

Our Town

S · T · J · A · M · E · S



NOVEMBER
2007
Volume 21
Number 1

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



It Was
Delight
& Fright
at Annual
Halloween Parade
and
Haunted Houses

Coverage begins on page 98

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THE DIFFERENCE

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Our Town

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OUR TOWN

- ST. JAMES -

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PLEASE NOTE:

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

THURSDAY, DECEMBER 6, 2007 - 12 NOON.

Distribution takes place on Wednesday, December 19, 2007.

Diamond Jewelers – A Unique Jewelry Store

430-9 North Country Road
St. James, NY 11780
631-862-8868

Hours:

Mon-Sat 10 a.m.-8 p.m.
Sun 11 a.m.-5 p.m.

by Mindy Anderson

Robert and Joyce Borneman, both husband and wife as well as owners of Diamond Jewelers, bring over 30 years of jewelry experience to St. James. When they started out with their original store in Centereach, they never imagined they would grow to their current size, offering several other convenient locations including Port Jefferson Station, Selden, and St James! Having been in business since 1977, they wanted to bring their unique style to the North Shore. They decided St. James would be an ideal location because they recognized the fact that this quaint community would appreciate what their store provides; excellent customer service, a knack for solving jewelry problems where other jewelers cannot, professionally trained jewelers, gemologists, appraisers and designers on premises, significant selection and excellent value.

"We offer a shopping experience not found elsewhere by giving customers more than they expect. And of course, we stand behind everything we sell. I believe that because we go to great lengths to keep customers satisfied, regardless of costs which may be incurred, our customers remain happy and keep coming back. Our focus is on building relationships and I think we have proven that – given the fact that a large percentage of our business comes from repeat customers and referrals," said



owners Robert and Joyce Borneman.

Due to a steady stream of referrals, customers often travel from New York City and further away to visit Diamond Jewelers' stores. Diamond Jewelers also ships to customers throughout the country who have moved or have recommended their out-of-state relatives to them. In fact, their computerized customer base now boasts more than 50,000 people from surrounding communities.

Besides showcasing colored diamonds, fancy shaped diamonds, and certified diamonds in all sizes; Diamond Jewelers also offers traditional items such as diamond studs, wedding and engagement rings, and trendier items such as "Journey" jewelry (Graduated Diamonds), "Past Present, Future" jewelry (3 Diamonds) and the "Circle of Life" (Diamond O's) which are all very sought after. Customers can choose from a variety of styles and price ranges – for every budget and taste.

For those who are interested in obtaining a one-of-a-kind signature piece from a picture, a sketch, or an idea also have that option. Look to Diamond Jewelers to design the jewelry

you've always dreamed of owning! They will start out with a drawing, then their model maker – who works on premises – will carve out the item three dimensionally in wax. It will then be cast in the customer's choice of yellow or white gold, platinum, or sterling. After that, the jeweler will assemble the item, set the gemstones as required, and finish the item to the exact specifications of the customer. Very few jewelry stores can offer this service and, in the owner's opinion, even less have a jeweler with the experience and creativity their master craftsman offers.

Besides offering exquisite jewelry, Diamond Jewelers offers engravings, pearl and bead restringing, ear piercing, watch repairs, lost gemstone replacement, remodeling and design services, appraisals, local delivery, gift wrapping, an online education/learning center, Diamond Jewelers charge accounts, and so much more. They also hold in-store events such as estate jewelry shows, re-mount events, customer appreciation days, and offer a variety of promotions and contests throughout the year.

continued on page 122

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in the next 3 issues of *Our Town - St. James*

Visit our Salons at www.PavlovaSalon.com

WISHING EVERYONE A
HAPPY, HEALTHY THANKSGIVING

Mills Pond Elementary Blood Drive a Huge Success

On Tuesday, November 6, 2007, Election Day, the Mills Pond Elementary School PTA, in conjunction with the Long Island Chapter of the New York Blood Centers, had an extremely successful blood drive. The turnout was great with over 55 pints donated from the generous people of St. James.

Thea Garthe, Blood Drive chairperson for the PTA, had the WBLI "Pop Van" there and kept the donor's blood flowing at a fast pace. The staff of nurses from the Blood Center were nothing short of being wonderful and supportive.

Special thanks to Sivana Salon of St. James, Lake Village Deli of St. James, James Cress Florist of Smithtown, Bocu Day Spa of Commack, who donated gift certificates, that were raffled off to all who gave blood and to Macy's for donating

bottles of perfume that were also raffled off. Thanks to Victoria Cuomo and Gwen Wallasch for getting out and getting all the gift certificates. We also wish Gwen well and hope she is feeling better soon. A special thank you to Johnny's Subside Deli of Smithtown who not only donated blood but also a giant hero to feed the staff.

Thanks to all the people in St. James that made this blood drive a success. The slogan "*You Can Make a Difference*" – certainly got many members of the community to come out and donate. How nice is it to know that our town comes together in times of need. Our donors gave the best gift of all – *the gift of life*. Did you know that one pint of blood saves five lives. Hope to see you all in the spring for the next blood drive.



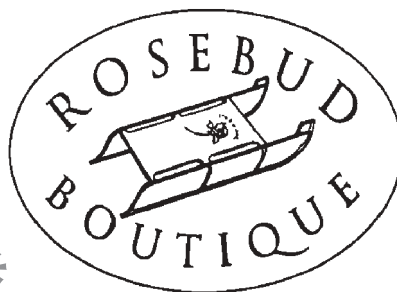
Holiday Boutique Set for November 30

Mills Pond Elementary School, located at 246 Moriches Road in St. James will hold a Holiday Boutique on Friday, November 30, 2007 from 7-10 p.m.

Be sure to stop by and get some great buys for the Holidays.

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HOLIDAY HAPPENINGS

Deepwells Farm Holiday Boutique on December 8-9, 15-16

Come celebrate the season with Old Victorian charm. Visit Deepwells Farm for the holidays on December 8-9 and December 15-16, and join us for High Tea and an elegant shopping experience. The boutique will feature 30 artisans featuring gifts, wearable art and unique home accents.

Doors grandly open at 10 a.m. until 4 p.m. Admission for the boutique is \$5. Advance reservations are required for the High



Tea with two sittings per day at 10 a.m.-12 noon, and 1-3 p.m. The Tea will feature traditional fare, a selection of fine teas and strolling

musicians. The admission for the Tea is \$20. Please call 563-8551 for Tea reservations and for additional information.

Enjoy the beauty of this mansion and get a glimpse into the past while supporting the Deepwells Farm Historical Society in maintaining this Suffolk County gem. Deepwells Farm County Park, located at Moriches Road and Route 25A in St. James, has a large parking field for your convenience.

Christmas Concert at Sts. Philip & James

The Music Ministry of the Parish of Sts. Philip and James R.C. Church will present a Christmas concert on Sunday, December 9, at 6:30 p.m. at the Church, located at 1 Carow Place

in St. James. Admission is free.

"This is our Christmas gift to you, so please plan on joining us for a special evening of spiritual, seasonal favorites, and our annual sing-along."

There will also be a tree lighting and blessing of the Nativity in front of the church. Please come and join in for this evening of music.

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November 23-30, 2007



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November 23 to 30, 2007

and

On Saturday, November 24th ONLY

- *Between 10-2 Receive Extra Special Values*
- *From 10-2 Meet the Designers of
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631-903-0836

e-mail: mybrokerliz@aol.com

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NISSEQUOGUE. "WATERFRONT HOME"

Spectacular water-views & sunsets of LI Sound. Diamond Post Modern Home. New custom granite gourmet EIK, great room/frplc, walls of glass overlooking panoramic Sound views, formal dining, master suite w/marble frplc, whirlpool tub, private deck. 3 additional BRs. Antique hardwood floors, vaulted ceils, mahogany decking w/2 electric awnings, finished basement. Elevator to all levels, CAC, 2 car garage. Electric gated entry & 2.7 lush green treed acres with mature shade trees, perennials galore and IGS. Cul-de-sac. Much more!!



\$3,250,000.

NISSEQUOGUE. "CUSTOM, QUALITY COLONIAL"

Young Colonial. Quality amenities: cherry flrs, moldings, raised panels, all solid wood doors, 9' ceils. 4 BRs, 2.5 baths, formal LR & Dr, FR /stone frplc, huge country EIK w/granite tops, center island & 2nd frplc.



Sunroom w/cedar planked beamed ceiling. French doors, bluestone patio. Level treed rear yard. Full bsmnt. 2 car att/ garage & 2.5 car det. barn w/electric & walk up loft. More! Our exclusive!! \$1,345,000.

ST. JAMES. "CIRCA 1837"

Head of Harbor area, walk to town & beach. Charming Farm Colonial features 11' ceils, wood floors, great rm w/stone frplc, balcony, 3 BRs, 2 baths. Covered front porch, decking. 1.5 car det. garage. Shy 3/4 acre prop. \$599,000.



SMITHTOWN. "TOTALLY UPDATED"

Diamond Ranch new EIK w/maple cabinets & Corian tops, LR, FDR. Den w/brick fireplace, built ins, new full bath w/whirlpool tub, CAC, oak floors, Many new Andersen windows, new Arch roof & vinyl siding, new heated IGP. Full fin. bsmnt. Must see!

\$475,000.



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RESIDENTIAL RENTALS

HEAD OF HARBOR. Large rooms thru-out sprawling Ranch. LR, DR, Den/frplc, EIK, oak floors, sunroom, very private setting. 2 car garage. \$2450. mo.

ST. JAMES. 3 BR, 2 full bath Colonial in heart of town. Walk to all. \$2000. mo.

SMITHTOWN. 5 BR, 3 bath Ranch, LR, DR, EIK. Great for large family. \$2500. mo.

STONY BROOK. 3 BR, 2 bath Splanch, LR, DR, EIK, FR/frplc, covered patio. 1.5 car garage. 3V schools. \$2600. mo.

TRWs & REFs REQ'D FOR ALL RENTALS

RARE OPPORTUNITY VACANT LAND

NISSEQUOGUE. Beautiful level treed shy 2 acre lot on cul-de-sac street with deeded access to LI Sound w/sandy beach. 257' road frontage. Build your dream home on this lovely property. \$999,000.

HEAD OF HARBOR. Beautiful mostly level wooded very secluded 3.69 acres of property, former evergreen tree farm, backs to 2+ acres of protected conservation land. Ideal for estate home or horse lovers. 3V schools, includes all permits, plans for 6,000+/- sq. ft. Colonial w/3 car garage. \$775,000.

NO. SHIRLEY. Two, half acre lots, level, treed. All approvals. \$185,000 each lot.



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ST. JAMES. "FAIRFIELD CONDO"

55+ adult community, 1 BR, 1.5 bath Ranch style unit. New Perego floors, LR w/sliding glass doors to patio. New windows, all new appliances in EIK, new bath. Amenities include: pool, tennis, clubhouse, Bus shuttle. Low taxes. \$283,000.

CALL FOR A FREE MARKET ANALYSIS

HOLIDAY HAPPENINGS

OPERATION SANTA CLAUS: S.J.F.D. 27th Annual Christmas & Holiday Parade Set for December 15

Santa Claus is coming to town Saturday, December 15, 2007. The St. James Fire Department will once again play host to Santa Claus and his friends for the 27th annual Christmas and Holiday Parade "The Festival of Lights." The parade departs from the Green Hills Shopping Center (opposite Hither Brook Nursery) on North Country Road at 5 p.m. Be sure to see all the brightly lit and holiday decorated fire trucks as they travel throughout the streets of St. James in celebration of this holiday season.

To view the decorated trucks prior to start of parade be at the Green Hills Shopping Center at 4:30 p.m.

The Fire Department requests

residents on side streets to keep their cars off the road and move them into driveways during the parade as this route has some very tight turns.

This year's parade route will cover all the major roads and most of the side streets. You can see the brightly lit trucks at the following viewing spots: Sts. Philip & James at 6 p.m.; King Kullen at 6:05 p.m., North Fork Bank at 6:10 p.m. Then they will take a short break at the firehouse sub station and return to North Fork Bank at 6:30 p.m. and then on to Mills



Pond Elementary School at 7 p.m. where candy canes will be passed out and you can take pictures with all the characters.

Santa Claus HOT LINE for the day of the parade is 584-5760.

The St. James Fire Department extends holiday greetings to all.

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- * Sand Art
- * Jewelry Beading
- * Sand Art
- * Carnival
- * Candy Art
- * Dinosaur Dig
- * Tye-Dying
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HOLIDAY HAPPENINGS

St. James Model RR Club to Hold Open House

The St. James Model Railroad Club will be holding its *Annual Holiday Open House* on Friday, November 30 from 6 to 9 p.m.; on Saturday, December 1 and Sunday, December 2 from 11 a.m.-5 p.m. at the Mills Pond House, 660 Route 25A in St. James.

This 38'x48' Lionel train layout, the result of 25 years of continuing improvements, represents

RAILROADING FROM THE AGE OF STEAM TO PRESENT DAY with many freight and passenger trains running simultaneously in a scenic, imaginative setting. If you can only get to see one train exhibit this holiday season, this is the one to see!

Featured will be many brightly illuminated, scratch-built structures, animated accessories, bustling towns, a colorful circus,

and much more. The improved layout guarantees that you will see more trains presented in a detailed, realistic setting.

Children of all ages will enjoy the sights and sounds of this truly impressive holiday event. Donations are \$2, adults; 50¢, children.

For additional information, call 862-8740, 979-7345 or 543-8732 (evenings).

Annual Christmas Tree Lighting on December 1

The St. James Chamber of Commerce invites everyone in town to their 21st annual Christmas Tree Lighting Ceremony on Saturday, December 1, 4 p.m., at the St. James Gazebo at the St. James Railroad Station.

A special appearance by Santa Claus

is scheduled to arrive at 4:15 p.m. Free hot chocolate and cookies will be served. Be sure to bring your cameras and take pictures with Santa.

Join your friends and neighbors in St. James as they sing out joyous Christmas Carols and get into the holiday spirit!



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HOLIDAY HAPPENINGS

LISCA Holiday Events SING-ALONG – DECEMBER 9

The Long Island Symphonic Choral Association will hold a *Messiah* Sing-Along on Sunday, December 9, at 3 p.m. at the Three Village Church, Route 25A in East Setauket.

If you have a copy of the

Messiah, please bring it with you as there are only a limited number of copies available for a nominal rental fee. The event is free and refreshments will be served.

For additional information, call 751-2743.

MESSIAH PERFORMANCE – DECEMBER 15

A performance of George Frederick Handel's *Messiah* will be presented by the Long Island Symphonic Choral Association (LISCA) on Saturday, December 15, at 8 p.m. at the St. James Roman Catholic Church, Route 25A in Setauket. Conductors Gregg Smith and Thomas Schmidt and LISCA will be joined by

professional soloists and the Hampton Chamber Orchestra.

Tickets at \$20/general and \$15/seniors are available at the Three Village Music Shoppe in Setauket and A Gift of Faith, 211 Main Street in Port Jefferson. For additional information, call 751-2743 or 941-9431.



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HOLIDAY HAPPENINGS

Gingerbread School at Sts. Philip and James

Sts. Philip and James School Parent Guild is proud to present the SSPJ Gingerbread School with Lisa Bassini, the Baking Coach (as featured on News 12 Long Island). This unique event, for both adults and children, will be held on Sunday, December 2, 2007, from 10 a.m. to 3 p.m. in the Sts. Philip and James Church Auditorium (located in the down-

stairs of the Church). The ticket price is \$30, and includes everything you need to make a fantastic Gingerbread House for the holidays.

So come and join us for this special event. Reservations are a must and there will be no ticket sales made at the door.

For reservations please contact Maria Aubry at: mariaaubry@hotmail.com

[mail.com](mailto:mariaaubry@hotmail.com) or send a check or money order payable to Maria Aubry c/o Sts. Philip and James School, 359 Clinton Avenue, St. James, NY 11780. Please mark your envelope "SSPJ GINGERBREAD SCHOOL." Space is limited so do not delay.

For additional information, call the School at 584-7896.

Chanukah Celebration Begins December 4 with Menorah Lighting

The St. James Chamber of Commerce will be lighting the Menorah for eight nights in celebration of Chanukah at the triangle at Lake Avenue and Route 25A. The menorah will be lit each night beginning Tuesday, December 4 through Tuesday, December 11. Candles will be lit at 5 p.m. each day except on Friday when they will be lit at 4 p.m. Join your friends and neighbors on this festive holiday. Song sheets and special treats will be given out each night, courtesy of the St. James Chamber.

The Menorah, which is put up and maintained by the Chamber was origi-

nally donated by Laura Hirsch, who will coordinate this year's event.

This holiday season, the St. James Chamber asks you to remember those less fortunate. Please bring along a donation of canned food or non-perishable items to help stock the shelves of a local food pantry. Also this year donations of unwrapped toys are needed for the families that come to the St. James R.C. Church Soup Kitchen in East Setauket. Please bring toys to the Menorah Lighting on Friday night so they can be delivered on Saturday. The soup kitchen serves families in need each week with wonderful hot meals.



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HOLIDAY HAPPENINGS

Seiskaya Ballet's *Nutcracker* at Staller Center

The Seiskaya Ballet's *Nutcracker* has become a perennial holiday favorite. This year's staging of the *Nutcracker* is again scheduled for eight performances on two successive weekends: December 15 & 16 and 22 & 23, Saturdays at 2 p.m. and 7 p.m. and Sundays at 1 p.m. and 6 p.m. at Stony Brook University's Staller Center for the Arts.

This classical ballet rendition has earned praise from critics and audiences alike. *Newsday* called the production, "Enchanting," "Polished," "...child friendly – a storyteller's *Nutcracker*..." And in another *Newsday* article the reviewer gushed: "...lavish... and ...sumptuous..." Other reviewers proclaimed it: "...glorious..."

dazzling....extraordinary...;" "...A Seasoned Recipe For Holiday Cheer."

The company's 2007 *Nutcracker* season should again garner praise. Judith H. Bernstein of *Newsday* headlined her Seiskaya *Nutcracker* review, "A Delicious Holiday Confection for Young and Old." Reviewer Michelle Isabelle-Stark entitled her 2004 review "Seiskaya's *Nutcracker* Is Dazzling and Breathtaking." The Seiskaya Ballet's *Nutcracker* is considered Long Island's premiere *Nutcracker* production.

Renovated in 2004, Stony Brook University's Staller Center for the Arts has been recognized as being without peer on Long Island for the staging of classical ballet productions. The theater's excellent sight lines, extensive

technical resources and professional staff combine to create an ideal venue. Complete performance information plus on-line ticketing are available at Seiskaya's informative website www.nutcrackerballet.com

For telephone orders, the Staller Box Office is available at (631) 632-ARTS (attended Box Office hours are Monday-Saturday 12 noon to 6 p.m.). For the latest information and available discounts, call the *Nutcracker* hotline at 1-866-NUT-TICS.

Tickets are on sale now: \$34 for adults and \$29 for children under 12 and seniors. Groups rates available. Treat yourself and your loved ones to a memorable holiday gift: the *Nutcracker* at the Staller Center.

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SETAUKET - STRONGS NECK. Fabulous home better than new. 5 BRs, 5 baths, professionally decorated thruout. Set on shy as 3/4 acre. Incredible fin. bsmt/ with OSE. On quiet St at end of cul-de-sac. A dream home.

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SMITHTOWN. Super expanded Ranch. 4 BRs, 2 baths. Totally remodeled. HW fls, CAC, EIK with granite, MBR with own bath. Set on gorgeous 1/2 acre in prime area of North Smithtown,

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HOLIDAY HAPPENINGS

Grace Church Calendar

Grace Church of Smithtown, A Non-denominational Church
450 Edgewood Avenue, Smithtown
265-4680 www.gracechurchsmithtown.org

NOVEMBER

Sunday Worship Services

9 a.m. and 10:45 a.m.

Sunday School, Junior Church and Nursery provided for all children during both services.

Fridays, 7-9 p.m.

AWANA - Children's Bible Club and GCY Teen Group

Sunday, November 25

"OASIS" - a night of spiritual refreshment with a praise and worship concert from 6-7 p.m.

Special Event

Saturday, December 15, 7 p.m.

Sunday, December 16, 7 p.m.

A Christmas Concert "ALL BOW DOWN"
Dessert Fellowship will follow concert.

DECEMBER

Sunday Worship Services

9 a.m. and 10:45 a.m.

Sunday School, Junior Church and Nursery provided for all children during both services.

Fridays, 7-9 p.m.

AWANA - Children's Bible Club and GCY Teen Group

Monday, December 24, 7:30 p.m.

Christmas Candlelight Service

ALL ARE WELCOME TO ATTEND!



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- Crispy Lobster Wontons
- Scallop Bites
- Jumbo Coconut Shrimp w/Tropical Sauce
- Shrimp Poppers w/Jalapenos & Cheese
- Jumbo Fried Shrimp
- Bacon Wrapped Scallops
- Mini Potato Skins w/Seafood Newburg

ALSO • Gail's Homemade Clam Pie • Crab Cakes
• Large Baked Clams • Scallops Wrapped in Bacon
• Seafood Stuffed Shells

SEAFOOD ENTREES

- Filet of Salmon Dijon
- Potato Crusted Salmon
w/Horseradish Cream
- Tilapia Oreganata
- Stuffed Flounder or Salmon
 - Seafood Stuffing
 - Spinach & Feta cheese
- Stuffed Shrimp Scampi
- Bay Scallops Oreganata

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Join us and shop for elegant gifts, wearable art and unique home accents. Enjoy the beauty of this mansion and get a glimpse into the past all while supporting the Deepwells Farm Historical Society in maintaining this Suffolk County gem.

While in the area be sure to visit the St. James General Store, the oldest operating general store in the United States.

Art & Craft Show - Sat. & Sun. 10-4

High Tea (additional fee, call for reservations)

Sat. & Sun. 10-12 or 1-3

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2007 White House Christmas Ornament

The 2007 White House Christmas ornament celebrates the first administration of Grover Cleveland, the 22nd (1885-1889) and 24th (1893-1897) president of the United States. The first Democrat to become president in 24 years, he was the only chief executive to leave the White House and return for a second term four years later. The 49 year old bachelor was also the only president to be married in the White House.

Cleveland's First Term (1885-1889)

One of nine children of a Presbyterian minister and his wife, Grover Cleveland was born in New Jersey in 1837 and raised in upstate New York. As a reform candidate he was elected mayor of Buffalo in 1881, and later, governor of New York. His politi-



**The 2007 White House
Christmas ornament**

*Photo credit:
White House Historical Association*

cal prominence carried him into the White House just three years later. In the White House,

Cleveland became one of the hardest working presidents ever, doing his own paperwork and routinely working past midnight. He paid his own expenses, dispensed with luxuries such as the presidential yacht, and bemoaned the fancy White House cooking.

To many he seemed like a new Andrew Jackson. He had the same toughness and incorruptibility, and the same courage to stand up to an obstacle. As with Jackson, Cleveland's power struggle as president would be with the Senate over what has become known as an early form of "executive privilege." He won the battle and used his powers liberally, vetoing legislation nearly 600 times. The pension and drought relief bills he vetoed were popular with the people, and gradually continued on page 26



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2007 White House Christmas Ornament

continued from page 24
ly he lost their support and reelection bid in 1888.

A Presidential Romance and Wedding

The early Cleveland White House was a lonely bachelor's house. The picture changed on Wednesday, June 2, 1886, when Grover Cleveland married 21 year old Frances "Frank" Folsom in a small ceremony in the Blue Room. The courtship had been conducted secretly and largely by mail. The president included his proposal of marriage in a letter to his ward Frank, the daughter of his late law partner. The formal announcement of the engagement was made on May 28, 1886 and they were married five days later. The public was captivated and the White House bride earned nation-wide respect.



Ornament

The wedding ceremony portrayed on this year's ornament is a reproduction of an engraving that appeared in Frank Leslie's *Illustrated Magazine* in 1886 showing the bride and groom exchanging vows. The gold-plated frame showcases design elements from the Cleveland's wedding album and the groom's monogram anchors a border of orange blossoms from the bride's

wedding gown while her monogram appears on the reverse.

The second term of the Cleveland presidency will be featured on the 2009 ornament. Of the previous White House Christmas ornaments, 19 honored presidents, starting with George Washington. The 1989 ornament pays tribute to the bicentennial of the American presidency while the bicentennial of the White House as home of the president was commemorated in 2000. The 2002 ornament honored the centennial of restoration of the White House and the building of the West wing.

The cost of the ornament is \$16.95 plus packing and delivery and can be ordered from the White House Historical Association, P.O. Box 96586, Washington, D.C. 20090-6586, or you continued on page 122



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Holiday Fire Safety

Fire never takes a holiday. Learning basic fire prevention facts and taking simple precautions can make all of your holiday celebrations safe and memorable.

- Start holiday cooking with a clean stove and oven.
- Keep kitchen clutter and loose clothing away from the stove's heat.
- Turn pot handles in, away from a child's reach.
- Use pot holders to prevent burns.
- NEVER throw water on a grease fire. Instead, cover the burning pan with a lid.
- Keep all appliances in good working order.
- Never overload electrical outlets. Unplug appliances when not in use.
- Never leave cooking food unattended.
- Keep decorations away from sources of direct heat.
- Make sure your Christmas tree is fresh. Shedding needles is a sign of a dry tree.
- Keep your tree fresh by placing it in a stand that holds water.
- Make sure artificial trees are flame-retardant.
- Never smoke around the tree or flammable decorations.
- Place trees away from direct sources of heat.
- Never place a tree so that it blocks an exit.
- Only buy electric lights that are approved by a national testing lab.
- Never decorate metal trees with electric lights.
- Always unplug lights before going to bed.
- Never run electrical cords through doorways and under rugs.
- Keep candles in sturdy holders and never place them near combustibles, such as curtains.
- Avoid hanging stockings near an open flame.
- Never burn paper in a fire-place. This is a major cause of chimney fires.
- At a party, check to be sure the exits are clear.
- Check under furniture and cushions for smoldering cigarettes.

Make a date to be fire safe. Following these basic safety tips every day will insure your family's safety all year-round:

- Keep fire extinguishers handy.
 - Design a fire escape plan.
- continued on page 122



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THANK YOU to all of you who stopped by our booth to say hello and ask questions



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Thanksgiving Memories

by Carol Gibbons

It was 40 years ago, 1967, when our family made its first Thanksgiving journey back into Queens. My parents had moved over the summer out to "The Island," I was 6 years old. Our destination, Grandma and Grandpa's house, of course! There were four of us at that time, I was the oldest and we descended in age each year, Carol age 6, Cathy age 5, Caren age 4, and Pauly age 3. Sometimes I think my parents were crazy, but then I realize, it's just what people did back then. Like so many aspects of life times were different. Our mind set was different. What was normal then seems so strange and foreign now.

We set off early on Thanksgiving morning, the trunk of the big black Oldsmobile filled with farm stand vegetables that would later be prepared for the feast. The four kids were clean and dressed with matching dresses, matching shoes, and matching coats. These I clearly remember, because they were my favorite, navy blue wool with double breasted buttons. We had gotten them at Gertz department store one evening on one of our family shopping excursions – my mother did not learn to drive until the '70's so we always waited for my dad to take us at night after dinner, or on a Saturday. My brother Pauly was not left out of the matchy theme; he had a double breasted wool coat as well with polished black shoes.

So there we sat, all four kids, shoulder to shoulder, in the back seat of this large automobile. It was like a sofa, it had one large cushion that stretched from door to door. There were no car seats back then, and we never used seatbelts. I can remember sitting all the way back and my legs



jutting straight out in front of me, just like my siblings, my legs were too small to make the bend.

My mother placed a box on my lap that held her famous cake that was shaped like a turkey. I was given strict instructions not to touch the frosting and to hold on tight as to not let it slip or fall. I was the oldest after all, I got the grand responsibility.

The day itself was always the same, lots of fun, and lots of food. My favorite was Grandma's homemade German noodles, Spatzel, and playing with my uncle Benny. He was always my favorite uncle, and he always came through the door with presents and goodies for all.

Later in the evening when it was time to go home, with our bellies full, my mother would help change us all into our "feetie" pajamas and we would head off for home. Along the way, the neat little soldier like positions would be exchanged for sleeping positions.

It was truly every man for himself. Being the largest I claimed the *couch*, Cathy the next in line took what we called the *top bunk*. This was the flat spot above the couch that connected with the rear window. Caren and Pauly cuddled into the *wells* on the floor with the bump as their divider and head rest. No one should ever feel sorry for them; the floor was prime real-estate in winter because they had heat that came in under the seat that kept them toasty warm.

I clearly remember the sound of my dad's tires rolling over the cracks in the cement roadway on the Northern State Parkway. Falling asleep to the rhythmic cla-clump, cla-clump, cla-clump, together with the pat-

tern on the roof of the car set in motion by the street lamps. Some times we would start our homeward journey with a song or silly stories about our day, but eventually one by one we would doze off, only to awake in our driveway. The younger two would be carried into the house, while Cathy and I would make the sleepy trek ourselves across the damp grass.

Some would say that we are lucky to be alive, and how did people ever take such risks? All of this is true, however all I know is we had fun. Eventually, Mom learned how to drive and my parents bought a station wagon and we were all bigger and the positions changed again. In the new car I still dozed off on the way home to the cla-clump sound, but I was sitting up.

Editor's Note:

Carol Gibbons is co-owner of The Yellow Cottage, 415 North Country Road, St. James, specializing in vintage linens, ironstone and depression glass. Call 584-5776 or stop in for any additional information.

Carol & Roseanna invite you to

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SMITHTOWN – “BIG WING”

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ST. JAMES – SPACIOUS COUNTRY COLONIAL

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ST JAMES – COLONIAL PERFECTION

Magnificent true center hall Colonial, 5 bedroom, 2.5 bath, 5 year young home! Covered front porch, vaulted entry, large EIK/granite, luxurious master suite, CAC, generator, .50 acre, much more! Smithtown SD#1. MLS# 2010626. \$869,000.



CENTEREACH – CONVENIENT LOCATION

Attractive 3 bedroom split ranch on flat .30 acre. Cathedral ceiling in LR and EIK. Updates include roof, heating system, siding, and new ceramic tile floor in spacious den with fireplace. SD# 11. MLS# 2011784. \$315,000.



ST. JAMES – NEW CONSTRUCTION

Spectacular 5 bedroom, 3 bath colonial. Generous living room and dining room, tremendous eat-in-kitchen, CAC, Andersens, amazing amenities, level .66 acre. Must See! Owner very motivated. Smithtown SD#1. MLS# 1949656. \$950,000. - \$1,149,000.



SMITHTOWN – IDEAL PROFESSIONAL LOCATION

Endless possibilities! Long line ranch with spacious formal rooms, 2 fireplaces, large den with loft/office, one acre. Ready for your personal touch! Smithtown SD#1. MLS# 1983742. \$549,000.



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Welcome to horse country! Pride in ownership is evident when entering this expanded Ranch. Amenities include 3 bedrooms, 2 baths, Florida room, beautifully updated, much more. MLS# 2002412. \$474,990.

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Three Village Historical Society's 29th Annual Candlelight House Tour

For the past 28 years, the Three Village Historical Society has presented its Candlelight House Tour, a spectacular showcase of select local homes decked out in dazzling holiday finery by talented local decorators. The 2007 Candlelight House Tour will take place on Friday November 30 and Saturday December 1, and will feature six grand homes – most possessing spectacular water views, and all with stunning architectural features, customized interior design and striking original art by renowned local and other artists. Many of the homes also boast garden sculpture, out buildings and intricate and imaginative floral design features.

While the exact location of the homes featured on this year's Candlelight House Tour remains a closely guarded secret the Three Village Historical Society is delighted to divulge certain details in order to whet the public's appetite. This year's tour is again a walking tour – but one with a twist. There will be three homes within walking distance of each other in both Stony Brook and in Old Field, as well as a uniquely beautiful church that has graciously agreed to open its doors for the tour.

Tour-goers may choose from



among many options designed to suit their individual schedules and budgets. For example, tickets to the highly-coveted Friday night tour, which includes at each of the tour stops a wine tasting and fine cuisine hors d'oeuvres provided by high-end local restaurants, can be purchased separately or in conjunction with a scrumptious dinner offered later that evening at the Old Field Club. Likewise, one can purchase a Saturday daytime tour ticket alone or in combination with a delectable pre-tour breakfast at the Three Village Inn. Prices for the tours and tour/meal combinations range from \$35-\$110 per person.

Each location featured on the

tour possesses its own unique charm and style and the decorations are sure to make jaws drop and inspire visitors as they plan their own holiday decorating and entertaining. Be sure to bring a pen to jot down your ideas!

Please note: a limited number of Friday night tour tickets are sold on a first-come first-serve basis. The general public can purchase tickets at Three Village Historical Society History Center, 93 North Country Road, Setauket, from 10 a.m.-12 noon on Saturday November 24 and thereafter via phone at 751-3730, email at info@tvhs.org, or via the Society's website, www.threevillagehistoricalsociety.org.

Pending availability, Saturday tour tickets will also be available for purchase the day of the tour (December 1) at the Stony Brook Yacht Club beginning at 9 a.m. In addition to being a ticket purchase and pick up site, the Yacht Club will be the location of the Three Village Garden Club's ever-popular *Greenery Boutique*, the one-stop shop for all of your holiday greenery needs.

For more information about this unique and festive tour or on how to purchase your tickets, please contact the Three Village Historical Society by phone at 751-3730.

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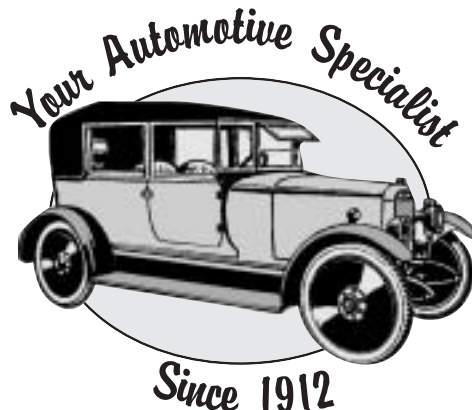
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Paris Rose Yates is Back on Stage

Twelve year old, St. James resident, Paris Rose Yates is back on stage starring in another off-Broadway show, "Trumpery" at the Atlantic Theater in NYC in the role of Annie Darwin. While juggling rehearsals and on location tutoring in the city and school one day a week on her day off from rehearsals, Paris is going strong and is thrilled to be a part of this exciting, wonderful, hugely talented cast and crew.

"Trumpery," written by Peter Parnell, and directed by David Esbjornson, includes a multi-talented cast of Tony-Award winners and nominees: Bianca Amato, Michael Countryman, Michael Cristofer, Timothy Deenihan, Manoel Felciano, Neal Huff, Peter Maloney, Jack Tartaglia and Paris Rose Yates.

It is 1858. Charles Darwin struggles to finish *The Origin of Species*, and give the world his theory of natural selection, while coping with family illness and his own loss of faith. Meanwhile, halfway around the world, an unknown explorer is about to



Paris Rose Yates

come up with the exact same theory. Both vibrantly comic and deeply moving, "Trumpery" examines what it means to live in a Darwinian universe from the point of view of the man who discovered the idea.

The show will run through December 30 with a possible

extension through January 6, 2008. Performances on Tuesday through Friday at 8 p.m., Saturday at 2 p.m. and 8 p.m. and Sunday at 3 p.m. are at the Linda Gross Theater, 336 West 20th Street, (between 8th & 9th) in New York City.

You can log on to atlantictheater.com and follow the links for tickets or go to broadway.com.

You can also hear Paris on a radio spot for Care.com, see her in the upcoming film "Multiple Sarcasms" with Timothy Hutton due out in theaters in 2008 as well as in the upcoming March/April issue of *American Girl Magazine*. It has been a very busy and exciting year and Paris wishes to thank everyone for their continued love and support. Most importantly, Paris would like to extend a very special, huge thanks to her awesome brother Weston for his unconditional support, understanding and encouragement in her acting ventures.

Much love and success from all your family and friends.

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- 2 YEAR OLDS -

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Former St. James Musician Releases New CD

On Election Day, November 6, 2007, former St. James musician, S.A. Sebastian Gnolfo (born Salvatore Gnolfo) released his latest album, *See Me Comin'*, on CD, with his band Atomic Brother. As bass player and background vocalist on *See Me Comin'*, Gnolfo also served as recording engineer, co-songwriter and co-producer.

See Me Comin' is Atomic Brother's first full-length album and is a collection of 12 original songs. While categorized mainly as hard-rock, listeners are often surprised at the wide range of styles found on the album.

Gnolfo formed the New York City-based alternative hard-rock band Atomic Brother in 2003 with James Melillo (lead vocals,

guitar). Over the years, they have performed in many bands together – traveling to Europe to play in the Montreaux Jazz Festival, they played on Nickelodeon, and even played live from the back of an 18-wheeler in front of over one million spectators in New York City.

See Me Comin' was released independently by Atomic Brother, and can be purchased on www.CDBaby.com and at Atomic Brother's website, www.atomicbrother.com for \$10. The album is available for digital download worldwide at iTunes and in the U.S. at the eMusic, Napster, Sony Connect and Rhapsody online music stores.

S.A. Sebastian Gnolfo, was raised in St. James, graduating

from Smithtown High School East. He left St. James to attend the Berklee College of Music in Boston, MA, where he graduated with a Bachelor of Music degree in Professional Music. He has played bass on many recordings released in the US and Europe, and toured parts of the U.S., Canada, Switzerland, Monaco and Italy. He performed with pop star Haddaway and Prince Albert of Monaco in Monaco, the 1996 Grammy Pre-Show as a member of the Good Rats, and on Nickelodeon's Big Band Week. Sebastian is currently living in Montclair, NJ writing, recording and performing with Atomic Brother and working as a freelance bass player and recording engineer. More information is available at his website at <http://sasebastian.com>.

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Arlene Shelton

Arlene Shelton Named Sales Manager at Daniel Gale Sotheby's International Realty

Daniel Gale Sotheby's International Realty, one of the nation's leading realtors, recently named Arlene Shelton sales manager of its St. James office. Well-known in the St. James area, Ms. Shelton has been a top-producing agent on Long Island's North Shore for more than 20 years. She joined Daniel Gale Sotheby's last year when it acquired Frank Huntington Real Estate.

"Arlene brings professionalism,

integrity, a dedication to the highest standards and local expertise to this position," said Daniel Gale Sotheby's International President and CEO Patricia Petersen.

A resident of St James since 1961, Arlene Shelton raised her five grown children in the area. She enjoys spending her spare time with family and friends and also participating in various church activities.

Special Thanks...

On behalf of the Smithtown Landing Ladies Tuesday Nine Hole Golf League, we would like to, once again, thank the following local merchants who so generously gave to our annual Member/ Guest golf outing on September 24, 2007.

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From all of our members and guests... THANK YOU!

*Sincerely,
Joan Schmitz
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Temple Beth Chai Calendar

Temple Beth Chai
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Children's Hanukkah Extravaganza

Sunday, December 9
11:30 a.m.-2:45 p.m.

There will be a magician, educational activities, crafts,

songs, performances by the Hebrew School students and nosh! This event is "FREE" for children ages 3-12 accompanied by an adult. Contact the temple for additional info at 724-5807.

Defensive Driving Classes

Wednesday, December 26
and Thursday, December 27
Must attend both evenings
7-10 p.m.

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 631-360-9720.

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Smithtown Library Celebrates 100th Birthday

Come to the Brush Barn on the grounds of the Smithtown Historical Society and celebrate the Smithtown Library's 100th birthday on Friday, November 30 at 7 p.m. The evening is co-sponsored by the Smithtown Historical Society and the Library.

Festivities will include celebratory proclamations and speechifying, an exhibit in the Brush Barn of photos of early Smithtown, a

talk and slide show about the Library's history by Smithtown Historian Brad Harris, Historian Noel Gish and Long Island Room librarian Cathy Ball. There will, of course, be birthday cake, tea and souvenirs.

Tours of the early Library buildings, including the Judge's Chambers at the Homestead (first home of the Library), the little Reading Room (home of the

Library for six months of 1909) and the Epenetus Smith Tavern (home to the Library from late 1909 until the first "library building" was built in 1912) will be available. Musical accompaniment in the Homestead will be provided by a string quartet from Smithtown High School.

Be sure to attend this once in a lifetime evening.

College Degree Info Session for Busy Adults

SUNY Empire State College will hold a public information session at the Hauppauge Unit of Empire State College, located in the New York State Office Building, Room 1A11, 250 Veterans Memorial Highway on Thursday, November 29 at 6 p.m.

Faculty members from Empire State College will be on hand to

answer questions about how you, as a busy adult, can earn an associate or bachelor's degree through a unique program of guided independent study. The sessions are open to the public without charge. Please call (631) 360-1215 for more information and to pre-register.

In addition, if you are a work-

ing adult interested in a master's program, but are unable to attend weekly classes, you can obtain information on the college's new M.B.A. program or its master's programs in business and labor, social policy or the new master of arts in liberal studies by calling 800-847-3000 or visit their web site: www.esc.edu/grad.

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USPS Implements Redesign of International Products

*submitted by the
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Global Express Guaranteed (GXG)

- The Postal Service's premium service.
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- Money-back delivery guarantee.¹
- Tracking available.
- \$100 insurance included.
- Lowest price among competitor products.

Express Mail International

- Reliable, high-speed service to more than 190 countries.
- 3-5 average business days.²

- Tracking available.
- \$100 insurance included.
- Money-back service guarantee to five countries.

Priority Mail International

- Reliable, cost-effective service to more than 190 countries.
- 6-10 average business days.²
- Tracking to major destinations (but not for shipments in flat-rate envelopes).
- Limited indemnity coverage at no extra charge.

First-Class Mail International

- Service available worldwide for items up to 4 pounds.
- Registered mail service available without insurance.
- No tracking.
- Economical prices.

The simplified international product line incorporates the names of familiar and trusted Postal Service domestic products. Overall, the redesign enhances customer convenience and pro-

vides greater value. Customers can now use domestic packaging supplies for international shipments, including the popular flat-rate boxes and envelopes. In addition, online tools make international mailing easier than ever by allowing customers to combine the printing of customs forms and address labels. And when postage is purchased online using CLICK-N-SHIP® service at www.usps.com or through authorized postage vendors, customers can take advantage of the following postage discounts:

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² Average number of days may vary based upon origin and destination.

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Cara has been an Energy member since it first opened five years ago. Since May 2007, she has re-committed herself and is more focused on her goal. Cara has been coming to Energy at least 3 times per week where she does both cardio and strength training. She has changed her eating habits by limiting her calories, watching her intake of sugar and increasing her fiber. "I have lost 45 lbs. so far but I'm not finished yet! I am feeling better and hoping to keep up my energy!"

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Kathie Lee Gifford's *Under the Bridge* Opens at the Smithtown Center for the Performing Arts

The Long Island premiere of Kathie Lee Gifford's 2005 off-Broadway family musical hit *Under the Bridge* opens December 1 and runs through December 30, 2007 at the Smithtown Center for the Performing Arts, 2 East Main Street in Smithtown.

Based upon Natalie Savage Carlson's 1958 Newbury Award winning children's novel *The Family Under the Bridge*, this heartwarming musical tells the tale of a homeless widow and her three children who are forced to live on the streets of Paris, France during Christmas time 1953. Their choice of shelter is also the home of a lifetime hobo named Armand, a homeless man satisfied with his plight in life. The widow and her children shatter his solitude but he eventually warms to the children and aids them to avoid the authorities that are set on splitting the family up. His affection grows to where he chooses to become a part of the family and

fulfills their only Christmas wish – a home.

With book and lyrics by Kathie Lee Gifford and music by David Pomeranz and additional music by Kathie Lee Gifford – *Under the Bridge* opened to glowing reviews in January 2005 at the Zipper Theatre in New York. It performed at the Zipper for seven months before closing to be opened at various regional theatres throughout the country in 2006 and 2007.

Under the Bridge marked Kathie Lee's first venture into writing a musical. Begun in 2003 and motivated by the appreciation her own children had for Ms. Savage Carlson's novel, Kathie Lee partnered with Mr. Pomeranz and Lamb Chop Productions to create a family musical that eschewed the themes of homelessness, family and winning and warming the hardest of hearts.

This glorious family musical will be presented for 27 performances only from December 1-30,

2007 at the Smithtown Center for the Performing Arts.

Performances are Thursdays, Fridays and Saturdays at 7 p.m. and Saturdays and Sundays at 2 p.m. Additional performances are scheduled for Thursday, December 13, 2007 at 2 p.m. (Special senior matinee all tickets \$16); Sunday, December 9, 2007 at 7 p.m.; Wednesday, December 26, 2007 at 2 p.m. and 7 p.m.; and Thursday, December 27, 2007 at 2 p.m.

Tickets for all Thursday performances (unless otherwise noted), Friday, and Saturday matinees and all Sunday performances are \$26 for adults and \$18 for children and students. Tickets for Friday and Saturday evening performances are \$30 for adults and \$18 for children and students. Group discounts are available.

For additional information call 724-3700 or visit www.smithtownpac.org



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Digital Long Island

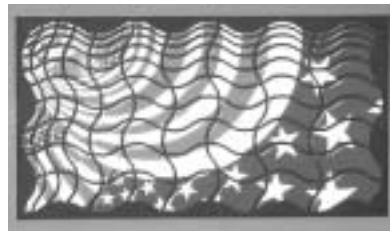
An International New Media Festival

The Smithtown Township Arts Council presents *Digital Long Island – An International New Media Festival*.

What is Digital Long Island?

The first Long Island exhibition of world-class national and international digital artists featuring digital paintings, computer based illustration, digitally manipulated photography, digital video art, digital collages and films.

Digital Long Island will take place in several locations:



The *National Exhibition* at Mills Pond House Gallery, 660 Route 25A in St. James through January 11, 2008.

The *Invitational/Media Exhibition* at Port Jefferson Village Center through November 25.

Digital Long Island (DLI) was created to harness the talents and resources of the Long Island art community toward an annual art event that would attract visitors to savor the wide variety of art and entertainment experiences that are unique to Long Island. Exhibiting the works of artists and creative thinkers whose thought provoking works extend the continuum of art into the new millennium, the DLI project highlights the collaborative efforts of multiple arts organizations toward a common goal.



Long Island art spaces represent some of the brightest and freshest faces in contemporary art and it is hoped that the project will expand to additional spaces across the Island and grow into a major art fair that will enable continued on page 58



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Jazz in the Living Room Group Performance

The Smithtown Township Arts Council invites you to a Jazz in the Living Room Group Performance concert on Friday, December 14, at 7:30 p.m. at the Mills



Pond House, 660 Route 25A in St. James. Admission is \$5 for listeners.

After a series of Jazz

in the Living Room improvisation jam sessions, in which audience members were invited to participate, this concert will showcase the talents and skills they per-fected.

Jazz in the Living Room clinics were started by teacher, composer and musician Ranny Reeve more than 40 years ago. Ranny, who has been teaching piano and composition since 1949, originally 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 New York City came up through the clinics and returned regularly to help 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 and to reserve a space call 862-6575.

Drop-in Arts Night at the Mills Pond House on December 7

The Smithtown Township Arts Council hosts Drop-in Arts Night at the Mills Pond House, 660 Route 25A in St. James, for children ages 7-12 to explore the arts and socialize in a fun, safe and creative environment.

On December 7 children will view the work from the *Digital Long Island* exhibition and use different materials, such as collage, to create art with a similar effect!

Call 862-6575 for more infor-

mation and to reserve a place. Cost is \$5. (Pizza will be served for an additional \$2.)

For more information about STAC's programs, events and classes, visit their website at www.stacarts.org.

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STAC Winter Arts Classes for Children

From pre-school to high school, there is an art class for everyone at the Mills Pond House, located at 660 Route 25A in St. James. The Smithtown Township Arts Council is offering interesting art classes for all tastes and talents this fall. Courses,

designed for children ages three and up, range from those in drawing, sculpture, watercolor, cartooning, and much more.

Please call 862-6575 for a brochure with a listing of all fall classes, or visit www.stacarts.org for updated class offerings. Reg-

istration is accepted through the first scheduled day of class, on a first-come, first-served basis upon receipt of payment. Sorry, no refunds except for classes not running due to insufficient enrollment. Makeup classes are not available for absences. Materials fees are paid to instructor on the first day of class.

CLASS SCHEDULE

Art Rocks Ages 3-5

Children will work to create fun and imaginative art creations using a variety of base materials such as rocks, shells, eggs, beads, etc. Parents are welcome. Session II: Thursdays

Jan. 24, 31, Feb. 7, 14, 28

Time: 10-11 a.m.

Fee: \$65/\$10 materials

I Can Be an Illustrator!

Ages 7-9

Students will design book covers, album covers, toy boxes and movie posters among others, using mixed media, painting, drawing, pastels, etc.

Session II: Saturdays

Jan. 5, 12, 19, 26, Feb. 2

Time: 2-3 p.m.

Fee: \$65/\$10 materials

Ready Steady Cartoon!

Ages 7-10

This cartooning class is designed for anyone interested in learning how to draw cartoons!

Session II: Saturdays

Jan. 5, 12, 19, 26, Feb. 2

Time: 12:30-1:30 p.m.

Fee: \$65/\$10 materials

Lets Draw! Ages 9-12

This introductory course to drawing will focus on form and shape, shadows and light with pop art still life, contour lines and more.

Session II: Saturdays

Jan. 5, 12, 19, 26, Feb. 2

Time: 11 a.m.-12 noon

Fee: \$65/\$5 materials

continued on page 56

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CHILDREN'S PROGRAM: *Mr. Mouse and the Holiday Candle*

The Smithtown Township Arts Council is pleased to present *A KATIE'S PUPPETS VACATION WEEK PERFORMANCE* of *MR. MOUSE AND THE HOLIDAY CANDLE* on Friday, December 28. There will be performances at 11 a.m. and 1 p.m. at the Mills Pond House, 660 Route 25A in St. James.

Mr. How must pick the best candle for the holiday... so he calls all the candleheads to help him. Join Mr. Mouse and help choose the perfect candle.

Children will make puppets after the performance. Suited for children pre-k through third grade.

All tickets are \$8, seating is limited to 45 per performance, so reserve early by calling 862-6575 or mail to STAC - Candle Show, 660 Route 25A, St. James, NY 11780 with your check payable to STAC, note performance time requested and name, address and phone number. Tickets will be held at the door.

STAC Winter Arts Classes for Children

continued from page 54

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niques and explore and experiment with color, glazing, wax resist, and salt techniques.

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Fee: \$94/\$15 materials

Wednesdays

Mar. 5, 12, 19, 26

Time: 4:30-6 p.m.

Time: \$75/\$15 materials

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Free-range chicken breast in
wine-tomato demi glace with couscous
Or
Ricotta gnocchi with basil,
virgin olive oil, and vegetables

Dessert of the Day

TUESDAY

Appetizers:

Soup du jour
Or
Mixed baby greens
Or
Braised red cabbage & apple salad
with brie cheese & port vinaigrette

Entrees:

Braised lamb shank in sauce
bordelaise with potato puree
Or
Glazed jumbo sea scallops in
sesame vinaigrette with asian slaw
Or
Roasted vegetable tart provençal
with brie pesto

Dessert of the Day

WEDNESDAY

Appetizers:

Soup du jour
Or
Mixed baby greens with
lemon-shallot vinaigrette
Or
Couscous taboulet salad with
cranberry & green beans

Entrees:

Coconut crusted crab cakes with
potato purée
Or
Charred tenderloin of pork with
port wine glaze & basmati rice
Or
Prince Edward mussels with
fresh pasta & saffron-cream

Dessert of the Day

THURSDAY

Appetizers:

Soup du jour
Or
Mixed baby greens with lemon-shallot vinaigrette
Or
Escargot borgogne in a fillo nest with
walnut, garlic & mint-butter

Entrees:

Satay of hanger steak with peanut, soy & ginger infusion
Or
Risotto with tiger shrimp & pecorino romano
Or
Fresh pasta with artichoke & garlic sauce

Dessert of the Day

FRIDAY

Appetizers:

Soup du jour
Or
Mixed baby greens with lemon-shallot vinaigrette
Or
Mascarpone cheese parfait with layers of baked apple,
butternut squash & sweet chili essence

Entrees:

Duck leg confit tagine with white beans & herbs
Or
Hijiki crusted tilapia with soy lime essence
Or
Vegetable casserole with white truffle & fresh thyme

Dessert of the Day

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Films at Staller Center

The final two movies will be screened at the Staller Center on the campus of Stony Brook University on Fridays during the Fall. Tickets are available at the box office, (631) 632-2787 or on-line, www.staller-center.com. Individual tickets are \$7/adults; \$5/seniors and children 12 and under, and are subject to availability.

Introducing the Dwights

Friday, December 7 at 7 p.m.

109 minutes - Rated R

A sexual coming-of-age comedy about a shy and inexperienced 20 year old, his raucous comedienne mother, and his assertive, accidentally funny girlfriend. Set in Sydney, Australia.

Talk to Me

Friday, December 7 at 9:15 p.m.

118 minutes - Rated R

Don Cheadle (*Crash*, *Hotel Rwanda*) plays Ralph 'Petey' Greene, a former convict who became a popular and controversial Washington D.C. radio host in the 1960s, speaking directly about race and power in America like few people ever had. Inspired by a true story.

Digital Long Island

continued from
page 50

Long Island to become a major art fair destination.

The project will also include an educational component, with digital media workshops for both artists and students being offered at the Mills Pond House Gallery January 2-11, 2008 in St. James.



For more information visit:
www.stacarts.org/digital
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William Sidney Mount Book Discussion

The Three Village Historical Society will sponsor a Book Discussion – *William Sidney Mount: Family, Friends, and Ideas* – on Wednesday, November 28 at 1 p.m. in the Gillespie Room of the Carriage Museum of The Long Island Museum in Stony

Brook.

Co-Editors Robert W. Kenny, an artist and former Dean of Arts & Sciences and Chair of the History Department at George Washington University, and Elizabeth Kahn Kaplan, a Speaker in the Humanities for the NY

Council for the Humanities, will lead the discussion in commemoration of the birth of the artist on November 26, 1807.

Eva Greguski, Art Curator, will conduct a tour of the current exhibit of Mount's paintings in the Art Museum. A highlight of the exhibit is Mount's *Musicians Series* – four paintings of African American musicians, reunited for the first time in many years. The exhibit – *Praise for the Artist* – will be on view through February 18, 2008 at the Museum.

The Long Island Museum, is located at 1200 Route 25A in Stony Brook. Fee: \$5, including a signed copy of the book. For additional information call 751-3730 or visit info@tvhs.org

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Bird Walks in Avalon Preserve

The Four Harbors Audubon Society is hosting regular bird walks in Avalon Preserve in Stony Brook on the second Saturday of every month. Meet at the entrance gate to Avalon boardwalk across from the Grist Mill at 8 a.m. The walks should last about one and a half to two hours. The places to be visited will depend on the season and will include all areas of Avalon Preserve, the East Farm portion, and Stony Brook Estuary and Harbor.

Come and see the beautiful native and migratory birds as they feed, breed and vacation in beautiful Avalon Preserve.

Walks will be held on Saturday, December 8, 2007.

For additional information about the Four Harbors Audubon Society and other birding activities in the area, visit their website at: www.fourharborsaudubon.org. For more information about National Audubon, visit www.audubon.org.

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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.

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

NESCONSET BRANCH NOW OPEN ON MONDAYS

eAudiobooks

Visit the Smithtown Library on their website at www.smithlib.org and learn about their FREE downloadable

audio books and podcasts. You will have access to over 1,000 best selling audiobooks, 24 hours a day, 7 days a week. Call the Nesconset branch at 265-3994 for additional information.



LIRR TO NEW YORK CITY

Saturday: December 8

Depart 9 a.m.

Smithtown RR Station

For all ages, kids 5 and under ride free

Enjoy a day in New York City on your own. Travel as a group on the LIRR departing the Smithtown Railroad Station on the 9 a.m. train and return on your own, any time that same day. You must pre-register and

pay at the main building's Circulation Desk. Fee: \$8, roundtrip ticket, NO REFUNDS.

BUS TRIPS

Trip to Christmas Tree Shop in Connecticut

Thursday, November 29

Bus departs 8:30 a.m.

Kings Park Branch

Returns approx. 9:30 p.m.

Travel by bus for a fun filled day of holiday shopping. First stop will be the Christmas Tree Shop in Orange, Connecticut. Next on to the Cracker Barrel Old Country Store for more shopping and lunch. Each person will receive a \$10 non-refundable gift card toward lunch or purchases in the store. The remainder of the day will be spent at the Old Mystic Village Shopping Center.

continued on page 64



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EDUCATIONAL ENTERTAINMENT

Programs Offered at the Library

continued from page 62
Walking is involved. Space is limited. Fee: \$43. NO REFUNDS.



Tavern on the Green and Holiday Night Light Tour

*Monday, December 3
Bus departs 10:15 a.m.
Returns approx. 9:30 p.m.*

Overlooking Central Park, you will enjoy lunch at Tavern on the Green which has been fulfilling dining fantasies for years. After lunch you will have free time for holiday shopping and sightseeing. At dusk, board the bus and tour the city with all its holiday magic. In-person registration at the library. Fee: \$108/members, \$118/non-members. NO REFUNDS.

COOKING WITH CHEF BRI

Call for dates. 6:30 p.m.

SMITHTOWN

Learn to prepare tasty dishes. Tasting will follow demo. Fee: \$7. Register for this program.

FOOD FOR LIFE NUTRITION AND COOKING CLASSES FOR CANCER PREVENTION AND SURVIVAL

Thursday: 7-8:30 p.m.

*Nov. 29: Maintaining a Healthy
Weight*

NESCONSET

Learn how a healthy diet can protect us from cancer and help regain our health once cancer has been diagnosed.

STONY BROOK OPERA

Friday, December 7, 7:30 p.m.

SMITHTOWN

Stony Brook Opera will present a semi-staged performance of

Vincenzo Bellini's opera *I Capuleti ed i Montecchi* in a new abridged version with no costumes or scenery. Pick up your FREE tickets at the main branch of the library.

A NIGHT AT THE OPERA

Wednesdays

SMITHTOWN

Operas will be shown on the second Wednesday of every other month. Call for dates and info and to register.

AFTERNOON MOVIES AT THE LIBRARY

SMITHTOWN

*Thursday, November 29,
1:30 p.m.*

The Apartment (1960)

Runtime: 120 min.

NESCONSET

The Smithtown and Nesconset
continued on page 66

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EDUCATIONAL ENTERTAINMENT

Programs Offered at the Library

continued from page 64

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

EVENING MOVIES AT THE LIBRARY

NESCONSET
Call for dates and times.

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.

Friday Afternoon Film

NESCONSET

Friday, November 23, 3 p.m.

"Surf's Up"

Rated: PG

Happy 100th Birthday

Smithtown Library

NESCONSET (all ages)

Tuesday, November 27, 4 p.m.

Stories, games and birthday cake.

Pajama Story Time

SMITHTOWN (3-6 years)

Tuesday, November 27,

7-7:30 p.m.

Children come in their P.J.'s with parent/caregiver for an evening of stories, finger plays and songs. No registration needed.

Parent/Toddler Workshop

SMITHTOWN (2 years)

Wednesdays: Nov. 28,

Dec. 5, 12

10-11 a.m.

Weekly activities for 2 year olds with parent/caregiver.

continued on page 68



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EDUCATIONAL ENTERTAINMENT

Programs Offered at the Library

continued from page 66

Jan Brett's Birthday

NESCONSET (grades K-2)

Thursday, November 29,

4-4:45 p.m.

Listen to stories written by this well-known author and make a craft.

Hello Kitty Craft

NESCONSET

(3 years & up w/parent/caregiver)

Friday, November 30,

2-2:45 p.m.

Listen to purr-fect stories and make a Hello Kitty craft.

Three Year Old Story Time

NESCONSET

(3 years with parent/caregiver)

Tuesdays: Nov. 27, Dec. 4

11-11:30 a.m.

A traditional story time with books, finger plays and songs.



Picture Book Story Time

SMITHTOWN (3-5 years)

Tuesdays: Nov. 27, Dec. 4

Stories, songs and finger plays without adult.

Barnyard Fun for 3 Year Olds

SMITHTOWN

Fridays: Nov. 30, Dec. 7, 14

10-10:40 a.m.

Listen to a story about a barnyard animal and do a craft.

Swedish Christmas

SMITHTOWN (4 years & up)

Saturday, December 1,

10-11 a.m.

Celebrate a traditional Swedish Christmas featuring St. Lucia and her court. Swedish refreshments served.

Family Fun Night

SMITHTOWN (all ages)

Tuesday, December 11, 7-8 p.m.

Enjoy some cool stories and make a snowman that won't melt.

Stories and Snacks

SMITHTOWN (grades 1-3)

Call for times & dates

Listen to a story and have a snack.

Mommy and Me

SMITHTOWN (2 years)

10-11 a.m.

Call for times & dates

A special time for child and parent/caregiver that includes free play and a circle time with stories, songs and finger plays.

continued on page 70



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COMFORTABLE

Autotrax Spinal Decompression is a very comfortable and relaxing treatment.

With Autotrax Spinal Decompression, you relax on a supportive table and allow the Autotrax Decompression to slowly and gently move your body.

Decompression allows blood and important nutrients to flow into the vertebral discs. It can also help alleviate pinched nerves.

EXPERIENCE

Spinal Decompression using the Autotrax Spinal Decompression system is a well-tested, safe, non-invasive treatment for lumbar and cervical pain.

We will perform a complete spinal evaluation to ensure that Autotrax Decompression is an appropriate treatment for your specific condition.

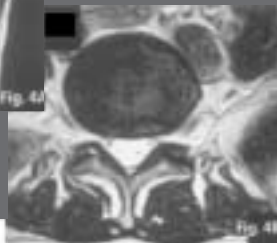
Treatments are comfortable and are done fully clothed.

We will also include appropriate exercises and stretches which will safely help you regain your health.

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.



EFFECTIVE

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- Pinched Nerves
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1365 Deer Park Ave., North Babylon
586-8027

2101 Montauk Hwy., Bridgehampton
537-5138

307 Middle Country Rd., Selden
696-7915

555 Montauk Hwy., West Babylon
321-3888

EDUCATIONAL ENTERTAINMENT

Programs at the Library

continued from page 68

Mother Goose Rhymetime

SMITHTOWN (birth-35 months)

10-10:30 a.m.

Thursdays: Nov. 29, Dec. 6, 10

NESCONSET (birth-2 years)

10:30-11 a.m.

Call for times & 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 times

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

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)

Call for dates and times

Have fun with stories, finger plays and crafts with parent/caregiver.

ONGOING ADULT PROGRAMS

COMPUTER CLASSES AT THE LIBRARY

The Smithtown Library is currently offering computer courses at the Main Building that will help you learn how to use your computer. Registration is in person and required. Call for schedule and fees.

FREE BLOOD PRESSURE SCREENINGS

A registered nurse will conduct Free Blood Pressure Screenings at 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

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 dates and times.

Appointments are necessary. Call 265-2072 ext.

continued on page 72

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EDUCATIONAL ENTERTAINMENT

Programs at the Library

continued from page 70

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.

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 \$35 (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 times.

An AARP Defensive Driving class will be held at both the Smithtown and Nesconset branches of the library. There is a fee of \$10 (check or money order only) which is non-refundable for drivers 50+ years. Call for dates and times. NESCONSET: Saturday, December 1, 9:30 a.m.-4:45 p.m.

Register at the Circulation Desk of the Main Building of the Smithtown Library. Space is very limited, registration is on a first-come first-served basis. Call for dates and times.

TEENS - GOT GAME? WE DO!

NESCONSET

Wednesday, November 28,
7 p.m.

Come play the newest interac-

tive wireless video game system on the Big Screen. You are welcome to bring additional games, controllers, and friends. Call or sign up at reference desk

HOLIDAY CRAFT FOR TEENS

SMITHTOWN

Saturday, December 1, 3-4 p.m.

Create a fun holiday craft that will be the perfect present for someone special.

HOT WINTER FASHIONS FOR TEENS

NESCONSET

Saturday, December 15, 1-2 p.m.

Learn how to rock this season's fashions without breaking your wallet and accessorize and accentuate for your personal style. This program is for both guys and gals. Call or sign up at reference desk.

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DESIGN IDEAS: A Thanksgiving State of Mind



by Natalie Weinstein,
Allied ASID

*T'was the morn of Thanksgiving
and all was in place
The table was set,
everyone had his space
The kitchen was buzzing
and all at the ready
The soup and the stuffing,
the kid's favorite spaghetti!
Mom and Dad calmly smile
as they share kitchen duty
Great salads and pies,
and the turkey's a beauty
The beds are all made,
the bathrooms just shine
For sleepover company
coming at nine
Everything's perfect and
we're humming along
We're all ready, we're happy,
we burst into song!*

OR

*T'was the morn of Thanksgiving
and oh worry's me
The table's not set
for the whole family
I've yet to go shopping
for last minute stuff
Doing all this alone
is always so tough
The house needs a clean up,
the kids are still sleeping
Do you think anyone will help
if they all hear me weeping?
Next year will be different,
I'm making a vow
I'll organize my life
and my home starting right now
It's still not too late to make
Thanksgiving a winner
I'll call Bella Vita
and we'll meet there for dinner!*



So which state of mind are you this Thanksgiving? Chances are you're somewhere in between, but the beat goes on and this is just the beginning of the biggest season for entertaining. Is it too late to get it together for Chanukkah, Christmas, and New Years? Have we learned anything from our Thanksgiving state of mind?

One thing's for sure – none of us want or need the stress that goes along with being unprepared and out of time. Where's the fun and joy of being together with family, sitting down to a good meal, conversation, and truly being thankful for all we have? That is what Thanksgiving is all about, isn't it?

I am most grateful for my eagerly awaited Thanksgiving with my children and grandchildren in California. I hope each of you finds the joy of Thanksgiving in your home and in your heart.

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 free member, call 631-862-6198, visit www.nataliesclub.com or e-mail nataliesclub@aol.com. Hear "Designs Tips by Natalie," on WALK 97.5 FM, "Home Show" on WALK 1370 AM, Sundays from 10 AM - 11AM and podcast 24/7 on walkradio.com, keyword NATALIE.

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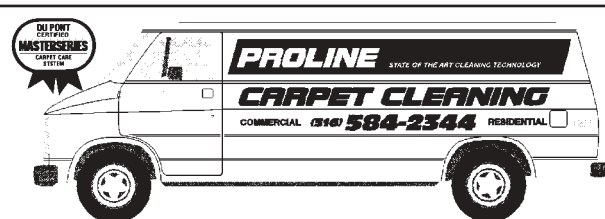
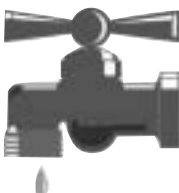
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REALTY WISE: Moving With Children

by Rita Clous

Moving is an exciting time full of commotion that can be tough on everyone, including the children. The impact the move will have on kids usually is age-related. Babies, toddlers and young children tend to deal well with moving, while adolescents may resent and resist the move. Here are a few timeless tips that may help all families on the move:

- Clearly explain why you're moving. Children like to be in the loop and talking to them about the move, what it means and what it will entail can help limit move-related anxiety.
- Familiarize the children with the new location by providing them with exciting information about the area. Some useful tools include maps, news stories and pictures. Highlight some of the location's points of interest that you think your children will appreciate, like an amusement park or nearby lake.
- Make sure everyone has packed and clearly labeled their most-used items and keep these items easily accessible. For a small child, this could include a few favorite toys or a security item. Older kids may not be able to survive without certain electronics or favorite clothing items.

Moving Babies and Toddlers

Babies and toddlers typically are easy to move, but they also can become confused or scared. Consider the following tips for them:

- Pack their rooms last and keep favorite toys and other must-haves close at hand.
- Try to stick to established routines like lunchtime and nap-time.



- Once in the new house, young children may need to be reminded about which household appliances are dangerous and other safety precautions or rules they learned at the previous house.

Moving Preschoolers and School-Age Children

Kids this age can get excited about moving and may be eager to help. If you're moving with school-age children, consider the following tips:

- Let the children help pack their own rooms and once you're in the new house, let them help decorate and arrange their new rooms.
- Locate the recreational facilities and children's group activity centers. Once you're in the new location, enrolling your children in group activities can help them quickly make new friends.
- Moving during the school year can be awkward academically, but often helps the child to get assimilated easier than during the summer. Teachers and school staff will make special effort and often pair the newcomer up with a "buddy" to help him/her get to know the new place and people.

Moving Adolescents

Adolescents are deeply involved in their social network. Child development experts suggest these kids receive news of the move as soon as possible. They will need more time to get used to the idea and to say good-bye to their friends. Some other tips to consider:

- Spend time together getting to know the new area by driving around and noticing what other kids are doing and wearing. Discuss how you can help your child "fit in."
- If your child is a senior in high school, some child-development experts suggest letting the child stay behind to finish the school year. These experts emphasize that this decision only makes sense if your child's living conditions will be appropriate and safe.

Moving is an exciting time when families tend to work together to make sure the adventure goes smoothly. Your real estate professional has helped many families move and is a great resource for more information about moving with children.

Editor's Note:

Rita Clous is the Sales Manager and Licensed Broker Associate for Prudential Douglas Elliman Real Estate located at 220 Lake Ave., St. James, (631 584-7000).



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NATURALLY SPEAKING: Decorate With Nature This Holiday Season

by June A. Liardi

December is the last month of the year and maybe the busiest too. We all want to do so much, and we usually start with decorating.

Cut some fresh greens from outside to decorate with. Little pieces of greens here and there look so nice. Small boughs of pine and greens are also great to use to decorate packages. The fresh scent of pine should help put you in a holiday mood. Besides getting outside for a walk in the sunshine, the fresh air is so good for you, body and spirit. We will be cooped up inside too many hours over the next few months.

Collect a big bag of pine cones. They make a pretty display and can beautifully scent the



room if you sprinkle them with essential or fragrant oil such as pine or cinnamon. You can also tie up a bunch of scented cones in pretty fabric tied with a ribbon and give as a gift to a friend with a fireplace. It looks pretty on the

hearth and makes a lovely, scented fire starter.

You can help the children make some pretty herbal soaps for holiday gift giving. You will need: glycerin based soap, fresh and/or dried herbs, natural essential oils, cookie cutters, knife or grater, crock-pot, plate (deep enough to hold an inch or two of liquid), ladle, butter or cupcake molds. Cut small pieces or grate the soap into the pot. Do not stir. Just let it melt slowly for 15-20 minutes. While the glycerin is melting, put two or three drops of essential oil onto the plate and spread it around. Pour at least an inch or two of the melted glycerin onto the plate. Let it sit before you cut out the shapes. When the glycerin has cooled, push the

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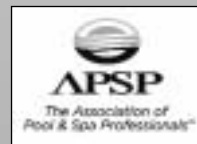
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Naturally Speaking

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cookie cutters into the soap. After you cut them out, use a damp sponge to smooth the edges. Save any leftover soap pieces to make more bars. To use the molds, spray the insides with cooking spray. Place desired herbs in the bottom of the molds and slowly fill with the melted glycerin. When cool, just pop them out.

For some tasteful gift tags (the children will like these) use cookie cutters to cut shapes from gingerbread dough, make a hole for threading with cord and bake as required. The tags can be eaten during unwrapping or hung on the tree as ornaments.

There are some natural items that look nice on a regular size Christmas tree or perhaps on a small table top tree for the dining room table or on the mantel.

Cranberries add such a pretty color and are easy to string using waxed dental floss and a needle. You can also use popcorn in between the berries. Use pine cones and lightly spray with a can of artificial snow for a pretty flocked look. Tie a piece of wire at the stem end and attach to the branches. Tie little bundles of dried flower seed pods and/or cinnamon sticks with raffia and attach to the tree. Or tuck in some fresh, red carnations. Look around outside for a long abandoned bird's nest to add. I am sure the children can come up with some great items too. Give them a tree of their own to decorate, maybe for their room or playroom.

This is a wonderful little sachet to make as a gift for a friend or for yourself. For each spice sachet

cut a 6" round of cheesecloth and in the center place 1/2 inch cinnamon stick, a star anise, 2 pods of cardamom, 4 black peppercorns, 1/4 teaspoon of cloves. Tie the circle up with twine. For a gift put a few in a pretty tin and tie with a holiday bow. To use, put one in a mug and fill with hot cider, let steep for 3-5 minutes. Nice to relax with.

Take a break from the decorating, shopping, baking, wrapping and cooking. Have some quiet time by taking a walk on the 22nd, the Winter Solstice. Breathe in the cool, fresh air and reflect on the year and the beauty all around you.

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: Own a Business? Put Retirement, Succession Plans in Order

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

If you own a small business, you probably laugh at the notion of a "9 to 5" workday. Unfortunately, many small business owners work so hard, and are so focused on the "here and now" — increasing sales, controlling costs, attracting new customers, etc. — that they forget to plan for their own retirement and for the fate of their business.



Don't make those mistakes. No matter how hectic your schedule, take the time to set up a retirement plan for yourself and a succession plan for your business.

Let's consider retirement plans first. These days, small business owners such as yourself have several good retirement plans from which to choose as well as other options that may provide even more opportunity. If your business has no employees except you (and possibly, your spouse), you can choose a SEP IRA, an "owner-only" 401(k) or an "owner-only" defined benefit plan. If you have employees, you might want to explore a SIMPLE IRA or a "Safe Harbor" 401(k). All these plans have at least two things in common. First, your earnings can potentially grow tax-deferred. Second, you can fund any of these plans with virtually any type of investment: stocks, bonds, certificates of deposit, government securities and more. You can even create a mix of investments to reflect your time horizon and risk tolerance.

Beyond these similarities, though, these plans have different requirements and features, so, to find the one that's right for you, consult with a financial advisor who is experienced in helping business owners.

Once you've established your retirement plan, it's time to think about succession planning. Here are a few general recommendations to keep in mind:

- *Always know what your business is worth.* Your succession plan may involve either selling the

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Dr. Gregory R. Thomaier

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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.

A Wellness Tip: Supplementing with CoQ10

Even if you eat well and take a multivitamin, some doctors think that a little-known antioxidant called coenzyme Q10 (CoQ10) may be a wise addition to your daily lineup. Evidence indicates that it may be especially beneficial for the heart. It may also aid in cancer prevention, slow brain deterioration in Parkinson's disease, decrease fatigue and help maintain healthy gums.

Coenzyme Q10 is made in the body and found in almost all cells, but levels decrease as we age. It's also found in most foods, though in tiny amounts. That's why it is recommended that CoQ10 be taken and especially with other antioxidants, such as vitamins C and E. Together they form a strong network.

In the body, coenzyme Q10 acts like a vitamin and plays two vital roles. First, as a potent antioxidant, it neutralizes the cell-damaging free radicals that are

thought to contribute to heart disease and cancer. Second, it helps convert food into energy.

Coenzyme Q10 is concentrated in the mitochondria, the tiny energy-producing powerhouses of the cell. It is especially prevalent in tissues with high demands, such as the heart, brain, and muscles. As a helper substance, coenzyme Q10 provides the spark that drives the generation of ATP, the cell's primary energy source.

About three quarters of people with heart disease have low levels of CoQ10 and should supplement to achieve improvement in heart function. One group of heart patients who may clearly benefit from CoQ10 are those taking cholesterol-lowering statin drugs, such as Mevacor, Lipitor, or Zocor, which can decrease the body's coenzyme Q10 levels, sometimes dramatically.

50 to 100 mg twice a day with food is a suggested dose. Since



CoQ10 is fat-soluble, it is important to take it with dietary fat or in a fatty acid suspension, so look for capsules in an oil base rather than a powder-based form. CoQ10 appears safe and very well tolerated, but as always consult a doctor before taking especially those who are on anti-coagulants, have severe heart disease, or have a blood sugar disorder.

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Money Matters

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business or passing it to your heirs, so it's essential you know the sales price or its inheritance value. Once you have this information, you can help draw up plans for selling the business or helping your family pay estate taxes.

- *Integrate your succession plans with your estate plans.* Many small business owners just plan on leaving the business to their spouse – a move that could cut off other heirs from an inheritance. This can be particularly troublesome if all your net worth is tied up in the business – a situation you'll want to avoid by having some outside investments, in addition to one of the retirement plans mentioned above.

- *Include key employees in your planning.* If you'd like to keep some key employees on after the business is transferred, let them know your plans while you're still in charge. Of course, if you plan on selling your business to one of them, you'll need to invest and organize the proceeds in such a way that they can be efficiently passed on to your family.

- *Plan for "what if?"* A good succession plan must also include plans for contingencies. To cite just one possible complication, what if you want to leave your business to an adult child, but that child dies before you? You may need to take many "what ifs" into account when you construct

your plans.

You invest your heart and soul into your business. To protect that investment, work with your financial, tax and legal advisors to create the appropriate retirement and succession plans. Even as busy as you are, it will be time well spent.

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 7,000 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 16 years. For more information, a schedule of free investment classes or to request topics for future columns, call 862-2020.



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PLANNING FOR THE FUTURE: What is Long-Term Care?

by Lawrence Glazer, CLU

You probably know someone who needed long-term care. You may have experienced the emotional difficulties caused by placing a friend or loved one into an assisted living facility or nursing home. Or maybe you have witnessed the struggles of a friend or colleague who had to deal with the difficult emotional and financial issues that come with a long-term care experience. Whether the need arises because of age, disability, or because of an unexpected illness or accident, long-term care can affect any age group, any social strata, and any geographic location.

What is long-term care?

Long-term care is best described as the assistance provided to people with chronic illness or disability, whose physical or mental conditions limit their ability to carry out everyday independent tasks (also known as Activities of Daily Living). However, many different responsibilities and tasks fall under the umbrella of long-term care. These tasks may include toileting, eating, bathing, dressing, continence or transferring. Long-term care, unlike standard medical care, can help an individual maintain a level of functional independence, but isn't necessarily attempting to cure a specific illness.

Who needs long-term care?

Most of us strive to live active, healthy lives well into our later years, and indeed as a society, Americans are living longer than ever before. This extended longevity is one of the things that drives the growing need for long-term care – the longer we live, the better the odds that we may need long-term care services. In fact, nearly 50% of all Americans may need long-term care at some point during their lifetime.¹

Today, about one in five Americans over the age of 65, and almost half of those age 85, need assistance with everyday activities.² And if you believe that Medicare is covering the cost of these services, think again.

Who pays for it?

Long-term care can be expensive, financially as well as emotionally. An unexpected need for long-term care can have a significant impact on a family's assets and lifestyle. Close to one-third of all nursing home costs are paid out-of-pocket by individuals and their families.³ 40% of long-term home health care expenses are paid, out-of-pocket, by the patient and their families. Medicare pays a small amount for short-term nursing home care and some skilled home care, and primarily Medicaid⁴ pays the balance.⁵

Many people mistakenly believe that their health insurance will cover the cost of long-term care. Others believe that Medicare or Medicaid will be there to cover long-term care expenses. While Medicare does provide health coverage for seniors, it is limited in the coverage it provides for long-term care.

Medicaid will pay for the cost of long-term care, but you must qualify by meeting strict state income and asset eligibility requirements.

What does the future hold?

Many experts in the long-term care industry agree that America faces a longterm care financing crisis over the next few decades. As the 76 million members of the baby boomer generation age into the 21st century, we will see a considerable increase in the overall elderly population. Some estimates show that the number of older Americans needing long-term care could reach 12 million by the year 2020.⁶

Long-term care insurance could be a solution.

Long-term care insurance can be a very smart way to address the challenges reviewed in this article. Long-term care insurance can help pay for nursing home/facility care as well as a variety of

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continued home and community-based care services, including: physical, speech and occupational therapists; home health aides and visiting nurses; adult day care and hospice care.

Long-term care insurance is already helping thousands of Americans pay for their long-term care needs. The average reduction in out of pocket expenses for nursing home care for disabled elders who have long-term care insurance is between \$60,000 and \$90,000 and can total \$100,000 for assisted living costs⁷. In the year 2000, the cumulative amount paid by insurance companies for long-term benefits reached an estimated \$11 billion.⁸

These benefits are allowing people to stay closer to family and stay within the comforts of home. Seventy percent of people receiving benefits primarily use home health aides and homemaker serv-

ices that enable them to continue to live at home.⁹

Long-term care insurance may not be for everybody, so if you are considering a policy, read it carefully and be sure to work with an insurance agent who understands the long-term care issue. If you

have questions, ask them. With the help of an informed agent, you will be able to make an educated decision. For information on long-term care insurance please contact me.

¹Health Insurance Association of America. A Guide to Long-Term Care Insurance. 2002. Page 5.

²American Council of Life Insurers. Long-Term Care Insurance Protection for Your Future. 2001. Page 2.

³Health Insurance Association of America. A Guide to Long-Term Care Insurance. 2002. Page 6.

⁴Medicaid is called Medi-Cal in CA and MassHealth in MA

⁵Health Insurance Association of America. A Guide to Long-Term Care Insurance. 2002. Page 6

⁶Health Insurance Association of America. A Guide to Long-Term Care Insurance. 2002. Page 5.

⁷Health Insurance Association of America. Benefits of Long-Term Care Insurance. 2002. Page iii

⁸American Council of Life Insurers. Passing the Trust to Long-Term Care Insurance. 2003. Page 16.

⁹American Council of Life Insurers. Passing the Trust to Long-Term Care Insurance. 2003. Page 19.

Editor's Note: Lawrence Glazer, CLU, 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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MORTGAGE MATTERS: Paying Off Your Mortgage

by Ann Mondrone

Maybe you have seen in an old movie someone having a party to "burn their mortgage." Of course, today's reality is that most homeowners, especially those who have become owners in the past 10 years, are carrying substantial mortgage debt. The idea of becoming mortgage debt free seems very remote to them. But despite the many real financial needs they face, most homeowners' dreams include paying off their mortgage. With a little discipline and some knowledge, mortgage holders can control the payoff of their mortgage. Control, after all, is what most people want.

There are, of course, mortgage loan programs that are designed to shorten the repayment period. The most well known is the bi-weekly mortgage. It works on the premise that, if the normal monthly payment is divided in half and paid every other week, an extra payment will be made each year, as there are 26 biweekly periods. As an example, a \$400,000 30-year mortgage at 6.25% with a monthly payment of \$2,462.87 will be paid off in just over 24 years, resulting in a savings of \$110,978.14 in interest! Most lenders will allow a borrower to set up repayment in this way.



If that option is not available, a comparable result would be achieved by adding an extra \$205 to the regular monthly payment.

Generally a borrower can prepay as aggressively as he wants to, since most mortgage loans today do not involve a penalty for prepayment. If, in the above example, he chooses to pay an additional \$300 per month, the loan would be repaid in just over 22 years with a savings of \$140,650 in interest!

What about a borrower who does not want to prepay in exactly that way? There is a method I have shared with borrowers that allows real control over repayment. I have even used this personally. Have a repayment schedule printed of your mortgage loan. (There are usually ways to get this on line, or ask your mortgage professional.) Since in the early years of the loan the payment includes a greater amount of interest than principal, a borrower can make

the regularly scheduled payment and include as many future payments of principal as he wishes, thereby eliminating the associated number of payments and the interest that applies to those payments. This is easiest in the early years when the principal portion is smallest. It is a great visual way to be in control of your repayment.

Another mortgage option that affords control of repayment is the "interest first" mortgage which requires only interest payments for the first 10 years. These loans are available now as fixed-rate loans. Payments of principal can be made at any time and in any amount, and will result in a lower interest payment for subsequent payments. You can watch your interest payments go down!

If you have an interest in controlling the repayment of your loan, you should communicate this to your mortgage professional and he or she can guide you in your effort to become debt free, maybe even "burn your mortgage"!

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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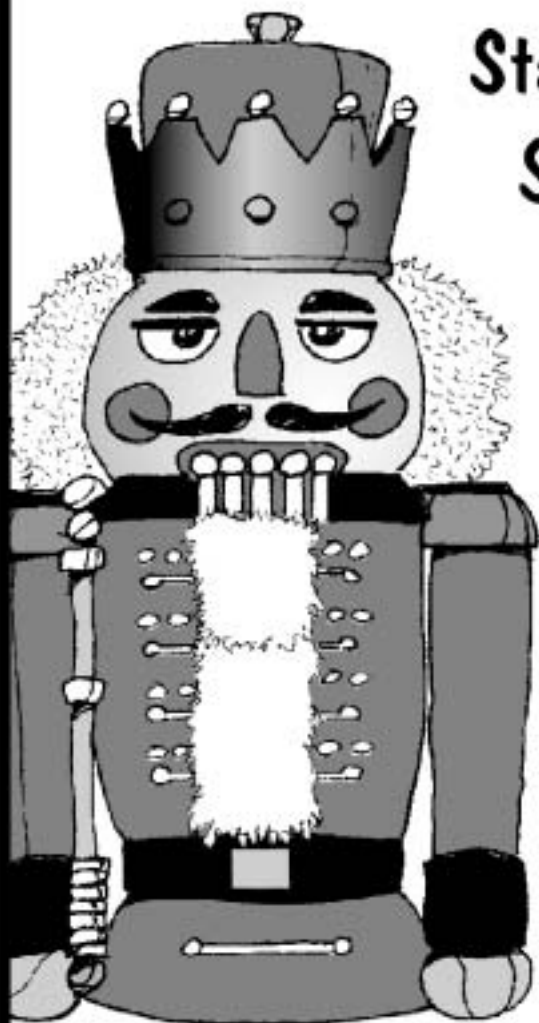


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A Personal Umbrella for a Rainy Day

by Jim Winter

There are so many "rainy days" that people can experience – a sick child, a broken-down car, a late mortgage payment.

But what about a lawsuit?

These days more and more lawsuits are being filed – not just against big corporations, but also against people like you and me. Litigation can be expensive when you add up lawyer's fees and settlements or jury awards. If you have assets, such as cars or a home, you should consider a personal liability umbrella policy.

What is an umbrella?

A personal liability umbrella policy is designed to give you extra liability protection. It can include coverage for various situations such as false arrest, false

imprisonment, wrongful detention, libel, slander, defamation of character or invasion of privacy.

This policy can be beneficial, especially if you are ever sued because of an accidental injury to someone else or damage to their property.

For example, if a visitor tripped and fell down your stairs, your homeowners insurance would cover his or her doctor bills. But if the person went a step further and decided to sue you; would your homeowners policy provide enough coverage? If a jury awarded damages that exceeded your coverage limits, you could be in jeopardy of losing your home or other assets. This is where the umbrella could help you out by giving you extra protection. A personal liability

umbrella can also be applied to your auto coverage.

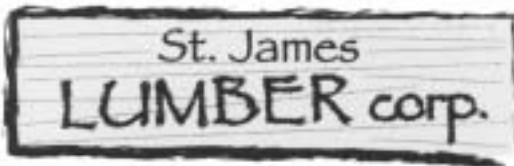
Why an umbrella?

A personal liability umbrella policy can give you a lot of coverage – about \$1 million worth – for a small premium.

It can protect your assets when you need it the most and can bring you piece of mind knowing that you have it around.

To see if this is a policy that can be beneficial to you, talk to your insurance agent.

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 15 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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04/02

The Nursing Home Medicaid Minefield - Part II

by Joseph A. Bollhofer, Esq.

The subject of nursing home medicaid coverage became much more complex during the past year. Part I of this article appeared last month and explained the basic rules that were in existence before recent changes. Except where noted, those rules still apply. Part II explains the changes. Part III will appear next month and will describe tools for last-minute planning.

CHANGES IN THE RULES

All of the rules stated in Part I of this article have been in place, to varying degrees, for years, and were not changed by the DRA ("Deficit Reduction Act") that took effect in 2006. What has changed is as follows:

Since DRA, the "look-back period" for any transfers of property, previously three years (and five years for transfers to a trust), is now five years no matter how the transfer is accomplished. When an application is made, the Department of Social Services will require that the applicant and the spouse disclose all "uncompensated transfers" (gifts) to other people or trusts during the prior five year period. Although at this time and until February 1, 2009, applicants will only be required to provide three years' worth of bank and investment records, that time peri-

od will extend beyond the three years in monthly increments as applications are made after February 1, 2009 until five years of records are required two years later. In any case, all applications now must disclose all uncompensated transfers made during the previous five years and, remember, it is a crime to lie on a medicaid application.

The increase in the look-back period from three years to five years is by far not the worse aspect of the DRA. That honor goes to the date from which the "penalty period" for uncompensated transfers is measured. Essentially, when you make an uncompensated transfer (gift other than to an allowed person), the Department of Social Services will impose a penalty period during which you will be ineligible for medicaid coverage. The greater the amount of the gift, the longer the penalty period.

Before DRA, the penalty period began on the first day of the month after the month in which the gift was made. Therefore, if a gift of \$100,000.00 was made 24 months before a medicaid application was made, a penalty period of approximately 10 months would be imposed. Since that penalty period would begin to run 23 months before the medicaid application was made, it would have long since expired before the application, and there would be

no problem.

However, under the new rules, the penalty period does not begin until after the applicant is in a nursing home, is "otherwise eligible" for medicaid but for the transfers that were made, and a medicaid application is filed. The applicant therefore cannot now simply wait out a penalty period before entering a nursing home and applying for medicaid. This is an extremely important change in the law that has turned medicaid planning on its head.

Early planning has now become more important. Before DRA, medicaid planning was not something to which most people in their sixties would even give a thought. However, since DRA, if no advance planning is done, a sudden deterioration in health could result in a lost opportunity if a medicaid application needs to be made.

LONG TERM CARE INSURANCE

Long-term care insurance policies have been in existence for many years. Those policies pay all or some of the cost of nursing home care. However, the policies have been too expensive for many people. With the change in the DRA, these policies might be considered by some to be more attractive than the prospect of giving away their property, even to well-meaning children, or to an irrevocable

continued on facing page

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continued cable trust, and possibly losing control and the benefit of those hard-earned assets. Of course, long-term care policies become more expensive when they are started at an older age, and at some point an individual might not be at all eligible because of health problems. In any case, long-term care policies are an alternative that should be explored, especially in the case of a single person who does not have the "luxury" of transferring property to a spouse before making a medicaid application.

In choosing a policy, and even for those who have policies, it is important to understand exactly what services are covered, the monetary extent of coverage and the length of time that coverage lasts. All policies are not created equal.

Another alternative are policies offered through the New York State Partnership for Long Term Care program. Some or all of your property (but not income) can be protected. The program combines private long term care insurance with Medicaid Extended Coverage.

Those who do not consider long term care insurance a realistic option should be prepared to pay for their nursing home care if the need arises. Of course, whether someone will enter a nursing home is anyone's guess, and very few see such an event steadily approaching from more than five years away. Therefore, some form of last minute or "crisis" planning is more common, and will be discussed next month.

The rules regarding nursing home medicaid eligibility are extremely complex, and many

alternatives exist. Since each particular case has its own unique facts, the reader is cautioned that the above summary can not be considered legal advice and should consult with an appropriate legal advisor.

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Joseph A. Bollhofer, Esq.

Editor's Note:

Joseph A. Bollhofer, Esq., is an attorney who practices law in the areas of elder law, estate and business planning and administration, and real estate. He is a member of the Elder Law, Real Property, and Surrogate's Court Committees of the Suffolk County Bar Association and of the Elder Law and Real Property Law Sections of the New York State Bar Association. He has been serving area residents for 23 years and is admitted to practice law in New York and New Jersey. His office is located at 291 Lake Ave., St. James. (584-0100).

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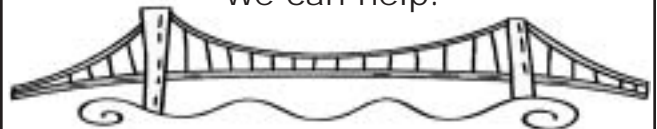
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Smithtown Historical Society Awards Student \$1,000 History

The Smithtown Historical Society presented a \$1,000 check to student Joseph T. McGrann, for his winning essay on Smithtown's history. McGrann, a senior at Smithtown High School West accepted the inaugural Mildred Smith Scholarship Award at the Society's annual Heritage Ball.

McGrann became interested in writing the essay after he saw an article about the contest in the local paper and, with a little encouragement from his mother. A panel of judges rated the essays based on their creativity, research, quality of writing, and adherence to the topic - *"The Most Significant Event in the History of Smithtown Prior to the American Revolution"*.

"History is by far my favorite subject," said McGrann, "but without the essay contest I would not have known as much about Smithtown as I do now." The yearly contest, named for one of the Society's original founders, was open to junior year high school students residing in the Town of Smithtown. Mildred Smith was a direct descendant of Smithtown's patentee, Richard Smith, and devoted much of her life to preserving the town's colorful history. She was instrumen-



Pictured (L-R) receiving the Mildred Smith Scholarship Award is Kiernan Lannon, Director of the Smithtown Historical Society, essay winner Joseph T. McGrann, and Jennifer Smith.

tal in the formation of the Smithtown Historical Society in 1955 and was its president until 1971. Mildred Smith lived in the Smith family home, Mills Pond House, near St. James all her life. She was known for quizzing her young nieces and nephews on family history during Sunday lunches.

"This contest was designed to inspire a passion for history in the

younger generations of our community," said Kiernan Lannon, Director of the Society. "In other words, we wanted to keep Mildred Smith's spirit alive for years to come."

Details on next year's contest, scheduled to begin in January, will be available shortly. For more information please call the Smithtown Historical Society office at 265-6768.



HARBOR COUNTRY DAY SCHOOL FRENCH BREAD CONTEST WINNER...

Harbor Country Day School student Wylan McEvoy, age 11, from Nissequogue, won a unique French Bread Sculpture Contest. The Annual French Bread Sculpture Contest is a much anticipated annual feature of Harbor Country Day's Sixth Grade French Language and Culture curriculum. Fifteen students participated in the contest, offering sculptures of French icons such as the Eiffel Tower and Rodin's *"The Thinker."* Wylan's sculpture, *The Ferris Wheel*, won by an all school vote. Harbor Country Day School, located at 17 Three Sisters Road, is an independent school in St. James enrolling students from nursery through eighth grade. For additional information call 584-5555.

S P O R T S



Gold Cup Champion Panthers pictured (L-R) front row : Ryan Ehli, Robert Villano, Chuckie Peck, Andrew Edsell, Garrett Bracht, Michael Calandra, Joey Spiezio; back row: Connor Harte, Assistant Goalie Robert Retnauer, Goalie Andrew Munoy, Assistant Coach Bill Kirschbaum, Christian Kirschbaum, Joseph Distasi, Coach Bill Edsell, and Cyril Barakat.

Gold Cup Champions

The Boys' U-11 (Division 2) Panthers team from V.O.B. Soccer Club in Smithtown, traveled back to Pennsylvania for the Columbus Day "White Water Challengers Classic" tournament. With breathtaking fall scenery in the backdrop of a full day's worth of soccer games, the Panthers captured the elusive 1st place "Gold Cup" and divisional medals, against a strongly matched Virginia Beach team. This excellently played tournament will go down in the memory books for both teams.

The next day - part of this event - was spent white water rafting down the Leigh River. The

Panthers met this Virginia team again on the water. Even though they got some fun-time revenge back with river water fights, the Panthers held their own and still brought the "Gold Cup" back to New York.



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S P O R T S



5TH GRADE LACROSSE TEAM WINS TOURNEY... The Fifth Grade Select Smithtown Lacrosse Team won the 2007 Annual Dowling LAX Clash Tournament on Columbus Day, beating Hauppauge in the finals 17-9. Pictured (L-R) kneeling: Brennan Laforge, Ryan Ehli, Forrest Bamonte, Timothy Ziegler; Garrett Brunsvold, James Sarracco, Kevin McQuade; standing: Zack Lamberti, Brian Willets, Rocco Fantoni, Matthew Kellman, Ethan Carpenter, Nick Scala, Ryan O'Connor, and Kyle Zimmermann.

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Dr. Raymond Semente, a chiropractor practicing in St. James, is now offering spinal disc decompression therapy as a special, nonsurgical intervention for the treatment of herniated discs and chronic spinal pain. Spinal decompression therapy is not a routine pain management procedure practiced in most doctors' offices. Special equipment involves the utilization of a computer, which relaxes the back muscles over a period of time and eventually opens up the spinal disc. A spinal disc is typically squeezed out when the disc is herniated and damaged.

Spinal decompression treatment is not an ongoing treatment that a patient needs indefinitely. Once the treatment plan outlined by the doctor is completed and maximum recovery has been obtained, the patient is done with regular visits. Spinal decompression in most cases is completely painless and patients often note a reduction in pain during the treatment.

An initial evaluation will determine if the patient qualifies for spinal decompression therapy.

For further information or an evaluation, call Dr. Semente at 548-7722. His office is located at 265 Lake Avenue in St. James.

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HALLOWEEN PARADE



25th Annual Halloween Parade Was *Spook-tacular*

Sunday, October 28, 2007 was a spook-tacular day... the skies were clear and the sun was shining brightly. A record crowd gathered at North Fork Bank to participate in the St. James Chamber of Commerce's 25th Annual Halloween Parade, chaired by Linda Pietrowski of North Fork Bank.

As usual, the array of costumes was absolutely amazing and quite unusual. Thanks to the imagination, creativity, ingenuity of the participants the day was a huge success. Special thanks to our Police escorts who paved the way for us.



HALLOWEEN PARADE



Prizes were awarded in five categories thanks to the merchants who donated so very generously. The costume judging, held at the St. James Gazebo, was accompanied by music provided by Scott Posner of Edward Jones Investments, chamber board member and MC of the event. We would also like to thank the gals at North Fork Bank for all their help stuffing the goody bags and Dr. Marc Taczanowski for carting them to the gazebo. Special thanks to Chamber volunteers Elaine Holst of Allstate Insurance, Ruth Garthe of the Our Town Newspaper and to Bill Garthe of Reliance Real Estate and Mortgage for all their help.

Special thanks to our judges: Suffolk County Legislator Lynn Nowick, Smithtown Receiver of Taxes Deanna Varricchio, and Arthur Krantz of PRC Industries. Everyone in costume received goody bags loaded with candy and toys.

In the 3 and under category, 1st place was awarded to Carley Curiano of St. James, (Pumpkin). 2nd place went to Anna Makarick of St. James (Christmas Tree) and 3rd place was taken by Noah Sicher of St. James (Spider).

continued on following page



photos by
William J. Garthe

H A L L O W E E N P A R A D E



continued from previous page



In the 4-8 age group, the 1st place winner was Hunter Pszybyski of St. James (*Jack in the Box*). 2nd place was won by Amber Eads of St. James (*Nanny McPhee*). 3rd place was taken by Charlotte Walton of Stony Brook (*Sponge Bob*).

In the 9 and up category, the 1st place winner was Jainee Gabrielsen of St. James (*Pancakes*). 2nd place was scooped up by Scott Miceli of St. James (*Tweedle Dee*). 3rd place was awarded to Kelly Whalen of Brightwaters (*I Love Lucy*).

First Place in the family/group category was won by the Hubner Family of St. James (*Circus*). Donna's Sewing Bee and her *Variety Pack* took 2nd place. Each of the girls made her own costume. 3rd place went to Valerie Gelo, Kayla Grunenberg and Mike Hearing all of St. James (*Peter Pan*).

First place in the pet category went to the *Dorothy and the Witch*, Peaches and Betsy (Klaberweign) of St. James; 2nd place went to the *Indian*, Charlie Buttons (Krantz) of St. James; 3rd place went to the *Rabbit*, Frodo (Doherty) of St. James.



H A L L O W E E N P A R A D E

Special Thanks



to the many businesses that donated prizes this year. PRC Industries donated stuffed animals for all, George's Innovative Inflatables made a substantial donation which enabled the chamber to purchase additional toys for all. Hitherbrook Nursery, as always donated a myriad of ghoulish goodies. Georgetown Volvo of Smithtown generously donated a bagful of terrific items that were placed in the goody bags to the delight of the all the children. True Chiropractic donated fun beads and Tic Toc Cafe donated coupons for cupcakes for all.



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HALLOWEEN AT DEEPWELLS



A Chilling & Thrilling Haunted House

Deepwells Farm in St. James was transformed into a Haunted Mansion in celebration of Halloween. The Deepwells Farm Historical Society held a costume party fundraiser on Friday eve before Halloween. Everyone enjoyed the ghoulish music, food and drinks.

On Saturday, October 27 and Sunday, following the St. James Chamber Halloween Parade, everyone was invited back to the Mansion for some tricks and some treats. With a lot of screaming going on, all enjoyed this spook-tacular event.





Fall Festival at Deepwells a Fabulous Success



*Photos by
William J. Garthe*

Fall was celebrated in a BIG way on the front lawn of Deepwells Country Park in St. James over the Columbus Day weekend with over 4,000 in attendance. Children of all ages enjoyed jumping in the haystacks. Pumpkin painting was a bit hit as well. The day wouldn't have been complete without the face painting, pony and hay rides and petting zoo. Old-fashioned games were available for all to use including an assortment of tops, hula hoops, board games, wooden puppets and the like. Food was plentiful and supplied by St. James Pasta and Garguilo's Bakery, both in St. James. Everyone enjoyed the craft booths stocked with unique items. Holiday decorations were also available for purchase in the Pumpkin Patch.

continued on page 104

AROUND TOWN



continued from
previous page

This fabulous event was made possible by the cooperation of the Deepwells Historical Society and the St. James Chamber of Commerce along with the Suffolk County Parks Department. Entertainment throughout the day was sponsored by Chamber members: Scott Posner of Edward Jones Investments, who also MC'd the event, Allstate Insurance - Holst Agency, DeBlasio Capo Design Build, Energy Fitness, Hitherbrook Nursery, Long Island Language Center,

Mommy's Tyme / My Tyme, Power Pool Care, Reliance Real Estate & Mortgage, Remax Beyond - Louise Tudisco, RJK Gardens, Tru Salon, Vickers Gallery & Framing.

All proceeds from the event will go into preserving and improving Deepwells Farm for years to come.

Mark your calendar for next year and plan on attending this terrific fall event during the Columbus Day weekend. *IT'S A MUST!*



A R O U N D T O W N



Posture – How Important Is It?

by Dr. Linda M. Bocchichio

Good posture depends upon several factors. While exercise, attitude, and practice can positively affect posture, some postural problems need more aggressive attention due to complications which can jeopardize good health and well-being.

The foundation for normal spinal posture is laid out early in life. Improper development of the spine's normal curvature will set the stage for eventual distortions. If the base of a child's spine is tilted incorrectly, it can cause problems later in life.

Normally the human body attempts to maintain erect posture by balancing "back and forth" over the lower spine. If the lower vertebrae are wedged to one side it can cause the spine to compensate by bending into an abnormal curve. This condition is commonly referred to as scoliosis.

When vertebrae move out of their normal alignment, neurological disturbances known as subluxations can result. This condition impedes the normal transmission of mental impulses (nerve supply) from the brain to the body, thus inhibiting body function. Besides interfering with the innate ability of the body to heal, subluxations disturb the "righting reflex" which allows the body to adapt to abnormal equilib-

rium permitting the body to stand upright.

In addition to nerve interference, subluxations cause abnormal posture and apply tension to vertebrae, muscles, ligaments, and tendons. This increased tension can interfere with blood flow to internal organs. Lack of oxygen to cells, tissues, and organs, via the blood, can also cause dysfunction and disease. As doctors of chiropractic, we lay our hands on your back and gently line up the vertebrae into their natural position. This process may take weeks or months depending on the extent of misalignment. As the subluxations are reduced, however, nerve supply communicates more effectively throughout the body and healing can begin to take place. As the body heals, the symptoms of dysfunction and disease diminish.

Chiropractic is a very specific science. By minimizing nerve interference, the natural strengths of the human body are maximized, increasing the body's ability to heal itself without the use of drugs or surgery.

As the parent of a child with poor posture and/or scoliosis, there are several things you can do to help. First, it is crucial to keep all of your child's corrective chiropractic appointments so that proper spinal balance may improve. Specific adjustments work not only to restore normal posture, but also to improve overall health by facilitating nerve function.

Second, avoid placing infants in a walker, jumper, or other restraining device that allows him/her to stand. An infant's spine is not completely developed and these devices can cause permanent damage.

Instead, one of the best positions for your baby is on his/her stomach. In addition to developing the muscles of the neck, this position lays ground for the proper development of the lower back's secondary curve. Crawling also helps to develop this important curve of the spine. Exercises such as these allow for better physical growth and encourage strong spinal musculature.

Lastly, be a good role model for your child. Seek chiropractic care yourself, exhibit good posture and exercise daily. Encourage your child to ride a bike or run and play outside instead of watching TV.

Any child suffering from poor posture and/or scoliosis should be thoroughly analyzed for vertebral subluxations that may be causing the problem. Although this condition is difficult for both the parents and the child, continued patience seems to pay off with visible improvements in overall posture and health.

Editor's Note:

Dr. Linda Bocchichio is a chiropractor practicing at 105 Lake Avenue So. in Nesconset. She is 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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The Massage Influence

by Amy Biondi

Massage is the oldest and simplest form of medical care. Dating back to ancient times, it is a modality that has been practiced continually to present day. Now more than ever, there is an increasing awareness of the value of therapeutic massage and the impact it can have on our overall health and well being.

When combined with traditional medical treatment, massage goes a long way in decreasing stress and promoting healing. It can have a powerful effect on chronic pain and muscle soreness. Other benefits include relief of stress, anxiety and mental tension, as well as promoting circulation throughout the body. Studies have shown that people with cancer, diabetes or other illnesses who received regularly

scheduled massage have reported less anxiety, pain and fatigue.

Massage is a welcome respite in a demanding world. Stress affects us on a mental and physical level; massage works on both. Enjoying this personal indulgence is a natural mood enhancer which will release those "feel good" endorphins. It provides the necessary self care and opportunity for escape that promotes a calmer, happier frame of mind.

One of the main joys in life comes from paying attention to our needs. Practicing this form of self renewal is a wonderful way to cultivate the strength needed to meet the demands of life. No matter what we do to relieve stress, it is critical to take time to focus on our own well being.

Massage is the mini-vacation that you can afford. It also makes

for a wonderful and welcome gift to others.



Editor's Note:

Amy Biondi is a Licensed Massage Therapist practicing at Prana Pilates and Yoga located at 412 North Country Road. She had worked for several years prior in a spa at the same location. Her techniques include European Swedish, Prenatal, Acupressure, Trigger Point Therapy, Myofascial Release and Thai Massage. She is certified in Prenatal Massage and is a certified Doula. She is an active member of Childbirth International and the International Massage Association. She can be reached at 686-5252 or 678-8436.

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Diets Don't Work

by Alicia Watins

Diets do not work. Finally, the truth is out! Many of you might have suspected this for some time now. Diets are merely gimmicks for calorie reduction and are good for temporary weight loss, but as soon as the diet ends, the weight returns, as many people have experienced.

People often get trapped in the depressing cycle of weight gain, weight loss, and weight gain again. It's important to recognize that people are not looking for temporary weight loss. They want to obtain a healthy weight and keep it.

In order to succeed, you must tackle the very root of the problem: *habit*. If your goal is to lose weight and keep it off, you must permanently change your eating and exercise habits through behavior modification and lifestyle changes. Knowledge equals power! As you learn more about how your body responds to food and exercise, you will be better prepared to make healthy decisions and lead a healthier lifestyle.

So, how does one put this into action? First, you must take the guesswork out of healthy living. By recording your food intake, activity level, moods and energy levels, you will gain insight into the quality of the foods you are consuming and you will have a better understanding of your body's metabolism and how your

food, exercise and even your emotions, come into play.

And, now you're probably asking; *Does this really work?* *Absolutely!* The National Heart, Lung and Blood Institute proclaims that "record keeping is one of the most successful behavioral techniques for weight loss and maintenance." The Harvard School of Public Health says, "It's easy to eat more than you plan to. A daily food diary can make you more aware of exactly how much you are eating. Include everything, no matter how small or insignificant it seems. Small noshes and drinks of juice add up to real calories."

For those clients that need a little something extra, choosing to incorporate hypnosis (hypnomotivation) will make it natural and automatic for you to choose healthy behaviors and food choices. Dieting through will power alone does not work because will power is a product of the conscious mind which likes to think that it is in control. In reality, it is our subconscious mind with all of our past experiences that is really driving our behavior. Once you easily remove the negative conditioning of your environment or your past by using weight loss hypnosis you will easily learn to respond to your emotions accordingly, and not with food!

Research studies indicate that hypnosis for weight loss is most

effective when it is combined with a program of behavior modification. According to a paper authored by Lauren Gudritz and reproduced by the Department of Psychology at Vanderbilt university, in 1994, researchers J. Vanderlinden and W. Vanderreychen evaluated three controlled, comparative surveys and concluded that "a combination of behavior therapy and hypnotherapy appeared to produce more weight reduction than a mere behavior therapeutic approach. Three follow-up studies by the same researchers also indicated that participants were able to maintain their weight loss when checked after three months, six months, and two years later.

Most people know how to lose weight; they just do not do it or they lose focus. Through a behavior modification program and choosing to include hypnosis, you will be able to undo all those years that you spent reinforcing your old negative habits and finally start to reinforce new positive habits that will ultimately lead to your success!

Editor's Note: Nutrition and Wellness Specialist Alicia Watins, specializes in the ABC's of Nutrition. Alicia can give you "smart food ideas" that will help you adopt fool-proof strategies to lose weight and arrive at a successful lifestyle change. Call Alicia at 584-6194 or email her at alicialightenup@aol.com for more information.



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Who's The Biggest Loser in the Cul-Du-Sac? – Part II

by Dan Donato

We are all losers! This competition thing between neighbors really works! Together the 12 of us have lost over 100 pounds in the first four weeks! When we began the weigh-off, we came up with some rules, incentives, and prizes.

First, we would only go by my scale. It never lies! Of course you have to have witnesses. Second, it cost only \$20 to enter. *I'm still waiting for some money, uhmm.* Third, splitting the 12 of us into three teams helped bolster the competition and allow for mentoring. I organized it grouping those who wanted to lose the most with the neighbors that needed to only lose a few. Spouses were not allowed on the same team. We would probably feel more guilty cheating on our neighbor than on our spouse. (When it comes to dieting of course.)

Four weigh-ins with incentives leading to the finale on November 21, just before Thanksgiving, is our plan. We need to be able to do the traditional gorging on Thanksgiving of course. The first weigh-in, \$120 would be split between the winning team. *I'm still waiting for some money, uhmm.* The second, the losing teams have to cook a healthy dinner for the winning team. The third weigh-in, \$120 would go to the one neighbor who lost the most so far. *I'm still waiting for some money, uhmm.* And the finale, all the neighbors will go out for dinner, and the winning team, "the biggest losers" will get treated to dinner at a restaurant of their choice.

It has been great seeing Noreen and Betsy walk almost every morning together. And Ken and Carolyn in the afternoons. Bill T. and Bill C. have been going for late night bike rides and

treadmill jogs, respectfully. Kristin, Noreen, and Ken have been dedicated going for workouts and classes at Energy. One of us (not me) is even breast feeding which has helped her lose weight. Yard work, chasing my kids and no carbs are working for me.

Different diets and activities help different people. But doing it together definitely helps! Maybe it's the competitiveness, a little peer pressure, mentoring, or just a kick in the rear end to get started. The past six weeks went by fast and it has been fun!

I again wish luck to all my neighbors: Noreen, Bill C., Bill T., Carolyn, Ken, Glenn, Paul, Debbie, Betsy and Owen. Oh yeah, AND MY WIFE, KRISTIN.

Editor's Note:

Dan Donato, a resident of St. James, practices physical therapy at Island Sports Physical Therapy in Smithtown.

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Little Shelter, a no-kill animal shelter in Huntington, finds loving homes for thousands of unwanted pets every year. While at Little Shelter, these animals receive the best medical care and loving attention volunteers and staff can possible give.

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Long Island's Challenge to Lose 50 Tons

by Dr. Nicole Talay

There is a mountain of information to be had on what to do to lose weight, yet as a society we have no clue how to succeed in the battle of the bulge. Even with all the surface information, what is accurate for the biochemistry of one person can be ineffective or even insidious for another. So what happens when you've attempted many, if not all of these approaches and you're still overweight or even obese?

Being a doctor within this field for 12 years, I have made it my focus to zone in on what has held us back as a community in our struggle with unhealthy weight, and living with obesity.

The challenges I've seen repeatedly, don't simply lie in a lack of self discipline, rather it can and is more often routed in a

Dr. Nicole Talay, of St. James,
and
Faith, Man, and Money,
heard on WLIX,
have teamed up in an attempt
to help Long Islanders
help themselves.



complex level – the cellular level, and then works its way up to a behavioral level and then lifestyle adaptation. This physical challenge has become an epi-

demic in that we now pass these traits, genes and behaviors down to our young.

The problem lies in the fact that our physical condition has become bankrupt, from years of ignorance and abuse and is unable to respond to our active participation in the newest weight-loss attempts. Whether it is the laborious living with obesity or just those few un-complementing pounds, now is the time to decide... *How do you want to be remembered? For things to change we have to make a change... it's time... so join us for the 50 Ton Long Island Weight Loss.*

Editor's Note:

Dr. Nicole Talay is a chiropractor at 187 Lake Avenue in St. James. For more information on LI's Weight Loss Challenge or other issues, call her at 335-1569

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Surviving the Loss of a Loved One

by John H. Vigliante

Almost all of us have suffered from the loss of a family member or friend at some point in our lives. In the wake of a loved one's death, the feeling of emptiness and despair that grabs a hold of you can be absolutely overwhelming. It's perfectly normal and expected of you to enter a dark period of mourning and sorrow following the death of a loved one.

Unfortunately, some of us find ourselves trapped in a never-ending cycle of depression after a devastating loss. Eventually, we have to take steps to move on with our lives. That's why it's important to understand the steps of a healthy grieving process. By facing grief head on and intentionally moving through the following emotional benchmarks, you can emerge hopeful and emotionally fit at the other side.

Accept that your loss is real

When you lose a loved one, your first knee-jerk reaction may be to deny the loss altogether. This denial can range anywhere from simply downplaying the loss and pretending that it's no big deal, to actually believing the person is still alive.

Much like a child, we would rather convince ourselves that the situation is not real rather than actually face our emotions. Therefore, the first step you must take is to simply accept that this loss is real and your loved one is gone forever.

Let your emotions flow

Once you accept your loss, you may try to be "strong" by holding your emotions inside. You may throw yourself into work or personal projects in attempt to distract yourself from the sorrow. You may even try to "numb" the pain of loss with alcohol or drugs.

Bottling up your emotions not only prolongs the grieving process, but it can be extremely unhealthy, both emotionally and physically. You have to allow yourself to experience the pain of your loss. Although this is not an easy task, it's a critical step in a healthy healing process.

Learn how to live without your loved one

Perhaps one of the most difficult things about losing a loved one is adjusting to life without that person. This crushing realization doesn't hit many people until months after their loss.

Because our loved ones shape our lifestyle, it's easy to think that our lives will never be the same again after they are gone. Your life may feel empty without the loved one you lost — especially if that person was your spouse or best friend. However, by coming to this realization, you will likely be inspired to fill the void in your life. This may encourage you to explore new friendships and relationships — another important step toward emotional wellness.

Safeguard your memories and move on

It's important to find a safe place in your heart for the memories and love you have for your passed loved one. Remember — just because your loved one is no longer with you physically, that doesn't mean that you can't continue to love him or her. The beloved memories you have of your loved one will remain with you throughout your days.

Even years after their death, you may feel a twinge of pain at the thought of a loved one. This is perfectly normal, and you should allow yourself to feel that sadness. However, it's important to learn how to cherish memories of your loved one without allowing them to send you plummeting into despair.

When a memory of your passed loved one enters your mind, you may try to "send up" a loving thought to them in return. Not only will this offer you some comfort in times of sadness, but it will also give you the strength to continue moving forward in your life.

Editor's Note:

John H. Vigliante, is owner/manager of the Branch Funeral Home, located at 190 East Main Street in Smithtown. The Branch Funeral Home, serving the community for the past 35 years, offers free grief counseling seminars on the first Saturday of every month, from 10-11:30 a.m. led by bereavement specialist Patricia Jones, MS. They also offer a Holiday Help program throughout the holidays. For more information, call (631) 724-9500.

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

Wonderful Things

by Nicholas Caponegro

*There are countless wonderful things.
Like puppets on strings,
Shining golden rings,
And a beautiful voice who sings.*

*But now all has started to fail,
And that old ship is starting to sail.
The world is falling in despair,
What the world has come to is not fair.*

*There are countless unpleasant things.
Like a painful wasp sting,
A much too powerful king,
And people which pain is all they bring.*

*But soon a brave soul will fight,
With all his courage and might.
At last all painful things will disappear,
And everyone else for this brave soul will cheer.*

*Now the world has been turned around,
And total happiness has been found.
There is nothing more to lament,
No one knows where all the evil went.*

*The world has so many new things this joyful way,
Like a crystal blue bay,
Wind to make the trees sway,
The golden sun's ray,
And love that's here to stay.*

Editor's Note:

This is a surprise submission by Grandma Anne. Nicholas Caponegro, of St. James, is an eighth grade student at Nesaquake Middle School.

Millie The Cat

by John Taratunio, Fairfield Condos

*I once had a cat named Millie
Who did things that were
pretty silly
She'd jump on a chair
When the chair wasn't there
The look on her face
was a dilly.*

*Once a window was
opened high
And Millie leapt at a bird
that flew by
When she landed on the ground
Four stories down
You should have seen
The confused look in her eye.*

*Millie really was a
loveable creature
But so dumb she'd forget
what I'd teacher her
She kept us amused
And food was never refused
But being loved
was her favorite feature.*

Holidays Can Be Difficult

by Helen M. Smith

*Now that Thanksgiving time is approaching
and my kids are discussing when and how and
where, it comes to my mind that holidays can
sometimes 'throw one out of kilter.'*

*Some of us, the uppers, who have a positive
outlook, will look forward to these events. The
downers will think of it as another negative peri-
od, especially if there has been past conflicts
within the family. It also might be a touchy
time for widows and widowers, for they are
alone, and often their children live a distance
away from them.*

*I do recall occasions, during my early married
years, when our families, (my husband's or mine)
vied for our attendance at their functions. Then,
we were often torn with deciding, whose house
should we go to this time? I can still remember
how sad I
was when I knew my parents were alone on a
particular secular holiday, while we attended a
gathering at my in-laws' home.*

*After many years, we have learned to adjust to
alternating visits, though I will admit that I'm
happy, of course, when it's our turn and all the
children come to us.*

Editor's Note:

Helen M. Smith has been writing prose and poetry for many years and enjoys her life at Fairfield in St. James where she has lived for the past seven years.

Healthy Hair and Scalp

by Paul Gretschel

Are you one of the many concerned with thinning hair, hair loss or itchy scalp? If the answer is yes it might be crucial for you to take a good look at your daily lifestyle. While it might be difficult to determine the exact causes of such problems, it is probably safe to assume that diet and stress has a lot to do with it. It is important to be aware of what our bodies are trying to tell us.

Why does my scalp itch? One possible cause of itchy scalp may be from a diet that is too acidic. (There are many books and websites explaining the importance of a balanced acid-alkaline diet.) When eating too many acidic foods the acid builds up at a rate faster than our bodies can dispose of. Over time if not cleansed properly our scalp will form a build up called scalp plaque. This is a waxy substance that eventually hardens. As acid tries to leave the body the plaque traps it and creates an even heavier build up. We need to keep in mind that and realize that our skin is acid and many shampoos that we use are ph or acid balanced. These factors make it virtually impossible to remove build up and create an environment conducive to healthy hair growth.

Stimulating your scalp with a scrub brush when you wash your hair will loosen or remove residue or bacteria. It is important to use the correct cleansing products if you have scalp issues. There are many products on the market to help with itchy scalp. ALTERNA makes a three step system called life scalp solution. NEXUS makes a chelating shampoo called *Kelate*. PUREOLOGY has a purifying shampoo, and WAYNE GRUND makes a shampoo called *Cleanse Control*. Shampoos containing tea tree oil may help as well.

Thinning hair is the next effect that someone may see. This could be the direct result of a

clogged follicle. If hair cannot fit through a follicle the body will compensate by changing the diameter of the hair shaft. The result is thinner hair. Adding flax and green tea to your diet may help to prevent the hair from thinning. Men should avoid using

heavy pomades or very greasy products on their scalp. ALTERNA offers a product called *Restore*, which includes a shampoo and conditioner which helps to stimulate hair growth.

continued on page 122



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CELEBRATIONS

Glenn / Madarash Exchange Wedding Vows

Thomas Glenn, son of Bonnie and Daniel Glenn, recently married his high school sweetheart, and girlfriend of 10 years, Merissa Madarash, of Smithtown, daughter of Joan and John Madarash, in a lovely evening ceremony held at the Timber Point Country Club on the water in Great River on May 25, 2007.

Merissa looked gorgeous in a gown of diamond white with lace appliques and a three-quarter length double tier wedding veil. She was attended by her long time friend from Manhattan, Jamie, as her bridesmaid, and brother, Zachary, as her "Man of Honor" along with three flowergirls, Grace, Sarah, and Anne.

Thomas had his brother, Brian, as his Best Man. His best friend, Richard Reilly, and Merissa's brother, Michael Madarash served as groomsmen. Tommy's siblings, Danielle from London with her husband, Jarle; Jeanette and Ed, from Pennsylvania; Christa and Nick, from St. James; and Brian were all here for this joyous occasion.

The weather, food, and music



Merissa and Tommy Glenn

as well as the family and company of friends and relatives could not have made for a nicer evening. Tommy's many friends from the Nissequogue Fire Department, where he has been a member since the age of 16,

joined in the festivities and all had a wonderful and marvelous time.

Tommy and Merissa have just purchased their first home on Fifth Street in St. James and plan on making this their home for a long, long time!



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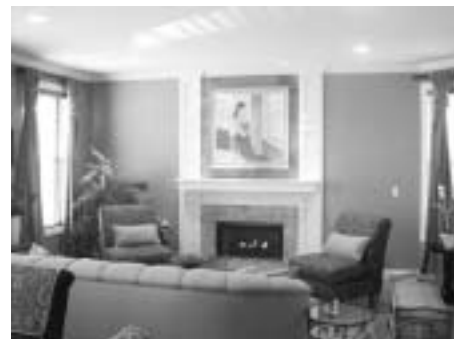
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CELEBRATIONS

Glenn / Friers Engaged

Jeanette Glenn, long time resident of Nissequogue, and daughter of Bonnie and Daniel Glenn, was recently engaged to Edward Friers, of Syracuse, NY.

Jeanette and Ed met at SUNY at Geneseo as juniors. Jeanette graduated from Geneseo in 2001 with a BS in Speech Pathology & Communication Disorders, as well as a BS in Spanish. She received a Masters in Audiology from University of Wisconsin in 2003 and also, a Masters in Speech Pathology in 2005 from Hofstra University. She is currently working at a school in Pennsylvania teaching speech and Spanish and at a children's hospital teaching audiology.

Edward graduated from the University of Geneseo with a BS in Computer Programming in 2001 and in 2003 he received a Masters in Computer Programming from Syracuse University. Ed is currently employed with Lockheed Martin in Pennsylvania.

Jeanette and Ed are planning a December 2007 wedding at the Watermill Inn in Smithtown. Her sisters, Danielle and Christa, will serve as Maids of Honor and her brothers, Brian and Thomas as groomsmen. Other bridesmaids will include long time friends, Kimberly Lundwall of St. James, Casey Johnson-Houlihan of Boston, and Amy Friers, of Syracuse.



**Jeanette Glenn and
Edward Friers**



**Gina Montefusco and
James Rocker**

Rocker / Montefusco Engaged

Larry and Barbara Rocker of St. James, Linda and Larry Marino of Nesconset, and Maria and John Montefusco of North Bellmore joyfully announce the engagement of their children James and Gina.

James, a graduate of the University of North Carolina at Greensboro, is the owner of iNetworks, a computer services company in Ronkonkoma.

Gina, a graduate of C.W. Post, is a teacher in the Freeport school district.

A July 2008 wedding is planned.

Happy Birthday

Mr. and Mrs. Joseph Martin, of St. James, (Margie and Chickie) are proud to announce the 11th birthday of their oldest grandson, Connor Joseph Martin, son of Joe and Abbey Martin of Port Jefferson. Connor celebrated his 11th birthday on October 21, 2007.

Mommy, dad, nanny, grandpa, aunt Donna (Godmother), aunt Maria, uncle Tom, uncle Michael, brother Liam, sister Shannon, and cousin MacKenzie, all wish him a very happy birthday. *God Bless You Always!*

We join with Connor's family and friends in wishing him a very happy 11th birthday.



**Pictured (inset) is
Connor at 1 year
old as published in
Our Town and
above in a picture
taken when he
turned 11 years
old, 10 years later!**

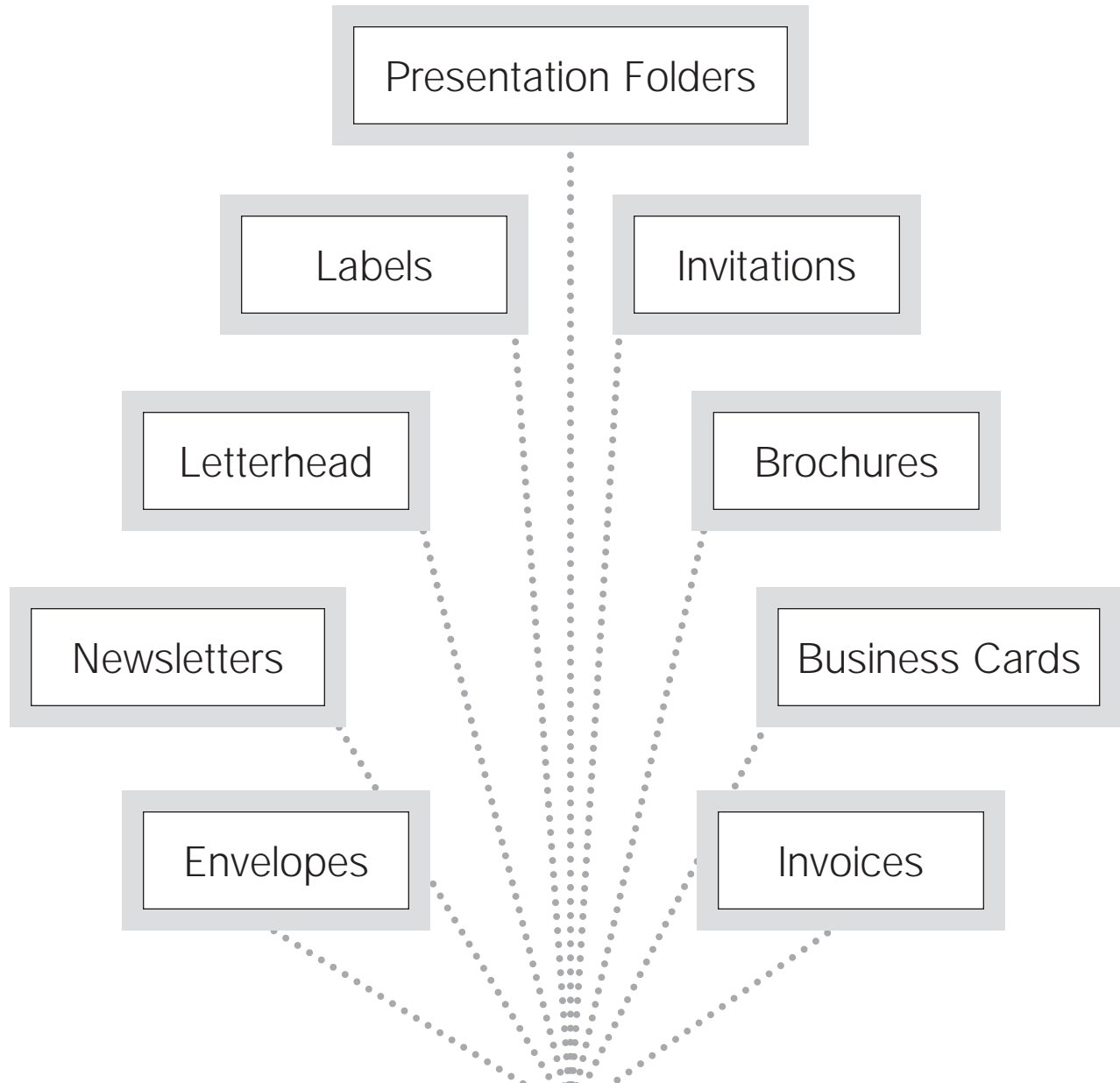
Attending Bryant University

Caitlyn Witkowski, of St. James, has been admitted to the Class of 2011 at Bryant University in Smithfield, R.I. where she is a Business Administration student.

For 144 years Bryant University has been developing the knowledge and character of its students in order to help them achieve success. With more than 3,650 full and part-time undergraduate and graduate students, Bryant provides the skills needed to compete in today's global environment.

We wish Caitlyn much success at Bryant and in the future.

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O B I T U A R I E S

Ida Aprea

Ida Aprea, resident of Jefferson's Ferry, passed away on November 11, 2007 at the age of 93. She was predeceased by her husband Arnold O. Aprea. She is survived by her children Vincent of Smithtown, Ronald and Albert. She was also predeceased by her daughter Elaine McCormick. She is survived by 15 grandchildren and 40 great grandchildren.

A Funeral Mass was held on November 15, 2007 at Sts. Philip & James R.C. Church in St. James. Interment followed at Calvary Cemetery, Woodside, Queens, NY

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

Jule E. Bottjer

Jule E. Bottjer, of St. James, passed away on November 7, 2007 at St. Catherine of Siena Medical Center at the age of 73. Beloved wife of Ralph H. Bottjer. Cherished mother of Robert and the late Richard. Loving grandma of Sean and Brent.

Services were held at the St. James Funeral Home on November 11, 2007 with Pastor Jeff Skopak officiating. Interment followed at Calverton National Cemetery, Calverton.

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

Frederick J. Dey

Frederick J. Dey, passed away on October 19, 2007 at the age of 90. Formerly of St. James, he has resided in Joliet, Illinois since 2002. He was the former owner of George Keller Copper Works. Preceded in death in 2000 by his

beloved wife of 60 years, Grace. Survived by his daughter Grace (Michael) Vinciguerra, grandson Michael (Darcy) Vinciguerra and great grandson, Christopher.

A graveside service and interment took place on November 3, 2007 at Pinelawn Memorial Park.

Rita T. Donnelly

Rita T. Donnelly, of Smithtown passed away on November 6, 2007 at the age of 87. Beloved wife of the late Daniel Donnelly. Loving mother of Daniel – retired NYPD, lawyer, former Smithtown prosecutor, Special Assistant DA, former Smithtown Highway Superintendent and Smithtown Conservative Leader – (Linda) Donnelly, Raymond (Semira) Donnelly and the late John Donnelly. Beloved grandmother of five and great grandmother of nine.

A Funeral Mass was held on November 10, 2007 at Sts. Philip & James R.C. Church in St. James. Interment followed at Gate of Heaven Cemetery, Valhalla, NY.

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

Walter Drechsler

Walter Drechsler, of St. James, passed away on October 11, 2007. He was a retired school teacher with the Sachem School District. Beloved husband of Marti. Loving Father of Jamie (Keisha), Amy (Danny), Tommy and Mikey. Cherished Grandpa of Savannah Remy and Belle. Devoted Brother of Karl, Steve, Tommie and Lisa.

A Blessing was held on October 15, 2007 at Sts. Philip & James R. C. Church. Committal was private.

Arrangements were entrusted

to the care of Kenneth J. Maher, Kerry J. Maher and Kenneth J. Maher, Jr. of the St. James Funeral Home.

Lucille Theresa Voelker

Lucille Theresa Voelker, 74 years young, born Lucille Waring on October 29, 1932, died on October 6, 2007, peacefully at home in St. James, NY. Lucille was a world traveler and a retired real estate broker. She was loved by too many to list, and a friend to all. Lucille lived her life without judgment and her kind heart and generosity are an inspiration to all. She was the best wife, mother, granny, aunt and friend a person could ever ask for.

She is survived by her husband, Anthony Voelker, Jr.; son and daughter-in-law, Anthony Voelker III and Denise; sons, Thomas and Michael; daughter and son-in-law, Julianne and Dave Kass, daughter and son-in-law, Margaret and John; 10 wonderful grandchildren, Melissa, Robert, Brian, Pamela, Michael, Anthony IV, Victoria, Nancy, Alicia and Stacey. Lucille is also survived by her sister, Margie; brothers, Jack and Thomas; sisters-in-law, Monica, Erika, and Lois; brothers-in-law, James, Matthew and Hugh, along with countless loving nieces, nephews and friends.

A Funeral Mass was held on October 10, 2007 at Sts. Philip & James RC Church in St. James. Interment followed at Calverton National Cemetery, Calverton.

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

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O B I T U A R I E S

Zita Cassese

Zita Cassese, of St. James, passed away on November 6, 2007 at the age of 76. Beloved wife of the late Thomas. Loving mother of Christine and Raymond. Cherished grandmother of Jason, Jennifer and Brian.

A Funeral Mass was held on November 12, 2007 at Sts. Philip and James R.C. Church in St. James. Interment followed at Calverton National Cemetery, Calverton, NY.

Arrangements were entrusted to the Branch Funeral Home in Smithtown.

Emma Schrammel

Emma Schrammel, of Floral Park, passed away on November 7, 2007. Beloved wife of the late

Louis. Loving mother of Rosemary. Cherished grandmother and great grandmother.

A Funeral Mass was held at Sts. Philip and James R.C. Church in St. James. Interment followed at Calvary Cemetery, Woodside, NY.

Arrangements were entrusted to the Branch Funeral Home in Smithtown.

Ronald D. Spencer

Ronald D. Spencer, of St. James, passed away on November 8, 2007 at the age of 87. Beloved husband of the late Dorothy M. Loving father of the late Barton. Cherished grandfather of Victoria Morton. Devoted great grandfather of Kate and

William

Arrangements were entrusted to the Branch Funeral Home in Smithtown.

Nancy Teresi

Nancy Teresi, of St. James, passed away on October 31, 2007 at the age of 89. Loving mother of Vincenza Kurakoff and Agostino (Annemarie) Teresi. Cherished grandmother of Christine, Alexandra, Daniel, Alyssa and Nicholas. Adored sister of Santo Acquista.

A Funeral Mass was held at St. Patrick's R.C. Church in Smithtown. Interment followed at Greenwood Cemetery, Brooklyn, NY.

Arrangements were entrusted to the Branch Funeral Home in Smithtown.

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



U.S. Department of Transportation



The Branch Funeral Home has received the highest award—the “Pursuit of Excellence” award



L-R: Paul, Henry;
John, Seated: Loretta

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Diamond Jewelers

continued from page 4

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Diamond Jewelers proudly supports many local organizations in their fundraising efforts through donations and personal involvement. The owners are also members of several Chambers of Commerce and Jewelers organizations and are



active volunteers for the Carol M. Baldwin Breast Cancer Research Fund for which Robert

serves on the Board of Directors as treasurer for the Fund.

White House Ornament

continued from page 26
may call toll free 1-800-555-2451, or online at www.whitehousehistory.org. Each of the 26 ornaments (from 1981 to 2006) is also available, along with educational brochures.

The White House Historical Association was established in 1961 as a non-profit organization to enhance the understanding, appreciation and enjoyment of the White House. All proceeds from its trusts and sales of ornaments, publications and other association products are used to fund acquisitions of historic furnishings and art works for the permanent White House collection, assist in the preservation of the public rooms, and further its educational mission.



Fire Safety

continued from page 28

- Check smoke detectors regularly.
- Learn first aid for burns.
- Keep matches away from children.
- Practice home fire drills.
- Never smoke in bed.
- Know two exits from every room.
- Teach, *STOP, DROP and ROLL*.
- Post emergency numbers by every phone.
- Store flammable liquids properly.
- Set your hot water heater to 120° F.
- Crawl low in smoke.
- Replace damaged electrical cords.

Beauty Tips

continued from page 113

Stress plays a major role in hair loss. Stress is something we cannot avoid. We all worry about our families, our jobs and

our health. Our primary concern is to take care of ourselves. If our body is unhealthy or depressed our hair becomes dull and lifeless, and hair may begin to fall out. Stress can deplete certain vitamins and nutrients in our bodies. Stress can also tighten the scalp. A stress b complex and Taurine may help control stress and keep our bodies calm. Other possible solutions include exercise, relaxation, and good diet. Try to identify the cause of your stress and eliminate it. Most important , try to have fun!

Editor's Note:

Paul Gretschel is the co-owner of Paul James Salon along with his brother, James. They opened the salon in the present location in 1978. Paul and James expanded the salon to it's current size in 2002. Prior to coming to St. James, Paul worked at Paul McGregor Salon in New York's East Village and Nubest and Co. in Manhasset. When he's not in the salon, Paul is an avid aviator and has been a Certified Flight Instructor since 1986. He also enjoys reading and boating and takes his family to Maui once a year for vacation. Call Paul for a complimentary consultation at the salon. 631-862-8622.



A Salute To Our Veterans

Veteran's Day was celebrated nationwide on Sunday, November 11, and St. James residents turned out at the annual Veteran's Day Parade and ceremony held here in town.

On this day we honor all those who served in our Armed Forces in past wars – as well as all those who continue to serve.

We join our neighbors and friends in extending our gratitude and thanks to all our Veterans!



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

PRAYER TO THE BLESSED VIRGIN (NEVER KNOWN TO FAIL) Oh, most beautiful flower of Mt. Carmel, fruitful vine, splendor of heaven, blessed mother of the Son of God, immaculate virgin, assist me in my necessity. Oh star of the sea, help me and show me herein, you are my mother. Oh Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none who can withstand your power. Oh show me herein you are my mother. Oh Mary conceived without sin pray for us who have recourse to thee. (3 times). Oh Holy Mary I place this cause in your hands. (3 times). Holy Spirit, you who solve all problems, light all roads so that I can obtain my goals. You gave me the divine gift to forgive and forget all evil against me, and that in all instances of my life, you are with me. I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days, the request will be granted. This prayer must be published after the favor has been granted. B.D. 11/07

ST. JUDE - Thank you for your blessing and always aiding in my prayers. B.D. 11/07

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HELP WANTED - Homemakers are needed for Smithtown's EISEP (Extended In-Home Service for the Elderly Program) to assist senior citizens in the community with laundry, shopping and light housekeeping. Rewarding work - salaried position plus mileage reimbursement. NYS driver's license required. Please call Roni Negrin at the Smithtown Senior Citizens Dept., 360-7615. tfn

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

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