

Our Town

S · T · J · A · M · E · S



OCTOBER
2007
Volume 20
Number 12

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



Another Fabulous St. James Day!

Coverage begins on page 86

nutcrackerballet.com

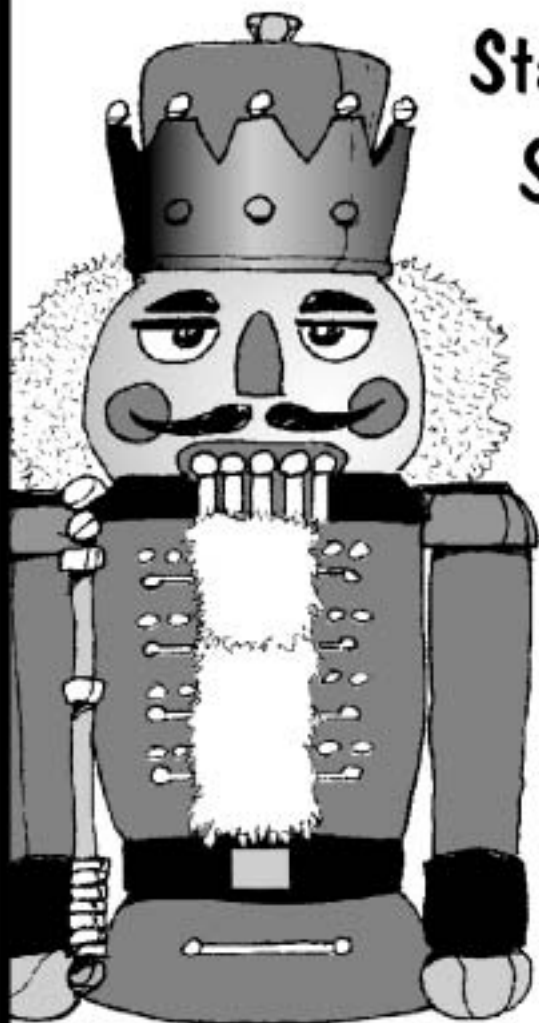
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"ENCHANTING"

Parks, *NEWSDAY*

**"...the best performance
that I have seen..."**

Mendelson-

RONKONKOMA *REVIEW*

"...lavish and sumptuous..."

Taylor, *NEWSDAY*

**"...a joyride on
a magic sled..."**

Goldberg-

SMITHTOWN *MESSENGER*

"Captivating"

Rice-*STATESMAN*

"Polished"

Goodman, *NEWSDAY*

**"A Delicious Holiday Confection
for Young and Old"**

Bernstein, *NEWSDAY*

Our Town

S • T • J • A • M • E • S

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OUR TOWN

- ST. JAMES -

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exclusively for the people of
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PLEASE NOTE:

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

THURSDAY, NOVEMBER 8, 2007 - 12 NOON.

Distribution takes place on Wednesday, November 21, 2007.

Three Black Sheep

213 Lake Avenue
St. James, NY 11780
584-YARN (9276)
www.threeblacksheep.com

by Mindy Anderson

Once run by three women in Northport, Three Black Sheep, a quaint knitting shop now located on Lake Avenue in the heart of St. James, sports a new owner and location. Why the change? Well, after Diana Kessler, current owner and proud mom of two daughters heard her children complain of never seeing her; she decided it was time to readjust her lifestyle. That ultimately led to her ending her career at the ER and becoming a store owner of something she held dear to her heart... *knitting*.

As a first time knitter, at just 12 years old, Diana knew this was a hobby she could share with her children. It turns out, she was right! Daughters Jamie, 8½ and Leah, 5½ are often found greeting customers with a smile. They also helped her create a virtual kids oasis in the back room. There, children can play their favorite game or knit with other kids their age while moms (and dads) can leisurely take their time to select just the right fabric for their next project, take a class, or compare knitting tips with other locals.

From kid workshops, to mommy n' me classes, to kids knit-ins, stop by and discover the special bond that comes from knitting something from scratch and sharing that time with your children or friends! Three Black sheep hosts three to four workshops a week and holds a wine tasting once a month – so there's something for everyone.

If you have not yet seen this wonderfully inviting shop in the



charming hamlet of St. James, you're in for a real treat! Come in and experience their wonderful setting where people are building new relationships with neighbors they never even knew. "After September 11, people are getting back to basics. I've noticed that over the past few years, people are going back to hobbies that are community-oriented, meditative and rewarding. What I love about my shop is that it's a social environment, where people are creating long-lasting friendships, just by coming here and sharing something they enjoy together," said owner Diana. We aspire to provide a comfortable place for you to shop, learn, gather, and make friends.

People are often surprised to learn that after just two classes, they are ready to begin their next project. Besides being affordable (workshops typically run from \$5 to \$60), Three Black Sheep makes it easy to learn.

From blankets to scarves, to hats, sweaters, shawls, pocket-books, and socks, learn the art of crocheting, knitting, felting and more! Browse the shop to get inspired by color and fibers from around the world and stir your senses with the finest of hand dyed cashmeres to the greater than 30 colors of Tahki Cotton Classic.

So, if you're ready to get those creative juices flowing, be sure to stop by to learn more about their workshops and take part in the fun! While you're there, ask for a copy of their fall and winter schedules.

Three Black Sheep is conveniently located at 213 Lake Avenue in St. James and they can be reached at (631) 584-9276. You can also log on to their website, www.threeblacksheep.com, where you can sign up for their online newsletter to hear about upcoming events and specials.

Henrietta Homes

AND PROPERTIES, INC.

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www.henriettahomes.com

Diagonally across from the St. James Post Office



ST JAMES. Gorgeous 4 BR, 2.5 bath Victorian with big rocking chair porch! Beautiful acre HORSE Property! Custom 4 stall center isle barn, tack room, wash stall, lit riding ring and turnout paddocks! **\$999K**



ST JAMES. Charming custom built Ranch. Beautiful bright rooms, gleaming oak floors, gorgeous big kitchen, wrap around porch, sunroom, lovely half acre. **\$759K**



ST JAMES. Charming 4 BR, 2 bath Victorian on a superb acre parcel! Warm and welcoming with oak floors, French doors, Andersen windows and big 2 story living room. **\$649K**



ST JAMES. Meticulously done 4 BR, 2.5 bath Victorian on lovely young cul-de-sac. Country club yard with IGP, gorgeous brickwork and thousands in landscaping! Has all amenities including a finished bsmt and 2 car garage. **\$899K**



ST JAMES. Oldie But Goodie! Great low taxes on this 3 BR, 2 bath charming Victorian. Beautifully updated, nice dead end street and superb private .43 acre property! **\$499K**



STONY BROOK. Diamond 3 BR, 2 bath Ranch in the "H" section. Big custom moldings, gleaming oak flrs, new windows & roof, CAC, new baths plus more! Quiet neighborhood location. **\$479K**



ST JAMES. Longline 3 BR Ranch with large formal rooms. FLR, FDR, den and EIK. Beautifully updated with numerous high hats, new carpets, tile floors and big bright kitchen. Private yard with gunite IGP! **\$479K**



ST JAMES. Pristine 3 BR, 2 bath Ranch with full finished basement including 2nd kitchen! Beautiful yard with IGP, oak and tile floors, FLR with FP, den and big EIK. **\$479K**



ST JAMES. Wonderful value - needs some TLC but this 4 BR, 2.5 bath Colonial is solidly built with oak floors, 2 car garage, basement, great half acre and is on a great block (Richie Court). Bring offers! **\$549K**



ST JAMES. Freshly painted 4 BR, 3 bath big Farm Ranch! Huge full basement, 2 car garage and up-to-date layout! A wonderful value at this price! **\$475K**



ST JAMES. Fall in love with this DIAMOND Colonial. Every amenity! Magnificent marble baths, granite kitchen, oak floors, surround sound. Truly turn key! **\$599K**



ST JAMES LAND FOR SALE

Cleared level .25 acre lot in heart of St. James. Walking distance to town. Survey and board of health approved.

\$312K

Car Show & Swap Meet at Flowerfield Fairgrounds

Long Island Cars will host their *Best Cars on Long Island Car Show and Swap Meet* on Saturday and Sunday, October 20 and 21 at the Flowerfield Fairgrounds on Route 25A in St. James. Acres of street rods, exotics, muscle cars, customs, antiques, imports and classics of the 50s, 60s and 70s will compete in judging with impressive trophies.

Hundreds of vendors will be stocked for this large end of the season show, where you can buy, trade, sell or swap parts, equipment, accessories and literature; plus a wide variety of cars will be for sale in the *Car Corral*. There will be a pumpkin patch with free pumpkins for the kids.

Show hours are: 8 a.m.-5 p.m., rain date, October 27 and



This 1971 Olds 442 convertible will be one of the hundreds of custom and collectible cars on display.

28. General admission is \$8/adults, children under 12/free. Free parking. Cars for sale and show cars for display pay general admission. Judged cars and ven-

dors register at the gate from 7-10 a.m. Call 631/ 567-5898 or visit www.LongIslandCars.com for additional info.



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AROUND TOWN

St. James Elementary PTA Announces Clothing and Soft Goods Drive October 22-26

The St. James Elementary School PTA will hold a Clothing and Soft Goods Drive from October 22-26, 2007 at the School. If you have clean, usable and wearable clothing (men's, women's and children's), shoes, handbags, belts, scarves, ties, hats and soft household items (bedding, curtains, tablecloths,

towels) and stuffed animals, please bring them to the School on Lake Avenue in St. James.

All items must be placed in tied plastic bags. Place all bags on the right side of the School next to the Clothing Drive signs.

Donations will go to Africa, Central and South America, India and Eastern Europe and the St.

James Elementary School will get 13¢ per pound for collecting.

So go and clean out that closet, basement and attic – and help needy people around the world.

The St. James Elementary PTA would like to thank you in advance for your support in this effort.



Annual Scandinavian Bazaar Set for November 10

"A Total Scandinavian Experience" sponsored by the Ladies Auxiliary of the Loyal Lodge will be held on Saturday, November 10 from 10 a.m. to 4 p.m. at the Sons of Noway Hall on the corner of 4th Avenue and 7th Street in St. James.

The Bazaar features a vast array of handmade holiday items, holiday novel-

ties, delicacies from Scandinavia and a table of delicious cakes, cookies, sandwiches and other Scandinavian treats.

Come and enjoy a wonderful *Total Scandinavian Experience*. Lunch will be available.

For additional information call 588-7658.

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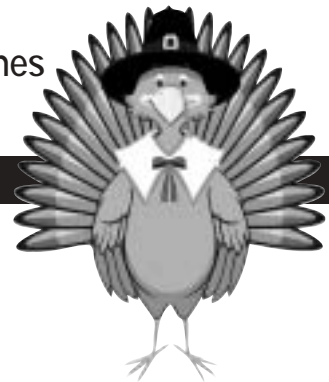
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and Haunted Houses too...



Saint James Storage

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Clean out those 'scary' closets, garages & file cabinets and
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It'll be a treat for yourself this Halloween!

1 month FREE for 5'x5' and 10'x10' units!

(New customers only)

ALWAYS Free File Pickup!



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Units From 5x5 to 12x22

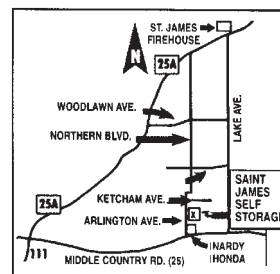


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75 Arlington Ave., St. James (Behind Nardy Honda)



A R O U N D T O W N

Fall Rummage Sale on Saturday, October 20

The St. James United Methodist Church, located at 532 Moriches Road in St. James, will hold a Fall Rummage Sale on Saturday, October 20 from 9 a.m. to 2 p.m.

Gently used clothing for infants

to adults, household items, tools, bric-a-brac, toys, books, etc. will be offered for sale at great low prices. Refreshments will be available.

A Bag Sale will begin at 1:30 p.m. Leftover items will be

shared with other charitable organizations.

For more information, please call the Church office at 584-5340, Monday through Friday, 9:30 a.m. to 1:30 p.m.

Holiday Boutique at the Firehouse

The St. James Jr. Fire Department will hold a Holiday Boutique at the main firehouse, 533 North Country Road in St. James, on Sunday, November 5 from 10 a.m. to 4 p.m. featuring Home Interiors and Gifts.

Every adult attending will receive a door prize ticket. There will also be a Chinese Auction with tickets available at 10/\$5. Refreshments will be served.

For additional information call Janette Szalay at 366-6227.

Come to the Veteran's Day Parade on Sunday, November 11

The VFW Sgt. John W. Cooke Post 395 in St. James extends an invitation to the community to join them in their celebration of Veteran's Day on Sunday, November 11, 2007. The parade and ceremony is a chance to remember all veterans especially those who made the ultimate sacrifice.

The group will assemble at 10 a.m. at the intersection of Lake and Woodlawn Avenues in

St. James and step off at 10:30 a.m. where they will march to the St. James Elementary School where the appropriate ceremonies will take place.

For more information call parade chairman Kenneth Summers at 858-864-3170.



Please Join Us

YOU'RE INVITED

What: Bus Trip to Calverton National Cemetery

When: Tuesday, November 20
9:45 a.m.

Where: Meet at
The Branch Funeral Home
190 East Main Street
Smithtown, NY

REFRESHMENTS & LUNCH
WILL BE PROVIDED.

RSVP: The Branch Funeral Home
(631) 724-9500
by Tuesday, November 13

A special invitation is extended by the Vigilante family of The Branch Funeral Home to all those who have lost a loved one. Please join us on a bus trip to Calverton National Cemetery on Tuesday November 20, 2007. We have found that over the years, those who participate find this to be a very fulfilling and comforting event, especially at this time of year. The trip is completely free and is open to anyone who would like to attend.

Please call us at (631) 724-9500 by November 13, 2007 to reserve your seat on the bus.


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CLB/07

Salutations!
Welcome One and All to Harbor's Book Fair
Saturday, November 17, 2007
1 pm - 4 pm

Come Spin Some Tales at the Harbor Country Day School Book Fair



Meet Wilbur's barnyard friends, browse the web of books, enjoy readings, crafts and refreshments. You will meet some very special authors, including published author Kendy Allen of the Chincoteague Pony Center along with Tuggie the pony, a descendant of "Misty". Bring your children for the perfect photo opportunity with Tuggie.

Featuring carefully selected books of the highest quality for all ages, especially for children! A perfect place to start your holiday shopping! Gift wrapping services available.

It's sure to be a TERRIFIC event. Come get caught in the Harbor book web!



Harbor Country Day School
17 Three Sisters Road
St. James, NY 11780
(631) 584-5555
www.harborcountrydayschool.org





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**ST. JAMES -
CLASSIC COLONIAL**

Large and lovely 8 room, 4 bedroom, 2.5 bath center hall colonial. Amenities include hardwood floors throughout, CAC, central vac, full finished basement, .50 acre, in ground pool. Much more!
Smithtown SD#1. MLS# 2002503.
\$799,000.



**HEAD OF THE HARBOR -
COUNTRY ESTATE**

Stately 1790s center hall colonial, with 16 rooms, 9 bedrooms, 5.5 baths and 7 fireplaces, set on 4.75 acres in an incorporated village. Extensive updates with attention to period detail, as well as modern conveniences such as CAC, heating, plumbing. A Daniel Gale Sotheby's International Realty Enhanced Listing.
Smithtown #1. MLS# 1965888. **\$1,750,000.**



ST. JAMES - WOODED RETREAT

11 room contemporary on 2 quiet wooded acres next to brook. Convenient location. Possible home office, new wing, new roof, siding, decks, fixtures, 5 bedrooms, 2+ car garage and more.
Smithtown SD#1. MLS# 1967890.
\$885,000.



SMITHTOWN - MOVE RIGHT IN

Post modern colonial in gated Stonebridge golf community with resort lifestyle. Upgrades throughout, moldings, granite, lighting fixtures. Scenic vistas of greens and ponds. Par-70, 6,200 yard golf course with clubhouse, restaurant, pool and tennis. Much more! Hauppauge SD#6.
MLS# 1994511. **\$945,000.**



**ST. JAMES -
PRIDE OF OWNERSHIP**

Expanded and updated 4 bedroom, 2.5 bath home. Fabulous new gourmet kitchen/granite/center island, den with fireplace, skylites, new siding, windows, heating system, and electrical service, fenced yard. Amenities galore. Smithtown SD#1.
MLS# 1966674. **\$559,000.**



**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!
Smithtown SD#1. MLS# 1949656.
\$1,149,000.



**SMITHTOWN -
"LADY OF THE LANDING"**

Riverfront estate with 10 rooms, 4 bedrooms, 3.5 baths, 5 fireplaces, full basement. Includes lovely water views, private legal cottage with 2 BRs, 4 car gar., pond, water access, screened porch, much more. A country retreat, yet close to all.
Smithtown SD#1. MLS# 1949178.
\$1,295,000.



**SMITHTOWN -
DESIGNER SHOWPLACE**

Beautifully appointed Ranch with very open floor plan, EIK/granite, custom wall units in living room, master bedroom & den, huge finished basement, gated community, golf, clubhouse, restaurant, pool and tennis. Must See! Hauppauge SD#6.
MLS# 1990652. **\$949,000.**



CORAM - JUST LISTED

Large Victorian style colonial with 3 bedrooms, 2.5 baths, LR, DR, EIK. Level .34 acre with fenced backyard. Main floor laundry, 2 car garage, full basement, convenient to university. Landscaping included. Immediate occupancy.
MLS# 2003512. **\$2,300** plus utilities

Daniel Gale Sotheby's International Realty

499 Lake Avenue, St. James, NY 11780 631.584.6600 stjames@danielgale.com

Blood Drive Set for Election Day

On Tuesday, November 6, 2007, Election Day, from 5:30 to 9:30 p.m., the Mills Pond Elementary School PTA, in conjunction with the Long Island Chapter of the New York Blood Centers, will hold their annual

blood drive.

Thea Garthe, Blood Drive chairperson, urges everyone to get out and vote and then give blood. There will be refreshments, prizes and raffles galore. Plus, WBLI will be airing live

from the school during the drive.

So, this Election Day make changes in more way than one... vote and then give the gift of life – give blood.

For more information contact Thea at 862-8181.

VICTORY DAY TRAIN...

On Saturday, September 29, 2007 at 10:49 a.m. the St. James Post Office was on hand to greet the Breast Cancer Victory Day Train at the St. James Train Station. The train made its annual journey to Mather Memorial Hospital, where a celebration honored the real winners in the fight against breast cancer – those who have beaten or are now fighting the disease.



The Holidays are just around the corner!

Order your home-style cookies and pies today!

See our display at Cool Beanz where you can also place your order.

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PRIVATE PARTY ROOM AVAILABLE • 5 COURSE TASTING MENU

MONDAY

Appetizers:

Soup du jour
Or
Mixed baby greens
Or
Artichoke quiche with roquefort
cheese & basil oil

Entrees:

Pan-seared salmon in lemon &
virgin olive oil with vegetable ragout
Or
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 borde-
laise with potato puree
Or
Glazed jumbo sea scallops in
sesame vinaigrette with asian slaw
Or
Roasted vegetable tart provencal
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

OUR PRIX-FIXE MENU CHANGES DAILY (LUNCH \$18, DINNER \$28)

AROUND TOWN

Green University Co-Founder Natalie Weinstein Applauds the Liquacoat Team

Natalie and Bernard Weinstein in pursuit of a beautiful building and keeping to their philosophy of the *Green University*, used Liquacoat to beautify and seal their two-story building located at 455 Lake Avenue in St. James. Liquacoat provides a green (environmentally friendly) exterior coating which delivers permanent protection for building structures.

Natalie Weinstein, president of Natalie Weinstein Home Decorating Club and Natalie Weinstein Design Associates (St. James, NY), sponsored a green seminar featuring the Liquacoat team who presented its products on Sunday, September 23 at the Huntington Hilton. The seminar provided "Amazing Secrets for a Greener Home" and featured 15 green product and service providers, including: Accent Flooring, Accent Insulation Systems, E Hardwood Flooring; Building Sustainable Solutions; Owen Brothers Landscape Design; Feng Shui consultant Peter Reiss; Tri-County Window Tinting; Sun-



Pictured from left, Natalie Weinstein, president of Natalie Weinstein Home Decorating Club and Natalie Weinstein Design Associates (St. James, NY) with Claudia and Roger Conway, Long Island regional managers for Liquacoat, Inc., and Marie and Dennis Lewis, owners of Liquacoat, Inc.

Stream USA; Hudson River Mills; Michael Garone Painting Co.; Michael Lichtenstein Lighting Gallery; Nikken independent wellness consultant; and Wells Fargo Mortgage Corp.

For information on Liquacoat or testimonials about the products and services of the above providers, please contact Natalie Weinstein at 862-6198.

ST. JAMES



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NISSEQUOGUE. "CUSTOM, QUALITY COLONIAL"

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ST. JAMES. "CIRCA 1837"

Head of Harbor area, walk to town & beach. Charming Circa Farm Colonial features 11' ceilings, 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 Property. North of 25A.



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Under Construction. 2,470 sq. ft. Colonial features 4 BRs, 2.5 bsmths. LR, DR. EIK w/granite tops, FR w/frplc, oak floors & 9' ceilings on 1st floor. CAC, 2 car, full 8' bsmnt. Arch roof, thermo windows. MUST SEE! **\$629,000.**



SMITHTOWN NORTH. "STOP FORECLOSURE"

Beautiful remodeled Expanded Farm Ranch w/vaulted ceilings, hardwood floors, 5 skylights, gourmet custom kitchen, huge banquet DR, LR w/corner stone frplc, 5 BRs, 3.5 baths, fin. bsmnt. Gorgeous .59 acre prop. w/large patio, & Koi pond. Owner will listen to offers over **\$596,000.**



ST. JAMES. "FAIRFIELD CONDO"

55+ adult community, 1 BR, 1.5 bath Ranch style unit. New Pergo 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**

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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**



ST. JAMES. "FAIRFIELD CONDO"

Lovely Greenbriar I model Townhouse in 55+ community features 3 BRs & 2.5 baths. EIK, Formal DR, spacious LR w/glass doors to patio. Large master suite w/entry to garage. Closets galore. 2 Solartube skylights. Clubhouse, pool, tennis, bus shuttle. Reduced. **\$383,900.**



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Little Shelter Animal Rescue and Adoption Center, a nonprofit, no kill animal shelter, will hold their sixth Annual Mercedes Raffle. You can drive away in a 2007 Mercedes-Benz C-Class Sedan or choose \$25,000 in cash if you are the lucky winner. With a donation of \$100 per ticket, with only 600 tickets sold, you

could be the winner of this fabulous raffle. Drawing will take place on Sunday, November 18, 2007 at 3 p.m. at Little Shelter. No tickets will be sold on the day of the drawing and you do not need to be present to win.

If you would like to help Little Shelter then send in your check for \$100 for each raffle ticket

payable to Little Shelter and mail with your name, address, phone to: Little Shelter, 33 Warner Road, Huntington, NY 11743. Donations are graciously accepted.

For additional information, call 368-8770, x205 or 206, or visit their website at www.littleshelter.com.

Temple Beth Chai Calendar

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Smithtown Historical Society 4th Annual Heritage Ball Set for October 25

The Smithtown Historical Society cordially invites you to attend their 4th annual Heritage Ball on Thursday, October 25, 2007 at 6:30 p.m. at the Watermill Restaurant and Caterers, 711 Smithtown Bypass, Smithtown.

Ken and Laura Washington of the Smithtown Performing Arts Center will be honored this year with the Partnership in History Award; Tom Hancock will receive the Rockwell Award; and Arline Goldstein, of Head of the Harbor, will be honored with the Anna Blydenburgh Award.

The evening will begin with a Silent Auction and cocktails at 6:30 p.m. with dinner following at 7:30 p.m.

Tickets are \$125 per person. Please make checks payable to

the Smithtown Historical Society and mail to: Smithtown Historical Society - Heritage Ball, 5 North Country Road, Smithtown, NY 11787. For additional information call the Society at 265-6768.

Since 1955 the Smithtown Historical Society has worked to ensure that the history of Smithtown Township and our Long Island heritage are preserved and interpreted for the education and enjoyment of current and future generations.

Their mission is carried out through collection conservation and preservation, research, exhi-

bitions, publications, educational programs, support of regional heritage organizations, living history events, community library and archives. They actively promote the importance of history and preservation and maintain six houses and eight outbuildings at three locations: Obadiah Smith House, Caleb Smith House and their 20-acre Village of the Branch Historic District Museum.

If you are unable to attend and would like to make a donation it would be much appreciated. For further information call 265-6768.

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Little Shelter's Dancing With the Stars Gala

Little Shelter Animal Rescue and Adoption Center invites you to attend their *Dancing with the Stars Gala* on Friday, October 26 from 7 p.m.-12 midnight at Chateau LaMer in Lindenhurst. There will be dinner, dancing, entertainment, and along with performances by award-winning

professional dancers, you will get the chance to dance with the stars themselves.

Tickets at \$100 per person will benefit Little Shelter's dream to build their own medical facility at their center. This evening was made possible through the generosity of George Voutsinas,

owner of Chateau LaMer.

Little Shelter, located at 33 Warner Road in Huntington, is a nonprofit no-kill animal shelter. If you would like to purchase tickets to the gala or to adopt a pet or make a donation, please call 368-8770 or visit their website at www.littleshelter.com

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.

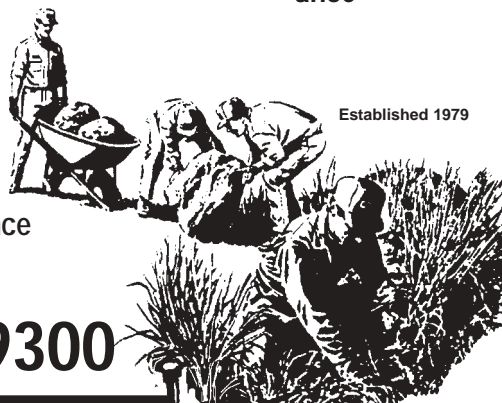
Walks will be held on the following Saturdays: November 10, and December 8, 2007.

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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H A L L O W E E N H A P P E N I N G S

The Residents of *Mills Pond House of Horrors* Have Been Expecting You!

BE PREPARED TO BE SCARED!

The Smithtown Township Arts Council and the St. James Fire Department Ambulance Co. invite you to the *MILLS POND HOUSE OF HORRORS* beginning Friday, October 12, 2007. Walk the darkened hallways and rooms of the *HOUSE OF HORRORS*, located on the grounds of the historic Mills Pond House, 660 Route 25A in St. James.

There will be 3,600 sq. feet of haunting special effects, live actors and more, designed by animated Halloween props engineer hauntedanimation.com. The Mills Pond House of Horrors is not for the faint of heart... and not for young children!

Guaranteed the scariest Halloween on Long Island!

All tickets are \$15 and are sold at the door. Call Smithtown Township Arts Council at 862-6575, and visit their website at www.stacarts.org.

Be prepared to be scared on:
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Monday-Wednesday, October 29 -31

Tickets sold:

Fridays & Saturdays, 6-11 p.m.

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Proceeds from the Mills Pond House of Horrors will benefit the Smithtown Township Arts Council and the St. James Fire Dept. Ambulance Company.



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HEAD OF HARBOR - \$899,000

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Beautiful new center-hall Colonial, hardwood floors, fireplace, magnificent kitchen, CAC, hydronic oil heat, walk to town.

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HEAD OF HARBOR - \$1,199,000

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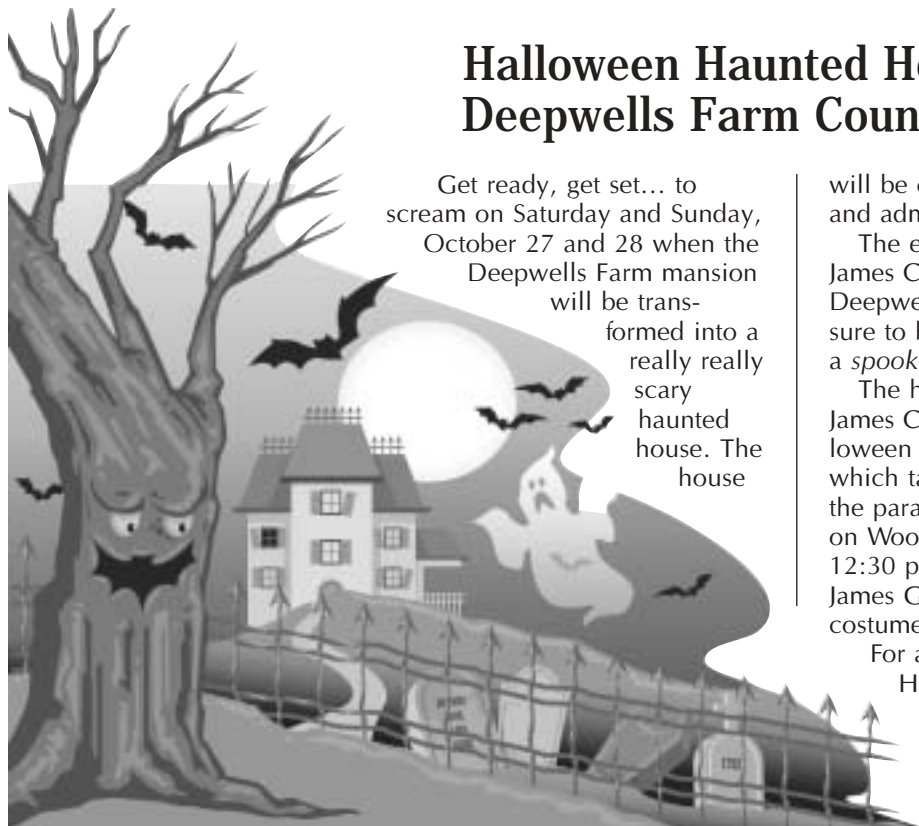
SMITHTOWN - \$479,900

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H A L L O W E E N H A P P E N I N G S

Halloween Haunted House at Deepwells Farm County Park



Get ready, get set... to scream on Saturday and Sunday, October 27 and 28 when the Deepwells Farm mansion will be transformed into a really really scary haunted house. The house

will be open from 4-7 p.m. each day and admission is FREE.

The event, co-sponsored by the St. James Chamber of Commerce and the Deepwells Farm Historical Society, is sure to be a lot of fun. So get ready for a *spook-tacular* time.

The house will be open after the St. James Chamber of Commerce's Halloween Parade on Sunday, October 28, which takes place at 1 p.m. Lineup for the parade will be at North Fork Bank, on Woodlawn and Lake Avenues at 12:30 p.m. and will end at the St. James Gazebo at the railroad station for costume judging.

For additional information on the Haunted House and the Halloween Parade call 862-2020 or 862-9849.

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H A L L O W E E N H A P P E N I N G S

Throw a Safe Ghoulish Gala This Halloween

Halloween is a time where free spirits, young and old, enjoy a dose of magic and mischief. Part of the fun entails dressing in costume and trick-or-treating around the neighborhood. Unfortunately, within Halloween fun lurks the potential for safety hazards. This year, learn the safest ways to enjoy Halloween with your children, family and friends.

• **Crazy costumes** – Sure the wackiest and wildest costumes often garner the most attention, but too many embellishments can be dangerous. Masks are an easy way to get into the spirit of the holiday, but they obstruct your vision. And costumes with long or flowing skirts can cause trips or falls. By keeping safety in mind with your costume, you can make it spectacular but safe. Opt for face paint instead of masks, and follow package directions. Even makeup billed as safe for face use can cause irritation. Avoid sharp or protruding props, and make sure you can safely get around in your costume. Don't compromise your vision in any way by wearing tinted glasses,

crazy colored contacts or prosthetics; you want to be able to safely walk around a dimly lit costume party room or outdoors in the evening.

• **Create a safe party environment** – Setting the mood for a Halloween party involves keeping the lights low and offering a creepy ambiance. But you'll want to provide enough illumination so that guests will be able to walk around comfortably. Consider an interior lighting set with a dimmer switch so that you can control the level of light. Avoid using candles inside where they can be inadvertently knocked over. Rather, line the exterior walkway of your home with tiny votives housed inside aluminum cans that have been poked through on the sides to let the light filter through in a creepy way. Or use battery-operated, Christmas-like lights in the shape of pumpkins for an even safer option. String the holiday light strands here and there for a festive effect. Offer guests flashlights or glow sticks for even more illumination.

When it comes to your home,

avoid props or other items that people may trip over or stumble upon. Keep the house sparse so guests will have plenty of room to mingle. Set food-service tables at the outskirts of the room so that hot dishes won't be knocked over. Choose one large centerpiece item (like a mechanical coffin) rather than a bunch of little decorative items which will get lost among a crowd.

• **Choose a theme for optimal creativity** – Tired of the same boring vampires and witches for Halloween? Think of a theme and go all out. For example, turn your home into a haunted Egyptian tomb. Decorate with urns of "treasure," cobwebs and mummies. Or how about a spooky tropical rain forest? Hang rubber snakes, lizards and other creatures from objects around the house, and visit your local craft shop for silk flowers, vines and other foliage to create a tropical, closed-in look. Don't forget the importance of setting the scene with an audio backdrop. Hook up your iPod to the stereo speak-
continued on page 106

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Halloween Trick-Or-Treat Checklist for Parents

Every year, children look forward to Halloween trick-or-treating. To ensure your child's safety, here are some tips to consider.

- ☐ My child's costume has a label indicating it's "flame-resistant."
- ☐ The costume is white or light-colored so drivers can easily see it, or it is decorated with reflective tape that glows in headlights.
- ☐ It's short enough to avoid tripping my child.
- ☐ Costume props like swords and magic wands are soft and flexible, with rounded, not sharp, edges.
- ☐ The shoes my child will wear are flat-heeled and fit properly to avoid causing falls.
- ☐ Trick-or-treating will be done on foot, not on bicycle (wheel spokes and chains can catch costumes.)
- ☐ My child's face is disguised with a "natural" mask, painted with cosmetics (or a plastic/rubber mask that will not impair vision).
- ☐ If trick-or-treating at night, my child will carry a flashlight to illuminate dark sidewalks or steps.
- ☐ I've instructed my child to walk on sidewalks and cross at intersections.
- ☐ My child will be accompanied by a responsible adult when trick-or-treating.
- ☐ I have reviewed and approved the trick-or-treat route my child will take before setting out in the neighborhood.
- ☐ I've cautioned my child to avoid dark or suspicious-looking homes, alleys, parked cars

or "short-cuts" through parks or fields.

- ☐ I've given my child something to eat before trick-or-treating (so there's no temptation to eat Halloween candy before it can be inspected at home).

- ☐ When trick-or-treating is finished, I will immediately examine all treats given to my child. I will discard anything unwrapped or rewrapped.
The more boxes you can check off, the more you'll ensure a safe, happy Halloween for your child.



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H A L L O W E E N H A P P E N I N G S

No Tricks... How to Make Treats with All That Leftover Candy

Chances are this Halloween, October 31, kids will find lots of candy and more in their trick or treat bags. And when it comes to candy, kids have definite opinions about what they're hoping to find. This year turn some of these treats into tasty desserts and beverages. Try some of these recipes featuring some of your favorite candies.

KIT KAT SLUSH

Yield: 4, 1/2 cup servings

Ingredients:

- 1 cup chocolate milk
- 1 cup chocolate ice cream
- 2 .56 oz. Kit Kats, chopped

In a blender, combine the milk and ice cream. Process until smooth. Pour into a bowl; cover and freeze for three hours or until frozen. Stir with a fork until slushy and stir in Kit Kat wafer bars. Serve immediately.

PEANUT BUTTER KISSES LAYER PIE

Yield: 6-8 servings

Ingredients:

- 18 Hershey's Kisses chocolates

- 1 cup heavy cream, divided
- 1 baked 9-inch piecrust, cooled
- 1 vanilla cook and serve pudding and pie filling mix, (not instant pudding mix)
- 2 cups milk
- 1/2 cup creamy peanut butter
- 1 tablespoon powdered sugar
- 1/4 teaspoon vanilla extract
- Reese's peanut butter pieces, optional

Remove wrappers from chocolate pieces. In a small microwave bowl, place chocolate pieces and 2 tablespoons heavy cream. Microwave on HIGH for 1 minute or until chocolate is melted and mixture is smooth when stirred. Spread chocolate mixture over bottom of baked piecrust; refrigerate 30 minutes or until set.

In a 2-quart saucepan, place pudding mix and peanut butter. Over medium heat, using a whisk, gradually blend in milk, stirring until smooth. Continue to cook over medium heat, stirring constantly until pudding thickens and boils; remove from heat. Cool 10 minutes, stirring fre-

quently. Pour pudding over chocolate mixture in piecrust. Refrigerate several hours or until firm.

In a small mixer bowl, beat remaining heavy cream, powdered sugar and vanilla until stiff. Spread over top of pie. Garnish with additional chocolate pieces or Reese's peanut butter pieces, if desired. Serve immediately.

MILKY WAY CHEESECAKE

Yield: 6-8 servings

Ingredients:

- 1 1/2 cups chocolate wafer crumbs
- 4 tablespoons butter, melted
- 1 envelope of gelatin
- 1 cup milk
- 5 2.05 oz. Milky Way bars, sliced
- 1 pound cream cheese, softened
- 2 tablespoons sugar
- 1 teaspoon vanilla extract
- 1 cup heavy cream

In a small bowl, combine chocolate crumbs and butter and press into bottom and 2 inches up

continued on page 106

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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 profes-

sional 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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Through Oct. 21, 2007 SWEENEY TODD

Benjamin Barker, alias Sweeney Todd, returns to London after being deported to find out what happened to his wife and child at the hands of Judge Turpin. When he learns of their terrible fate he joins for-



tunes with Mrs. Nellie Lovett, the baker downstairs from his barbershop, and sets out to seek revenge.

Tickets: \$26-\$30

November 3-24 STEEL MAGNOLIAS

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

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U.S. Marine Band in Concert

The Smithtown Township Arts Council presents... Direct from our Nation's Capital, "The President's Own" United States Marine Band on Thursday, November 8 at Half Hollow Hills High School East Auditorium. This ADMISSION is FREE with reservations in advance.

General admission seating is reserved on a first-come, first-served basis. Patrons may reserve tickets (limit four per request) by sending a self-addressed stamped envelope to Smithtown Township Arts Council (STAC), 660 Route 25A, St. James, NY 11780

The United States Marine Band tours each year during October and November. The tour lasts approximately 50 days, during which the band performs in roughly 44 cities. This will be the only National Tour performance on Long Island in the next four



years.

Marines in "The President's Own" are among the most expert musicians and professionals in the world and are recruited from renowned colleges, universities, and conservatories worldwide. The band tours each year, presenting 43 concerts in 49 days, in cities across the country.

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your family to experience this outstanding band! Highlights include music by Sousa, Sondheim and Bernstein and a special Salute to the Armed Forces of America featuring all the military service songs in the Armed Forces Medley!

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ARTS & ENTERTAINMENT

The Mystery of the Missing Purple Puzzle Pieces

The Smithtown Township Arts Council is pleased to present *KATIE'S PUPPETS PERFORMANCE of The Mystery of the Missing Purple Puzzle Pieces* on Saturday, October 27. There will be performances at 11 a.m. and 1 p.m. at the Mills Pond House, 660 Route 25A in St. James.

The Purple Puzzle Pieces are missing from Puzzle Town. Come help Mr. Mouse and the Purple

Princess find them. Children should wear something purple and 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 - Purple 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.



Mr. Mouse and the Holiday Candle

The Smithtown Township Arts Council is pleased to present *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.

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STAC Fall/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, pop-up bookmaking, 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. Registration 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 Discovery Ages 3-5

Students will use brushes, fingers, potatoes, feathers, noodles, and anything else we can think of to experiment and create.

There will also be outdoor time when weather permits. Class is limited to 7

Session II: Saturdays

Nov. 17, 24, Dec. 1, 8, 15, 22

Time: 10-11 a.m.

Fee: \$75/\$10 materials

Nature Art Preschool Ages 3-5

Children will play, paint, sculpt, and have great fun outdoors and in. Class is limited to 7.

Session II: Saturdays

Nov. 17, 24, Dec. 1, 8, 15, 22

Time: 11 a.m.-12 noon

Fee: \$75/\$10 materials

Art Rocks Ages 3-

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 I: Thursdays

Oct. 18, 25, Nov. 1, 8, 15

Time: 10-11 a.m.

Fee: \$65/\$10 materials

Session II: Thursdays

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

Time: 10-11 a.m.

Fee: \$65/\$10 materials

Imagination Arts! Ages 5-7

In this creative class, students will draw, paint, sculpt and photograph.

Session II: Saturdays

Nov. 17, 24, Dec. 1, 8, 15, 22

Time: 12-1:30 p.m.

Fee: \$115/\$15.00 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

Sew, Paint, Bead & Knit!

Ages 7-11

Make monster dolls, beaded hair clips, potato print tees and more! Outdoor time and other arts projects will be offered.

Session II: Saturdays

Nov. 17, 24, Dec. 1, 8, 15, 22

Time: 2-5 p.m.

Fee: \$170/\$15 materials

Winter Media Fun Ages 6-9

Students will learn painting, drawing, collage and mosaic techniques using a variety of materials such as yarn, beans/beads, magazine/construction paper cut-outs

Saturdays

Nov. 10, 17, Dec. 1, 8, 15

Time: 9:30-11:30 a.m.

Fee: \$125/\$20 materials

continued on facing page

- All Phases of Landscaping
- Light Construction
- Finish Carpentry



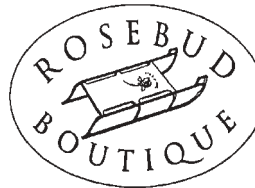
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ARTS & ENTERTAINMENT

continued

Advanced Cartooning and Pop-up Bookmaking Ages 8-12

Learn the exciting process of creating your own cartoons and simple pop-up book techniques.

Saturdays

Nov. 10, 17, Dec. 1, 8, 15

Time: 2:30-5 p.m.

Fee: \$160/\$20 materials

Fun with Sculpture Ages 8-12

Students will have fun making amazing sculptures and exciting 3-D projects using papier-mâché, wood, paint and other simple and fun materials.

Saturdays

Nov. 10, 17, Dec. 1, 8, 15

Time: 11:45 a.m.-2:15 p.m.

Fee: \$160/\$20 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

Watercolor Magic for the Beginners Ages 9-12

Students will create amazing art projects using watercolor techniques and explore and experiment with color, glazing, wax resist, and salt techniques.

Saturdays

Mar. 1, 8, 15, 22, 29

Time: 10:30 a.m.-12 noon

Fee: \$94/\$15 materials

Wednesdays

Mar. 5, 12, 19, 26

Time: 4:30-6 p.m.

Time: \$75/\$15 materials

Young Architects Club Ages 10-14

Students will design a dream home, learn how to draw simple architectural plans, create basic models using simple building design and hands-on creation.

Session II: Sundays

Nov. 11, 18, Dec. 2, 9, 16

Time: 1:45-4:45 p.m.

Fee: \$145/\$20 materials

Master Class in Drawing Ages 12-16

Using techniques, exercises, and ideas from masterworks, students

will make their own drawings in a variety of mediums including charcoal, artist pencils, quill pens and ink, and pastels.

Session II: Sundays

Nov. 11, 18, Dec. 2, 9, 16

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

Fee: \$125/\$20 materials

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Staller Center Fall Film Schedule

Eight movies will be screened at the Staller Center on the campus of Stony Brook University on Fridays during the Fall. Passes good for all films are \$25 and 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.

Golden Door (Nuovomondo)
Friday, October 26 at 7 p.m.
120 minutes - Rated PG-13
In Italian and English

A classic tale of coming to America. An Italian widower and an Englishwoman are both on their way to Ellis Island to live the American Dream.

Sicko
Friday, October 26 at 9:30 p.m.
113 minutes - Rated PG-13

Three years after *Fahrenheit 9/11*, Michael Moore returns with an equally controversial documentary, this time tackling the United States health insurance system.

Private Property (Nue propriete)
Friday, November 2 at 7 p.m.

95 minutes - Unrated. *In French*
After an acrimonious divorce, Pascale still lives with her twin sons in a beautiful old farmhouse. The pulse of an emotional thriller with superb acting by one of France's finest actresses, Isabelle Huppert.

Harry Potter and the Order of the Phoenix
Friday, November 2 at 9 p.m.
138 minutes - Rated PG-13

When Harry Potter returns to Hogwarts for the fifth time, he faces his most challenging year yet. He must face a new enemy and convince the doubtful wizarding world of Voldemort's return before it's too late.

The Valet (La Doublure)
Friday, November 16 at 7 p.m.
85 minutes - Rated PG-13
In French

When a CEO is photographed with his girlfriend, a worldfamous model, he goes to elaborate and comedic lengths to convince his wife that he is not having an affair.

La Vie En Rose
Friday, November 16 at 9 p.m.
140 minutes - Rated PG-13
In French

The tragic story of world famous French singer Edith Piaf chronicling her rise from abject poverty to international stardom.

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.

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Programs 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

Saturdays: November 10,
December 8, 2007.

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

Italian Culture Tour

Thursday, October 18

Bus departs 8:30 a.m.

Returns approx. 7:30 p.m.

The day begins in the Bronx with our guide, Art Zuckerman. First stop, a visit of a replica of the Pantheon located in Rome, Italy. A delicious lunch will be at Emilia's on Arthur Avenue. Learn about how the Italians developed the Belmont "Little Italy" section of the Bronx, Vince Lombardi and the Fordham Baldies Gang. Then on to Mulberry Street, the 'other' Little Italy. Fee: \$79/members; \$89/non-members. NO REFUNDS.

continued on page 48

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Programs at the Library

continued from page 46



Montauk Fall Getaway at the Wavecrest

Sunday and Monday, October
21-22

2 days, 1 night

Check-in time: 2 p.m., 10/21

Transportation on your own

The Wavecrest is located directly on the ocean with 400' of ocean beach and an indoor, heated pool. Weekend getaway includes: lodging, complete dinner and breakfast for two at choice of select local restaurants. Rooms are limited; registration (in person) is on a first come first serve basis. \$149/members per couple; \$159/non-members per couple. NO REFUNDS.

Trip to Newport for the Holidays

Saturday, November 17

Bus departs 6:45 a.m.

Returns approx. 8:30 p.m.

Travel by bus and ferry to Newport, Rhode Island before the holiday hustle and bustle. Visit two of Newport's finest mansions – The Breakers and Astor's Beechwood – dressed in their holiday finery. Lunch will be at the luxurious Castle on the Hill, on a cliff overlooking the ocean. \$95/members; \$105/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

Thursdays: 7-8:30 p.m.

Oct. 18: *Discovering Dairy
Alternatives*

Oct. 25: *Replacing Meat*

Nov. 1: *Planning Healthy
Meals*

Nov. 8: *Antioxidants and
Phytochemicals*

Nov. 15: *Immune Boosting
Foods*

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.

continued on page 50



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Programs at the Library

continued from page 48

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.

EVENING MOVIES AT THE LIBRARY

NESCONSET

Call for dates and times.

AFTERNOON MOVIES AT THE LIBRARY

SMITHTOWN

NESCONSET

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

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.

Stories and Snacks

SMITHTOWN (grades 1-3)

Thursday, October 18,

4-4:45 p.m.

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.

Mother Goose Rhymetime

SMITHTOWN (birth-35 months)

10-10:30 a.m.; 11-11:30 a.m.

NESCONSET (birth-2 years)

10:30-11 a.m.

Call for times & dates

continued on facing page



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continued

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.

Tales and Toy Time

SMITHTOWN (3 years)

Call for times and dates
Stories, crafts and playtime with parent/caregiver.

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.

Wonderful Ones

SMITHTOWN (12-23 months)

Call for times & dates
Stories, songs and finger plays 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
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The main branch of the Smithtown Library, in conjunction with the Retired Senior Volunteer Program, will give free continued on following page

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continued from page 51

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. 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.

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.

TEEN GAME DAYS

The Library will host Teen Game Day. Challenge your friends to a game of *Jenga*, *Monopoly*, *Harry Potter Trivia*, *Chess*, *Battleship* or any game in the library's collection. Music and food will be provided. Don't miss the fun. All 6th graders and up are welcome. Call for dates and times at the Main Branch and the Nesconset Branch. Call to register.

ADULT WRITERS' GROUP

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

continued on page 106

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by Natalie Weinstein,
Allied ASID

Color, can make a world of difference in your world. It can set a mood, make a room warmer or cooler, feel larger or smaller, camouflage undesirable architectural features, highlight a center of interest and truly transform an entire space.

Years ago, when I was teaching Art History to my interior design students at the Willsey Institute, we'd visit the Metropolitan Museum of Art to view the various historical furniture styles. As the executive director, I had made this field trip part of the course curriculum because of its visual impact. Each semester, we'd trek to the city and I would serve as guide. After doing this twice a year for many years, I could practically tour the rooms with my eyes closed. This one visit, however, stopped me in my tracks as we entered the *Venetian Wing*. I seemed to have lost my bearings and didn't know where I was. After a careful look around, I realized that all the furniture was still there, exactly in the same place but the walls had been painted cerise, a bright rose color! From a soft gray-green to cerise made such an astounding difference that not only didn't I realize I was in the same room, but at first, the furniture looked different, as well!

Color can make that big a difference – for good or for not so good. It takes courage to use color if you have always been a “neutral” person. Badly used colors can destroy the unity of a room. The trick is to make color work for you. Each should blend with and increase the effectiveness of the others and most important, they should be colors that you can live with for the long haul. That's the difference between the world of fashion

DESIGN IDEAS: Color

design and home décor. You have this *in*, colorful, eye catching outfit that makes you look and feel great. Would you wear it every day? How long before you'd get tired of it? The good news is you can wear it as often as you like and then go to your closet and put on something else.

In your home, what is *in* today will surely be *out* tomorrow. Colors are cyclical. How else would the industry get you to buy new products? So – the obvious solution for most people who want a presentable home has been to choose white, off white or beige colors because they are *safe*. But the trend today (gotcha again) is to use more substantive color on the walls, so even these neutrals have become outdated. There is, however, a middle ground. Sages, golds and deeper tans have now become *neutral*. Contrasted against white (I like Benjamin Moore Dove White 06), architectural trim such as doors, frames, wainscoting, etc., they can be extremely effective and timeless.

Color choices are often the most difficult to make. They affect every public space in the house because most homes have an open floor plan where rooms are visible to one another. Colors need not be repetitive, but should flow into one another and where there is a lot of architectural trim, painted in a shade of white, you can use deeper darker tones in some areas for an interesting dramatic effect. Since color choices number in the hundreds, if not thousands, how do you choose?

I always chuckle when people come to me for advice about picking a paint color when nothing else is selected. You literally paint yourself into a corner when you do that. If you've ever heard me speak or read my article “*Start from the Floor Up*,” you know I generally begin with the area rugs or patterned carpets. Select fabrics in

colors and patterns that coordinate with them for furniture and window treatments, then choose paint colors.

If you're working with existing furniture, make that your starting point. Pull a major color out of the fabric that pleases you. Get paint swatches and select a tint or shade in that color family. If you have trouble visualizing how it will look, buy the smallest amount you can and paint it on one wall. Live with it for a day or two before you call in the painters. They'll charge you every time you change your mind!

So the answer is – choose colors that make you feel good. Don't be afraid to be a little daring. Have the confidence to make a statement, but don't go crazy with fads. If you think of color like seasoning food, you can add a little spice to your life and your home at the same time.

Here's a short color glossary to know what the pros are talking about:

Hue – the name of a color
Tone, Value, Tonal Value – the degree of lightness or darkness of a hue

Tint – softer, lighter tones made by mixing the hues with white

Shades – deeper, darker tones made by mixing the hues with black

Intensity, chromatic intensity or chroma – the degree of brightness or dullness of a color

Luminosity – the degree of light-giving potential of color

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 10-11a.m. and podcast 24/7 on walkradio.com, keyword NATALEE.



Interior designer, Allied ASID, feature writer, "Home Decor" for the Times Beacon Record Newspapers and "Li Focus" for House Magazine; host of "Design Tips by Natalie" on WALK 97.5 FM and "Home Show" on WALK 1330 AM Sundays from 10 - 11 AM and podcast 24/7 on www.walkradio.com, keyword Natalie.

Natalie Weinstein

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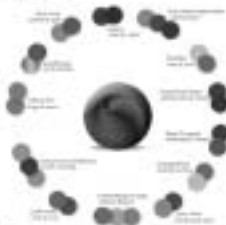
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- How color can transform a space
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REALTY WISE: Preparing Your Home for a Successful Open House

by Rita Clous

Buyers are drawn to homes that appeal to their senses. This is important to remember when preparing your home for an Open House. Through sight, sound and smell, buyers should leave your home with a lasting impression. Here are some tips to showcase your home in the best-possible light.

Exterior

Start outside by inspecting the front of your home from across the street. Does it have curb appeal? It should look inviting, with a trimmed lawn and flowerbed and a freshly painted front door. Polish door handles and knockers and replace worn items such as a rusty doorbell. Consider adding a new doormat and flowering plants at the entrance. Do the windows need cleaning? Be sure to remove oil stains from the driveway.

Next check the side and back yards. Add some flowering plants to the back as well. Rearrange the outdoor furniture to look inviting. Put away gardening tools.

Interior

Now focus on the inside of the home where cleanliness, space, smell and lighting are key. First, get your house in tip-top condition by cleaning and clearing away clutter. Steam clean and



vacuum the carpet. Make sure your floors are waxed and shiny. Touch up nicks on walls and make sure the porcelain sinks and tubs and metallic fixtures shine. Your kitchen and bathrooms should pass the white glove test, and please clear the front of the fridge of family memorabilia. Be conscious of any lingering odors such as smoke, pets or strong-smelling foods. You may need to air out your home prior to the Open House. Consider grinding fresh lemons in the garbage disposal or even baking chocolate chip cookies. And don't forget to empty all trashcans.

Next, set the mood. You want buyers to be able to picture your home as their own. Consider rearranging the furniture so that rooms look more spacious. Add accessories from rooms with too many furnishings to those that appear bare. Look at your countertops in the kitchen and bathrooms and the tops of your bureaus. Do they seem cluttered? Clear away and store as much as possible. The idea is to make your home appear spacious.

Lighting is also an important factor in creating an inviting

atmosphere. Bright lights provide a cheerful environment and make a small space appear larger. Pull back all the drapes and open the blinds. Turn on all the lights. Make sure all the light sockets have working bulbs and install the maximum-wattage bulb that is safe for that fixture. For rooms that you want to have a warm, cozy feeling, use softer lights.

Don't forget little touches such as fresh flowers, lighted candles in the bathrooms, new logs in the fireplace, or a bowl of fresh fruit on the kitchen counter. It is a great idea to set your dining room table with color-coordinated table settings; it appears so welcoming to buyers.

An Open House is a terrific way to show your property to many people in a short amount of time. However, keep in mind that buyers may see several homes in a single day. The most memorable home will be the one that seemed the brightest, the most spacious and the most cheerful. So, don't rely on buyers to use their imagination. Help them capture it. Work with your real estate professional to get more tips on creating an unforgettable home.

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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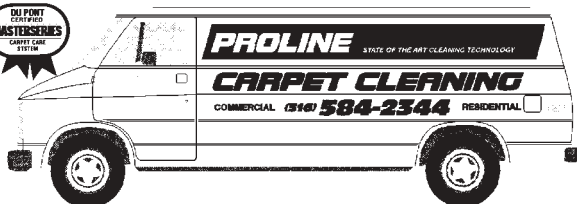
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NATURALLY SPEAKING: The End and Beginning of a Season

by June Liardi

November is a bit of everything. It takes us well into autumn, to Thanksgiving and to the start of the holiday season. (Although the stores have us believe the holiday season starts in October).

The days are cool and shorter still, but there are still some things to take care of outside.

If you recycle your seed starting pots, cell packs and trays, get them all in order now. It is definitely warmer now than it will be in January or February. Wash all supplies in a detergent, bleach, and hot water bath. Let them dry and they will be all ready come planting time. Make a list of any supplies you still need.

Make sure to put your garden hoses and clay pots away into a



protected area.

Before you put your bird bath away (and you should if it is not plastic) make it into an autumn display. It is a great spot to plop a pot of mums or flowering kale, some pumpkins and gourds. Or you could fill it with some soil or sand and start creating a pine and greens arrangement for December. Be creative.

After the ground freezes add a few inches of mulch to your garden beds. This will help prevent the soil from heaving. The freezing and thawing of the soil during the winter can cause some plants

to lift right out of the ground.

If you still have tender bulbs such as dahlias, cannas, caladiums, they cannot survive our freezing temperatures and must be dug out if you want to save them. After the first hard frost, gently dig around each plant, lift out and shake off any large clumps of soil. Let bulbs dry out for a few days. When dry, cut any foliage off, remove any soft or rotten pieces and dust cut area with a fungicide, label and store in a cool place. Use newspaper, shredded paper, peat moss or perlite over, under and between bulbs. Check through the winter for any rotting bulbs.

It is time to finish cleaning up garden beds by removing any plant material. Roughly turn over
continued on page 60



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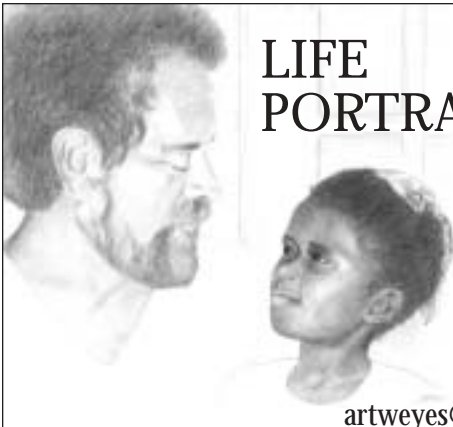
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The End and Beginning of a Season

continued from page 58
the soil and add a good layer of compost. It will decompose over the months and add nutrients to the soil.

Make sure to clean, sharpen and put garden tools away.

For a casual Thanksgiving table, decorate with items from nature, garden, farmstands and farmer's markets. Use fruits, vegetables, gourds and nuts. The colors of brown, orange, gold, yellow, red and green are the colors of the season. Use small pumpkins or gourds as candle holders. A centerpiece could consist of a beautiful bowl or basket piled high with pears and walnuts. Use some grapevine or bittersweet vine for napkin rings. Scatter acorns or nuts and colored leaves among your place settings. Use a colored leaf as a placecard, write your guests' name with a metallic

pen.

Keep the children (and/or husband) busy Thanksgiving morning outside by collecting items to decorate with. Make a casual arrangement with dried flowers, seed heads and grasses.

Cranberries are also great to have around for cooking and decorating. They are beautiful used around a white pillar candle put inside a glass hurricane. Use them skewered on a swizzle stick in a drink or cocktail.

You can make your own berry blend to use hot, alone or with tea, or cold with seltzer or with white wine or vodka. For 5 cups of juice, combine 3 cups fresh cranberries, 3/4 cup sugar, 2 strips of orange peel, 6 cloves, 1/2 vanilla bean halved lengthwise and 5 cups water. In a saucepan bring to a boil; berries will begin to burst in about 5

minutes. Reduce heat to low and cook, stirring 10 minutes more. Let mixture cool some, then pour through a strainer into a pitcher, pressing with the back of a spoon. You can refrigerate juice mixture for up to a week.

While cranberries are plentiful in the market, buy some extra to freeze. Spread clean berries on a rimmed baking sheet and freeze overnight. This way they won't freeze in clumps. After frozen, put berries into zip freezer bags and you will have berries to use throughout the year.

My family to yours — have a safe and happy Thanksgiving.

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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Member of the Month

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Nancy began her journey with Energy in April 2007. She works out 5 days per week; 2x with an Energy Trainer, and 1x each week on own. She has lost 20 lbs., and is down 2 dress sizes! She works 2 jobs, and has more energy now than ever before! She is sleeping much better, and most importantly she "Feels Fit!"

Nancy is also watching her nutrition very closely and logs in a journal every single day. Her diet consists of mostly chicken and fish, 50g fiber per day between fruits and veggies, and only eats red meat 1x each month.

Great Job Nancy!

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Smithtown Town Hall Elevator Addition

- Supervised construction of ADA compliant elevator at Smithtown Town Hall.

Restoration of Smithtown Historical Sites

- Mills Pond House – St. James
- Franklin Arthur Property – Smithtown
- Caleb Smith House – Smithtown

N.Y.S. Armory Development – Nesconset

- Ended 14-year deadlock on property development.
- Transfer of armory building site to Smithtown Library District for construction of new library.
- Development of neighborhood park and village green by Town of Smithtown.

Roger Balducci Marina Facility - Long Beach

- Partnered with Councilman Tom McCarthy to reconstruct town marina facilities (totally paid for by marina fees.)



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Dedicated to Responsible Government

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Service to Our Country

- An honorably discharged Veteran of the United States Navy (1955-1958)

Service to Our Community

- A trustee of St. Joseph's RC Church and of Cleary School for the Deaf, a member of the Honor Legion NYCPD, and honored for his community service by Ascent School for Autistic Children, Girl Scouts of America, Kings Park Chamber of Commerce, Suffolk County Police Emerald Society, and numerous other organizations.

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P O S T A L C O R N E R

New Stamp Issues

YODA



On October 25, 2007, in New York, New York at the opening of the American

Stamp Dealers Association Mega Stamp Show, the Postal Service will issue a 41-cent Yoda commemorative stamp in one design in a pressure-sensitive adhesive pane of 20. Designed by Greg Breeding of Charlottesville, Virginia, and illustrated by Drew Struzan of Pasadena, California, the stamp will also be available at the St. James Post Office on October 25, 2007.

CHRISTMAS: THE MADONNA OF THE CARNATION BY BERNARDINO LUINI

The Postal Service will issue a 41-cent Christmas: The Madonna of the Carnation by Bernardino Luini special stamp in one design in a pressure-sensitive adhesive double-sided book of 20 stamps. Designed by Richard Sheaff of Sottdale, Arizona, the stamp will be available at the St. James Post Office on October 25, 2007.

HOLIDAY KNITS

The Postal Service will issue 41-cent Holiday Knits special stamps in four designs. In celebration of the winter holiday season, the Postal Service will produce these four stamps featuring classic Christmas-time imagery designed and machine knitted by nationally known illustrator Nancy Stahl of

NY. Designed by Carl T. Herrman of Carlsbad, California, the stamps will be available at the St. James Post Office on October 25, 2007.

HANUKKAH

The Postal Service will issue a 41-cent Hanukkah special stamp in one design in a pressure-sensitive adhesive pane of 20 stamps. Designed by Ethel Kessler of Bethesda, Maryland, the stamp will be available at the St. James Post Office on October 26, 2007.

KWANZAA

The Postal Service will issue a 41-cent Kwanzaa special stamp in one design in a pressure-sensitive adhesive pane of 20 stamps designed by Derry Noyes of Washington, DC. The stamp will be available at the St. James Post Office on October 26, 2007.

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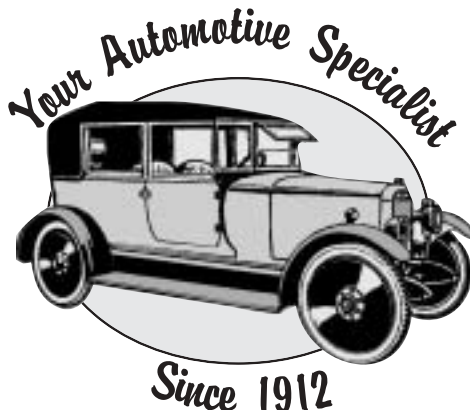
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Military Mail addressed to: APO/FPO AE ZIPS 090-092, 094-098, AA ZIPS 340, AP ZIPS 962-966 - *Parcel Post* by November 13, *Space Available Mail (SAM)*, November 27, *Parcel Airlift Mail (PAL)* (parcels) December 4, and *First class* letters/cards and *Priority Mail* by December 11.

APO/FPO AE ZIP 093 - *Parcel Post* by November 13, *Space Available Mail (SAM)*, November 27, *Parcel Airlift Mail (PAL)* (parcels) December 1, and *First class* letters/cards and *Priority Mail* by December 4. *Express*

Mail by N/A.

International Mail addressed to:

Africa and Central and South America - 12/4 1st Class and Priority Mail International; 12/12 Express Mail International; 12/19 Global Express Guaranteed

Asia/Pacific Rim, Australia/New Zealand, Caribbean, Mexico, Europe and the Middle East - 12/11 1st Class and Priority Mail International; 12/17 Express Mail International; 12/19 Global Express Guaranteed.

Canada - 12/11 1st Class and Priority Mail International; 12/18 Express Mail International; 12/20, Global Express Guaranteed.

Remember, all mail addressed to military post offices overseas is subject to certain conditions or restrictions regarding content,

preparation, and handling. APO/FPO addresses generally require Customs forms. To see a table of active APO and FPO addresses and mailing restrictions by individual APO/FPO ZIP Codes™, go to <http://pe.usps.com> and click POSTAL BULLETINS or go to the current issue and see the article "Overseas Military Mail."

For additional information call the St. James Post Office at 584-4138.



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MONEY MATTERS: Avoid These Frightening Investment Moves

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

Once again, it's Halloween. If you're an adult, you're probably more amused than frightened by the variety of ghouls, ghosts and goblins you'll see running around. However, although Halloween itself may not be particularly alarming, you can find some things in life that are truly scary – such as making bad investment moves.

Here are a few of these alarming errors to avoid:

- *Investing too little in your 401(k)* - If you have a 401(k) or similar employer-sponsored plan, you owe it to yourself to take full advantage of it. Your contributions are generally made with pre-tax dollars, so the more you put in each year, the lower your taxable income. Plus, your earnings have the potential to grow on a tax-deferred basis. Furthermore, you may have a dozen or more investment options within your 401(k), so you can spread your dollars around in a way that reflects your risk tolerance and retirement goals. At the very least, contribute enough to earn your employer's match, if one is offered. And try to increase your annual contributions every time your salary goes up.
- *Ignoring your IRA* - Even if you have a 401(k), you can still open an IRA. Many people do this –

but then forget about it. For 2007, you can put \$4,000 into an IRA, or \$5,000 if you're 50 or older. A traditional IRA offers the potential for tax-free earnings, while a Roth IRA can grow tax-free, provided you've had your account for at least five years and you don't take withdrawals until you are at least 59-1/2. And you can fund an IRA with virtually any investment you choose.

- *Investing too conservatively* - Many investors are so uncomfortable with the volatility of the stock market that they put much of their money in more "conservative" investments, such as Treasury Bills, corporate bonds and certificates of deposit. It's true that these types of securities will, in general, offer more preservation of principal than stocks, but they will not provide much growth potential. So, if you've "loaded up" on these fixed-income vehicles, you could lose purchasing power, over time. Over the long term, only stocks have historically outpaced the rate of inflation, although past performance is not an indication of future results. Consequently, if you are saving and investing for retirement, you will certainly need an appropriate amount of stocks in your portfolio.
- *Chasing "hot" stocks* - If you fol-

low a tip on a "hot" stock, you could get burned. Why? For one thing, by the time you buy the stock, it may already be cooling down. Even more importantly, it simply may not be appropriate for your individual risk tolerance and long-term goals.

- *"Timing" the market* - If you could always "buy low and sell high," you'd unquestionably make a fortune as an investor. Unfortunately, no one can really predict when market highs and lows will occur – and you can rack up a lot of expenses buying and selling your investments in a vain attempt to "time" the market. You're much better off by buying quality investments and holding them for the long term, or at least until your needs change.

There's no trick to avoiding all these investment mistakes – and if you do, you may just find your investment statement is not so spooky to read.

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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MORTGAGE MATTERS: Financing That Can Help Sell Your Home

by Ann Mondrone

With the recent changes in the real estate market and the abundance of homes for sale, homeowners have been taking some interesting measures to help sell their homes. I'm sure you have heard stories of homeowners burying religious artifacts in their yards, holding auctions to sell their homes, and even a recent account of an owner in Westchester County offering a new Mercedes Benz to anyone who purchased his home!

Yes, these attempts are creative, but sellers are perhaps missing what is the single most important concern for a home buyer – that is the cost, both of initial investment and, of course, monthly payment. Other than by lowering their price, how can a homeowner make their home more affordable to prospective buyers?

Many prospective home buyers are holding off, either because they do not have enough money for down payment and closing

costs or because they feel the monthly payment will be a bit beyond their reach. If a homeowner had a way to offer a buyer either a way to purchase their home with less cash investment, or the availability of a lower monthly payment, they would make their home more attractive to potential buyers.

With a little creativity this can be done! Here are two examples:

Offer to Pay Some of the Closing Costs

With cash requirements today to close a purchase on even a modestly priced home, running as high as \$15,000 or more, a property can become more affordable if the cash requirements are less. The purchase of a \$450,000 home with a 10% down payment would require, on average, an initial investment of \$60,000. With a credit from the seller of \$15,000, prospective buyers would be able to purchase the home with an investment of \$45,000. This would cause many

more buyers to consider the home, even compared to a \$15,000 lower sale price, which would require, on average, an investment of \$58,500.

Offer to Pay Points to Lower the Buyers Interest Rate

For the home buyer who is payment sensitive, the difference in mortgage interest rate, and therefore monthly payment, can make a home more attractive than others for sale. How can a homeowner cause this to happen? On average, paying a "point", which equals 1% of the mortgage amount, can lower an interest rate by 1/4%. Therefore, if the seller of the same \$450,000 home offered to pay two points for the buyer and the current rate for the buyer's mortgage was 6.25% with a monthly payment of \$2,493.65, he could "buy-down" the rate to 5.75% with a monthly payment of \$2,363.47, a savings of \$130.18 per month. The owner could actually offer

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PLANNING FOR THE FUTURE: The Myths About Long-Term Care

by Lawrence Glazer, CLU

It seems that we are hearing more and more about long-term care. The cost for long-term care services is rising, new types of home care services are becoming available, and the largest generation of retirees in American history is about to enter their elder years. Even with all of this attention, however, many consumers still have mistaken assumptions about the best way to plan and pay for long-term care. The following information may help to clarify some of these issues and dispel a few of the myths that pervade consumer conscience when it comes to long-term care costs and long-term care insurance.

What is long-term care?

By definition, long-term care is 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). These tasks may include toileting, eating, bathing, dressing, continence or transferring. Longterm care, unlike standard medical care, helps an individual maintain a level of functional independence, but isn't necessarily attempting to cure a specific illness.

Myth #1: I'll never need long-term care.

Most people can't imagine themselves needing the kind of help provided by home health care aides, assisted living facilities or nursing homes, but many of us will eventually need long-term care. In fact, nearly 50% of all Americans may need long-term health care at some point in their

lives.¹ Long-term care is often needed as a natural result of the aging process and reaching a point where one cannot complete the normal functions of daily life without assistance. Long-term care can also be provided after serious accidents or illnesses.

Myth #2: I'll pay for my own long-term care.

Nursing home costs average over \$50,000 a year nationally, but in some regions nursing home fees are sometimes twice that amount.² Assisted living and home care charges also vary widely, but are generally slightly less expensive on average than nursing home care. And remember, like most everything else, the price for long-term care can inflate over time.

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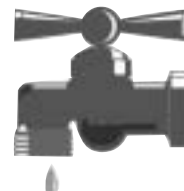
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The Myths About Long-Term Care

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How long can you or your estate pay for this type of care without jeopardizing your financial plan or exhausting your savings? It may make good sense to transfer this financial risk to an insurance company just like you do with your homeowner's insurance or auto insurance. Even if you can afford to pay for long-term care services out of pocket, why would you want to when you can transfer the cost to an insurer for premiums that may total a fraction of the cost?

Myth #3: Long-term care is only for the elderly.

While the majority of long-term care is provided for seniors, a surprising amount of long-term care services are provided to younger people. Approximately 45% of the disabled population is under the age of 65.3 The unexpected need

for long-term care could arise at any age for any number of reasons, including illness, an automobile accident, or a variety of unforeseen mishaps.

Myth #4: My health insurance will cover my long-term care expenses.

Health insurance policies cover acute, rather than chronic care services and therefore do not cover long-term care services. Long-term care is not a medical service.

Myth #5: Medicare will cover my long-term care expenses.

While Medicare does provide health coverage for seniors, it is limited in the coverage it provides for long-term care. Medicare pays for only approximately 18% of nursing home care.⁴ You can learn more about Medicare and long-term care coverage at <http://www.medi-care.gov/>

Myth #6: Medicaid⁵ will cover my long-term care expenses.

Medicaid will pay for most long-term care services. However, to qualify, you must meet strict asset and eligibility requirements.

Myth #7: My family will take care of me.

The financial and emotional stresses that full-time care giving may place on families can be overwhelming. Many families have struggled to provide care for parents or siblings only to eventually realize that the care required is more than can be provided by the family. The truth is that sometimes the best way for a family to take care of a loved one needing long-term care is to make sure that they have access to professional care.

With the advances in home care
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The Myths About Long-Term Care

continued from page 72

services we have witnessed over the last several years, many people needing long-term care are actually able to stay at home, with or near their families. If the cost of these services is insured, families may spend more quality time with the person needing care, while protecting family assets, retirement plans and care options.

Myth #8: Long-term care insurance covers only nursing homes/facilities.

Long-term care insurance offers a variety of options beyond nursing home/facility coverage. If given the choice, most people would prefer to stay at home rather than enter a nursing home/facility. Most long-term care insurance policies cover a wide range of care services, including home care, adult day care, assisted living facilities and hospice care.

Planning ahead for long-term care can be a confusing topic. No matter what your needs are, consult with a professional insurance agent who is knowledgeable about long-term care insurance and a company which is financially secure.

Long-term care insurance may not be for everybody, so if you are considering a policy, read it carefully. Be sure to obtain an outline of coverage that describes policy features. If you have questions, don't hesitate to ask them. With the help of an informed agent, you will be able to make an educated decision. Long-term care insurance can be a great investment that may provide important financial and emotional benefits should long-term care services ever be needed. Don't let the myths about long-term care keep you from making an informed choice.

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

²Health Insurance Association of America. A Guide to Long-Term Care Insurance. 2002. Page 5.

³United States Department of Labor. Advisory Council on Employee Welfare and Pension Benefit Plans. Report, Findings and Recommendations of the Working Group on Long-Term Care. November 14th, 2000. Page 9.

⁴Scanlon, William J. United States General Accounting Office. Long-Term Care Insurance. Better Information Critical to Prospective Purchasers. September 13th, 2000. Page 7.

⁵Medicaid is called Medi-Cal in CA and MassHealth in MA.

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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The Nursing Home Medicaid Minefield - Part I

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 will explain the basic rules that were in existence before recent changes. Except where noted, those rules still apply. Part II will appear next month and will explain the changes. Part III will appear the following month and will describe tools for last-minute planning.

As of February 8, 2006, the rules for nursing home medicaid applications changed dramatically. That is the date that the Federal Deficit Reduction Act of 2005 (the "DRA") was signed into law and the effective date for most of the drastic changes to the medicaid program. Before describing those changes, some explanation of basic medicaid rules is necessary.

Most people are aware that monthly area nursing home costs are well over \$10,000.00. Medicaid, a joint federal and state program administered by the counties, will pay for nursing home costs for individuals over sixty-five (65) years of age, once someone cannot afford to do so.

However, you must be very poor to be eligible for medicaid to pay for you. Currently, a single person may not have more than

\$4,200.00 in "resources" (property) in order to qualify for medicaid. Although there are exceptions, such as IRAs and a home to which you intend to return, if you own any additional property, you must use that property to pay for your care before you will be eligible for medicaid.

In the case of a married couple, where one spouse enters a nursing home and the other remains in the community, the community spouse is entitled to keep the home, certain excludable personal property, and up to \$101,640.00 in his or her own name. Any amount owned by the community spouse above that amount is expected to be used to support the spouse in the nursing home.

The income of an unmarried nursing home medicaid applicant is required to be used to pay for his or her own care, after deducting a "personal needs allowance" of \$50. monthly and any expenses for health insurance premiums.

A community spouse is entitled to keep up to \$2,541.00 monthly of a married couple's income (known as the "minimum monthly maintenance needs allowance"). Income above that amount (after deducting the \$50.00 monthly personal needs allowance and health insurance premiums) must be used to pay for nursing home care.

There are certain exceptions to these property and income limitations, such as a \$1,500.00 "burial allowance" or an irrevocable prepaid funeral trust fund, and various sources of reparations, such as Nazi Persecution Accounts and Agent Orange Settlement Funds.

If someone applies for medicaid and has "excess income," medicaid will determine a "budget" stating how much of the person's income must be paid to the nursing home monthly. However, if the applicant has "excess resources" (above \$4,200.00), the application will be denied.

GIFTS

This brings us to a central part of medicaid planning: the question of whether to transfer any property (resources), including whether to make a transfer to a spouse and, if so, how best to accomplish medicaid eligibility. Some people believe that as long as they have property, they should use it to pay for their own care. Others would rather transfer that property to loved ones, as long as medicaid will pay for that care.

If the decision is made to transfer property, the first thought should be to do so in such a way that the transfer will be "exempt" continued on facing page

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continued from the medicaid transfer penalty rules, and make the applicant eligible for medicaid coverage despite the transfer. Fortunately for married couples, the rules state that property can be transferred to the community spouse and the nursing home spouse will thereafter be eligible for medicaid immediately. Even if transfers to the community spouse exceed the limits stated above, medicaid must still declare the nursing home spouse eligible, as long as the community spouse files what is known as a "spousal refusal," which essentially states the community spouse's intention not to support his or her nursing home spouse.

Although that concept might sound somewhat "cold," it has become a financial necessity for many elderly couples, and is an absolute right under New York State law. However, and this is a big however, the Department of Social Services, while approving and paying for medicaid coverage for the nursing home spouse, then has the right to sue the community spouse for his or her share of support, whether it be based upon excess income or excess property. Although compromises are always possible, community spouses must be aware of this concern and be ready to deal with it. The chances of a community spouse being sued will of course increase with the amount of property kept by the communi-

ty spouse above the allowable limit.

The Department of Social Services will know about the property owned by the community spouse because when a medicaid application is made, the income and property of both

spouses are required to be disclosed and, currently, 36 months of bank and finance records are required to be provided. As you might imagine, lying on a medicaid application is a criminal offense.

continued on following page



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The Nursing Home Medicaid Minefield - Part I

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When a nursing home medicaid application is made for an unmarried person, medicaid planning must be more creative. Certain transfers can be made without a penalty, such as a transfer of any property of any value or type to a disabled child. However, other factors must be considered before such a transfer is made. If the disabled child is receiving government benefits, a transfer of property might result in the loss of such benefits. A properly drafted trust for the sole use and benefit of a disabled child can preserve that child's government benefits.

The medicaid applicant's home may be transferred to certain persons without incurring a penalty. Those persons include the spouse, a minor child, a disabled or blind child of any age,

"You must be very poor to be eligible for medicaid to pay for you. Currently, a single person may not have more than \$4,200.00 in "resources" (property) in order to qualify for medicaid."

an adult child who has lived in the home with the parent as a care-giver for at least two years before the parent enters the nursing home, and a sibling of the applicant who has resided in the home for at least one year before the applicant enters the nursing home and who has an "equity interest" in the home. In the case of a transfer to anyone other than a spouse, possible gift taxes and capital gains taxes must be taken into account.

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.

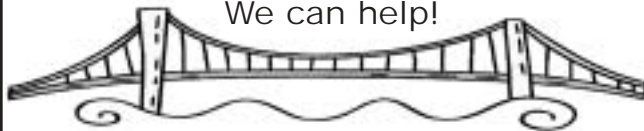
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Joseph A. Bollhofer, Esq.

Editor's Note: Joseph A. Bollhofer, Esq., is an attorney who practices law in the areas of elder law, estate and business planning & 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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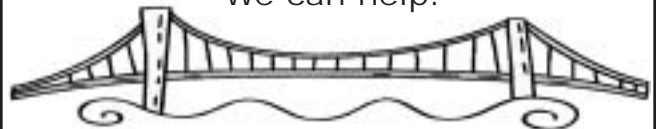
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What a wonderful day it was at the St. James Day Fair.

We thank all of you who visited our booth for information and entered our free raffle. William Mancuso and his family of St. James were the lucky winners of a DVD player.



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I N T H E S C H O O L S

Boo Hoo Breakfast at Mills Pond Elementary

The Mills Pond Elementary School PTA welcomed incoming kindergarten parents at their first annual *Boo Hoo Breakfast* on the first day of school. Moms, dads and younger children had the opportunity to meet other Mills Pond families while learning about PTA programs. The principal, Ms. Wild, as well as several teachers and faculty members along with the PTA executive committee were on hand to pass out tissues and roses and to answer questions.

All parents who joined the PTA during the *Boo Hoo Breakfast* were entered into a raffle. Prizes were announced at the first PTA meeting in September.

The Mills Pond PTA would like to express their thanks to the St. James Florist and Gift Shop, on Lake Avenue in St. James, who donated over 80 roses for the event; and to the Mills Pond Elementary School staff and faculty for helping welcome the newest members to the Mills Pond family.



THE SMITHTOWN TEACHERS' ASSOCIATION

would like to remind all of our students
to hava a

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Eagle Scout Project: Restore Original Smithtown Library Building

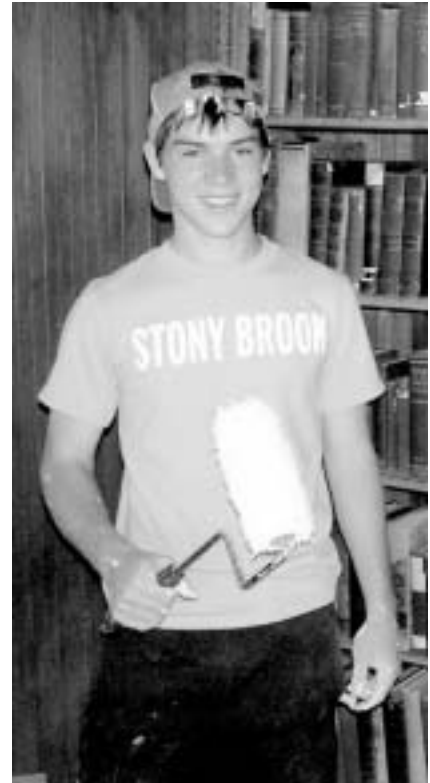
Joseph A. Bollhofer, Jr., of Head of the Harbor, is working toward earning his Eagle Scout Award, Boy Scouting's highest



achievement. One of the requirements of his advancement is that he perform a community service project. The project he chose is to restore the outside of Smithtown's first public library building, a one-room structure originally constructed in the late 19th century.

Joe is a member of Boy Scout Troop 7 in St. James and is a senior at Ward Melville High School. With the help of his fellow scouts, family members and other adults, he has repaired and replaced sections of the building and re-painted its exterior. By the time the project is done, it will have new steps and handrails and a sign that will incorporate information about the building's history.

The building originally was a reading room, then became the library in 1909. Soon thereafter, funds were raised to create a larger library, and the original library returned to its status as a reading room. It eventually was moved from its original location near the intersection of Routes 25 and 25A and River Road to the grounds of the Smithtown Cemetery, where it served as a storage shed, and fell into disrepair. In the 1990's it was moved to its current location on the grounds of the Smithtown Historical Society near the Frank Brush Barn.



Joseph A. Bollhofer, Jr.

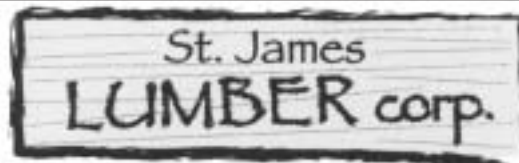
Between schoolwork, soccer and a part-time job, the only time Joe has to work on restoring the building is on the weekends. He also is responsible for raising the needed funds for the project. So far, he has raised over \$600 through a car wash and a bottle-and-can drive.

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Waiting with baited breath to go down the Nissequogue River.

Look at what the kids at St. James Episcopal Church did over the summer:



Two brothers enjoying a ride down Nissequogue River on a Youth Group Outing.



Rev. Dr. Raewynne Whiteley meeting up with the kids.



More of the Youth Group enjoying the ride.



Getting ready for our "Summer Saturday" barbeque - Umm... looks good!!!



Wait!!! Looks like we filled the "stuffed" backpacks to much!! Catch her!!!



Our kids trying on "stuffed" backpacks which we donated to Habitat for Humanity.

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S T . J A M E S D A Y

**St. James Day
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The weather was just perfect and the street quickly filled up with vendors and bargain-hunting visitors.

Local merchants, politicians and organizations joined the festivities offering special sales, demonstrations, raffles and drawings, informational brochures... just about anything you can imagine!

continued on page 88

Dr. Gregory R. Thomaier

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HEALTH VIEWS:

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

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

October is Spinal Health Month

Many of us go through each day typing on a computer, bending or lifting items, gardening, taking care of our children and playing sports. If not done properly, these activities can cause pain or injury which may become chronic if left untreated. Back pain is pervasive in our society. Eighty percent of us will suffer from it at some point in our lives, and 50% of us will suffer from back pain this year alone. Low-back pain is the most common work complaint experienced by Americans today.

Because of the importance of taking care of the back and spine, the American Chiropractic Association (ACA) recognizes the month of October as a national observation for Spinal Health.

It is important to recognize maintenance of the spine, as the central nervous system originates in the brain and channels down through the spinal column, extending to every part of the body. A misalignment of the vertebrae of the spine may result in nerve interference, resulting in headaches, low-back and neck pain, among other problems.

Listen to your body. Use preventive measures at work and at home. The fol-

lowing tips can help reduce the risk of spinal injury.

- While at the office, remember to take frequent stretch breaks while working on your computer.
- While working on your computer, sit with your knees at approximately a 90°-120° angle. Using an angled footrest to support your feet may help you sit more comfortably.
- Make sure your chair fits correctly. Allow for two inches between the front edge of the seat and the back of your knees. The chair should tilt back so you can rest while you're reading what is on your computer screen.
- Avoid twisting and turning motions. Always bend from the knees, not your waist, when lifting anything heavier than 10% of your body weight, such as a child or a heavy box.
- Warm up and stretch before any physical activity, including all sports, raking, gardening and shoveling snow. Be aware of your body form and technique; stand as erect as possible and let your legs and arms do the work, not your back. Allow your body and muscles time to cool down after such



an activity.

- It is important to get a good night's rest. Choose a comfortable supportive mattress as well as a pillow that supports the weight of your head, reducing the risk of back or neck pain.

The key to spinal health is prevention; listen to your body's warning signals and adjust your lifestyle. If you do experience pain for more than one or two days, despite using these preventive measures, consult a professional.

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- AMERICAN MEDICAL ATHLETIC ASSOCIATION

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- Neck/Arm Pain (*Numbness, Tingling*)
- Whiplash injuries
- Pinched Nerves
- Scoliosis
- Sports Injuries
- TMJ Disorders
- Headaches



- Worker's Compensation
- No Fault (Auto)
- Union Plans
- Major Medical
- etc...

S T . J A M E S D A Y



There was, of course, food galore... and entertainment throughout the day which included live music, dance and martial arts demonstrations, face painting and bouncers for the kids to enjoy.

Thousands came to town to enjoy the day, and some even brought their pets!

continued on page 90

412

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photos by
William J. Garthe

continued on
page 92



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Autotrax Spinal Decompression is a very comfortable and relaxing treatment.

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EXPERIENCE

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

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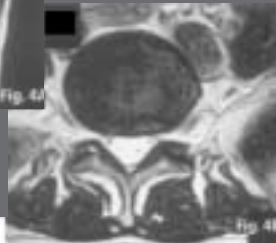
Treatments are comfortable and are done fully clothed.

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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- Low Back Pain

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S T . J A M E S D A Y



continued on page 94



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S T . J A M E S D A Y



The St. James Chamber of Commerce, host of this annual event, wishes to thank the Town of Smithtown, the Suffolk County Police Department, the Smithtown Highway & Sanitation Department,

the St. James Fire Department, the businesses here in town, and all of the volunteers for making this year's St. James Day another great success.

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Super Sweet Cider This Fall

Abundant Sunshine Generates Higher Sugar Content in Apples

Sunny weather this summer and fall has generated super sweet apples this fall – which means a vintage year for cider, maybe the sweetest ever.

An abundance of sunshine throughout the summer and fall generated a higher-than-normal sugar content-known as brix levels – in apples from New York.

Different cider makers have different recipes depending on the apple varieties used. The cider maker blends different varieties of apples for the best taste. Apples are washed, chopped into a mash and then pressed to get the maximum amount of juice from the pulp.

Growers have many new, sweeter varieties to blend into their cider recipes this fall. Those varieties include the pop-



ular Honeycrisp, Gala, Fuji and Cameo.

Fresh cider should be treated like milk. Keep it cold in the refrigerator. With age it will turn, so drink it within a few weeks. Enjoying a glass of fresh apple cider is like getting all the benefits of eating a whole apple,

in a glass. Research from Cornell University says that cider retains the health benefits of a whole fresh apple.

For other ways to enjoy cider, try cooking with it. In recipes, substitute cider for water to add a healthy flavor to foods. Cider can be reduced or boiled down to make syrup. This will concentrate the sugars and it can be put on pancakes, ice cream and desserts.

Most cider is pasteurized which involves heating it just long enough to kill bacteria but not affecting the flavor. Cider is also treated with Ultra-Violet light, an FDA-approved food safety method used at many orchards throughout the state. As of January, new state legisla
continued on facing page

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COOK'S CORNER

continued
tion requires that all cider makers treat cider to assure that it is 100% safe and wholesome.

COOKING WITH CIDER

When cooking with cider, you can generally substitute cider for the water used in many recipes for a new and different, sweet flavor such as rice or baked products like breads, muffins and rolls.

CIDER SYRUP

To make a cider syrup, boil or reduce down to a thicker syrup consistency. This will further concentrate the sugar and flavor. Substitute this for some of the sugar, water or milk that you would add to recipes to give a unique flavor. Plan on reducing by a 4-to-1 ratio, or a gallon down to one quart by slowly simmering it on the stove.

BAKING

When baking a cake, replace some of the water in the batter with the cider syrup to give the cake a rich caramelized flavor.

Baked apples are best when cider is substituted for water.

SOUPS

Onion and split pea soup work well with cider in place of stock or water.

APPLESAUCE

To add more apple flavor to your homemade applesauce, use cider in place of water.

GRAVY

Substitute half the stock or water with hard or sweet cider for superior gravy flavor.

ONIONS

Sautee onions in cider for a nice, sweet flavor.

VEGETABLES

Cook carrots, corn and lima beans in cider instead of water.

STUFFING

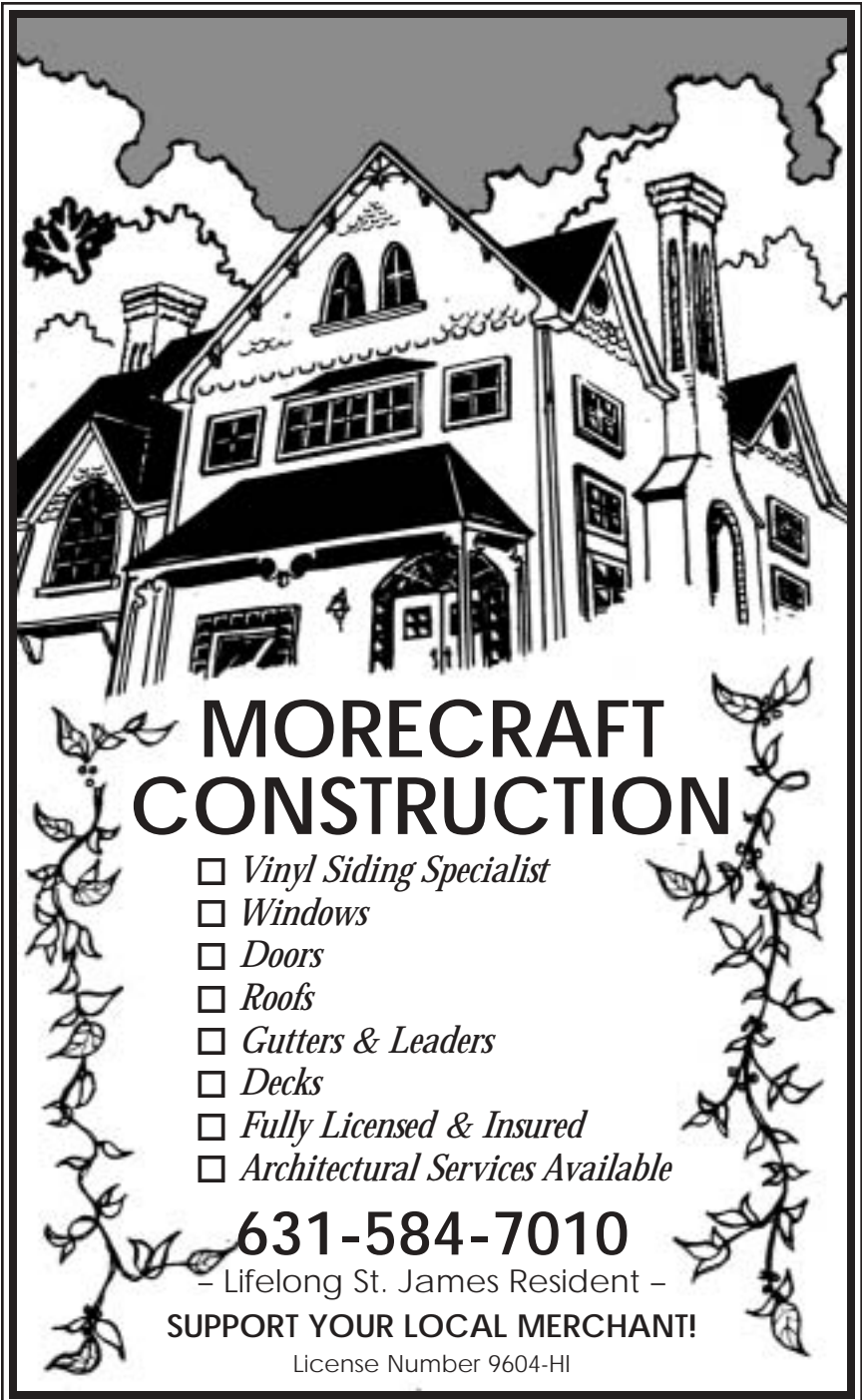
Use cider in place of water for added taste.

BASTING

For great flavor, use sweet or hard cider for basting turkey, pork roasts and chicken.

Editor's Note:

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Pregnancy and Stabilization

by Dr. Linda M. Bocchichio

A woman's body will undergo many changes during her pregnancy. Some of these changes will ease the physical strain of childbirth, while others will cause pain and discomfort. Chiropractic care can ease some of the discomfort associated with being pregnant and help make it a more pleasant experience.

During pregnancy, a woman's center of gravity shifts forward to the front of her pelvis. As the baby grows in size, the woman's weight is projected even farther forward, placing extra stress on the spine. These natural changes can result in postural imbalances, making pregnant women prone to having awkward trips and falls. A woman's body releases hormones during pregnancy that relax the body's ligaments to allow for the



birth process. Unfortunately, it also causes the ligaments in the feet to relax. Many women find that with the added weight of pregnancy, their arches collapse and their feet become longer and wider. This collapse and the unbalanced position that results is what causes foot, leg, and back pain during and even post pregnancy.

As a woman's body changes

during pregnancy, so do her postural needs. Consider that the average pregnancy weight gain is 25 to 35 pounds. By the last trimester, the mom-to-be is gaining more and more weight each week and could benefit from chiropractic adjustments. It is important to get support during the pregnancy and proper care after the baby is born. After giving birth, the body will change again – and it may not be just as it was before the pregnancy – so a follow up exam after weight has been stabilized is a great way to insure the best postural support.

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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Who's The Biggest Loser in the Cul-de-Sac?

by Dan Donato

On Sunday September 9 at the last meal of our awesome neighborhood weekend get away, we all sat stuffed with our belts loosened at the lunch table. We just finished a weekend of all-you-can-eat at Woodloch Pines Resort. I must have gained five pounds at least.

Of course we began to day-dream about dieting once we got home. Some of us wanted to wait until the New Year to begin. Others were a little more anxious and couldn't wait. Why not start now, shed a few pounds before the holidays, and start the New Year with a head start? Within the group some wished they had the will power to start, others just couldn't decide what diet or exercise program they would do. A couple of us encouraged every-



body to start immediately – together.

Why not have a contest between the neighbors? What's great about our neighbors is that we are not normally competitive with each other. We all feel equal, "no need to keep up with the Jones'." Our families all get along great and we all feel truly blessed that we ended up living on our street together! Seven families (12 people) decided they would do it. Some wanted to lose

more than 50 pounds, some more than 20, and a few just 10 pounds. The point was to get healthier, and develop better eating and exercise habits. Why not help each other?

We discussed rules and incentives and began our diet on September 12. It will go until November 21. Already some of us have lost a few pounds with the help of each other.

Next issue I will go over the rules and incentives we came up with. I'll let you know how we are doing.

I must wish luck to all my neighbors: Noreen, Bill C., Bill T., Carolyn, Ken, Glenn, Paul, Debbie, Betsy and Owen.

Editor's Note:

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

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JANUARY 2008

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Be Alert to the Dangers of Drowsy Driving

by Jim Winter

Driving while drowsy is an unnecessary risk you shouldn't take. Sleep deprivation has become widespread in North America as people try to squeeze more and more activities into each day. One consequence: more vehicle crashes attributed partly or wholly to sleepiness.

NHTSA says about one million crashes a year are thought to occur because of driver inattention or lapses – and fatigue makes such inattention more likely. In a survey by the National Sleep Foundation, 57% of those interviewed said they had driven while drowsy and 23% admitted to having fallen asleep behind the wheel.

NHTSA reports that sleep-induced crashes typically involve a driver who is alone and driving late at night or in midafternoon on a high-speed road (so the crash is more likely to be serious). Most of the time, it's a single-car crash because the vehicle leaves the roadway.

Leave the driving to those who are wide awake! In other words, many of us may be susceptible to driving while sleepy, but there are some things we can do to avoid doing so. The National Sleep Foundation and other experts suggest:

- Get a good night's sleep before starting a long drive.
- Avoid driving during your body's natural "down time" when you'd normally be sleeping.
- Plan to drive long trips with a companion. Passengers can help look for early warning signs of fatigue and can help share the driving. Passengers should stay awake to talk to the driver.
- Sit up straight while driving; don't slouch. Don't stare straight ahead at all times; scan the road and nearby areas.
- Stop for a rest every 200 kilometers or two hours.
- If you need one, take a short nap. Or get some exercise – run in place, jump up and down.
- Avoid alcohol and medications that may make you sleepy; read

the label on the container or ask your physician.

- Consult a doctor if you have any symptoms of a possible sleep disorder: frequent daytime sleepiness, frequent difficulty sleeping at night, loud snoring every night.

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 14 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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S P O R T S

5K Homecoming Run/Walk

The 5K Homecoming Run/Walk will be held on Sunday, October 21, 2007 at SUNY at Stony Brook, Center Drive. Check-in at the Sports Complex Lobby begins at 8:30 to 9:45 a.m., race starts at 10 a.m.

The course is scenic, mostly flat, some hills, with water stops and splits at each mile.

Pre-registration fee of \$10 is good through October 18. Entry fee is \$15 day of race. Awards in nine age categories, as well as

specialty awards. There will be post race raffles with the opportunity to win many exciting prizes.

Call 632-7168 for further information.

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Hair Conditioning Treatments

by Paul Gretschel

There is always much confusion surrounding hair conditioners and treatments. I have approached this subject before but it bears repeating. A conditioner by definition improves the look and texture of the hair either by adding moisture or strengthening the hair, or both. Simply put, there are two different ways to condition your hair.

There is moisture and there is protein. Moisture will help dry hair and protein will improve brittle or damaged hair. To go a little further, there are conditioners that contain both moisture and protein. Therefore, moisture and protein are the basis of most conditioners.

Another form of conditioner is called a detangler. I really don't consider detanglers to be conditioners because they don't actually improve the condition of the hair. They typically close the cuticle (outer layer) or the hair just to make the hair easier to comb. Detanglers are sometimes called instant conditioners. The difference is that a detangler doesn't bring any permanent change to the hair shaft.

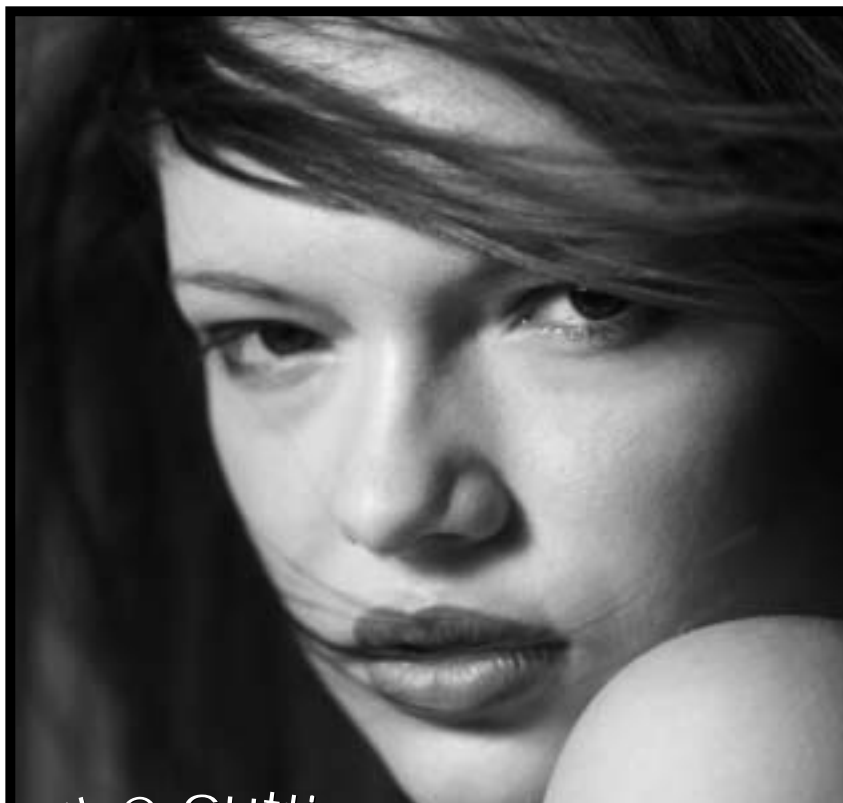
A true conditioner, whether it's a moisturizing conditioner or a protein conditioner, will change the makeup of the hair. Usually, it takes some repetition to see a long lasting change. That is why it is recommended to use specific conditioners on a regular basis.

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.

When you hear the term "deep" conditioner, it usually indicates that it's something stronger than an "everyday" conditioner. Deep conditioners typically are used one to three times per week over a month or longer. Frequently, deep conditioners

need to be used with a plastic cap on your head, some heat added, or both. In salons, we can place a plastic cap over your head and place you under a hairdryer or heat lamps. This will help to open the cuticle (outer) continued on page 106



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**Ryan McGuire and
Courtney Daly**

Daly / McGuire Engaged

Mr. and Mrs. Michael McGuire, of St. James, are pleased to announce the engagement of their son Ryan, to Courtney Daly, daughter of Mr. and Mrs. David Daly of Southold, NY.

Ryan, 1998 graduate of Smithtown High School, lived in St. James until 2002, when he moved to Vermont and met Courtney, who grew up in Westchester County and now resides in Ludlow, Vermont.

Best wishes and congratulations to the happy couple.

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Send your announcement,
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Photos will be returned
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There is no fee for this service.

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Carey / DeSoto Exchange Vows

Paul and Betsy Carey, of St. James, are happy to announce the marriage of their son Matthew to Jaime Lynne, daughter of Robert and Lynne DeSoto of Lake Grove.

Matthew and Jaime Lynne were married on June 1, 2007 at Our Lady of Good Counsel Church in Mattituck. A reception followed at Vineyard Caterers in Aquabogue, NY. The couple honeymooned in Hawaii.

Matthew, a pharmaceutical sales representative for Astra Zeneca and Jaime Lynne, a guidance counselor at Lindenhurst High School, now reside in St. James.

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



**Jaime Lynne and
Matthew Carey**

Happy Birthday Wishes, 1 and 2



Romeo DeSimone

Brian and Beni DeSimone, of St. James, would like to wish their daughter Nyla and son Romeo a very Happy Birthday. Nyla turned two on September 3, 2007 and Romeo celebrated his first birthday on August 28, 2007.

Nyla celebrated her special day with a *Dora the Explorer* themed birthday party, while Romeo celebrated his special day with a *Go Diego Go* birthday



Nyla DeSimone

party at their St. James home.

Special thanks go out to grandparents Joe and Betty DeSimone and Hector Ramirez, Sr. for helping with the party. Thank yous also go out to the Sandoval family for their beautiful Dora birthday cake and to uncle Hector, Jr. for helping with the cooking.

We join the DeSimones in wishing their children a very happy birthday.

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

Memories

*Memories are precious moments
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They can't be bought, they can't be sold,
They can't be given away.*

*Some memories may pop up more often
Others may be a little hard to find
But every page in our life is stored
In the Library of our mind.*

*Each of us has a memory or two
That's more precious than a gem.
and even tho they may be priceless
Every one of us can afford them.*

-John Taratunio
Fairfield Condos

T H E F I N I S H L I N E

Ghoulish Gala

continued from page 30
ers and broadcast animal cries or insect chatter instead of the typical "Monster Mash" repertoire.

• **Offer foods that are portable and fun** – Make eating and drinking easy on guests who may be hampered by costumes. Finger foods like mozzarella sticks and mini quiches are easy to tote around. Consider threading chunks of fruit and cheese on shish kebab skewers so that they can be eaten on the go. Pizza bagels, chicken nuggets and other munchies are much easier than dishes that require fork and knife service. For dessert, candied apples on a stick, bananas dipped in chocolate, or cupcakes are easier to tote around than a piece of cake. You can also bake sugar cookies into Halloween shapes like pumpkins, or cats or those that fit your theme, and then frost them with orange or black icing.

Leftover Candy

continued from page 32
the side of an 8-inch springform pan. Chill.

In a medium saucepan, sprinkle gelatin over milk. Stir over low heat until dissolved. Add Milky Ways and continue to stir over low heat until mixture is smooth, cool slightly. In another bowl, beat cream cheese and sugar together until smooth. Add Milky Way mixture and vanilla.

Add cream and beat at high speed for 4 minutes. Pour mixture into prepared crust. Chill until firm, about 4 hours. If desired garnish with additional whipped cream and sliced candy bars.

Mortgage Matters

continued from page 68
both the closing cost credit and the rate buy-down totaling \$23,100 and still fall within acceptable guidelines for banks, which is generally a maximum of 6% of the sale price.

The current real estate market demands creativity and a clear marketing plan. Now, more than ever, it is essential to work with a real estate professional who can further guide you in marketing your property and can work with financing professionals who can help ensure a timely and seamless sales transaction.

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

Beauty Tips

continued from page 103
layer of the hair in order to allow the product to penetrate into the hair shaft for faster and longer-lasting results.

Conditioners should not be self-prescribed unless you are a hair professional. There are many

subtleties that are not obvious. The improper conditioner can actually cause more harm than good. Almost everyone can improve the look and feel of their hair by the proper conditioning treatment. Speak to your hair professional for the proper guidance.

Library Programs

continued from page 52

POETRY READING

You are invited to enjoy readings by seasoned poets; and aspiring poets are encouraged to take this opportunity to share their own work with others in an open reading. First Wednesday of the month at 7 p.m. For additional information call 265-2072, ext. 208.

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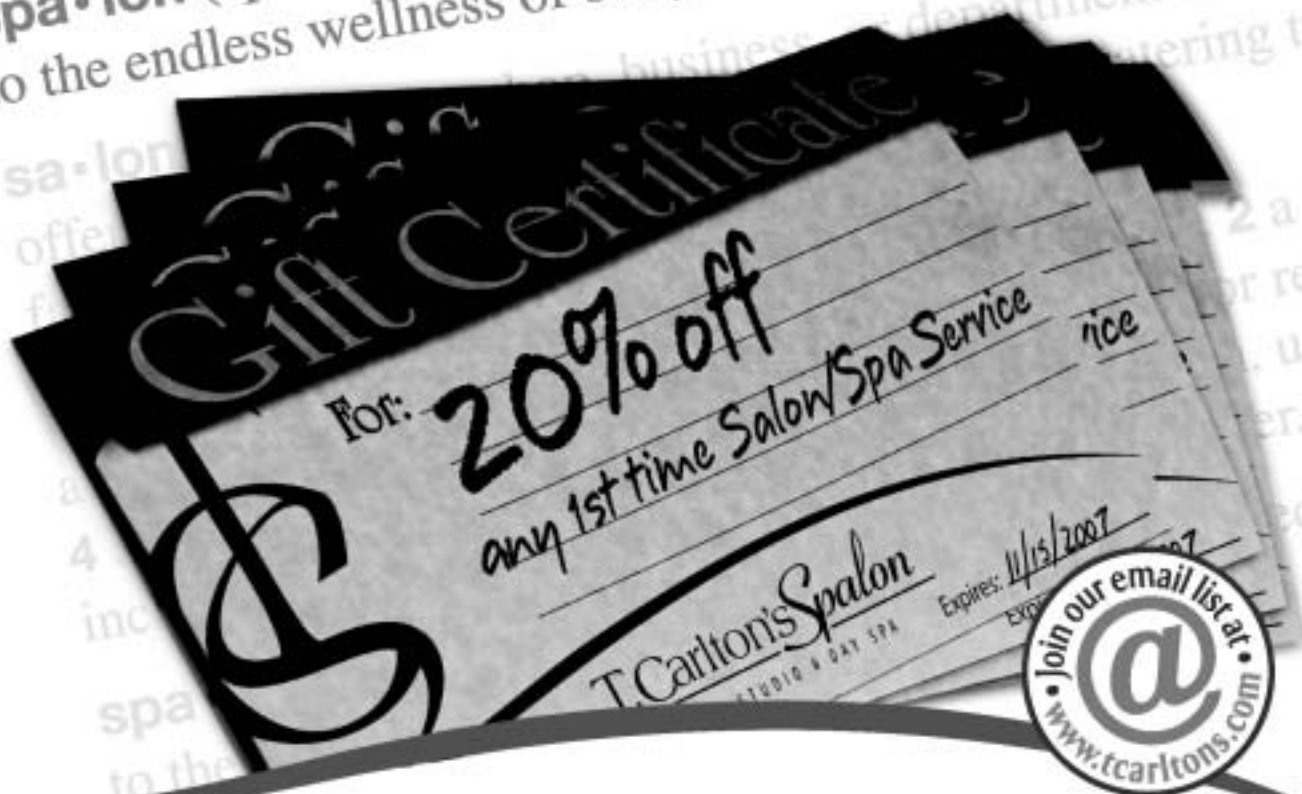
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O B I T U A R I E S



Aelysche Marie Maher
Aelysche Marie
Maher

Aelysche Marie Maher, of Head of the Harbor, St. James, passed away suddenly on October 4, 2007 at the age of 31. She was a first grade teacher at Stanley Salzman East Memorial in Farmingdale, N.Y.; Licensed New York State Funeral Director, Nassau Suffolk Funeral Director Association.

Adored & cherished daughter of Deacon Ken and Betty Maher. Beloved sister of Kerry J. and Ken Jr. and future sister-in-law Kate. Beloved granddaughter of James and Florence Maher, the late Al and the late Florence Levin. Devoted niece of Dr. James W. Maher and the late Deacon Edward C. Maher. She was deeply loved by many friends, families and students.

Friends and family visited the St. James Funeral Home on October 7 and 8. A Funeral Mass was held on October 9, 2007 at Sts. Philip & James R. C Church. Interment followed at the St. James Episcopal Cemetery, St. James.

Please in lieu of flowers, donations may be made to the: Aelysche Marie Maher Memorial Fund, c/o Sts. Philip & James

R.C. Church, 1 Carow Place, St. James, NY 11780. Donations will be deeply appreciated. *"We love you Tinker-Bell."*

Virginia E. Brown

Virginia E. Brown, of St. James, passed away on October 2, 2007. She was a longtime member of the St. James Episcopal Church. Beloved wife of the late James T. Brown (Coach Brown of Mineola H.S.). Loving mother of the late Patricia A. Bevis, and the late Susan P. Schmidt; and James T. Brown, Jr. Loving mother-in-law of Neal Bevis and Paul Schmidt. Adored sister of Muriel Tyner. Cherished grandmother of Bradford, Tatum (Andrea), Christopher, Rebecca (James), Elizabeth, Brian (Kathryn), and Daniel. Cherished great grandmother of Emma. Cherished aunt of Elizabeth, Rebecca, Thomas and David.

Funeral services were held at the St. James Episcopal Church. Interment followed at St. James Episcopal Cemetery. In lieu of flowers, donations to the Visiting Nurse Service and Hospice of Suffolk, 101 Laurel Road, East Northport, NY 11731, would be appreciated.

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

John L. Collins

John L. Collins, of Ocala, FL (formerly of Smithtown) passed away on September 8, 2007. Beloved husband of Catherine. Loving father of Kevin, Christopher and Patricia.

A funeral service was held on September 17, 2007 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.

Margaret "Mae" De Camp

Margaret "Mae" De Camp, of St. James, passed away on September 22, 2007. Cherished mother of Lynette, George (Louise), William, Debra, Kevin (Kate), Louis, and the late John. Loving Nanny of 14 and great Nanny of nine.

A funeral service was held on September 25, 2007 at the St. James Funeral Home. Interment followed at Long Island National Cemetery.

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

Sadie M. Fullam

Sadie M. Fullam, lifelong resident of St. James, passed away on September 16, 2007 at the age of 90. She was the beloved wife of Frederick J. Fullam, loving mother of Yvonne and James Knudsen, Ruth Seeberger and Nancy and Robert Traina. She was the adored nana of Robbie Sisino, Steven Sisino, Michelle Garry, Melanie Assenmacher, Suzanne Seeberger and Beth Traina. Great grandmother of Christina, Gabrielle, Hunter and Travis, Matthew and Megan and great great grandmother of Trinity Marie.

A Funeral Mass was held on September 19, 2007 at Sts. Philip and James R.C. Church. Interment followed at Calverton National Cemetery.

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

Florence D'Elia

Florence D'Elia, of St. James, passed away on September 21, 2007 at the age of 81. Beloved wife of Michael. Loving mother of Geraldine and Kathy. Cherished grandmother of six.

A Funeral Mass was held at Sts. Philip & James R.C. Church in St. James. Interment followed at Calverton National Cemetery, Calverton.

Arrangements were entrusted to the Branch Funeral Home in Smithtown.

Barbara A. DeFilippo

Barbara A. DeFilippo, of St. James, formerly of Hauppauge, passed away on September 25, 2007 at the age of 70. Beloved wife of Joseph. Loving mother of Patricia Haller, Joseph and

Michael. Dear sister of James, Ronald, Kathryn and Eugene.

A Funeral Mass was held at Sts. Philip & James R.C. Church in St. James. Entombment followed at Pinelawn Memorial Park, Pinelawn.

Arrangements were entrusted to the Branch Funeral Home in Smithtown.

Frederick E. Hunninghaus

Frederick E. Hunninghaus, formerly of St. James, passed away on September 25, 2007 at the age of 89. He was predeceased by his wife Katherine. He is survived by his son Richard and granddaughter Lisa Marie Sutev.

Funeral services were held at the St. James Funeral Home in St. James. Interment followed at Calverton National Cemetery.

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

Helen Schweizer

Helen Schweizer, of St. James, passed away on September 15, 2007 at the age of 93. Beloved wife of the late William. Loving mother of Linda (James) Savino, the late Warren (Mary Ann Schweizer) and the late Ronald (Loretta Schweizer). Cherished grandmother of six. Adored great grandmother of 17.

A funeral service was held at the Branch Funeral Home in Smithtown. Interment took place at Nassau Knolls Cemetery in Port Washington.

Arrangements were entrusted to the Branch Funeral Home in Smithtown.

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

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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. 10/07

FOR SALE – All leather sofa, loveseat, chair. Extremely comfortable set. Chair rarely used. \$800. Call 862-6870. 10/07

FREE ROOM FOR RENT in exchange for eldercare/housekeeper. Please send reply to PO Box 2056, St. James, NY 11780. 10/07

HELP WANTED – Smithtown North. Looking for assistance in light eldercare. Weekends. \$100 per day or free room. Call 862-1515. 10/07

MASONRY HELP WANTED – Full time, part time – all phases of masonry. Call 631-382-9300 or fax resume to 631-382-9334. tfn/sf

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APT. FOR RENT - ST. JAMES – 1 Bedroom apartment, utilities, washer & dryer included. Close to everything. \$950/mo. + 1 mo. security. Call 631-965-0403. 10/07

MATH TUTOR – Certified 7-12 math teacher. Live and teach locally. Will come to you. Flexible hours and competitive rates. Call Christine at 631-252-7911. 10/07

FOR SALE – LOOPLOC POOL COVER - used for only one season. Covers a 16'x34' pool (like new). \$500. Call 585-0013. 10/07

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

HELP WANTED – Cafe in St. James - Counter, Kitchen, Delivery. Please call 584-2233. tfn/tt

MEDIA HOUSE, INC. – Betacam SP video production company specializing in corporate, industrial, commercial and broadcast videos. If your company needs quality video production, call us at (631) 862-0299. Creative internships available. tfn

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

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

CLASSIFIED ADVERTISING

LOOKING FOR HELP?

Place a classified ad in Our Town and reach over 6,500 families and businesses for only \$5 for the first 20 words and .10¢ for each additional word. Call 862-9849 for information or mail a check to: Graphics du jour, Ltd./Our Town, 359 Lake Avenue, St. James, NY 11780.

HELP WANTED

— Experienced Nail Tech, for busy St. James Nail Salon. Some following preferred. Bring your clients to a friendly and professional atmosphere. Must do acrylic, manicures and pedicures. Great pay - call, confidential - ask for Tracey, 584-7974. 10/07/tnt



Please Note

Advertising & Copy Deadline for the next issue is **Thursday, November 8, 12 noon**

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If you're planning a yard sale, looking for a certain item, or want to sell some of that flotsam & jetsam that's cluttering up your attic, advertise in OUR TOWN CLASSIFIEDS.

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we're the best bargain around!

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OUR TOWN • ST. JAMES
359 Lake Ave., St. James, NY 11780

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**Saint James
Animal Hospital**
538 North Country Road
584-6336

ANTIQUES

Sweet Memories
430-6 North Country Road
584-5767

The Yellow Cottage
415 North Country Road
584-5776

ART/FRAMING

**Life / House Portraits
by Darlene Losordo**
584-8522

Vickers Gallery & Framing
464 North Country Road
862-8550

ATTORNEY

**Law Office of
Craig A. Andreoli, PC**
222 E. Main St. - Ste. 212,
Smithtown
686-6500

Joseph A. Bollhofer, Esq.
291 Lake Avenue
584-0100, 584-2304

**Janet O'Hanlon
Winkler, Kurtz &
Winkler, LLP**
310 Hallock Ave., Port
Jefferson Station
928-8000

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**Penney's
North Country Car Care**
545 North Country Road
862-9663

St. James Exxon
Route 25A & Moriches Road
584-5798

BAKERY

Enchanted Cakes
686-5100

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Roslyn Savings Bank
556-02 North Country Road
862-4200

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Hart & Co. Salon & Day Spa
412 North Country Road
584-3900

Pat's Place Hair Salon
230 Lake Avenue
862-7023, 584-9644

Paul James Salon
556 North Country Road
862-8622

Scruples 'Head to Toe'
455 Lake Avenue
584-8030

Sivana Salon
292 Lake Avenue
584-2408

T Carlton's Spalon
725 Smithtown By-Pass,
Smithtown
584-9393

TNT Nails
487 Lake Avenue
584-7974

Tru Salon
437-A North Country Road
584-2210

**BOUQUETTE/
GIFT / HOME DECOR**
**Julie's Home & Garden
Accessories**
529 Lake Avenue
862-8943

Rosebud Boutique
459 Lake Avenue
862-0027

BUTCHER
North Country Meats
429 North Country Road
862-9164

CARPET CLEANING
Proline Carpet Cleaning
584-2344

CHIROPRACTOR
Dr. Linda M. Bocchichio
105 Lake Avenue S.,
Nesconset
979-9854

Dr. Raymond A. Semente
265 Lake Avenue
584-7722

Dr. Gregory R. Thomaier
338 Lake Avenue
584-8100

True Chiropractic, LLC
631 Lake Avenue
584-TRUE (8783)

CLOTHING
Metamorphosis
412 North Country Road
862-7474

DENTIST
James F. Donahue, DDS
Michael E. Segnini, DDS
587 Lake Avenue
584-5330

Harbor Hill Dental
556-20 North Country Road
686-5042

DRY CLEANERS
**Dutch Girl French Style
Cleaners**
400 Lake Avenue
584-3750

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PARTIES**
**George's Innovative
Inflatables**
757-0294

Sandy Deck's Parties
430 North Country Road
584-7800

**Seiskaya's The Nutcracker
Ballet at Staller Center**
Dec. 15, 16, 22, 23
631-ARTS

**Chamber Halloween Parade
& Haunted House**
Along Lake Avenue.
Sunday, Oct. 28, 1 p.m.
Lineup 12:30 North Fork Bank

EXTERMINATING
Scientific Exterminating
599 Lake Avenue
265-5252, Fax: 862-7272

FINANCIAL
Edward Jones Investments
Scott Posner, CFP
542 North Country Road
862-2020

Preferred Empire
Ann Mondrone, Loan Officer
547-5151, ext. 308

**Reliance Mortgage /
William J. Garthe**
Registered Mortgage Broker
359 Lake Avenue
862-9000

FLORIST
**St. James Florist
& Gift Shop**
213 Lake Avenue
862-9292

FUNERAL HOME
Branch Funeral Home
190 East Main St., Smithtown
724-9500

St. James Funeral Home
551 North Country Road
584-5200

HEALTH/ FITNESS
American Jui Jitsu Centers
412 Lake Avenue
360-8830

**Catherine's Total Fitness
for Women**
7 Flowerfield Park -
Suite 88-90
584-5467

Curves
779-B Middle Country Road
863-CURV (2878)

**Energy Interactive
Fitness Center**
556 North Country Road
862-1737

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Flowerfield Park
862-0990

Lighten Up - Alicia Watins
Nutrition Specialist
584-6194

Emrick R. Milligan, M.D.
487 Lake Avenue
584-6014

O'Brien & Thompson, MDs
403 Lake Avenue
862-7062

On The Go Fitness
80-9 Lake Avenue South,
Nesconset
686-5171

Prana Pilates & Yoga Studio
412 North Country Road
686-5252

Simply Pilates
87 E. Main St., Smithtown
979-4278

**St. James Plaza
Nursing Facility**
273 Moriches Road
862-8990

**Yoga Instruction by
Andrea Girodano**
862-0531

**HOME IMPROVEMENT /
ARCHITECT**
Autonomousdesign
22 Stonegate
724-7726

Bayview Kitchens
735 Middle Country Road
265-5965

DeBlasio Capo Design Build
273 Lake Avenue
584-5503

**Debus Painting &
Wallpapering, Inc.**
862-7924

**G S Home Improvement
& Masonry**
631-553-7582, 516-459-4979

DIRECTORY OF ADVERTISERS

JBL Home Improvements
584-0136

Lakeview Contracting
862-8435

Master Fix It
584-5993, Cell: 516-380-0727

**Michael Macrina
Architect, P.C.**
409 Lake Avenue
686-6585

Morecraft Construction
584-7010

**St. James Kitchens
& Cabinetry**
213 Lake Avenue
686-5065

St. James Lumber
547 Lake Avenue
584-5140

Vazac Contracting
333 First Avenue - Suite 1
584-7817

**Working Design Home &
Garden Renovations**
862-0121

**INTERNET -
SHOPPING / SELLING**
Sell It At Frankie's - E-Bay
frankiegs@optonline.net,
862-1664

INSURANCE
Allstate /
Darcey & Mackenzie
872 Jericho Turnpike
265-5800, Fax: 265-5807

Allstate / Holst Agency
428 Lake Avenue
584-4800

New York Life /
Lawrence Glazer
576 Broad Hollow Road,
Melville
391-3490

State Farm / Jim Winter
320 Lake Avenue
584-5929

**INTERIOR DESIGN /
DECORATING**
Creative Windows, Ltd.
367 Lake Avenue
366-0212

Deborah Vassar Interiors
93 North Country Road,
Smithtown
979-2617

**Natalie Weinstein Home
Decorating Club**
176 Second Street
862-6198, Fax: 862-7834

JEWELRY
Diamond Jewelers
430-9 North Country Road
862-8868

KNITTING
Three Black Sheep
213 Lake Avenue

LANDSCAPING & DESIGN
**Herman Bros. Landscape
Contracting**
360-2939

Homestead Landscaping
588-5296

Longo's Landscaping
862-8605

RJK Gardens, Inc.
862-7056

Strike Force Landscaping
382-9300

LIMOUSINES
Noel's Limousine Service
584-6007

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Jeanmarie Romero
Music Studio
1 Flowerfield - Ste 6
946-4000

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St. James Dog Grooming
425 North Country Road
862-7288

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862-0031

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Heating & A/C**
88 Railroad Avenue
584-3839

WBR Plumbing & Heating
862-5779

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Graphics du jour, Ltd.
359 Lake Avenue
862-9849

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Realty**
960 Jericho Turnpike
724-8500

**Daniel Gale / Sotheby's /
Frank Huntington Division**
499 Lake Avenue
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DeBarbieri Associates
406 North Country Road
862-7447

For Sale By Owner
862-8435

**Henrietta Homes &
Properties**
328 Lake Avenue
862-6999

House & Cottage
584-5418

**Liz Jongebloed
DeBarbieri Associates**
406 North Country Road
862-7447

**Dave & Rowena Nedvin
ReMax.Finest**
767-5221, 724-9800

**Prudential Douglas Elliman
Real Estate**
220 Lake Avenue
584-7000

Reliance Real Estate
359 Lake Avenue
862-9000, Fax: 862-2881

ReMax/Beyond
556 North Country Road
862-1100

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Deli / Catering / Seafood
Bagel Paradise
418 North Country Road
584-8153

Bella Vita City Grill
430-16 North Country Road
862-8060

Cambria Fine Foods
420 North Country Road
862-8200

Cool Beanz
556-04 North Country Road
862-4111

FeelGoods
Healthy Family Cafe
412 North Country Road
834-2041

Lake Village Deli
454 Lake Avenue
584-5780, Fax: 584-7271

Lotus East
416 North Country Road
862-6030

**Mauricio's Orlando's II
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645 Middle Country Road
265-9228

Ocean's Bounty Seafood
415 North Country Road
862-4228

Patio Pizza
262 Lake Avenue
862-7475

Pollo Rico Latin Bistro
2435 Middle Country Road,
Centereach
471-0585

Tic Toc Cafe
410 Lake Avenue
862-CAFE (2233),
Fax 584-0003

Villa Sorrento
823 Middle Country Road
265-9865

Voila! The Bistro
244 Lake Avenue
584-5686

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Joyce Benson - SAT Prep
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Bridge College Consultants
PO Box 685, St. James, NY
516-662-1612

Rich Forzano
College Board Prep
444-0002

Harbor Country Day School
17 Three Sisters Road
584-5555

St. James
United Methodist Nursery
532 Moriches Road
584-9555

Village Presbyterian
Pre-School
175 East Main St., Smithtown
724-9382

STORAGE
Saint James Self Storage
75 Arlington Avenue
584-4411

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425 North Country Road
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