillante Engaged

Bruce and Susanne Haughie, of St. James, and John and Deborah Squillante, of East Meadow, would like to share their happiness in announcing the engagement of their children, Mark James Haughie and Dawn Marie Squillante. The couple was engaged in April 2009 with an October 2010 wedding planned.

Dawn has a bachelor's degree in nursing from Molloy College and is a registered nurse at the Long Island Day OP Center in Mineola. Mark will graduate in August from Robert J. Hochstim School of Radiography. The couple currently reside in Wantagh.



**Dawn Squillante and
Mark Haughie**

Congratulations and best wishes to the happy couple from all their family and friends.

NEW ARRIVAL



Kayla Jane Wrenn

Eileen Wrenn of St. James, is delighted to announce the birth of her first grandchild. Kayla Jane Wrenn made her debut on February 16, 2009 at New York Presbyterian Hospital, NY, weighing 8 lbs. 4 oz and measuring 20 inches long.

The proud parents are Gerard and Melissa Wrenn of Staten Island. Kayla's maternal grandparents are Jane and Wayne Gunsch of Pocono Lakes, PA.

Congratulations and best wishes to the happy family from your friends in St. James.



SWEET 16... Sambucca, a life-long resident of St. James, is turning Sweet 16 on May 25, 2009! She is living large... literally! Everyone wishes Sambucca a Happy Birthday especially her family that adores her!

S P R I N G E G G H U N T



photos by William J. Garthe



13th Annual Spring Egg Hunt Was A Hopping Success

The St. James Chamber of Commerce's thirteenth annual Spring Egg Hunt was EGG-citing



with children hopping down to Deepwells Farm County Park in St. James on Saturday, April 11, 2009. The weather could have been better but the rain didn't dampen the spirits of the attendees. The Egg Hunt was held indoors where approximately 75 children gathered the 1,000 eggs that were spread around.

Megan Shutka, while working towards her Girl Scout Gold Award, initiated the idea of the

Spring Egg Hunt for children 1 to 10 years of age. In the past she has come back from college and the U.S. Navy to officiate over the event each year. This year was no different. The U.S. Navy, where Megan is now serving our country, gave her the time off to attend. She greeted all the children as the Easter Bunny and posed for pictures and gave out some treats.

continued on following page

S P R I N G E G G H U N T



A Special Thank You...

...goes out to Linda Pietrowski (Capital One Bank), chairman of the event; board member Scott Posner (Edward Jones Investments) for M.C.ing the event and providing the music; chamber president Larry Glazer (New York Life) for getting the word out; and to bunny helpers: Megan Shutka (Eddie's Power Equipment), Dr. Marc Taczanowski and Dr. Hope Miller (True Sport Care), Ruth Garthe (Our Town), William Garthe (Reliance Real Estate and Mortgage), Lisa McKenna and Peter McKenna (Shaolin Defense Center).

The eggs were stuffed with

goodies and some special eggs held grand prize slips for an Easter Basket. Austin Murn, Kaitlyn Loughran and Thomas Murn, all of St. James, won the baskets. Austin and Thomas Murn, who won the baskets in both the 0-3 year and 6 year and over categories, were very gracious and gave one of their baskets to Robert and Hunter Pszybyski, also of St. James. Way to go guys!

Be sure to see all the Egg Hunt photos taken by board member William Garthe (Reliance Real Estate & Mortgage) in this issue of *Our Town*.

P O E T ' S C O R N E R

The Miracle

—David F. McKell

*When I was a lad of eighteen years,
My father spoke to me one day.
It was a friendly conversation,
And he had a lot to say.*

*He talked about his experiences,
Of things he had done in his life.
He took me back to his teenage years,
And how he met my mother, his wife.*

*I tried to give him my attention,
And show him the proper respect.
But quite frankly, I found him boring,
Which I didn't want him to suspect.*

*He's a good man and a good father,
And I know he meant the best for me.
But at eighteen years and very sharp,
I felt sorry there were things he couldn't see.*

*Now a few years have passed and I'm twenty-one,
And I almost have been brought to tears.
It seems like a miracle has happened to dad,
Because he's learned so much in three years.*

Mother Nature's Colors

by John Taratunio, Fairfield Condos

*The colors Mother Nature
Has been kind enough to share
In our four seasons
Certain colors are always there.
But if these colors were to change
What would you do
I mean if snow was green or yellow
Or even red, white and blue.
If you didn't like it
To whom would you complain
Whoever heard, of chartrusse rain.
Certain things are taken for granted
And are never supposed to change
So we should be content with
Mother Nature's colors
Otherwise things would really
look mighty strange.*

Children!

by Commander Ed Gaskell

*When you see the Flags pass by
Hold your head high,
And your hand on your heart,
And remember the Brave:
It's for them the Flags wave!*

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Pick 3. Spend 50. Save your local economy.

For more information, visit the350project.net

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O B I T U A R I E S

Margaret (Peggy) M. Brady

Margaret (Peggy) M. Brady (nee Shea), of St. James, L.I. formerly of Elmhurst, Queens, passed away on April 17, 2009. Beloved wife of the late of Edward. Cherished mother of Robert (Carol) and Marilyn Sullivan. Loving Gram of Neil and Megan.

A Funeral Mass was held on April 20, 2009 at Sts. Philip & James R.C. Church in St. James. Interment followed at St. John's Cemetery, Middle Village.

Arrangements were entrusted to the Maher family; Kenneth J. Maher, Kerry J. Maher and Kenneth J. Maher, Jr. at the St. James Funeral Home, St. James.

MaryEllen De Haven

MaryEllen De Haven, of St. James (formerly of Mineola), passed away on May 5, 2009 at the age of 90. Beloved wife of the late Donald De Haven. Loving mother of Elizabeth (Athan) Tasopoulos, Harry "De" (Joanne) De Haven. Cherished grandmother of five and great grandmother of one.

A funeral service was held on May 8, 2009 at the St. James Funeral Home. Interment followed at Nassau Knolls Cemetery, Port Washington.

Arrangements were entrusted to the Maher Family; Kenneth J. Maher, Kerry J. Maher and Kenneth J. Maher, Jr. at the St. James Funeral Home, St. James.

Rose McLoughlin

Rose McLoughlin, of St. James, L.I., formerly of Delray Beach, Florida, passed away on April 30, 2009. She was predeceased by her husband Timothy. She is survived by her children Rosemarie (Wayne) and Michael. She is also survived by seven grandchildren.

A Mass of Christian Burial was held on May 2, 2009 at Sts. Philip and James R.C. Church in St. James. Burial followed at Pinelawn Memorial Park, Pinelawn.

Arrangements were entrusted to the Maher family under the care of Kenneth J. Maher, Kerry J. Maher and Kenneth J. Maher, Jr. of the St. James Funeral Home, St. James.

Eleanor A. Rennenberg

Eleanor A. Rennenberg, of St. James, L.I., passed away on April 14, 2009. Member of STAC, Associate of the American Watercolors Society. Beloved wife of Ted. Loving mother of Kathleenanne and Maris Lemanis, Theo and Laura Rennenberg.

Beloved grandma of Kristina, Stephen, Isabelle, Maxwell. Devoted sister of Arthur, Jerry and Helen. Cherished sister-in-law of June. Loving aunt of many nieces and nephews.

A Funeral Mass was held on April 20, 2009 at Sts. Philip & James R.C. Church in St. James. Cremation followed at Washington Memorial Park, Mt. Sinai. In lieu of flowers, donations can be made to the Alzheimer's Association in memory of Eleanor.

Arrangements were entrusted to the Maher family; Kenneth J. Maher, Kerry J. Maher and Kenneth J. Maher, Jr. at the St. James Funeral Home, St. James.

Robert James Rodgers

Robert James Rodgers, of Smithtown, passed away on April 15, 2009 at the age of 84. WWII Veteran and member of the Municipal Bond Club, Shawnee Indians. Loving husband of Helen. Cherished father of Robert (Marion) Rodgers, Candace (Raymond) Ruocco and Scott (Sharon) Rodgers. Devoted grandfather of eight and great grandfather five.

Funeral services were private.

Arrangements were entrusted to the Maher family; Kenneth J. Maher, Kerry J. Maher and Kenneth J. Maher, Jr. at the St. James Funeral Home, St. James.



A Salute to Our Soldiers

We salute the men and women who have served in our Armed Forces, those who serve today, and the future generations who will carry on the honorable duties of protecting and preserving America's freedom. Their dedication, patriotism, sacrifice and courage will always be remembered.

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O B I T U A R I E S

Robert C. Wertz

Robert C. Wertz, of Port Jefferson, formerly of St. James, NY, passed away on May 5, 2009 at the age of 76. Former Assemblyman for 32 years representing the 6th Assembly District. He served in the Assembly under five governors. Former Assistant Minority Leader and proud U.S. Marine. Mr. Wertz served as the Smithtown Town Attorney from 1967-70.

Beloved husband of the late Dorothy A. Loving father of Mary (John) Fitzpatrick, Donna (Bob) Arao, and Robert II (Kristen) Wertz. Cherished Pop-pop of Katelyn, Julie, Robert, Megan, Kenneth, James, Kelly, Robert III, Thomas, Brian, Ryan, Eric, Tyler and Julianna. Dear brother of Caryll Batterman and the late Peter Wertz.

He reposed at the Branch Funeral Home in Smithtown, NY. A Funeral Mass was held on May 8, 2009 at Sts. Philip and James R.C. Church in St. James. Interment followed at St. James



Robert C. Wertz

Episcopal Cemetery, St. James, NY.

In lieu of flowers, donations can be made to www.smile-train.org.

Arrangements were entrusted to the Vigliante family at the Branch Funeral Home.

Joseph James Fortunato, Jr.

Joseph James Fortunato, Jr., of St. James, passed away on May 10, 2009 at the age of 79. Beloved husband of Shirley. Loving father of Joseph III (Amy) Fortunato and Thomas V. Fortunato. Cherished grandfather of Victoria, Joseph IV and Alison. Dear brother of Josephine Gagliano, James Fortunato, and Anne Smith.

He reposed at the Branch Funeral Home, Smithtown, NY. A Funeral Mass was held on May 15, 2009 at St. Patrick's R.C. Church. Interment followed at Queen of All Saints Cemetery Central Islip, NY.

Arrangements were entrusted to the Vigliante family at the Branch Funeral Home.

This is the watch Stephen Hollingshead Jr. was wearing when he encountered a drunk driver.
Time of death 6:55pm.

Friends Don't Let Friends Drive Drunk.



Photo by Michael Mazzeo



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ongoing opportunities, community services
and general information

A.A. MEETINGS

Alcoholics Anonymous holds more than 400 open meetings each week in Suffolk County. The only requirement for membership is a desire to stop drinking. All are welcome.

A.A. meets every Monday and Wednesday, at the St. James Methodist Church, off Route 25A and Moriches Road, in St. James. On Mondays a Big Book meeting is held at 6:30 p.m. and a 12-Step meeting is held at 7:30 p.m. On Wednesdays a Beginners meeting and a Topic meeting is held at 7:30 p.m.

Meetings are held each Thursday at 7 p.m. at Temple Isaiah, 1401 Stony Brook Road, Stony Brook.; each Friday at 9 p.m. at the United Methodist Church, 792 Hawkins Avenue in Lake Ronkonkoma; 3rd Wednesday of each month at 7:30 p.m. Grace Baptist Church, Hallock Rd., Lake Grove, and each Tuesday and Thursday at 10 a.m. at Islip Town Beach Pavilion, Rosevale Ave. All meetings are free.

If you have further questions or would like a list of other open meetings as well as closed meetings, call 669-1124, 24 hours, 7 days.

AMVET POST #55 MEETS IN ST. JAMES

AMVET Post #55 meets the second Saturday of each month at the St. James VFW, which is located next to King Kullen on Lake Avenue. The meetings begin at 9:30 a.m. AMVET membership is open to all men and women who have served honorably in the U.S. Armed Forces, Reserves or National Guard including those men and women who are currently serving our country. Each AMVET post conducts its own local programs and participates in AMVET-related state and national organization activities.

For additional information about AMVET Post #55 in St. James, contact Don Cantwell at 265-0180, and attend the meetings on the second Saturday of each month.

AMERICAN LEGION HALL FOR RENT

Tables, chairs, kitchen, bar, heat/AC; Reasonable Rates. Sherwood Brothers Post 95, Lake Avenue, St. James. Call on Monday, Wednesday or Friday between the hours of 8 a.m. and 10 a.m. 584-9633.

CRISIS HOTLINE

RESPONSE of Suffolk County, Inc. provides a suicide prevention/crisis intervention hotline, every day, 24-hours-a-day.

Call anytime if you are feeling sad or desperate, if you are concerned about someone who is, or if you just want to talk with someone who understands and cares. Talking helps.

Call: **751-7500 ANYTIME**

CRISIS ONLINE HOTLINE

Response of Suffolk County, a 24-hour crisis intervention hotline, now has a new ONLINE crisis counseling service, called Hear2Help. Hear2Help counselors can be reached online Monday through Friday afternoons from 3-9 p.m. Log on at responsehotline.org

2 FLAG DROP OFF BOXES IN ST. JAMES

Through the generosity of the St. James Postmaster, reconditioned mail-drop boxes have been painted and placed at two separate locations in St. James. One can be found on the side of the American Legion, Sherwood Bros. Hall at 95 Lake Avenue, St. James, and another at the side of VFW Post 395, at the south end of the King Kullen parking lot for the desposal Flags which are no longer suitable for use. The flags will be properly disposed of with an appropriate ceremony.

FOSTER PARENTS NEEDED

Share your heart and home with children in need. Become a Suffolk County foster parent. Foster parents receive stipends, are reimbursed for expenses, can be single

parents, can work, receive free training, are supported by caring caseworkers, help to reunite families, and may be able to adopt children who can't go home.

All orientation meetings are held in the Social Services Building at 3455 Veteran's Memorial Highway in Ronkonkoma. Please call the Suffolk County Department of Social Services at 853-KIDS for more information and to sign up for one of their upcoming orientation meetings.

JEWISH STUDY GROUPS

"FREE" *Study Group* for community seniors is offered at Temple Beth Chai, 870 Townline Road, Hauppauge, on Monday mornings at 10-11:30 a.m. Call the temple office for further information at 724-5807.

Lunch & Learn at Temple Beth Chai, 870 Townline Road, Hauppauge, will meet on the second Shabbat morning of every month. No Hebrew or background knowledge required. Shabbat services begin at 9:30 a.m., with *Lunch & Learn* following. This program is "FREE" and open to the community. For directions call the temple office at 724-5807.

JEWISH WAR VETERANS MEETINGS

The Three Village Post of the Jewish War Veterans is seeking new members. They meet monthly on Sundays at 9:30 a.m. at the North Shore Jewish Center, Norwood Avenue at Old Town Road, Port Jefferson Station. Call 751-6421 or 928-1127.

JEWISH WORSHIP SERVICES

Temple Beth Chai, 870 Townline Road, Hauppauge, a Conservative/Egalitarian Synagogue welcomes the community for Sabbath services on Friday evenings at 8 p.m. and Saturday mornings at 9:30 a.m. Call the temple office at 724-5807 for directions.



ongoing opportunities, community services
and general information

**SENIORS WHO CAN'T GET TO
THE LIBRARY...
A VAN-TASTIC SOLUTION**

Through a cooperative effort between The Smithtown Library and the Town of Smithtown's Senior Citizens Department, transportation is provided for library visits on regularly scheduled dates or on demand when possible.

On days of planned visits, a van from the Smithtown Senior Citizens Center will take you to any Smithtown Library Building. If you need to go to the library when a visit is not planned, call the Senior Citizen Center's Transportation Department to inquire about scheduling an individual visit. To arrange to be picked up for a planned visit or to request an individual visit, call the Senior Citizen Center's Transportation Department at 265-8811. One week's notice must be given for a pick up. There is a \$1 charge each way for transportation (\$2 round trip).

**MEALS ON WHEELS
VOLUNTEER DRIVERS NEEDED**

The Town of Smithtown, Senior Citizen's Department is in need of Volunteer Drivers for its Meals on Wheels Programs. Drivers deliver hot meals to the homebound in the Smithtown Township. Mileage reimbursement is available. If you are available between the hours of 11 a.m. and 1 p.m. one day a week, or once a month, please call Center manager, Laura Swoboda at 360-7616 for further information.

MOMS Club

The MOMS Club of Smithtown holds its General Membership meeting on the first Thursday of the month at 10 a.m. We are a chapter of MOMS Club International and are a support group for the stay-at-home mom and the mom who works part time. We have play-groups, park dates, field trips, and Mom's Night Out. Our chapter serves the Smithtown Township. New members and their children are ALWAYS welcome. For more information please contact Debbie

at 631-467-3723.
www.momsclub.org

NARCONON

At Narconon the goal is recovering the loved one you lost to drugs or alcohol addiction. The Narconon program was founded in 1966 and is based on the humanitarian works of L. Ron Hubbard. In more than 120 centers around the world, Narconon programs restore drug and alcohol abusers and addicts to a clean and sober lifestyle. Call 800-468-6933 or log on to www.stopaddiction.com to receive your free copy of *Guide to Addiction Recovery for a Lifetime* or to speak to a counselor immediately for free counseling, assessments and referrals.

**PARKINSON PHYSICAL
THERAPY PROGRAM**

A physical therapy program is available to Parkinson patients at the Smithtown Parkinson Therapy Center. The Center conducts an on-going program of exercise and physical therapy, specifically tailored to the needs of each individual patient and administered by a volunteer staff doctor, a physical therapist, nurses and trained volunteer aids. The Center operates on a not-for-profit basis with only a minimal monthly charge to cover expenses. For more information or if you are interested in volunteering, call 265-6621.

RECOVERY MEETINGS

Recovery, Inc., a nonprofit community mental health organization, offers self-help for nervous symptoms, fears, anxiety, depression, stress, anger, etc. Meetings are held on Tuesdays, at 7:30 p.m. at St. James Episcopal Church, 490 North Country Road, St. James.

For additional information call 724-5190.

**SUFFOLK VOCATIONAL
CENTER - FREE TRAINING**

If you are widowed, separated, divorced or in the process of obtaining a separation or divorce, a

single parent or a single parent receiving ADC/TANF you might qualify for FREE training. Registration is in progress for the F-E-G-S Suffolk Vocational Center/Displaced Homemaker program *New Directions*, *Computer Skills Training* and *Brush Up* programs. Enrollment is ongoing for programs. The *New Directions* program offers morning workshops. The *Computer Training* and *Brush-Up* programs include computer literacy classes in Microsoft Word and Excel as well as personal skills instruction. Call 598-0108 - early enrollment is a must.

VOLUNTEERS NEEDED

RESPONSE of Suffolk County, Inc. a 24-hour crisis intervention hot line needs open, caring people to volunteer 4 hours a week as telephone counselors. Training is provided. Call 751-7500 anytime.

Smithtown Parkinson Therapy Center, Route 25, Smithtown is always in need of volunteers to ensure the desired goals it strives for. No experience is needed for just two hours a day, on Monday, Wednesday or Friday, from 9:30 to 11 a.m. Volunteers are trained by the professional staff. The center welcomes present and/or future students of physical therapy as volunteers. Anyone with the desire to become a "Help" or a "Hope" should call 265-6621.

VFW POST #395

John W. Cooke Veterans of Foreign Wars Post 395 meets at 8 p.m. on the first Tuesday of each month at their Post next to King Kullen on Lake Avenue in St. James. VFW membership is open to all veterans who have served honorably in foreign conflicts in U.S. Armed forces. For further information, call 862-7965.

C L A S S I F I E D A D V E R T I S I N G

PRAYER TO ST. CLAIRE – Ask for three favors. One business, two impossible. Say 9 Hail Mary's for 9 days with a lit candle. Pray whether you believe or not and publish on the 9th day. May the Sacred Heart of Jesus be praised, adored and glorified today and everyday. Your request will be granted no matter how impossible it seems. Publication must be placed. C.M.S. 5/09

SAINT JAMES MULTI-FAMILY MOVING SALE - Saturday, May 30 from 9 a.m.-4 p.m. Furniture, kids' books, toys and games, baby items, housewares and much more. 15 Floral Lane (off Bayberry Drive). 5/09

CHILD CARE AVAILABLE IN MY ST. JAMES HOME – Flexible hours, Reasonable rates. Call 631-433-3566 and ask for Vivian. 5/09

TUTORING – ELEMENTARY, SPECIAL EDUCATION, AND READING. Certified teacher available specializing in Wilson Reading Program, elementary reading and elementary math skills. Will work with your schedule. Call Michelle at 584-5532. tfn/mm

TUTOR – NYS Certified (N-6) and local Smithtown teacher is willing to tutor students over the summer. If you're looking for an experienced, kind, and knowledgeable tutor for your child, please feel free to call Lisa at 516-707-0510. tfn/mfx

VIVIAN'S HOUSE CLEANING / OFFICE CLEANING – Free estimates. 10 years experience. Spring cleaning, weekly / bi-weekly and after party clean up. Call 631-433-3566. 7/09

ST. JAMES OFFICE FOR RENT – Professional office suite on 2nd floor - 700 sq. ft. - centrally located (across from 7-Eleven) with a Lake Avenue address. Reception area, 3/4 offices, bathroom. Very reasonable. Call Ruth at 862-9849. tfn

FLORIDA CONDO FOR SALE – Tamarac Florida, 2 bedroom, 2 bath. Pergo/tile floors, fans, screened deck, hurricane shutters and clubhouse. Overlooks pool and golf course. Low maintenance. Includes cable. Asking \$75,000. Call 444-0003. tfn/forz
FOR SALE – 2000 MITSUBISHI MIRAGE - 4 cyl. 1.8L, 98K, 25-27 mpg! Rebuilt trans., replaced engine belts, new alternator. \$2,800 neg. Call 631-455-4636. 5/09/bg

FOR SALE – White Lacquer Bedroom Set - 6-drawer dresser with mirror, 4-drawer chest, 2 night stands and twin headboard with Craftmatic bed frame. Excellent condition. \$300. Call 862-8181. 5/09

FOR SALE – LOOPLOC POOL COVER - used for only one season. Covers a 16'x34' pool (like new). \$400. Call 585-0013. 5/09

POSITION WANTED – European hard working lady is looking for a position in Home Health Care. HHA and PHE certified. Many references St. James area. (631) 413-4073. 5/09

DRIVER WANTED FOR FLORIST – Local deliveries. Part time and holidays. Call 862-9292 5/09sjf
RECEPTION / MEETING HALL AVAILABLE FOR USE – St. James United Methodist Church, offers a spacious meeting hall with commercial kitchen for civic and support groups, receptions, clubs, workshops and seminars. The 35'x60' meeting room has tables, chairs, rest rooms and a grand piano. The Church is located at 532 Moriches Road in Head of the Harbor. Expansive parking and handicapped access is provided. Please contact the Office at 584-5340 for available dates and suggested donations. The SJUMC offers their facilities as a community outreach to the St. James area and welcomes all visitors. tfn

HELP WANTED – Bather/Fluffer for pet grooming salon in St. James. Experience preferred. Call 686-5336. tfn/tp

HELP WANTED – Busy Family Medicine office is looking for a part time individual who can multi-task both front and back office duties. Experience preferred, will train on specific medical software. Will train for procedures done in the office. Requires 1-2 evenings per week (2-8 p.m.), Saturday mornings (9 a.m.-1 p.m.), and 1-2 weekdays. Some flexibility expected. Fax resume to 631-584-6098. 5/09/dm

AMERICAN LEGION HALL FOR RENT – The American Legion, Sherwood Brothers Post 1152 is looking for an organization to rent the American Legion Hall by the year. Reasonable rates, air conditioned, heat, tables, chairs, complete kitchen and good parking. Located at 95 Lake Avenue, St. James. Call Mon., Wed., Fri., between 8-10 a.m. Ask for William Kennedy. 584-9633. tfn

VENDORS WANTED FOR ST. JAMES DAY – Craft vendors are wanted for the St. James Chamber of Commerce's 22th annual ST. JAMES DAY, Sunday, October 4, 2009 along Lake Avenue. 10-foot spaces are being provided for \$125 per space, after 8/15/09 if available - \$150 (no exceptions) – bring your own table. St. James Day has been a huge success in the past. Call now for further information and to receive an application to reserve your space, 584-8510 and leave, name, address and phone number on machine. Applications are available on the Chamber website at www.stjameschamber.org. There will be entertainment throughout the day. We look forward to seeing you there. 9/09

OUR TOWN

Deadline & Publication Dates

☐ = COPY & AD DEADLINE

☐ = PUBLICATION DATE

In the JUNE Edition advertise for:

- Fourth of July Specials
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AUGUST

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