

Our Town

S · T · J · A · M · E · S



SEPTEMBER
2006
Volume 19
Number 11

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



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To
School
Time!





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Our Town

S • T • J • A • M • E • S

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OUR TOWN

- ST. JAMES -

is a monthly publication produced
exclusively for the people of
St. James, Nissequogue and
Head of the Harbor, L.I., N.Y.

Call 862-9849 for
Advertising & Copy Deadline

OUR TOWN is mailed directly to
every residence & business in the
11780 zip code area
(6459 total copies mailed)
St. James Post Office Permit #10
St. James, NY 11780

Published by
Graphics du jour, Ltd.
359 Lake Ave., St. James, NY 11780
631-862-9849 / Fax: 631-862-9839
Email: ourtown@optonline.net

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Nissequogue or Head of the Harbor, or any business
offering services not available in said area.

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PLEASE NOTE:

Advertising & Editorial Deadline for the **OCTOBER** edition
of OUR TOWN • ST. JAMES
is **THURSDAY, OCTOBER 5, 2006 - 12 NOON.**
Distribution takes place on Wednesday, October 18.

Creative Windows, Ltd.

367 Lake Avenue
St. James, NY 11780
366-0212

Hours:

Tues.-Fri. 10am-5pm
Sat. 10am-3pm



by Debra Vessa-Cleary

If you're planning on dressing up your windows this upcoming holiday season, now is the perfect time to seek the advice of a window designer specialist. Whether you're considering Roman shades or wood blinds, country valances or embroidered silk panels, the designers at Creative Windows, Ltd. in St. James can help you create a custom look that is tailor-made, perfectly fitted and totally chic.

Located diagonally across from 7-11 on Lake Avenue, Creative Windows offers free seven-day-a-week shop-at-home service as well as free installation with the purchase of window treatments. Their in-house showroom includes thousands of designer fabric swatches as well as a large variety of shade and drapery samples, hard-to-find curtain hardware, and floor models of beautifully upholstered cornices.

According to owner Michael Guglielmo, a Smithtown resident and member of the St. James Chamber of Commerce, he has



been in the window treatment business for over 20 years. Originally servicing clients from a Smithtown location, Creative Windows relocated to St. James about four months ago:

"We like to get to know our customers – their taste and concerns – and we would like to get to know the people of St. James," says Michael. "Everyone is invited to come in, browse around and receive a Grand Opening token of introduction. People will find that we offer competitive pricing and keep up on the latest trends and designs; but we also want people to know that we pride ourselves in our customer satisfaction. We show up on time and return phone calls promptly. We will custom make one shade or a hundred shades. No job is too big or too small."

Creative Windows offers both residential and commercial custom window and door coverings, light upholstery work, and shop-at-home service from Montauk to Manhattan. They provide window treatment services from inception to installation and they are a Hunter Douglas priority dealer. Hours of operation are Tuesday through Friday 10 a.m. to 5 p.m. and Saturday 10 a.m. to 3 p.m.

Please call for an appointment if you wish to schedule shop-at-home service and don't forget to stop by and visit their booth on St. James Day, which will be right outside their store front.



CALL...
*The experienced professionals
 who live & work in your
 neighborhood and
 can SELL your house!*



FEATURED HOMES OF THE MONTH



PT. JEFFERSON STATION - LAND. 3/4 acre on quiet street. Building permits in place. Owner motivated. **\$339,000.**



SMITHTOWN. New 4 BR, 2 1/2 bath Colonial. EIK, FDR, den, laundry on 2nd flr., 9' ceilings on 1st flr., 2 story foyer, CAC, raised panel doors, cathedral & tray ceilings, h/w floors, wood burning flrplc., high hats, 200 amp service, hydronic heat, more! **\$649,999.**



NESCONSET. Immaculate 4 BR, 2.5 bath Colonial. Tastefully decorated, this house is beautiful! 2 offices, playroom, EIK w/granite, FDR, FLR, den, CVAC, IGP. 5 years young. This one has it all! **\$849,000.**



NESCONSET. 3 BR, 2 1/2 bath Condo in 24-hr. gated community. Like new with vaulted ceilings in entry & LR, den with flrplc., EIK, ceramic tile & h/w floors, MBR suite with Jacuzzi & 2 walk-in closets. Finished basement, garage, pool, tennis, gym, clubhouse. **\$611,000.**



NESCONSET. Spacious Splanch features 4 BRs, 2.5 baths, EIK with beautiful 42" oak cabinets, den with granite fireplace, CAC, H/W floors. Fantastic landscaped yard with pavers around kidney shaped pool. Great for summer fun. IGS, fenced yard. **REDUCED! \$535,000.**



MILLER PLACE. Elegant and expansive with amenities galore. 2 formal MBR suites, walk-in california closet, hi-hats, h/w floors, maple/granite kitchen with pantry/server area 2 of the 4.5 baths feature Jacuzzi baths with granite & exquisite tile, wet bar & large entertainment area, CAC, IGS. **\$1,059,000.**



NESCONSET. Charming Victorian style 4 BR, 2 1/2 bath Colonial with new everything: electric, doors, windows, roof, kit. appl., h/w floors. Builder's home. Laundry & pantry. Covered porch w/ceiling fans, fish pond, det. garage w/heated floors & bath. **\$550,990.**



LAKE GROVE. Move in condition, this home features 3 BRs, 1 bath, EIK, newly updated bath, stainless steel appliances, upgraded electric, new vinyl siding, new furnace, Andersen windows, roof, brick walk way. **\$379,000.**



CALVERTON. Foxwood 55+ community. This Ranch features 2 BRs, MBR w/master bath & walk in, 2nd BR with full bath, LR, DR, EIK, sunroom, new CAC and W/W carpet. Gas heat. Deep garage. Community amenities include clubhouse, pool, gym, library. **\$240,000.**

North End Realty

960 Jericho Tpke. St. James, NY 11780
 (631) 724-8500
 www.c21NorthEndRealty.com



Put the CENTURY 21 TEAM to work for you!

A Warm Welcome to Julie's Home & Garden Accessories

Julie Bergmann, owner of the new "Julie's" – formerly Barbara Lee Floral Design – invites you to visit her at her new location beginning October 1, 2006 at 529 Lake Avenue in St. James (opposite the St. James Gazebo).

Her new name "Julie's" Home

& Garden Accessories depicts what she features at her shop. Julie, who specializes in designing silk floral arrangements, creates unusual one-of-a-kind pieces and offers in home service. She carries a unique line of accessories for both inside and outside

the home including some small furniture pieces.

Be sure to stop by and visit with Julie and see what she has to offer. I am sure you will find something beautiful for your home. Or call her at 862-8943 for an in-home consultation.

Sons of Norway Garage Sale on Saturday, September 23



The Sons of Norway Loyal Lodge 252 of St. James will hold a large Garage Sale on Saturday, September 23 from 10 a.m. to 4 p.m., rain or shine (no early birds, please).

The Garage Sale will be held at the Sons of Norway Hall, located on the corner of 4th Avenue and 7th Street in St. James.

Saint James Fire Department's Garage Sale Fundraiser Set For September 23

St. James Fire Department Ladies Auxiliary will hold a Garage Sale fundraiser on Saturday, September 30 from 9 a.m. to 3 p.m. at the St. James Fire House Sub Station located at the corner of Woodlawn and Jefferson Avenues in St. James.

Donations of goods are very welcome! You may drop off items the night before at 6 p.m. or the day of the garage sale.



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SJFD's Charity Car Wash Set For September 23

The St. James Jr. Fire Department will host a Car Wash to support kids with cancer on Saturday, September 23, from 9 a.m. to 2 p.m. (raindate, Sunday, September 24) at the St. James Firehouse located on Route 25A in St. James.

When you get your car washed for \$5 per car you will be treated to free bagels and coffee. All proceeds will be donated to the Sunrise Fund for Kids at Stony Brook University Hospital. Please help support this cause.



St. James Church Hoedown a Huge Success

It was a beautiful, breezy, summer evening when a bit of the old west came to the St. James. Parishioners of St. James Church, family and friends came together for an evening of food, fun, and square dancing at a hoedown sponsored by the Young Peoples' Fellowship and parish Sunday School students.

This event was the finale of a

fundraising project to benefit Heifer Project International. Members of the Long Island Traditional Music Association (L.I.T.M.A.) provided music and entertainment, and a great time was had by all

The Youth Group at St. James Church, located at 490 North Country Road in St. James, not only had a great time planning

and setting up this project, they were able to donate over \$1,300 to Heifer Project International. This donation was used to purchase animals to be given to impoverished families throughout the world. Heifer's mission is to work with communities to end hunger and poverty and to care for the earth.



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Fall Festival at Deepwells Farm on October 8 & 9

Suffolk County Parks, Recreation and Conservation in conjunction with the St. James Chamber of Commerce will host the **15th Annual Fall Festival** on Saturday and Sunday, October 7 and 8, (raindate 10/9) from 10 a.m. to 5 p.m. at Deepwells Farm County Park, located at the intersection of Moriches Road and Route 25A in St. James.

"This event is a great opportunity for families to enjoy the fall season," said Suffolk County

Executive Steve Levy. "Visitors can enjoy hay and pony rides, pumpkin decorating, live entertainment and old-fashioned children's games.

Other highlights of this year's festival will include craft vendors, face painting, a magic show, storytellers, a real live petting farm from Cornell Cooperative Extension, festival food, and the always popular hay bale fun jump. You can purchase a wide variety of foods and merchandise including

hand made crafts, pumpkins and candy from the St. James General Store. Tours of Deepwells Farm will also be available throughout the day. Food Vendors will include St. James Pasta and Garguilo's Bakery.

Admission to the festival is \$5/adults; \$1/seniors and children under 12. Free parking will be available in the field opposite the St. James General Store. For additional information call 854-0903.



Come Visit the SJFD on St. James Day, Sunday, October 1

The St. James Fire Department will be at St. James Day on Sunday, October 1 between 10 a.m. and 5 p.m. Please visit them and meet Sparky the Fire Dog. They will be located on the

corner of Railroad and Lake Avenues and will be doing free blood pressure analysis, demonstrations and displays. Fire prevention handouts will also be available.



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\$539,000.



ST. JAMES. Quality custom built Victorian. Gorgeous kitchen & baths, gleaming oak floors, charming fireplace, lots of windows. Must see to appreciate!

\$799,000.



ST. JAMES. A rare find! Formal 4 BR, 2 bath Ranch with 2 car garage. Lovely private 1/2 acre on quiet non-through street. Priced to move!!

\$549,000.

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ST. JAMES. Bordering Head of the Harbor. Big lovely 4 BR, 2.55 bath Colonial. Superb condition, new kitchen, windows, oak floors, 2 FPs, finished walk out basement. Private yard backs landlocked state land. **\$599,000.**



ST. JAMES - FOR RENT. 3/4 BR Cape. Gorgeous brand new kitchen and bath, large LR, fireplace, deck, oak floors. A real charmer. Credit check a must. **\$1,900. + utilities**



ST. JAMES "FAIRFIELD". 55+ community. Absolutely diamond condition! Better than new! Enjoy the beautiful clubhouse, pools, tennis & active social clubs. **\$309,000.**



SMITHTOWN. Why rent? Lovely 2 BR cottage in a superb walk to town location. Unbelievably low taxes. A charmer! **\$329,990.**



ST. JAMES. Prestigious Family home on cul-de-sac. 5 BRs, 4 baths, IGP, pool house, outdoor Viking BBQ, huge granite kitchen w/Subzero appliances. True entertainer's home! **\$919,000.**



ST. JAMES - NEW TO MARKET! Big extended 3 BR, 2 bath Ranch. Huge greatroom with fireplace, gorgeous new kitchen, full finished basement w/OSE, oak floors, hurry! **\$459,000.**



NISSEQUOGUE. This stately brick 5 BR Center Hall Colonial truly offers elegance. Tremendous center island in granite kitchen, huge master suite, maids quarters, IGP, majestic 2.17 flat acres. Superb cul-de-sac. **\$1,275,000.**



STONY BROOK. The Knolls 55+ community. Beautiful Dogwood model with sunroom & garage. Clean, light & bright with lots of windows & closets. **\$329,000.**



ST. JAMES. North of 25A "Point of Woods." 5 BR, 3.5 bath traditional Center Hall. Huge rooms, granite kitchen, oak floors, gorgeous shy acre, IGP. **\$1,100,000.**



ST. JAMES LAND. Design your own home & build on this lovely flat quarter acre property. Convenient walk to town location. **\$275,000.**



SMITHTOWN. North of 25A, this diamond 5 BR Hi Ranch is in pristine condition. Beautiful new Silestone kitchen, new windows, CAC, gorgeous stone patios & walkways, new heated IGP, lovely landscaping, big deck & (believe it or not) decent taxes! Better hurry! **\$599,000.**



SMITHTOWN. Hurry - really low taxes on this diamond 3 BR, 2 bath "3 Gable" Ranch. Offers cathedral ceilings, fp, gleaming oak floors, cedar deck, paver walkways on dead end street. **\$499,000.**

RIBBON CUTTING...



On August 24, 2006, the newest addition to the great restaurants of St. James, *CAPO... AN ITALIAN BISTRO*, located at the intersection of Route 347 and Middle Country Road, held their Ribbon Cutting Ceremony. Owners Bob and Carmella Gardner are happy to be a part of this great community and look forward to seeing everyone at their new establishment which is open for lunch and dinner. Supervisor Patrick Vecchio, who cut the ribbon, and Councilman Ed Wehrheim are pictured with Bob and Carmella and their lovely family.

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Quilting Demo at the St. James General Store

The Suffolk County Parks Department and the St. James General Store will host a free quilting demonstration by the Smithtown Stitchers Quilt Guild on Saturday, September 30, at the St. James General Store, 516 Moriches Road, St. James from 11 a.m. to 3 p.m.

In addition to the demonstration of this unique craft, the Guild will also be selling raffle tickets for a chance to

win a beautiful recently completed quilt.

The Smithtown Stitchers Quilt Guild was formed in 1982 to encourage awareness and appreciation of quilting. Now with over 200 members, the guild seeks to foster the development of the skills and artistry of quilting.

For additional information call the store at 854-3740.

DEDICATED SERVICE...



At the August 16, 2006 village trustees meeting, Marie Lanza Wiese, former Deputy Mayor, was recognized by Mayor Natale Tartamella for her many years of dedication and outstanding service to the Village of Head of the Harbor.

THIS DAY IN...



- 1921: The World Series was broadcast over the radio for the first time.
- 1962: The Beatles released "Love Me Do," their first single.

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 - Airport •
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Sunday, October 29

For more information, call the salon at 584-2408

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Cottages to Castles House & Garden Tour... *Simply Fantastic*

FANTASTIC! That's the word that comes to mind to describe the sixth annual Cottages to Castles House & Garden Tour held on Friday, September 8, 2006. The weather, homes, guests, food, and shopping were just that – *FANTASTIC*. Under the superb and capable direction of Chairperson Arline Goldstein, the Cottages to Castles committee, comprised of members of the four sponsoring organizations, worked hard to present six fabulous properties in the Head of the Harbor, Nissequogue and St. James area, to the over 500 guests who attended.

Guests visited the Kaplan residence which was completely transformed from an ultra contemporary to a formal yet comfortable home with Louis XI antiques with the help of designer Linda DeLorenzo.

Mr. and Mrs. Shaw have created a magnificent space for entertaining in a big way in their large contemporary home which is complete with player piano equipped for karaoke, a pool table, game room and home theater. They achieved this cohesive blend of comfort and fun with the help of designer Natalie Weinstein. Their gardens designed by Caryn Fox are the pride and joy of the family.

continued

B.L.T.
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AROUND TOWN



"Country elegance" best describes the home of Mr. and Mrs. Amato, located on the widest part of the Nissequogue River. Visitors were in awe of the attention to detail of this beautifully restored home that was accomplished with the help of designer Patti Peterson. Featured in *House* magazine several times, the home is complete with pool, pool house and two fountains.

The 42,000-square-foot home of Ms. Mangano, who is featured on the Home Shopping Network, was a big hit. Swan Manor, a majestic estate, has been completely restored by Ms. Mangano and features an indoor pool, massage room, gym, and 14 bathrooms. Once a working barn, the guest house at Swan Manor has been completely transformed into a vacation 4-bedroom guest cottage reminiscent of those in East Hampton or Nantucket. Guests meandered

around the grounds with its fabulous gardens and wood sculptures.

Completing the tour was the charming St. James Episcopal Church which features beautiful stained glass Tiffany windows. Visitors were able to roam around the rural cemetery filled with tombstones and monuments of well-known families in the area.

This wonderful event was truly the product of teamwork and the joint effort of the The Smithtown Historical Society, The Smithtown Garden Club, The Smithtown Township Arts Council and the St. James Chamber of Commerce.

Special thanks to the Mr. and Mrs. Kaplan, Mr. and Mrs. Shaw, Mr. and Mrs. Amato, Ms. Mangano and The St. James Episcopal Church for graciously opening their homes and gardens.

continued on following page



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Cottages to Castles House & Garden Tour...



continued from previous page

The Committee would also like to thank the many volunteers who gave their time at the homes, gardens and at Nissequogue Golf Club where visitors were treated to a delicious gourmet luncheon. Special thanks to the St. James Episcopal Church who hosted the Boutiques and Visitors at Mills Hall. And without the cooperation of the Head of the Harbor, Nissequogue and Smithtown Police, the event would not have run so smoothly.

Visitors to the Cottages to Castles House & Garden Tour took home a lovely program/journal... special thanks to the supporters who made this possible.



And to the guests of the day. "You were friendly, cooperative and respectful of our hosts' property. For that we *Thank You!*"

THE COMMITTEE

Arline Goldstein, *Chairperson*
Lisa Boccone • June Carlson •
Ruth Garthe • Carol Hart •
Diane Hatton • Elaine Holst •
Carol Kane

HOSTS

PRIVATE RESIDENCES:

Mr. & Mrs. Kaplan • Mr. & Mrs.
Shaw • Mr. & Mrs. Amato •
Ms. Mangano

PUBLIC PROPERTY: The St. James
Episcopal Church

PROGRAM SUPPORTERS

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continued on page 24

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A R O U N D T O W N

Cottages to Castles House & Garden Tour...

continued from page 22

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ST. JAMES. "ST. JAMES PROPER"

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ST. JAMES. "PARKLIKE REAR YARD"

Beautiful custom 5 BR Colonial backing to Greenbelt. New gourmet EIK w/cherry cabinets & granite tops, oak floors & French doors, step down LR w/custom woodwork, FR w/fireplace IGP, decking, brick patio, 2 car garage, finished basement. **\$739,000.**



HEAD OF THE HARBOR. "SPECTACULAR SETTING"

Immaculate diamond custom Farm Ranch. Open & airy decorator's interior. Soaring ceilings, French doors galore, 2 brick fireplaces, 3 BRs, 2.5 baths. New MBR suite. CAC, CVAC, IGP, IGS, 2 private acres, cul-de-sac. **\$1,100,000.**



HEAD OF THE HARBOR. "TOUCH OF CLASS"

Diamond 4 BR, 3 bath circa Victorian. Raised panels, wide moldings, sparkling HW floors, 3 frplc, French doors, updated EIK, den w/vaulted ceiling, skylites, CAC, covered front rocking chair porch, brick patio, 1 acre parklike prop. with legal guest cottage & detached garage. Must see. **\$799,900.**



NISSEQUOGUE. "DIAMOND IN THE ROUGH"

Lovely quality constructed sprawling Ranch. FLR w/fireplace, FR w/tongue & groove planked walls, 2nd fireplace, oak & oak pegged floors, large EIK, 3 BRs, covered porch, 2 car garage, basement, beautiful 2 acres on cul-de-sac street. **\$885,000.**



ST. JAMES. "RENOVATED ANTIQUE"

Circa 1890. Impeccably renovated w/great attention to original details, boasts 10' tin ceilings & original wood moldings. Updated kitchen, bath, windows, roof, heating. 27'x32' detached 2 story 2.5 car garage/barn on 3/4 acre. Low taxes. **\$618,000.**

COMMERCIAL

ST. JAMES. Zoned CB. Level 1+ acre. Excellent exposure, high traffic road. 385 sq. ft. block bldg. + 5 greenhouses. Ideal for shopping center, retail or office bldg. **\$1,200,000.**

NESCONSET. Neighborhood business. Ideal user location for service type business. Approx. 700 sq. ft. free standing bldg. + lean to. Fenced yard. Heavily traveled busy road. Also for rent at **\$2400** per mo. Low taxes. **\$425,000.**

SMITHTOWN. Great exposure on heavily traveled highway. 1 story, 1910 sq. ft., free standing bldg. Lg. overhead door. Zoned CB. **\$649,000.**



NESCONSET. "NEW CONSTRUCTION"

Colonial in family neighborhood on cul-de-sac. 9' ceilings & oak floors on 1st floor, granite tops in EIK. FLR & FDR, FR w/fireplace, 4 BRs, 2.5 baths, full basement, 2 car garage, CAC, Andersen thermo windows, arch. roof. Smithtown Schools. Chose your cabinetry & tile now. **\$729,900.**



ST. JAMES. "QUIET DEAD END STREET"

Totally remodeled Cape. New EIK w/cherry cabinets, oak floors, LR w/fireplace, FDR, 5 BRs, 2.5 baths. New roof & windows, heated sunroom, decking. Private cul-de-sac. Convenient location. **\$499,000.**



ST. JAMES. "CIRCA 1850"

Head of the Harbor area, walk to town and beach. Charming Farm Colonial features 10' ceilings, wood floors, great room w/stone fireplace, balcony, 3 BRs, 2 baths. Covered front porch, decking, 1.5 car detached garage. Shy 3/4 acre property. North of 25A. **\$669,000.**

CALL FOR A FREE MARKET ANALYSIS

Special Events and Day Trips from the Smithtown Continuing Education Department

Buses for all trips and performances depart from the Woodlawn Avenue Parking Lot at the corner of Woodlawn and Jackson Avenues in St. James (unless otherwise stated). Adult Continuing Education reserves the right to alter time schedule, make itinerary changes, and/or adjust offerings due to unforeseen circumstances.

Fall Foliage Trip **Stonecrop Gardens, Cold Spring**

Wednesday, October 18

Bus departs 8 a.m.

Return approx. 7 p.m.

Fee: \$75

After a guided walking tour of Stonecrop Gardens, enjoy a sit-down 3-course lunch at the historical Hudson House. Wear comfortable shoes. Rain or shine.

"Hairspray"

Wednesday, November 1

Matinee

Bus departs 10 a.m.

Return approx. 7 p.m.

Fee: \$91, tickets are limited

Enjoy this lively musical.

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"Mamma Mia"

Wednesday, November 1

Matinee

Bus departs 10 a.m.

Return approx. 7 p.m.

Fee: \$91, tickets are limited

The infectious music of ABBA provides the framework for a romp through the preparations of an unusual wedding.

Newport Mansions Holiday Tour

November 28, 2006,

Ferry departs 7 a.m.

Return approx. 9 p.m.

Fee: \$85

Take the Port Jefferson Ferry for a fabulous trip to Newport where the mansions are decked out in their holiday finery. Price includes ferry, tour guide, two mansions and lunch at La Forge Restaurant.

A Day In New York City

Wednesday, December 6

Bus departs 9 a.m.

Return approx. 7 p.m.

Fee: \$30

A day in New York City to do whatever strikes your fancy – shop, see the sites, visit Rockefeller Plaza, enjoy the lighted Christmas tree and other festive decorations... Three drop off spots: Broadway and 34th, 47th Street, and 57th Street. One pick-up spot will be designed by bus operator at 5 p.m. Must have 30 people registered.

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The program consists of English as a Second Language

(ESL), High School Equivalency (HSE), Citizenship, Senior Citizen Basic Computer classes, Computer Assisted Literacy classes, and Career Counseling.

Registration for **ALL STUDENTS** will be held on September 18, 19, 20, 21, Monday through Thursday, 9:30 a.m.-12:30 p.m.

(days); and 7-9 p.m. (evenings). Smithtown residency is not required, classes are open to all Suffolk County residents. Call 382-2181 for further information or go to their website at www.smithtown.k12.ny.us

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: October 14, November 11, December 9.

For additional information about Audubon, visit their website at: www.audubon.org and follow links to New York chapters for local events.

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884-0313

North Babylon
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586-8027

Bridgehampton
2101 Montauk Hwy.
537-5138

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Patty Smith



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Michele
Sisca
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Kathy
Grandinette



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Ticket prices range from \$16-\$28, group rates available. Call the box office at 724-3700 for reservations.

Arsenic and Old Lace

September 23 - October 15

A man learns that his kindly old aunts and his sinister brother are all serial killers, and tries to sort it out fast so he can go on his honeymoon. Brilliant comedy like they

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Sundays, 2 p.m. & 7 p.m., \$24.

Opening and closing night performances are on Saturday at 8:30 p.m. and Sunday at 7:30 p.m., \$28 and include a post performance reception with the cast.

Subscription plans available at

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

Become a member and save with additional benefits. Annual membership is \$75 and a lifetime membership is \$300. Benefits include additional 10% discount on the purchase of tickets to any performance or subscription package, preferred status for seating, 20% discount on program advertising, listing on members page in program and newsletter, discounts for rental of the facility for personal or business use, and much more.

Watercolor Demo at the St. James General Store

The Suffolk County Parks Department and the St. James General Store will host a free demonstration on the use of watercolors in miniature masterpiece copies by local artist and teacher, Louise Scutiero, on Sunday, October 15, at the St. James General Store, 516

Moriches Road, St. James from 12 noon to 4 p.m.

Participants can observe Louise as she recreates the works of the masters in miniature form with the use of watercolors.

For additional information call the store at 854-3740.

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Smithtown - \$499,000.

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Six Tips for Buying Art

by Lisa Boccone

1. Are you looking for art to hang in a particular place?

If so be sure to measure that space. If possible, a snapshot of the area would be very helpful when you work with gallery staff.

2. Ask questions.

Any reputable art dealer should "know their stuff" and be happy to share information with you. Ask about the artist and the media. Is it a reproduction or an original? Ask them to explain how the art was made.

3. What style should you buy? Which artist?

Buy what you like. Unless you are a collector developing a body of work, your choices should be based on what you will enjoy.



4. Having trouble with your decisions? Can't quite picture the piece in your space?

Ask if you can take it home on approval. This may have limitations due to the value and you'll probably have to pay for it with the understanding you may return it in a couple of days.

5. When pricing, compare apples to apples.

Artwork may look similar, but may actually be different media created in a different way that

affects the value, longevity, etc. If you are looking at art online remember the colors will be different in real life. Monitors and scanners cannot faithfully duplicate the original. Sizes may also differ. They may be listed by the size of the image, by the paper it is printed on or the outside size of the frame.

6. Learn about types of art.

Books, gallery walks, and museum visits and tours will expose you to many forms of art. Go out and see "the real thing." Art fairs are a great place to talk to artists about what they do and how they create the work.

Editor's Note:

Lisa Boccone is co-owner with Diane Hatton of Vicker's Gallery and Framing located at 464 North Country Road in St. James, 862-8550. Call or stop in with any questions are art and framing.

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Featuring Northern Italian Cuisine

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Served with Mussels & Clams
over Linguini with Red Sauce
Includes: Appetizer, Coffee & Dessert

\$23.95 PP.



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for a Complimentary
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With dinner only

Must be over 21 years old

Limit 1 Bottle per table

Not to be combined

BABY & BRIDAL SHOWERS

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Includes: Pasta, Salad,
Main Entree, Coffee, Dessert,
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DINNER PARTY PACKAGE

Mon.-
Thurs.

\$25.95 PP.

Includes Pasta, Choice of Salad,
Choice of Entree, Coffee, Dessert
Wine, Beer & Soda

PRICE FIX LUNCH

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12:00-3:00 PM

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Includes: Salad, Main
Entree from Menu,
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Q & A with the knowledgeable staff at Vickers - ask questions regarding the many techniques and new technologies available in conservation framing today.

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- ◆ Shadowboxes
- ◆ Needlepoint framed samples
- ◆ Flag Cases
- ◆ Military collages
- ◆ Sports collages
- ◆ Photos-to-canvas samples
- ◆ Print-to-canvas samples
- ◆ Grandchildren collaging
- ◆ Oversize framing
- ◆ Framed wedding invitations/photos
- ◆ Accessories made from moulding
- ◆ Wall-size children collage
- ◆ Original framed art
- ◆ Framed Giclées & other reproductions
- ◆ Glass options display
- ◆ Creative mat designs and more...

Live Music

Light Refreshments will be served

Saturday, October 14 - 6:30 - 9:00



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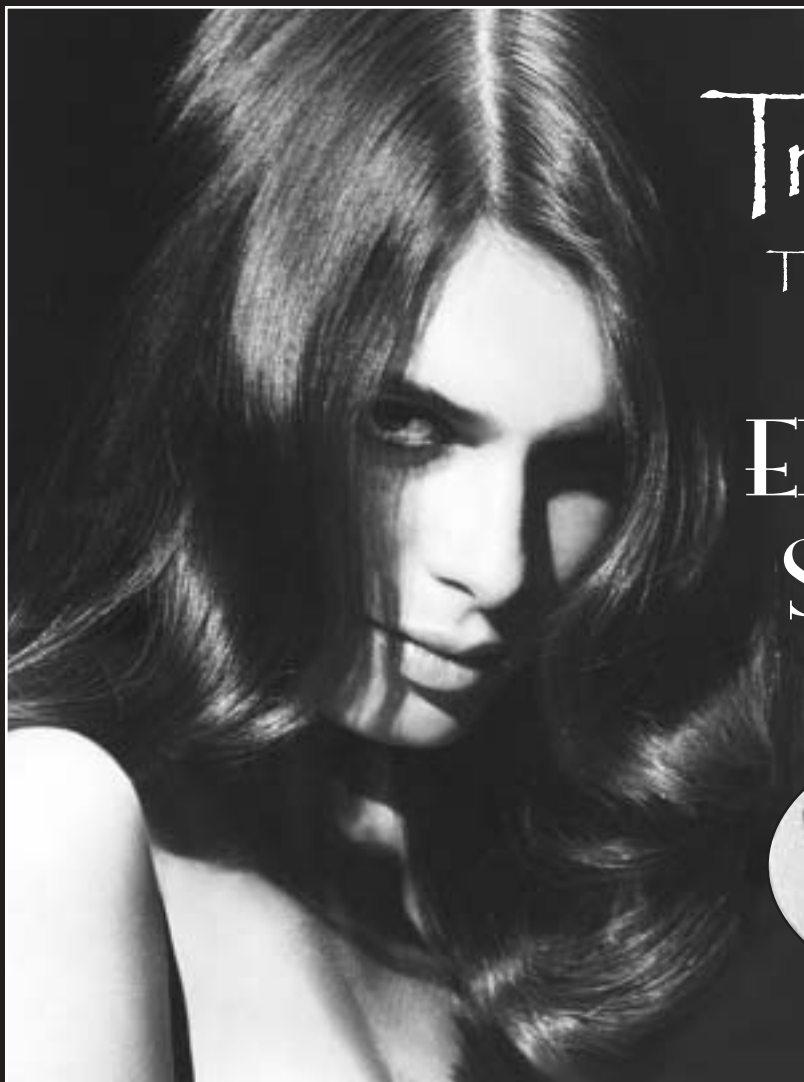
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On Stage at Staller Center...

There's always something happening at the Staller Center, University at Stony Brook. The following programs are being offered for your enjoyment. Box Office hours are 12 noon to 6 p.m., Monday through Saturday and 1-hour before ticketed performances. For tickets and information, call the Box Office at 632-ARTS (2787). Tickets can also be purchased 24 hours a day at WWW.STALLERCENTER.COM.

The University Art Gallery hours are 12 noon to 4 p.m., Tuesday through Friday and 7-9 p.m. on Saturday. For further information about Art Gallery shows call 632-7240.

The Department of Music features numerous performances throughout the year with over 150 *FREE* recitals. For further information call the music department at 632-7330.

Upcoming events at Staller Center at SUNY Stony Brook:

Music on an Autumn Night
Wed., September 27, 3 p.m.
Recital Hall, \$32
Classical concert.

Audra McDonald
Saturday, September 30, 8 p.m.
Main Stage, \$40
Tony Award winner in an evening of popular song.

Emerson String Quartet
Friday, October 6, 8 p.m.
Recital Hall, \$40
2006 Grammy winner - chamber music concert.

Broadway: The Star Spangled Celebration
Saturday, October 14, 8 p.m.
Main Stage, \$40
A salute to Broadway's greatest shows.

Philadanco Dance Company
Saturday, October 21, 8 p.m.
Main Stage, \$32
The Philadelphia Dance Company performing an evening of high energy dance.

Anoushka Shankar
Friday, October 27, 8 p.m.
Recital Hall, \$36
An evening of exotic music performed on a variety of acoustic and electronic instruments.

Bo Diddley and Friends
Saturday, October 28, 8 p.m.
Main Stage, \$36
Rock & Roll Hall of Famer, celebrates his 50 years in music along with Alvin Youngblood Hart and Ruthie Foster.

Leahy
Sunday, November 5, 7 p.m.
Main Stage, \$32
Fiddle-driven music, electrifying step dancing and songs inspired by pop, country and Celtic roots.

Emerson String Quartet
Wed., November 8, 8 p.m.
Recital Hall, \$40
Classical concert.

Jane Monheit and her Quartet
Saturday, November 11, 8 p.m.
Recital Hall, \$36
Renaissance/Jazz

Russian Kids Circus on Stage
Not Just For Kids
Sunday, November 12
1 p.m., 4 p.m.
Main Stage, \$10
Amazing kids perform daring
continued on facing page

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Mark Your Calendar

SJFD Ladies Auxiliary Garage Sale Fundraiser

Saturday
September 30
9am-3pm

St. James Fire House
Sub Station

Corner of Woodlawn & Jefferson Ave.
St. James.

Donations of goods are welcome!
Drop off items the night before
at 6 p.m.
or the day of the garage sale.

ARTS & ENTERTAINMENT

continued

feats that will delight "children" of all ages.

American Brass Quintet

Friday, November 17, 8 p.m.
Recital Hall, \$32
Renaissance and Baroque masterpieces will be performed.

Parsons Dance Company

Saturday, November 18, 8 p.m.
Main Stage, \$36
Athleticism, exuberant personality, and joyous movement make up this modern dance company.

A Thousand and One Nights State Ballet of Russia with Full Symphony Orchestra

Sat., January 27, 2007, 8 p.m.
Main Stage, \$40
The Arabian Nights come to life with dancing accompanied by a full symphony orchestra.

New Century Saxophone Quartet

Sunday, January 28, 3 p.m.
Recital Hall, \$32
Free Pre-Concert lecture, 2 p.m.
The group extends the boundaries of chamber music with an exciting repertoire.

Alice

Kennedy Center on Tour

Not Just For Kids
Sunday, February 4, 2 p.m.
Main Stage, \$10
Recommended for ages 5 and older. Adapted from the book by Whoopi Goldberg - a 1-hour play with music.

Emerson String Quartet

Tuesday, February 6, 8 p.m.
Recital Hall, \$40
Classical concert.

Chick Corea

Saturday, February 10, 8 p.m.
Recital Hall, \$40
Renaissance/Jazz with 12-time Grammy winner.

Classical Savion

Sunday, February 11, 7 p.m.
Main Stage, \$40
A master tap dancer, Savion Glover brings his personal artistic signature to the stage.

Turandot by Giacomo Puccini Bulgarian State Opera

Saturday, February 17, 8 p.m.
Main Stage, \$40
A fully-staged opera sung in Italian with projected supertitles and live orchestra.

continued on following page

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On Stage at Staller Center...

continued from page 41

Tormé Sings Tormé

Sunday, February 18, 3 p.m.
Recital Hall, \$36

A big band tribute to the life and music of the legendary jazz singer, Mel Tormé, by his son Steve March Tormé.

Cirque Eloize - Rain

Saturday, March 3, 8 p.m.
Sunday, March 4, 3 p.m.

Main Stage, \$36

Original acrobatic acts are woven into a magical circus.

A Special Evening with Whoopi Goldberg

Saturday, March 10, 8 p.m.

Main Stage, \$75

Whoopi - up close and personal
Special post performance Staller Center Benefit Party following

performance – call 632-7469 for party tickets.

Maria Schneider Jazz Orchestra

Saturday, March 17, 8 p.m.

Recital Hall, \$36

Renaissance/Jazz

17-member group playing jazz with classical and world-music influences.

Swan Lake

Moscow Festival Ballet

Sunday, March 18, 7 p.m.

Main Stage, \$36

Glorious music and choreography.

Gil Shaham and Friends Brahms Chamber Project

Wednesday, March 21, 8 p.m.

Recital Hall, \$40

Romantic music performed by great musicians.

Hungarian State Folk Ensemble

Sunday, March 25, 7 p.m.

Main Stage, \$36

Authentic Hungarian folk music and dance.

Turtle Island

Young People's Concert

Not Just For Kids

Saturday, April 14, 3 p.m.

Recital Hall, \$10

An engaging one-hour program for younger audiences (K-6). Audience participation.

Turtle Island String Quartet Music of John Coltrane

Saturday, April 14, 8 p.m.

Recital Hall, \$32

Renaissance/Jazz. Not to be missed.



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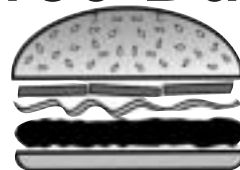
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Made with Fresh Ground Beef
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FREE SPIRAL FRIES
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EAT IN OR TAKE OUT • LOTS OF PARKING IN REAR

Children's Program: *Mr. Mouse and the Runaway Pumpkin*

The Smithtown Township Arts Council will present a Katie's Puppets Performance of *Mr. Mouse and the Runaway Pumpkin* on Saturday, October 28. There will be two performances, one at 11 a.m. and one at 1 p.m. at the Mills Pond House, 660 Route 25A in St. James. Tickets are \$8 per person, \$7 STAC members. This program is geared for children Pre-K through third grade.

The Halloween pumpkin has disappeared from the garden. The children will join Mr. Mouse as he tries to get the pumpkin back in time for Halloween. Each child will make a puppet to take home.

Reservations are limited to 45 per performance and are accepted on a first-come, first-served basis upon receipt of payment. General admission tickets will be

held for you at the door. No refunds.

Send your name, address and phone number, (note 11 a.m. or 1 p.m.) with your check for \$8 each to: Smithtown Township Arts Council, 660 Route 25A, St. James, NY 11780.

For additional information, please call STAC at 862-6575.



Lavender Fields

October is Customer Appreciation Month at Lavender Fields



You Are Invited To A Private Shopping Evening
Join Us Saturday, October 14, 2006
6:00 pm – 9:00 pm

Bring in your oldest and ugliest pajamas and get a chance to be one of five winners of a new Pine Cone Hill Pajama set. Plus 10% off all purchases all evening and a free gift with a \$50.00 purchase. Refreshments will be served. A great time to start your holiday shopping.

October Specials – Free 2x3 rug with rug purchase and free shams or cases with quilt or duvet purchase. Call for details, some restrictions apply.

Two Entrances: 230 Traders Cove/230 East Main St.
Port Jefferson Village 631-474-5461
Shop online www.lavenderfieldsonline.com

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Whale spotted in St. James!



Daniel Gale Sotheby's International Realty is pleased to announce its continued growth and expansion into the St. James area on Long Island. Frank Huntington and his team of experienced agents, with their unparalleled knowledge of St. James and its surrounding areas, have joined

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ST. JAMES - CLOSE TO ALL

Nicely landscaped 4 BR Colonial on flat half acre of property. Large living room, dining room, eat-in-kitchen, wood floors, full basement & IGS. Walk to Long Island Railroad & shopping. SD #1. **\$529,000.**



ROCKY POINT - LIKE NEW

Quality construction! Beautiful 4 BR, 2 bath Colonial. Amenities include master BR with tray ceiling and 2 walk-in closets, EIK with oak cabinets, Andersen windows, 200 amp service, vinyl siding, French doors to lovely yard. Blocks to beach. **\$439,000.**



OLD FIELD -

NEW CONSTRUCTION

Elegant & classic details fill this 4,400 sf 4/5 BR, 3.5 bath custom Colonial on 2 prime acres. Luxurious amenities incl. 2 story entry, moldings, Brazilian cherry h/w flrs, 2 fpls, gourmet EIK, spac. principal rms, radiant heated flrs, heated 3 car gar./bonus space, secondary 2 car garage. Level prop. ideal setting for pool, tennis/entertaining, SD #1. **\$1,875,000.**



ST. JAMES - 3/4 ACRE

Great price for large 5 BR Colonial. *House & Garden* backyard with covered Trex deck & IGP. Amenities include hardwood floors, formal living room/fpl, EIK with great room, den. SD #1. **\$575,000.**



ST. JAMES - MOVE RIGHT IN

Custom 4 BR, 2.5 bath center hall Colonial. New EIK with cherry cabinets, family room with gas fpl, 6 skylights, full finished basement, huge fenced backyard w/deck and IGS. 2 car garage. **\$665,000.**



NISSEQUOGUE -

PRIVATE BEACH COMMUNITY

Tucked away on a private cul-de-sac, this sprawling Ranch is waiting for your personal touch. Situated on 2 acres of useable property it has gracious formal rooms, dual fpl, CAC, IGP. Walk to Long Island Sound. Deeded beach rights. Private location in family neighborhood. SD#1. **\$959,000.**



ST. JAMES - WALK TO TOWN

Larger than you can imagine, this 4 BR Farm Ranch is full of charm including sunny great room w/built in bookshelves, inviting enclosed sun porch and wood floors throughout. Its updated include siding, arch. roof, hot water heating system. **\$499,000.**



**FORT SALONGA -
AMAZING VALUE**

Spacious 5 BR, 2.5 bath center hall Colonial beautifully situated on 1 acre of property. Front to back LR, den with full wall brick fpl, wood floors throughout, full basement, 2 car garage. Close to beach, golf course & parkways. SD #5. **\$459,000.**



ST. JAMES -

FAIRFIELD 55+ COMMUNITY

Beautiful atrium. Open spacious great room with high ceilings, 2 BR, 2 bath "Juniper Model." CAC, very young appliances, new hot water heater. Amenities to Fairfield are indoor & outdoor pools, tennis, clubhouse & bus service. SD #1. **\$405,000.**

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

Programs Offered at the Library

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

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

BUS TRIPS

LIRR TO NEW YORK CITY

Saturdays:

October 14, November 18,
December 9

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.

FRIENDS MONTAUK FALL GETAWAY AT THE WAVECREST OCEANFRONT RESORT

Sunday and Monday

October 15-16 (2 days, 1 night)

Check-in: 2 p.m. on

Sunday, 10/15

The Wavecrest is located directly on the ocean with 400' of ocean beach and an indoor, heated pool. Your weekend getaway includes lodging, complete din-

ner and breakfast for two at choice of local restaurant. Space limited, register early, first-come, first-serve. Fee: \$139 per couple, friends members; \$144 per couple, non-members. NO REFUNDS.

FRIENDS TOUR AT THE METROPOLITAN MUSEUM OF ART AND INSIDE CNN STUDIO TOUR

Tuesday, October 24

Depart 8 a.m. Smithtown parking lot

Museum: A 3-hour tour of the Metropolitan Museum of Art with art historian and teacher Vesna Mison. Lunch: On your own - three dining options at the Museum. Ample time to browse and shop. CNN Studio Tour: An up-close, in-depth view of round the clock global news coverage
continued on page 50

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*"It's a funny thing about life;
if you refuse to accept anything but the best,
you very often get it."*

W. Somerset Maugham

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Nissequogue. \$1,725,000.

This classical colonial features a 2.8 acre site, open floor plan with large rooms, vaulted ceilings, 5 bedrooms, 3.5 baths, full basement w/ose & 3 car garage.



Head of the Harbor. \$1,349,000.

Be prepared to be impressed with this exciting home boasting a stunning kitchen, exquisite baths & fantasy backyard. Owner will negotiate with ready buyer.



Head of the Harbor. \$959,000.

This expansive ranch is set on a park-like 2 acre parcel and includes a gunite pool, vaulted family room, elegant living room, dining room & spacious kitchen.



Head of the Harbor. \$2,400,000.

Be prepared to be impressed! This breathtaking colonial features a gunite pool, magnificent cabana, tennis court, 2 acres, extraordinary interior & finished basement.

**Look For
Us On
St. James
Day**



St. James. \$949,000

This exquisite colonial, unsurpassed in quality, has been outrageously recreated on a beautiful acre lot. Four bedrooms, 3.5 baths. Experience the best!



Nissequogue. \$1,199,000.

Tucked in a beach community is this gorgeous 4 bedroom home with a contemporary flair boasting views of Stonybrook Harbor and the sandy beaches of L.I. Sound.



St. James. \$949,000

Wonderful colonial to be built on a 1/2 acre lot with brick front, 5 bedrooms, 2.5 baths, Andersen windows, h/w floors, f/p, vaulted foyer, full basement & 2 car garage.



St. James. \$959,000.

New hunter model with stone & stucco front, dramatic two-story foyer, large master suite, f/p, granite countertops, h/w floors and more.

www.EldridgeGang.com

EDUCATIONAL ENTERTAINMENT

Programs Offered at the Library

continued from page 48
in the making. After the tour you will have free time for shopping at the various shops including Whole Foods. Fee: \$57, members; \$62, non-members. Register before October 1. NO REFUNDS.

A NIGHT AT THE OPERA

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

EVENING MOVIES AT THE LIBRARY

Come to the Nesconset branch of the Library at 6:30 p.m. for the screening a new movie each month. Call for dates and times.

AFTERNOON MOVIES AT THE LIBRARY

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.

FOOD FOR LIFE COOKING CLASSES

Food for Life and Nutrition and Cooking class for cancer prevention and survival will be held at the Nesconset branch of the Library on Thursdays from 6:30 to 8 p.m.

September 21:

Flavoring Fiber

September 28:

Discovering Dairy Alternatives

October 5:

Replacing Meat

October 12:

Planning Healthy Meals

October 19:

Antioxidants and Phytochemicals

October 26:

Immune Boosting Foods

November 2:

Maintaining a Healthy Weight

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 continued on page 52



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\$419,000.



SMITHTOWN. SPACIOUS sprawling Ranch, 5 BRs, 3 baths, gleaming h/w floors, fin. lower level w/CAC & summer kitchen, 2.5 car garage, 1.51 acres, dual driveways, steps to Smithtown Landing Country Club. Lots of possibilities!
\$569,000.



ST. JAMES. Young & beautiful CH Colonial, 4 bedrooms, 2.5 baths, country club yard. Call for other available homes!



ST. JAMES. DISTINCTIVELY DIFFERENT! Beautiful Hi Ranch w/open floor plan, updated kitchen with SS Viking stove, vaulted ceilings, gleaming h/w floors and fabulous landscaped property with free form IGP and stone fire pit. Best value! Call Denise, ext. 203 or Mary, ext. 289.
\$490,000.



CORAM/SELDEN. COUNTRY VILLAGE, 55+ Gated Community. Beautiful end unit in prime location, 2 BRs, 2 baths, 1 car garage, lots of closets, great community including bocci, tennis, pool and jitney. Don't miss this one!
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SMITHTOWN. PEACEFUL HAVEN! Very spacious, soaring ceilings, 4 BR, 2.5 bath California style Ranch on quiet street. Must see to appreciate!
\$579,000.

NESCONSET. Cute 2 room Cottage with basement, 50x125 prop, mid-block location on quiet street, low taxes \$1,771. Great opportunity for investor/handy person. **\$225,000.**

Moving near or far, Call Denise for a home consultation.
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EDUCATIONAL ENTERTAINMENT

Programs Offered at the Library

continued from page 50
specialized programs, unique to each branch. Contact your local children's librarian for details or visit the library website at www.smithlib.org.

Mommy and Me

SMITHTOWN (2 years)
Call for times & dates
NESCONSET (18-35 months)
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

NESCONSET (birth-24 months)
Call for times & dates
SMITHTOWN (birth-35 months)
Call for times & dates
A children's librarian leads you and your child in reciting, singing and reading Mother Goose

rhymes, which are the cornerstones of literature and cultural heritage.

Pajama Storytime

NESCONSET (3-7 years)
Call for times & dates
SMITHTOWN (3-6 years)
Call for times & dates

An evening for child and parent/caregiver that includes stories, finger plays and simple songs. Wear your pajamas if you like.

Three Year Old Story Time

SMITHTOWN (3 years)
Call for times & dates
Stories, songs and finger plays with parent/caregiver.

Craft Fun for 3-5 Year Olds

SMITHTOWN (3-5 years)
Call for times & dates
Preschool craft program with

parent/caregiver.

Stories and Snacks

SMITHTOWN (Entering grades 1-3)
Call for times & dates
Children will listen to a story and have a snack.

ONGOING ADULT PROGRAMS

COMPUTER CLASSES

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 continued on page 54

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ST JAMES NORTH OF 25A. Fabulous 5 BR, 4.5 bath home set on shy acre. This beautiful house is extremely spacious with every amenity. Full basement with OSE, bath, etc., large heated pool with cabana. **\$999,990.**



NORTH SMITHTOWN-ALMOST NEW. 4 BR, 2 1/2 bath Colonial set on .62 acre. Gourmet ELK with granite tops and stainless appliances, MBR suite with full bath, hardwood floors, basement, 1 car garage. **\$659,000.**



ST JAMES. Like new Colonial. 4 BRs, 2.55 baths. This home has been totally updated in 2006. ELK w/granite, new baths, etc. H/W floors, fin. bsmt. Set on parklike property in cul-de-sac w/other young homes. **\$809,000.**



NESCONSET. NEW CONSTRUCTION. Just built - magnificent 4 BR, 2 1/2 bath home. Huge ELK with granite/stainless appliances, CAC, hardwood floors, basement, 1 car garage. Set on beautiful 1/2 acre. Smithtown Schools **\$589,990.**



NESCONSET. Lovely 3 BR, 1 1/2 bath Ranch in pristine condition. Extended to include den, updated ELK, windows, siding, etc... Great starter/downsizing. Move right in! **\$409,990.**



LAKE GROVE. Farm Ranch. Great home for the extended or large family or investor. 5 BRs, 2 baths, new ELK, low taxes. **\$349,990.**



SMITHTOWN COLLEGE SECTION. Lovely updated colonial 3 br 2.5 bths Brand new gourmet elk with granite/ maple cabs. Larger den, 2 car garage, fin bsmt with OSE etc. Great home. **\$539,990**



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Programs Offered at the Library

continued from page 52

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

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

**FREE INDIVIDUAL
HEALTH INSURANCE
COUNSELING FOR SENIORS**
The main branch of the Smith-

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

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

ADULT WRITERS' GROUP

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

BOOK DISCUSSION GROUP

Meets on Thursday mornings at 10:15 a.m. at the Smithtown Branch. Call for dates and additional info.

Meets on Tuesdays at the Nesconset Branch. Call times and additional info.

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.

CHESS AT NIGHT!

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

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

continued welcome. Children under 14 must be accompanied by an adult. You will meet every other Tuesday at the Main Branch of the Smithtown Library from 6:30 to 8:30 p.m. Call for additional dates. Register for this program.

CROCHET & KNITTING CLUB

The Main Branch of the Smithtown Library will hold its Crochet Club, which will meet twice a month on Mondays from 7 to 8:30 p.m. Continue to work on your current project or try something new. Bring your yarn and hooks and be prepared to crochet away! Beginners welcome. Call for dates. Please register for this program by calling 265-2072, ext. 208.

CROCHET & KNITTING

In this monthly series, you will share tips and stitches with others at the main branch of the library. The group will meet on Wednesdays from 11:30 a.m. to 1:30 p.m. Call 265-2072, ext. 208 for dates and to register.

QUILT AT THE LIBRARY

In this monthly series you can share and learn about quilting. The group meets the first Saturday of the month at the main branch from 10 a.m. to 2 p.m. July 8. Call for additional dates. Please register for this program by calling 265-2072, ext. 208.

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. 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.



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Programs at Environmental Centers of Setauket- Smithtown

The Environmental Centers of Setauket-Smithtown will hold the following programs at the Sweetbriar Nature Center, 62 Eckernkamp Drive, Smithtown unless otherwise noted. **Pre-registration is required for ALL PROGRAMS.** Call 979-6344, weekdays, 9 a.m. to 4 p.m., 12 noon to 4 p.m. on weekends. Check out their website at www.sweetbriarnc.org.

The Preserve is open every day from 8:30 a.m. to 4:30 p.m.

FAMILY PROGRAMS

Visit the Butterfly House

Come visit Long Island's only fully enclosed butterfly house at Sweetbriar Nature Center. See hundreds of beautiful winged wonders flying free throughout the butterfly enclosure. Take a leisurely stroll through the beautiful gardens, learn about butterflies, their habitat, and view butterflies up close in various stages of their life cycle. Black Swallowtails, Buckeyes, Spicebush Swallowtails are just some of the many species that

can be seen at any given time.

The Butterfly House hours are 10 a.m. to 4 p.m. daily June through September. \$3/adults, \$2/seniors and children.

WALK AND TALK SERIES FOR ADULTS AND FAMILIES

The Walk and Talk Series continues with talks on Thursday nights at the Smithtown Library. Call 265-2072 to register for the talks. The walks will follow on Saturday at Sweetbriar Nature Center. Call Sweetbriar at 979-6344 to register for the walks. Senior discounts available.

Astronomy

Talk: Thurs., Sept. 28, 7 p.m.

Naturalist Alan Russo will give an introduction to the fall skies.

Walk: Sat., Sept. 30, 7:30-9:30 p.m.

Visit Sweetbriar for an evening of sky watching to see the constellations, planets and other celestial bodies.

Ages: Families with children 7 and up

Fee: \$6/per person walk only

Southward Bound

Talk: Thurs., Oct. 12, 7-9 p.m.

Come to Sweetbriar for an evening of stories, slides and film and discover the wonders of migration.

Walk: Sat., Oct. 14, 9 a.m.-12 noon

Follow with a bird walk at the nature center and beyond to see some of the southward bound flyers. Be prepared to caravan to another site.

Ages: Families with children 11 years and up

Fee: \$6/per person walk only

Wolves

Talk: Thurs., Nov. 9, 7 p.m.

Participants will gain knowledge about wolves and see a short video and get a close up look at some museum items.

Walk: Sat., Nov. 11, 1-2:30 p.m.

Participants will look for signs of local wildlife, like tracks, scat, and fur, as they explore the preserve.

Ages: Families with children 7 years and up

Fee: \$6/per person walk only

continued on page 58

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They are presently looking for volunteers with a love of nature and wildlife to help take care of their resident animals. Winter is a tough time for their small staff and any help would be greatly appreciated.

For more information or to inquire about volunteering call Eric Young, program director at 979-6344, ext. 102.



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Head of Harbor: "Decorator Showcase" 4,500 sf Diamond Tradit. Col w/Designer Trtmts thruout... 5 BR, 3.55 Bths. Oak Flrs, Upated Kit/Bths/Fin Bsmt, 3 Fpls, Guest Qtrs, Huge MBR Suite. \$1,139,000.



Head of the Harbor: European style all brick Ranch loc on 2+ lush private acres on Estate Grounds. Includes "English Small Bones" kitchen w/fireplace, formal LR & DR, oak flrs, fin bsmt. Heated "Tek" 2.5 car garage includes "Kindel" fine mahogany furniture & antique lighting fixtures. Great house! \$1,499,000



Smithtown: "Yablonski" built sprawling Farm Ranch, 5 BRs, 3 baths on 1 acre landscaped private property with IG gunite pool, frpl, oak floors, "The Grange" area... \$899K



Head of the Harbor: 7.47 Acres w/possible subdivision. Attractive "English Country Home" w/property on Stony Brook Harbor with dock & deck. Barn. from 1800s is LR. Wide planked pine flrs. thruout. Wooded property is on private street. EXCLUSIVE! \$2,999,000

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St. James: Newly built 2005 huge Diamond 6 BR, 3.5 bath Colonial. Level .50 acre w/IGP & pavers, dramatic EH cherry/granite EIK, 2 frplc, Andersens, oak flrs, lovely MBR suite, huge laundry room. Great price. \$859,000



Head of the Harbor: Diamond Farm Ranch w/new granite kitchen w/porcelain flrs, great room, extra large formal rooms, oak flrs, 6 BRs, 3.5 baths, 2+ gorgeous acres w/IGP. \$1,350,000.



Head of the Harbor "Exclusive": Completely updated traditional Ranch "Designer Showcase" + Room for Mom! New roof, cedar shakes, new Andersens, FP, vaulted ceilings, 2+ level open acres, large formal rooms, frplc. Quiet, peaceful, serene. \$1,299,000

EDUCATIONAL ENTERTAINMENT

Programs at Environmental Centers of Setauket- Smithtown

continued from page 56

WALK-A-THON

Saturday, October 14

9 a.m.-12 noon

All Ages Welcome

This fundraising event, where each person has a pledge sheet, will have activities and wildlife presentations set up for the enjoyment and education of the participants that walk. Call for info and applications.

FALL FESTIVAL AND CONCERT

Saturday, October 14, 1-5 p.m.

All Ages Welcome

Fee: \$5/per person

Enjoy the fall beauty, entertainment, a trick or treat treasure hunt and meet some resident wildlife. Food and refreshments will be available. Fun for the whole family



HALLOWEEN SPOOK-TACULAR

Friday, October 20

Saturday, October 21

Time: 7-9:30 p.m.

Ages: Families

Fee: \$5/per person

There is something eerie brewing at the nature center. All ghoulies and ghosties are in for a frightfully fun evening. Meet

some not so scary critters, create a creepy craft and listen to some stories. Younger children ages 4-8 will walk along *The Creatures of the Night Trail*, and older kids will hike *The Trail to an Eerie Tale*. Refreshments will be served. Please bring a flashlight. On Friday evening there will be a special appearance by children's entertainer Johnny Cuomo.

CHILDREN'S PROGRAMS

Honey "Bee" Mine

Sunday, Sept. 24, 1-2:15 p.m.

Ages: 4-6 years

Fee: \$5/child, members

\$7/child, non-members

Learn the inner workings of a bee hive. View an observation hive, embark on a treasure hunt where the treasure is honey, and of course get a taste of honey. Please call to reserve.

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DESIGN IDEAS: 12 Fall Tips from Natalie

by Natalie Weinstein,
Allied ASID

September is back to school, back to work, back to routines, changing of the seasons and the perfect time to plan your decorating project. Save these tips for getting you started at any time, but know that fall is the most productive time to begin both long and short term projects.

- If you are considering renovations such as kitchen, bath or any construction, and you have not begun, don't expect to be finished for this holiday season. Get started, but aim for spring completion so you can prepare appropriately.
- Whether you're planning to "do it yourself" or hire professionals, make a realistic schedule for your project, and then add for contingencies. Make sure all contracted sources put in writing the expected time frame for completion or delivery.
- Start with a floor plan. Lay out the space and get professional help for this phase, if you need it. It could make all the difference in the end result and save you money in costly mistakes.
- Establish realistic budget parameters and if it's a big project, explore avenues for financing. Remember how much new kitchens and baths appreciate the value of your home as well as improve your lifestyle.
- Interview contractors and sources and shop for items needed, but be flexible (remember the cheapest price may not be the best). Experienced professionals can offer alternatives you might not have considered. (The Club Source Directory can be your best friend!)

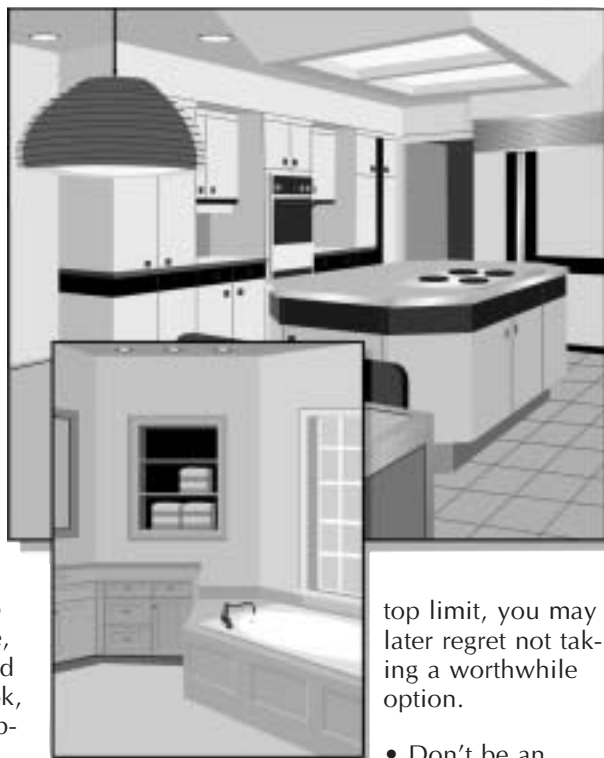
- If you clean up the clutter, throw out stuff and organize your space before you begin, you will have less to do when the project is completed. (If there's a dumpster on site, use it!)

- When decorating public spaces, (living room, dining room, den & foyer) start with area rugs to help you define space, pattern, color and create a new look, even if your keeping "oldies but goodies."

- When decorating bedrooms, start with the bedding (often sold with coordinating draperies) to establish wall and carpet color. Try to stay monochromatic (1 color family) on walls and floors should you decide to change from winter velvet to summer patchwork. New furniture may or may not be in the plan, but make sure your new purchase can stand the test of time.

- When decorating rooms for kids, remember they grow and their room should grow with them. Make major purchases carefully and with an eye to tomorrow. With new homes, I like to decorate kids rooms first to settle, focus and give them a good self-image and sense of confidence.

- Leave money for extras, upgrades and accessories. If you budget too close to your



top limit, you may later regret not taking a worthwhile option.

- Don't be an impulse shopper. Choose carefully since what's "in" today may be "out" tomorrow. If you want to be a little funky, do it with accessories that can be easily or inexpensively changed if you grow tired of them.

- Enjoy the process of decorating. It really can be fun, enriching and satisfying. You'll be less stressed with a plan and you have the years ahead to reap the rewards of your efforts.

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. You can also join through visiting www.longislandpress.com/natalie.



Interior designer, Allied ASID, feature writer: "LI Focus" for *Home Magazine*, "Designs by Natalie" for *Long Island Press*, "Design Tips by Natalie" on *WALK 97.5FM, 1570AM*

Natalie Weinstein

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COLLECTOR'S CORNER: Autumn Leaves



by Carol Gibbons

I was upstate New York this past weekend visiting my parents and the air is cooler and the leaves are turning color. Already. I'm not ready for it, I never am. But then something happens and I get caught up in the magic of the color. Looking out over a manicured lawn and seeing reds, yellows, and orange splashes like confetti, I feel called out into the party atmosphere to take a closer look.

It's always exciting to me to bend down and make my first leaf selection for the season. In search of the perfect leaf, not broken, with blending colors like a single candle flame. Or maybe a pure yellow one, or one with freckles. Or the last green one. Each one seems special. I love the texture, soft and supple, because it was

released from its branches moments ago. But when I bring it indoors how quickly it loses its luster, with raised veins like the hands of an old woman, and sometimes curling up and turning brown overnight. Oh, the bitter sweet romance of autumn, the winding down of another year. Is leaf collecting my way of trying to hold onto something or am I just an avid collector. Bound and determined to collect just about anything.

I can remember collecting leaves as a child and my mother pressing the leaves between wax paper with her Iron. The wax paper would be fused together trapping the leaf, then we would cut close to the leaf following the shape, careful to leave a 1/2" wax paper border. Then we would string them up and hang them in

the big picture window of the house. "Bringing fall indoors" my mom would say. Maybe she was caught up in the magic as well. Most people say that they hate change, and I think autumn is about change. I think it is nature's way of celebrating it and letting us know it's not only OK, it's great — embrace it. Similar to a forth of July fireworks show completing the holiday, autumn is a last "Hurrah" of our yearly efforts and accomplishments. So let's trade in our slice of fruit pie for a mug of cider and hunker down, and enjoy the show.

Editor's Note:

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

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Recovering From a Hurricane

by Jim Winter

The hurricane has moved on and now you're faced with damages from the storm and wondering where to start. Personal safety is paramount. Homeowners with damaged property should make sure it is safe to re-enter their property before attempting to assess damage.

As soon as possible, contact your agent or insurance company to report a claim. This information will be passed on to claims adjusters. If you cannot remain at the premises, make sure your insurance representative knows how and where to reach you.

Tips for auto damage:

- Take steps to prevent further damage.
- If your engine was under water, do not start the vehicle. If your vehicle was flooded, take steps to extract the water and start the drying process.
- Have your vehicle title and registration available when meeting with your agent or claim representative.
- If necessary, have the vehicle towed or make temporary repairs, saving all receipts. Provide the name, phone number and location of the towing facility and give the towing facility permission for your insurance representative to move the vehicle to a central facility.

Tips for homeowners:

- Begin to make temporary repairs to prevent further damage to your home or property. Keep a record of time spent and all receipts for work done on your property.
- Take pictures of the damaged property. Keep notes and use inventory lists to help adjusters assess the damages.
- Remove tree debris from the structure and place it on the ground.

- If your power is out, unplug any small electrical items to prevent electrical spike damage.
- Secure replacement costs/estimates from local retailers of like kind, quality and features. Obtain statements from vendors on items that cannot be repaired.

- Do not dispose of any damaged contents until authorized by your agent or claim representative.

continued on page 99

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REALTY WISE:

September Through Thanksgiving is the 2nd Peak Selling Season in Real Estate

by Rita Clous

So your house has been on the market for 1, 2, 3 months. If you haven't received any offers on your home you're probably facing the question of whether to take it off the market. A house that goes too long without selling begins to appear "stale" and can actually damage your future chances of a sale.

How long is too long? In a slower market, a sales period of six months or more isn't unusual. Recent sales data in our community show the average days on market it increasing dramatically from last year at this time.

In summer, the market slows to a crawl, followed by a second "peak season" from September to Thanksgiving, so take heart and take action to put your house in top form. Here are some tips to do so.

- Videotape your house, inside and out, and watch the tape as if you were a prospective buyer. Is your home unclut-

tered and spotlessly scrubbed? Sparkling-clean houses sell faster than those that look "too lived-in" or show too much of the owner's personality. (Translation: De-clutter!) Look at the lawn and gardens too. Are they manicured and welcoming?

- Neutralize your color scheme. Most buyers prefer pale, neutral colors that make it easier to imagine a new home as their own. Houses with white exteriors are the highest sellers; for interiors, try off-whites or pale tones.
- Take another look at your price. Review a current CMA with your realtor and visit open houses in your neighborhood. Are similar homes priced lower? Selling prices may have dropped since your market analysis. If you do lower your asking price, consider a figure slightly below those of other comparable homes if you want to be the one Sold.
- Be away from your home dur-

ing showings and open houses. The presence of sellers makes it difficult for prospective buyers to take their time or talk openly with their partner and agent. It's OK to leave some treats out to make potential buyers more comfortable and cause them to linger in the home: beverages, nuts, cookies – something that is not too messy.

- Get feedback from agents who have shown your home. They and their buyers' input can guide you in making home repairs, toning down your décor, making landscaping improvements and the like.
- You can offer perks to buyers to attract interest in your home vs. another one. There are a variety of financing perks that can be less costly for you than lowering your price. Speak to your realtor or a mortgage lender to learn about options you may consider.

continued on page 99

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NATURALLY SPEAKING: Autumn Activities

by June A. Liardi

October, the month of beautiful colors. Decorate your front door with a basket filled with dried flowers and leaves. Or you can embellish a grapevine, straw wreath or swag with colored leaves, seed pods, nuts and dried flowers. Finish it off with brown or orange ribbon or natural-colored raffia.

Have the children collect acorns and different nuts to fill baskets or pots by your entrance. Go to the farm stand and let everyone pick out different varieties of squash and gourds to display. As the month goes on, just use the squash for your dinners. This is a great season to use collected materials to decorate, it is fun, and inexpensive. All these decorations will take

you through to the end of November.

Here is an easy way to add some autumn scent to your home. Fill a pot with water and add some orange peels, cinnamon sticks and some cloves. You can also add different extracts or essential oils. Some good choices would be vanilla, cinnamon, orange or lemon. Simmer gently to release the scents. Check the water level frequently, you don't want the water to evaporate.

If you have tomatoes left on your plants, and want to save them, pick the ones that are blemish free. Put them on a tray and separate each one with crumpled newspaper. Keep them out of direct sunlight and they will ripen very nicely. It is not
continued on facing page



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too late to plant those spring-flowering bulbs. Every spring don't you admire the beautiful blooms and wish you had planted some too? The squirrels and deer do not like daffodils, so they are always a good choice. There are so many different varieties now too.

Bulbs look best when planted in a group rather than in a straight line. For a real natural look you can stand back and toss the bulbs, just plant them where they fell. Check package directions for depth and plant pointy end up.

As your garden beds are cleaned up, give them a nice dressing of compost. After a hard frost, you can also add a few inches of mulch around all the plants.

An easy way to create a new garden bed is to let Mother Nature do it for you. Choose a spot (even a patch of lawn) and lay a few inches of newspaper sheets to cover. If it is breezy out, dampen the sheets to keep them in place. Then cover the paper with 2"-6" of compost and/or soil. By spring, the paper will have killed any vegetation and broken down into the soil. Just dig over, add some organic matter and you are ready to plant.

As all those leaves fall down, you may want to leave them under and around your shrubs and plants. They are nature's mulch and provide shelter for your outside friends. Consider too, keeping the leaf blower in

the garage this year. Get the whole family a rake and head outside for they day. Have some quality time and exercise together. Take a break and have a picnic lunch outside, make a day of it. It is the simple times together that make great memories.

*"Every leaf speaks bliss to me,
Fluttering from the autumn tree."*

— EMILY BRONTE

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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OCTOBER IS STAMP COLLECTING MONTH

Top 5 Questions About Stamps – and Answers that Stick!

Stamp collecting is called the world's most popular hobby, enjoyed by millions of people in the United States and around the world. And yet, most of us know very little about stamps, except that you stick them on an envelope to mail a letter.

Here are the Top 5 questions about stamps, and answers that stick!

Q. *Where did stamps come from?*

A. Postage stamps were invented in the 19th century in Great Britain. English schoolmaster and government employee Rowland Hill suggested the postage stamp as a means of taxing newspapers and collecting prepaid mail fees based on weight. In 1840, Great Britain issued what has come to be known as the "Penny Black," the world's first adhesive postage stamp. It (and all subsequent regular issue British stamps) carried the likeness of the reigning monarch, in this case Queen Victoria portrayed against a black background.

Q. *What is the world's most valuable stamp? How much is it worth?*

A. November 2005 saw a blockbuster stamp trade that established a new world record for the value of a single stamp – nearly \$3 million. Wall Street investment manager Bill Gross traded a plate block of four "Inverted Jenny" 24-cent air-mail stamps to Donald Sundman, president of Mystic Stamp Co., for a 1-cent "Z Grill" stamp. Gross had just purchased the block of four at auction the month before for a total price – bid and fees – of \$2.9 million. The "Z Grill" gives Gross the only known collection of every U.S. stamp from the 19th century. The "Z Grill," issued in 1868 with a profile of Benjamin Franklin, is

one of only two such stamps known to exist. Its name comes from the unusual waffle-like grill on the back of the stamp, employed at the time to better absorb postmarks and prevent people from reusing the stamp. The block of four stamps was part of a single sheet of 100 that survived from 1918 on which the border around the Curtiss JN-model biplane, known as "the Jenny," was accidentally printed upside down. Prior to this historic trade, the previous record holder was the 1857 Swedish "Tre Skilling Banco," also known as the Treskilling Yellow, at the time touted not only to be the most valuable single stamp in the world, but the most valuable thing on the planet based on its weight. According to the book, *The Treskilling Yellow*, the stamp was discovered in 1885 by teenager Georg Wilhelm Backman, the only known example still in existence of the stamp printed in yellow instead of green. The David Feldman Zurich auction house sold the stamp in November 1996 to a dealer for 2.87 million Swiss Francs, approximately \$2.3 million in U.S. dollars at that time. The book goes on to state that the Swedish National Testing and Research Institute in Borås, Sweden, has since calculated the weight of the stamp to be 0.02675 grams (0.0009 ounces). That made the stamp worth nearly \$86 billion per kilogram, or \$189.6 billion per pound – the most expensive thing in the world.

Q. *When did the U.S. start making stamps?*

A. In 1847, George Washington and Benjamin Franklin appeared on the first U.S. postage stamps. Washington

was featured as the first president and Franklin as the first Postmaster General, named so by the Continental Congress in 1775.

Q. *How can I tell what a stamp is worth?*

A. Ask yourself two questions: "How rare is it?" and "What condition is it in?" The price listed in a stamp catalog gives you some idea of how rare it is. However, the stamp may sell at more or less than the catalog price, depending on its condition.

Q. *Who decides what subjects appear on stamps?*

A. The Citizens' Stamp Advisory Committee (CSAC), founded in 1957, makes recommendations on stamp subjects. The Postmaster General makes the final decision. The CSAC's 15 members are appointed by the Postmaster General, chosen for their interest in philately and their backgrounds, which reflect a wide range of educational, artistic, historical and professional expertise. The Committee reviews tens of thousands of stamp subject proposals each year. Only a few dozen stamps are issued annually. To suggest an idea for a new stamp, write to the Citizens' Stamp Advisory Committee, c/o Stamp Development, U.S. Postal Service, 1735 North Lynn Street, Suite 5013, Arlington, VA 22209-6432. Submit subjects at least three years in advance of the proposed date of issue to allow sufficient time for consideration and for design and production, if the subject is approved.

To purchase stamps or get more information about collecting, visit the St. James Post Office or stamp store, or go to shop.USPS.com and look for "Collector's Corner."

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New Stamp Issues

The Postal Service has issued 39-cent *Quilts of Gee's Bend* commemorative stamps in 10 designs. These stamps, on sale now at the St. James Post Office, are the sixth in the *American Treasures* series that showcases beautiful works of American fine art and crafts.



HOLIDAY STAMPS COMING



In celebration of the winter holiday season the Postal Service will issue the 39-cent *Holiday Snowflakes* special stamps in four designs. The stamps will be on sale at the St. James Post Office on October 6, 2006.



The Postal Service will issue a 39-cent *Eid* special stamp that will go on sale at the St. James Post Office on October 7, 2006. This stamp design was previously issued with a 34-cent denomination in 2001 and a 37-cent denomination in 2002.

The 39-cent *Kwanzaa* special stamp in one design will go on sale at the St. James Post Office

on October 7, 2006.

The stamp design was previously issued with a 37-cent denomination in 2004.



On October 7, 2006 the Postal Service offers for sale the 39-cent *Hanukkah* special stamp in one design. This stamp was also previously issued with a 37-cent denomination in 2004.



The Postal Service will issue a 39-cent *Christmas: Chacon Madonna and Child with Bird* special stamp in one design. The stamp will be available at the St. James Post Office on October 18, 2006. The stamp features an oil-on-canvas painting with gold details titled *Madonna and Child with Bird*. Dating to around 1765, the painting is attributed to Ignacio Chacon – an artist active from about 1745 to 1775 in Cuzco, Peru. The painting is now on view at the Denver Art Museum.

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Rediscover the Quiet Delight of Letters

*submitted by the
St. James Post Office*

In the 60s, a lot of people "turned on and tuned out." Today, we're so tuned in, we are "WiFi-ed." Armed with cell phones, Blackberries, iPods, satellite radio, and instant messaging, many of us have never been more "connected" ... or so overwhelmed.

In the steadily growing chaos we call life – with its never-ending meteor shower of information, commentary, and noise – more and more people are rediscovering the quiet delight of sending and receiving cards and letters.

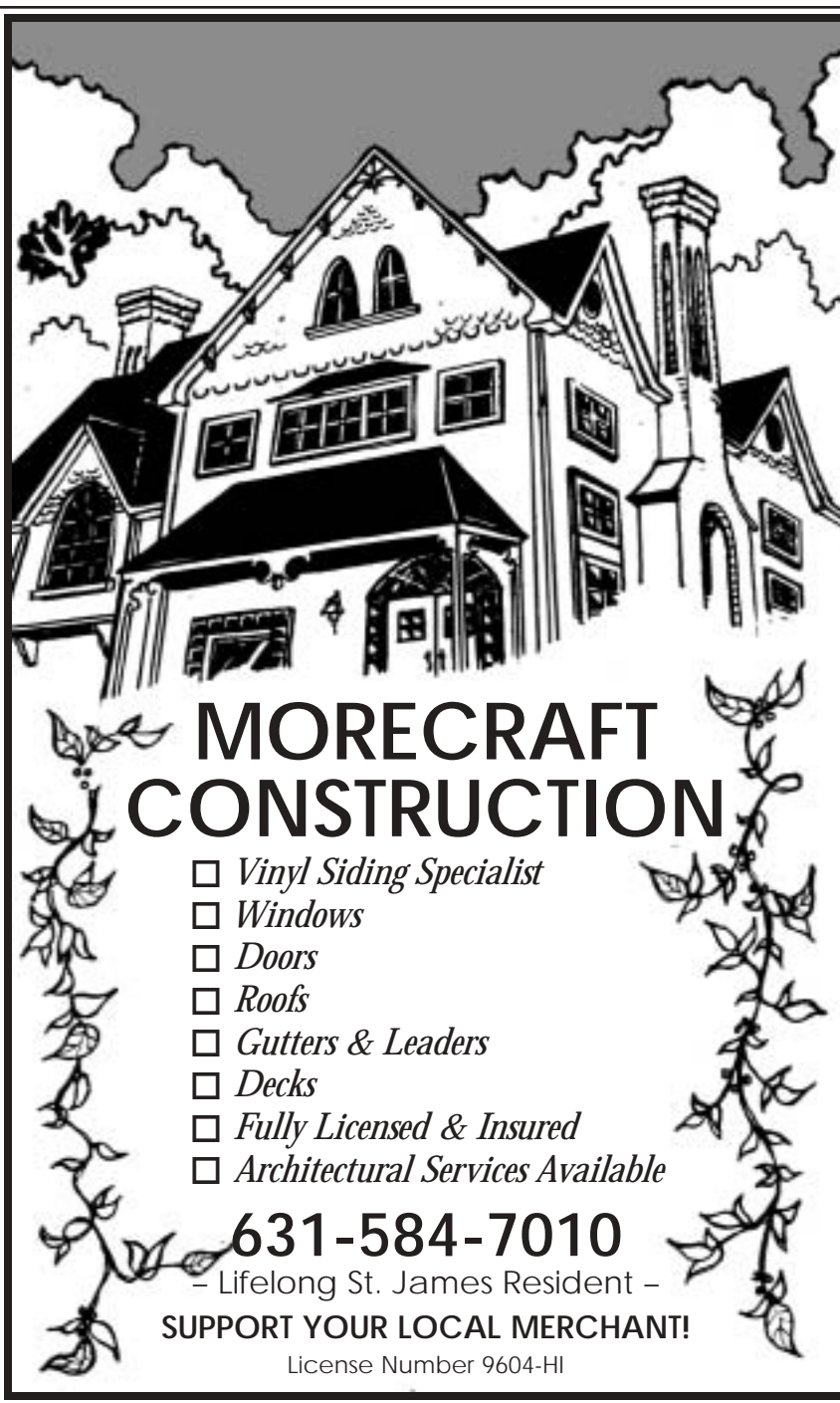
Letters help make moments special. Joys are recorded and savored. Problems fade, or at least gain perspective, when they are written down and shared among family and friends by mail. When you sit down to write a friend, you are never alone.

Taking the time to write a letter says so much to the recipient. Pausing to think about your friend or loved one, to revisit your memories and experiences, and to put those thoughts and emotions on paper bring these feelings to life for you as well as the recipient. And when flowers have wilted, chocolates have turned to unwanted pounds, IMs and e-mails have evaporated, and phone conversations have been forgotten, letters of love and mes-

sages of comfort and consolation remain, to be read and appreciated over and over again.

Unplug. Turn off. Slow down for a moment or two. Take off the headphones or cell phone ear-piece. Recognize that sound? It's

called "silence." Kinda nice, huh? Now, savor the moment. Share it, and your feelings, with a friend or loved one. Write them a letter. Send them a card. Show them you care in a personal, lasting way.



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MORTGAGE MATTERS: Who's Keeping Score?

by Ann Mondrone

Everywhere you turn, you hear and read about FICO credit scores. What do they mean? Are they really that important? The answer is yes. Your FICO score can determine many things including whether you'll be approved for credit for mortgages, loans and credit cards and what rate you will be offered on them, the cost of your insurance, and in some cases, whether you get that job offer you've been hoping for. It has been said that "knowledge is power" and with regard to your FICO score that has never been more true.

FICO scores range between 300 and 850. A score below 620 can often result in paying a higher rate for borrowing, especially for a mortgage. A score over 700 usually will result in getting the most favorable rate. The best way to ensure a good FICO score is to manage your credit responsibly over time. To maximize your score, it's important to understand what goes into the calculation and how much each factor is weighted.

Payment History: 35%

Takes into account (1) the history of accounts such as mortgages, major credit cards, department store credit cards, car loans and leases, and other installment loans, including details of any missed or late payments, such as

the amount, how long ago it occurred, and how late it was, and (2) information from public records, such as bankruptcies, liens, lawsuits, foreclosures, judgments, and wage garnishments.

Amounts Owned: 30%

Looks at (1) the total of all the amounts you owe for all accounts, (2) the number of accounts that have balances, (3) how much of total credit available on credit cards you are using (the closer you are to maxing out your available credit, the more negative the impact on your score), and (4) how much of the original balance borrowed you still owe on installment loans.

Length of Credit History: 15%

As long as you don't have negative information in your file, the longer your credit history, the higher your score.

Type of Credit in Use: 10%

Considers the number of credit accounts and the mix of credit types: credit cards, installment loans, mortgage, etc.

New Credit: 10%

Considers (1) how many new credit accounts you've opened recently, (2) how long it's been since you opened a new account, (3) how many requests you've made for credit recently, (4) how long it has been since lenders have requested credit information on you, and (5) how good your recent credit history has been.

The obvious way to maintain a good FICO score is to pay your bills on time, but there are other steps you can take maintain or improve your score: (1) Don't open a lot of new accounts over a short time period, (2) shop for credit over a short period of time. FICO scores distinguish between searching for credit for a specific loan and searching for lots of different loans, (3) If you have a questionable credit history, open a few new credit accounts, use them responsibly, and pay them off on time, (4) keep your balance low in relation to your available credit. If your credit limit is \$10,000, keeping your balance below \$2,500 (25%) will improve your score, (5) pay off credit card debt rather than move it around to lower rate cards. Moving balances to other credit cards and closing out the old account can hurt your score because it can change the ratio of your total balances to your available lines.

Armed with the knowledge of how your FICO score is being calculated, you can take steps to manage your credit responsibly, and enjoy all the benefits of having a favorable score.

Editor's Note:

Ann Mondrone is a senior loan officer with Preferred Empire Mortgage Company. You can reach her at 547-5151, ext. 308.



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MONEY MATTERS: Five Things Every Investor Should Know

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

Is there any a magic formula for achieving investment success? Not really - though you wouldn't know it by reading all the advertisements touting "surefire winners." The truth is that there are few valid guarantees in the investment world.

However, once you learn to ignore all the exaggerated claims you might encounter, you can actually do quite a lot to become a more successful investor. Here are five things all good investors should know:

- *Patience is a big asset.*

Stock prices will always go up and down. The best investors overlook these short-term price swings and don't head to the investment "sidelines" when times are tough. Of course, this is easier said than done - especially when the political and economic news of the day is bad and the financial markets seem rattled. Yet, history is full of wars, crises and scandals and not one of them has permanently harmed the outlook for investments. In fact, after the initial shock of the event has worn off, financial markets have often recovered lost ground in a matter of months - and then gone on to new heights. Of course, past performance is not a guarantee of any future results.

- *All investments carry risk.*

Everyone knows that stocks can lose value. But too many people don't realize that all investments carry some type of risk. For example, bonds and Certificates of Deposit (CDs) may offer substantial protection of principal, so they might be considered "safe." And yet, these same vehicles may provide returns that fail to keep up with inflation, which means they carry purchasing power risk. It's not the same risk as that incurred by stocks, but it's a risk nonetheless - and it's something to be aware of if you are counting on your investments to provide you with some of your cash flow.

- *Expenses can reduce returns.*

Obviously, you would like your investments to provide you with good returns. But don't focus on returns to the exclusion of all other factors - such as investment expenses. The costs of investing can significantly erode your investment returns. So, for instance, if you are constantly buying and selling stocks in hopes of turning quick profits, you will likely run up against taxes and other costs that can turn potentially big gains into something else. You are likely to do much better by purchasing quality investments and holding them for the long term, or until your needs change.

- *Knowledge is power.*

Some people aren't really sure what they are investing in - and that can lead to a variety of problems. For example, they might invest in almost exactly the same vehicles inside and outside their 401(k) plan, which could lead to an over-concentration of assets in a particular area - leaving them vulnerable to a downturn affecting that one asset class. The more you know about your investments, the less likely you are to face unpleasant surprises down the road.

- *Professional expertise is valuable.*

Work with an investment professional who knows your needs and who will work with you one-on-one to create a personalized strategy.

So, there you have it - five things every investor should know. Put this knowledge to work in helping you achieve your goals.

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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Time can affect you as much as your investments. While you can't stop change, you can make sure your investments match your current circumstances and goals.

Fortunately, doing that may be as easy as meeting with your investment representative. A free Portfolio Review from Edward Jones can help identify where your investments stand in relation to your goals and how to get them moving in the same direction. And put time back on your side.

**To see if rebalancing makes sense,
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Scott Posner, CFP, AAMS

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PLANNING FOR THE FUTURE: The Importance of Life Insurance Protection After Retirement

by Lawrence Glazer, CLU

There is a prevalent notion among retirees that they no longer need the same life insurance coverage they had while they were working. Many surrender or reduce their insurance policies when they retire, leaving just enough to cover funeral expenses. The logic may be that the mortgage is paid off, the kids are grown, and college tuition bills have been taken care of. But in reality, many of the same financial responsibilities — such as food, transportation, and medical care — continue in retirement and these needs must now be met on a reduced income. Many people also plan to enjoy traveling and hobbies during retirement, which may actually increase normal expenses. And it still remains important to provide financial security for loved ones in the future.

How Much Is Your Money Worth?

With inflation, the value of money depreciates. While simply preserving retirement money provides some measure of safety, it may make greater financial sense to build on assets, so that the value of money actually increases in proportion to the changing worth of the dollar. A well-



thought-out financial plan usually allows a retiree to stay ahead of inflation and protect hard-earned assets, built up over years of careful management and consideration. And permanent life insurance can be an important part of such a plan.

Continuing Need

It is important to remember why you may have bought permanent life insurance in the first place. Perhaps you sought financial security. Maybe you wanted to ensure that if something were to happen to you, the people that depended on you would be provided for adequately. The truth is, the original reasons for buying life insurance protection are likely just as relevant as they were years ago. Personal needs may change after retirement, but they do not disappear. Furthermore, as modern medicine has increased our life expectancy, it is necessary to have finances that will last during

this longer life. The reality of living in retirement for as long as 30 years may create the vital need to keep policies in force that maintain adequate insurance protection, while freeing up dollars for the well-deserved things you require or want.

That's why retaining your insurance protection in retirement can be important. The cash value of a permanent life insurance policy will accumulate on a tax-deferred basis and you may access this cash value in the case of an unforeseen emergency or opportunity.* And, as you live longer, the cash value of your permanent policy continues to accumulate. Having worked so hard to reach retirement, don't you and your family deserve to have the financial protection you need?

This information is not to be construed as tax, legal or financial advice. Consult your own professional advisors for such advice.

* Policy loans will accrue interest and reduce the death benefit.

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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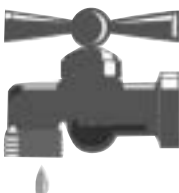
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Success Begins With the Homework Environment

Sensible Tips for Helping Children With Their Homework

by Sara Wainwright

Parents want their children to get good grades in school. Unfortunately, not every parent knows how best to help their children meet academic challenges, including completion of homework assignments. So, how do parents maximize their child's chances for success in school? Start by creating a home environment that is conducive to homework and learning.

Sometimes, parents think helping their child complete their homework, or even doing their child's homework for him, will

help him achieve better grades in school. Often, it's just the opposite, creating a situation where children have not learned the concepts they are later tested on in the classroom.

A simple way to help your child with homework is by creating an atmosphere that works with your child to efficiently tackle school tasks. Really get to know your child's homework style and develop a plan for school success.

Try the following tips to develop a homework plan for back-to-school success:

1. Set Goals. Help your child set attainable goals for each class and help her identify what will need to be done to reach each goal. For example, to get an A in American History she will need to turn in all her homework, participate in class, etc.

2. Know Your Child. There are visual (seeing), auditory (hearing), and haptic (doing) learners. If you help your child work within his style, he will work more effectively.

continued on facing page

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continued

3. Create a Homework Zone.

Set up an area in your home for studying, complete with a dictionary, paper and pens. Make sure the area is free from potential distractions and that study tools are at your child's fingertips to keep him focused on homework.

4. Develop Class Files. Develop a color-coded file for each of your child's classes. Make separate tabs for homework assignments, exams and projects, so your child can refer back to class materials when studying for comprehensive tests.

5. Set Weekly Milestones. For big projects or exams, get a large calendar for your child's desk area and help him set short time-lines to ensure projects and studying aren't left until the night before. Celebrate with your child when each milestone is met.

By working with your child to develop a plan to efficiently complete homework tasks, you will find higher grades, fewer homework headaches and a more confident child as a result.

Editor's Note:

Sara Wainwright is the Director of Education for the Sylvan Learning Center located at 556 North Country Road in St. James. Sylvan Learning Center provides tutoring for students of all ages with personalized instruction by certified teachers in reading, writing, math, study skills and test-prep for college entrance and state exams. Sylvan offers a new homework service, Homework Help – providing individual attention in small group settings. For additional information, call the St. James Center at 584-4066.

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Smithtown Nursery School Open House for New Mothers

The New Mother's Forum at Smithtown Nursery School, located at 490 North Country Road in St. James, is having an Open House on Friday, October 6 from 10-11:30 a.m.

You are invited to join them for a chance to connect with other new mothers and their infants, ages birth-12 months. There will be discussions on infant development and parenting issues, along with early socialization and age appropriate sensorimotor activities.

Established in 1961, the Smithtown Nursery School is a non-profit, non-sectarian community cooperative. For more information, call 584-6767 or 821-1608.

New Vice Chair Appointed to HCDS Board of Trustees



Michele Berti has been appointed Vice Chair, Board of Trustees, at Harbor Country Day School in St. James. Since joining the Board in 2004, Michele has served on both the Annual Giving and Marketing Committees, and, for the past year, the Executive Committee. Her work on behalf of Harbor has been invaluable. Mrs. Berti is the president of HR Consulting, an outsourcing firm specializing in human resources management for small to large sized companies. She holds a Master's degree from Michigan State University and resides in Smithtown with her husband and daughter, a fourth grader at Harbor.

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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.

Don't Let a Heavy Backpack Ruin Your Day

Summer Vacation is over, and the kids are going back to school. Each day many students are racing out to the school bus or scurrying to their classes with an overstuffed backpack slung over one shoulder. While carrying a backpack to school each morning might seem harmless enough, it can cause some painful back and neck problems for students who don't pack or carry their backpacks correctly. The following tips can help prevent the needless pain associated with overstuffed backpacks.

- Make sure you're your child's backpack weighs no more than 5%-10% of their body weight. Beyond that, the backpack will cause your child to begin bending forward in an attempt to support the weight on their back rather than on their shoulders, by the straps.
- A backpack with individualized compartments will help you position and distribute the weight more evenly.
- When packing a backpack, make sure that the heaviest items are packed closest to the back, and that pointy or bulky items are packed away. An uneven surface rubbing against your child's back is uncomfortable and can be difficult to manage as the weight gets shifted.
- Tell your child to use both shoulder straps, not just one. A backpack slung over one shoulder disproportionately shifts all of the weight to one side, and can cause not only neck and muscle spasms, but also low back pain.
- Padded shoulder straps are very important and should be at least two inches in width to help prevent them from digging into their shoulders.
- The shoulder straps should also be adjustable, so the backpack can be fitted to your child's body. The backpack should not go below their waistline.
- Limit the weight of your child's backpack by helping them become more organized. They should only



carry what is needed. Instead of carrying the entire book, copying the pages that are required for the assignment, can help keep the weight of their backpacks down.

Much of back pain suffering is brought on by bad habits initiated during our younger years. Talk to your child about the proper use of backpacks and help them understand why this and other ergonomic issues are important. A child who is educated early in life on ergonomic issues can apply this knowledge later in life and will be happier and healthier as a result.

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SCHOOL NEWS



HCDS Annual Picnic & BBQ

Harbor Country Day School in St. James, held their annual Welcome to Harbor Picnic and BBQ for the children, parents and staff recently. Fun was the order of the day for the children; and parents and staff got a chance to interact with each other. A win-win day for all.



Smoothies: For Every Season, Every Reason

Boost your nutritional profile, ease stress and relax with these suggested recipes.

There's a smoothie for every season and every reason. A take-off on the classic milkshake, these trendy drinks generally feature a combination of milk and fresh or frozen fruits blended together – although other products, such as ice, yogurt, flavorings, or sweeteners may be used.

Many health professionals use smoothies as an easy way to boost intake of particular nutrients, by offering sip-able servings of the foods many Americans don't get enough of – namely fruits and calcium-rich dairy products.

WAKE UP AND SMELL THE SMOOTHIE

Yield: 3 1/2 cups • Serves 2

Kick-start your day with this fast-to-fix smoothie that's your cool cup of coffee – and mocha, mocha more.

Ingredients

- 4-5 ice cubes
- 1 1/2 cups (or two 6-oz. containers) low-fat coffee yogurt
- 1 cup lowfat chocolate milk
- 1 teaspoon instant espresso granules
- 1 teaspoon unsweetened cocoa powder

In a blender, crush ice cubes. Add yogurt, milk, instant espresso and cocoa powder. Cover and puree until smooth. Pour into two tall glasses or to-go cups.

AFTERNOON DELIGHT CUP OF COMFORT

Yield: about 4 cups • Serves 3

Do you ever need something to take you away from all the stress, yet need to stay alert at the same time? Then, just kick off your shoes, sit back and relax with this warm and soothing sipper – with chamomile and

chocolate together. Chamomile is known for its calming properties. And of course, there's chocolate for comfort appeal.

Ingredients

- 1 cup prepared chamomile or chamomile-lavender tea
- 1 1/2 cups (or two 6-oz. containers) fat-free chocolate yogurt
- 1 cup lowfat chocolate milk
- 1 teaspoon unsweetened cocoa powder
- 2 packets sugar substitute

In a blender combine tea, yogurt, milk, cocoa powder, and sugar substitute. Cover and puree until frothy. Pour into three large microwave-safe mugs.* Heat each mug of smoothie in the microwave on high power for 40 seconds, or until froth begins rising. Keep an eye out for the froth!

*NOTE: Keep unheated smoothie in a covered pitcher refrigerated up to two days. Then heat when you need.

SKIN-E BEAUTY SMOOTHIE

Yield: 3 cups • Serves 2

Skin and hair need nutrition, too – such as healthy fats and vitamins C and E. After all, it's your skin and hair that are affected first by environmental damage. For a healthier outside (and inside), whip up this gorgeous smoothie with all the right stuff.

Ingredients

- 1 cup frozen raspberries
- 1 1/2 cups (or two 6-oz. containers) fat-free blueberry yogurt
- 1/2 cup fat-free milk
- 1 tablespoon unsalted, natural almond butter
- 1 tablespoon orange blossom or wildflower honey

In a blender, add frozen raspberries, yogurt, milk, almond butter, and honey. Cover and puree until smooth. Pour into two tall glasses.

BONE APPETITE SMOOTHIE BOWL

Yield: 3 cups • Serves 2

The nutritional basics of bone building include calcium and vitamin D. Magnesium and other minerals play a supportive role, too. This smoothie pudding is choc full of these bone-friendly nutrients to help keep your bones happy and healthy.

Ingredients

- 1 medium banana, peeled, broken into pieces
- 2 cups fat-free vitamin D-fortified milk
- 1 package fat-free, sugar-free instant vanilla pudding mix

In a blender combine banana, milk, and pudding mix. Cover and puree until smooth. Immediately pour into two bowls.

SPORTY SMOOTHIE

Yield: 3 1/2 cups • Serves 2

Headed to the gym? Out for a jog? Whip up this creamsicle-like smoothie full of important "workout" nutrients – protein, carbohydrates, potassium and more.

Ingredients

- 1 medium banana, peeled, sliced, fresh or frozen
- 1 6-oz. container lowfat vanilla yogurt
- 4 fluid ounce-container pasteurized liquid egg substitute*
- 1 cup fresh-squeezed orange juice
- 1/2 cup fat-free milk

In a blender, combine banana, yogurt, egg substitute, juice, and milk. Cover and puree until smooth. Pour into two tall glasses.

*NOTE: If you prefer, replace the egg substitute with 1/2 cup soft silken tofu.

S P O R T S

Mike Crotty 'Run The Beach' 5K Race/Walk

The 3rd annual Mike Crotty "Run the Beach" 5K Race/Walk to raise money for the American Brain Tumor Society (ABTA) will be held on Saturday, September 23, 2006 at 9:30 a.m. at Jones Beach State Park.

Mike Crotty, a lifelong Long Island resident and a 25-year St. James resident, lost his battle to an aggressive brain tumor in March 2000. Mike was father of four, a high school teacher, guidance counselor, family therapist, coach and athlete who committed his life to helping others. Mike loved the beach and it was no coincidence that Jones Beach was chosen as the site of the race. Since 2000, the Crotty family and friends have been sponsoring fundraisers for the American Brain Tumor Association (ABTA) in an effort to find a cure and to



honor Mike's memory. All proceeds from the race will go to the ABTA. We hope you will be part of the search for a cure by participating in the race or becoming a sponsor.

This year's race will have prizes for the top male and female finishers in different age categories. The race will be timed by an automatic computer chip system. Round-trip tickets to London for two, courtesy of Virgin

Atlantic Airlines will be raffled off.

The application for the race can be downloaded from their website at www.runthebeachrace.com. You can also register for the race at www.active.com or email requests for applications to runthebeach5k@optonline.net and one will be mailed to you.

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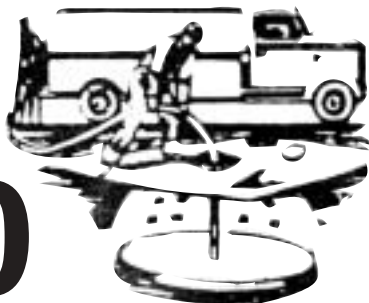
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Low Back Pain or *Pain in the Foot?*

by Karen Correia, PT, PhD

"The hip bone is connected to the thigh bone. The thigh bone is connected to the knee bone..." Aha! The foot bone is connected to the back bone!

Is it possible that an injury to my foot or ankle can be causing my low back pain? YES! Here's how. A toe fracture, ankle sprain or just dropping a can of peas on your foot causes pain and you walk differently for a while. Most of the time the body does not go back to its pre-injury, efficient method of walking. With time, compensating movements over-stress muscles and joints in the knees, hips and back causing pain.

When there has not been a foot or ankle injury, the entire foot has contact with the ground and walking is smooth and relaxed. With an injury when part of the foot is not being used, it is like walking on a narrow balance beam. How do you balance on a narrow beam? You may try to use your arms like a tightrope walker – but that's hard to do while carrying groceries or a briefcase or a child. The next best option is to walk very stiffly and try not to deviate your center of gravity too much. In other words, tighten up your hip and back muscles. Over time, hip and back muscles fatigue and become painful.

Is the above scenario only the-



ory? Not in our experience. Nearly every person who comes into our clinic with low back pain has had previous foot and ankle injuries. Most of the time the injury was minor such as dropping something on the foot or spraining an ankle and it occurred 10 or more years ago. People usually don't recall any significant injury until the area is palpated and a pain memory is triggered.

Let's compare how you take care of your body to how you take care of your car. A battery that becomes discharged every month is an annoyance. You could either recharge it every month or find out why the electrical system is draining it and fix the problem. In the case of your back, you could get a massage or do some exercises as a temporary

fix or treat what is causing your low back pain. Chronic low back pain is not normal. The correct remedy for treating low back pain is to find the problem and treat the cause, not the symptoms.

How do I go about getting the right care for my back (or foot, or ankle)? Find someone who understands the body as a movement system and how it compensates for injury. Rather than a foot or ankle injury, your back pain may be due to an old knee injury, inappropriate footwear, a work-related activity, or a sitting posture that is overstressing your body. All of these movement issues are the specialty of physical therapy. For success in eliminating your symptoms, you need a treatment plan based on your past and present movement experiences. Let's get you off of that narrow balance beam that is overstressing your back and get you onto your newly-paved road of life.

Editor's Note:

Karen Correia, PT, PhD of Kare Therapeutics has been treating pediatric and orthopedic movement abnormalities for 15 years. She has taught physical therapy at Stony Brook University and Touro College. Dr. Correia has been measuring and analyzing movement for 25 years and has published her research in professional journals. Her primary interests are foot and ankle disorders as they relate to hip and back pain and scoliosis. For additional information call 724-5433.

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Emphasize Function As Well As Pain

by Dr. Linda M. Bocchichio

Lower-back problems are the most costly of all musculoskeletal disorders. Nearly half of all workers compensation insurance claims are due to back injuries. Soft-tissue injuries and mechanical injuries of the lower back account for most cases of disability. Because of these statistics, evaluation and treatment methods for lower-back disorders are continually being researched.

Attempts to manage the problem have led to research resulting in new knowledge in anatomy, biomechanics, exercise physiology, and neurology of the lower back. This expanding knowledge has in turn resulted in the modification of some practice habits, the discarding of others, and the addition of new and innovative forms of treatment. Clinical practice has also been continually

reshaped as a result of this. It is well recognized that treating the mechanical lower-back pain patient with activity decreases the disability, whereas treating the patient with prolonged rest, analgesics, and minimal activity increases the disability.

Management of lower back problems have shifted from passive therapeutic interventions to more active approaches that encourage an early return to activities. The attempt is to identify and recognize the mechanics and status of the injury, and to maximize the potential for repair of the musculoskeletal tissues. The goal is to allow the vertebral segments to restore function as rapidly as possible without reinjury. The key word here is "functional." If only the soft tissue is healed, without the function or the mechanics of the spine

addressed, the problem is going to become a chronic one. When a patient comes to the office in a chronic state, we have to address soft-tissue lumbar mechanics and pain levels. Early care leads to success in most patients, with active patient participation necessary for effective results. The treatment plan should emphasize functional improvement as well as pain reduction.

The reduction of pain is considered a crucial factor of any rehabilitation program. Pain is definitely an issue, but the mechanical problems in the lower back is more important than just the alleviation of the pain. After ruling out any bone pathology, and after finding areas of segmental dysfunction, standard modalities of treatment

continued on page 99

Dr. Linda M. Bocchichio

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B E A U T Y T I P S

Fall Hair (*September and Beyond*)

by Paul Gretschel

The summer is over. At least it's unofficially over after Labor Day. School has started, college kids have left home for their dorms upstate and in New England, some of us are planning to take our boats out of the water, and we're changing our style of dress. Short pants and tank tops will be put away soon and sweaters will be coming out of storage. Many men and women will let their hair grow longer and give up the "short" summer look for another year.

Every year in late spring, it's automatic for some people to cut their hair short. We see a lot of short haircuts starting in May and accelerating until July. Conversely, when September comes, people instinctively start letting their hair grow again. Besides wearing longer hair, many clients want their hair to become a darker shade than the "sun bleached" look of July and August.

As with our clothing, haircolor changes with the seasons. Frequently, clients move towards darker hair: usually reds, and brunettes during the fall. The warmer tones complement fall fashion trends for most everyone. Even blondes like to darken their shades a little. Blondes have the option of just using a slightly darker shade or putting low-lights in their hair to get more contrast.

Besides haircolor and hair length, we also need to examine the condition of our hair in the fall. Hair can be dry, brittle, and frizzy due to a pleasant summer

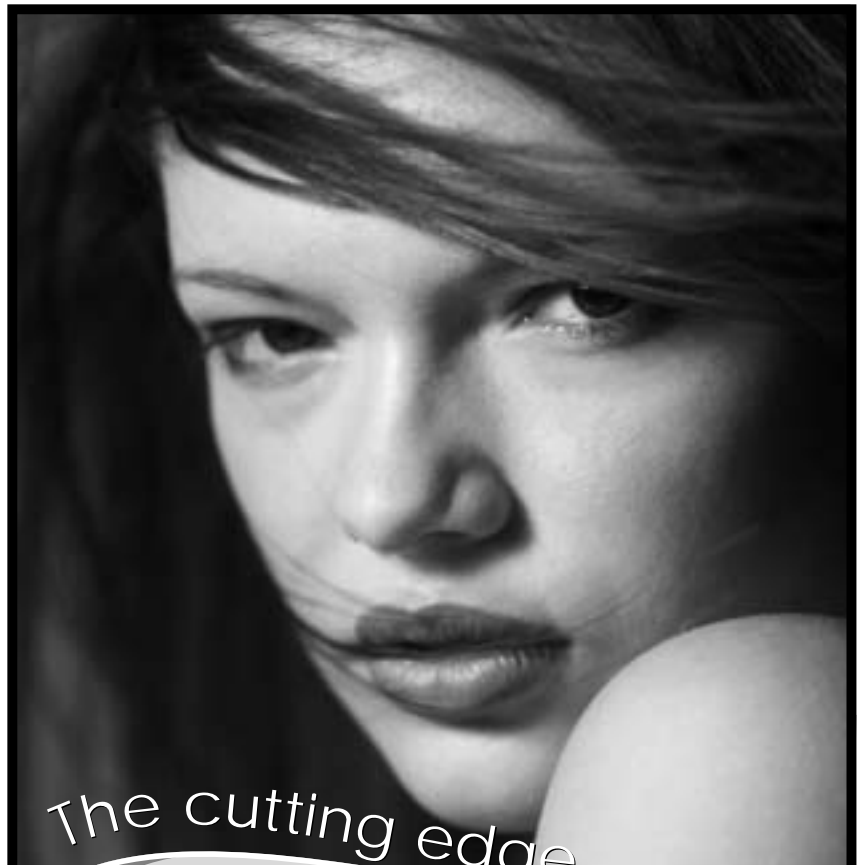
of saltwater, chlorine and lots of outdoor activities. If this is the case, conditioning treatments are in order. Consult your hairdresser to see if you need moisturizing or protein conditioners or both. Dry frizzy hair needs moisture and brittle hair needs protein.

Oftentimes, damaged hair requires both moisture and protein.

Labor Day has passed. Change your haircolor, let your hair grow a little longer, and make sure that your hair is in great condition. Have fun.

Editor's Note:

Paul Gretschel, co-owner of Paul James Salon, has been in business with his brother James for 26 years in the same location on Route 25A in St. James. Paul has studied with Vidal Sassoon Academy in London, New York and Toronto. Prior to opening the Salon in St. James, Paul worked for Paul MacGregor in New York's East Village, and at Nubest and Co. in Manhasset. Paul invites your questions, call the Salon at 862-8622.



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O B I T U A R I E S

Virginia Aberham

Virginia Aberham of Stony Brook passed away on July 25, 2006 at the age of 78. Loving mother of Andrew (Violet) Aberham, Thomas (Pat) Aberham and Michael Aberham. Beloved sister of Louise Milski and George Mortenson. Cherished grandmother of five.

A Funeral Service was held on July 28, 2006 at Sts. Philip & James R.C. Church in St. James. Interment followed at Long Island National Cemetery in Pinelawn.

Funeral arrangements were handled by the Branch Funeral Home in Smithtown.

Paul J. Bobek

Paul J. Bobek of Smithtown passed away on July 25, 2006 at the age of 53. Loving husband of Christine Bobek. Cherished father of Laura Elizabeth Bobek. Beloved brother of Matthew, John and Peter Bobek and sister of Mary Adragna and Christina Dillon. Dear son-in-law of Anthony and Pat Sessa.

A Funeral Service was held on July 28, 2006 at Sts. Philip & James R.C. Church in St. James. Cremation was private at Washington Memorial.

Funeral arrangements were handled by the Branch Funeral Home in Smithtown.

Doris Fitzsimmons

Doris Fitzsimmons of St. James passed away on August 9, 2006 at the age of 89. Loving mother of Joanne Balk, Dennis, James and Kevin Fitzsimmons. Cherished grandmother of Gregory, Alba, Jennifer, James, Laura, Maria, and three great grandchildren. Devoted sister of Mat, Bob, Joan and Jim.

A Funeral Service was held on August 14, 2006 at Sts. Philip & James R.C. Church in St. James. Interment followed at Calverton

National Cemetery, Calverton.

Funeral arrangements were handled by the Branch Funeral Home in Smithtown.

Graciela Hennessey

Graciela Hennessey of St. James passed away on July 12, 2006 at the age of 73. Loving mother of Robert Hennessey and mother-in-law of Ann Marie Hennessey of St. James. Beloved grandmother of Andrew and Ashley Hennessey.

A Funeral Service was held on June 15, 2006 at Sts. Philip & James R.C. Church in St. James. Interment followed at St. Charles Cemetery in Farmingdale.

Funeral arrangements were handled by the Branch Funeral Home in Smithtown.

Winifred G. Jansen

Winifred G. Jansen of St. James, formerly of Valley Stream, passed away on September 12, 2006. Beloved wife of the late John Charles Jansen, Sr. Cherished mother of Gail Barton-Girnius, John C., Jr., Gary R., Richard H. and Keith W. Beloved grandma of 13. Devoted sister of Warren Klinck and the late Jesse Klinck.

A Funeral Service was held on September 14, 2006 at the St. James Funeral Home. Interment followed on Friday, September 15, 2006 at Pinelawn Memorial Park, Pinelawn.

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

Jeanne Madonna

Jeanne Madonna of Selden, passed away on August 2, 2006 at the age of 69. Loving wife of Matthew Madonna and mother of

Linda (Madonna) Zeh, Foster Zeh, and Rosina Madonna. Cherished grandmother of Bianca and Matthew Zeh. Beloved sister of Marie Pirraglia.

A Funeral Service was held on August 4, 2006 at Sts. Philip & James R.C. Church in St. James. Interment followed at Holy Sepulchre Cemetery in Coram.

Funeral arrangements were handled by the Branch Funeral Home in Smithtown.

Katherine C. Mazzucca

Katherine C. Mazzucca of Smithtown passed away on June 17, 2006 at the age of 88. Loving mother of Ted Mazzucca and daughter Rosalie (Mazzucca) DiPrima. Beloved grandmother of six and great grandmother of 10.

A Funeral Service was held on June 20, 2006 at Sts. Philip & James R.C. Church in St. James. Interment followed at St. John's Cemetery in Queens, NY.

Funeral arrangements were handled by the Branch Funeral Home in Smithtown.

Marguerite M. Moriarty

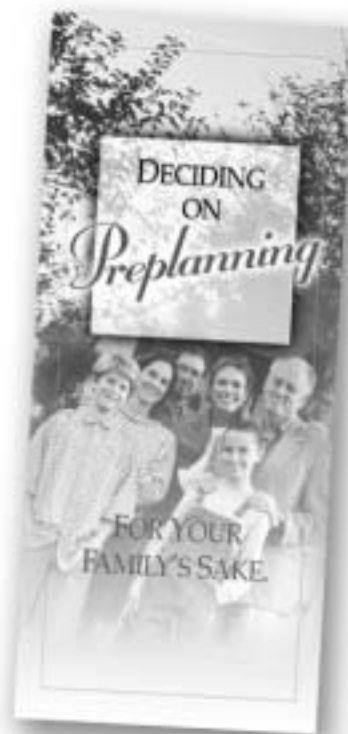
Marguerite M. Moriarty, of St. James, passed away on August 27, 2006 at the age of 84. Loving wife of the late Michael J. Moriarty. Devoted mother of John (Karen) Moriarty, Michael (Denise) Moriarty, Daniel (Mary) Moriarty, Peggy Moriarty White, and Clare (Chris) Sniffen. Beloved grandmother of 14 and great grandmother of four.

A Funeral Service was held on August 31, 2006 at Sts. Philip & James R.C. Church in St. James. Interment followed at Gate of Heaven Cemetery in Hawthorne, NY.

Funeral arrangements were entrusted to the Branch Funeral Home in Smithtown.

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O B I T U A R I E S

Salvatore Teresi

Salvatore Teresi of St. James passed away on July 14, 2006 at the age of 82. Loving husband of Nancy Teresi. Beloved father of Augustino (Ann Marie) Teresi of St. James and Vincenza Kurak of Port Jefferson Station. Cherished grandfather of five.

A Funeral Service was held on June 15, 2006 at St. Patrick's R.C. Church in Smithtown. Interment followed at Greenwood Cemetery in Brooklyn, NY.

Funeral arrangements were handled by the Branch Funeral Home in Smithtown.

was the wife of the late William Underhill. She is survived by her sister Mary Shepard and many nieces and a nephew.

A Funeral Service was held on June 13, 2006 at Sts. Philip & James R.C. Church in St. James. Interment followed at St. Charles Cemetery in Farmingdale.

Funeral arrangements were handled by the Branch Funeral Home in Smithtown.

her granddaughters Marianna and Stephanie, her sister, Mildred Blank, her brothers Lawrence and John Caponegro. She was also pre-deceased by her brother Dominick (Jay) Caponegro in 2005.

A Funeral Mass was offered at Sts. Philip & James R.C. Church in St. James on Wednesday, August 23, 2006. Interment followed at Holy Sepulchre Cemetery in Coram.

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

Angela M. Vitkun

Angela M. Vitkun, longtime resident of St. James, passed away on August 19, 2006 at her residence. Mrs. Vitkun was pre-deceased by her husband, Edward in March, 2006 and is survived by her son, Dr. Stephen Vitkun. She is also survived by

Helen K. Underhill

Helen K. Underhill of Ronkonkoma, passed away on June 9, 2006 at the age of 93. She

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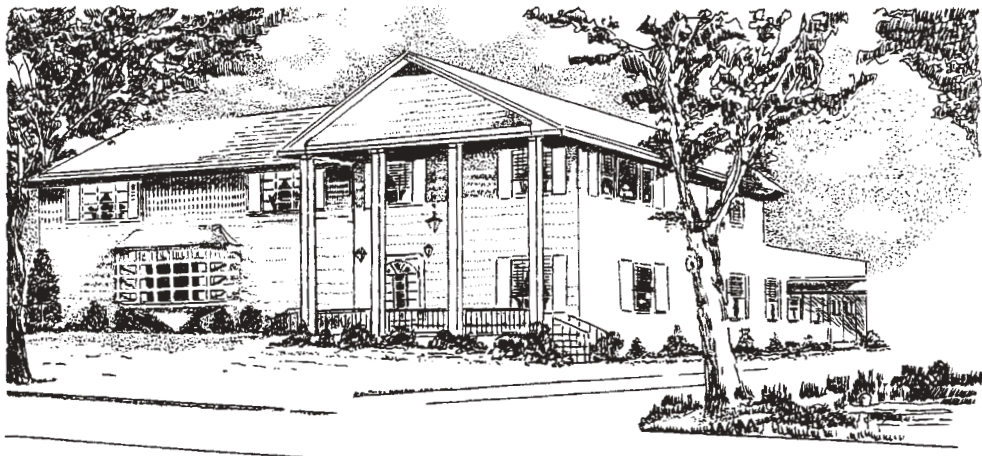
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- IMPORTANT SAFETY NOTICE -

St. James Day Traffic Information

Sunday, October 1, 2006

Once again the St. James Chamber of Commerce will be holding their annual **ST. JAMES DAY** on **Sunday, October 1, 2006. PLEASE BE ADVISED** that due to the growing concerns for the safety of the residents and visitors on St. James Day, a number of meetings were held to discuss the traffic flow and parking on the streets that directly affect the area on and around Lake Avenue between Woodlawn and Railroad Avenues. Several St. James Chamber of Commerce board members met with representatives of the St. James Fire Department, Smithtown Department of Public Safety Director, John Valentine and Smithtown Town Board Member, Councilman Edward Wehrheim.

The main concern was access to Lake Avenue for emergency vehicles and traffic flow around the St. James Day event. To accommodate this end the following plan was agreed upon.

Washington Avenue will be **ONE WAY** going **SOUTH** from Railroad Avenue to Woodlawn Avenue. Parking will be allowed on the west side of Washington ONLY (NO PARKING signs will be posted on the east side of the street to facilitate access for emergency vehicles and traffic flow during the event).

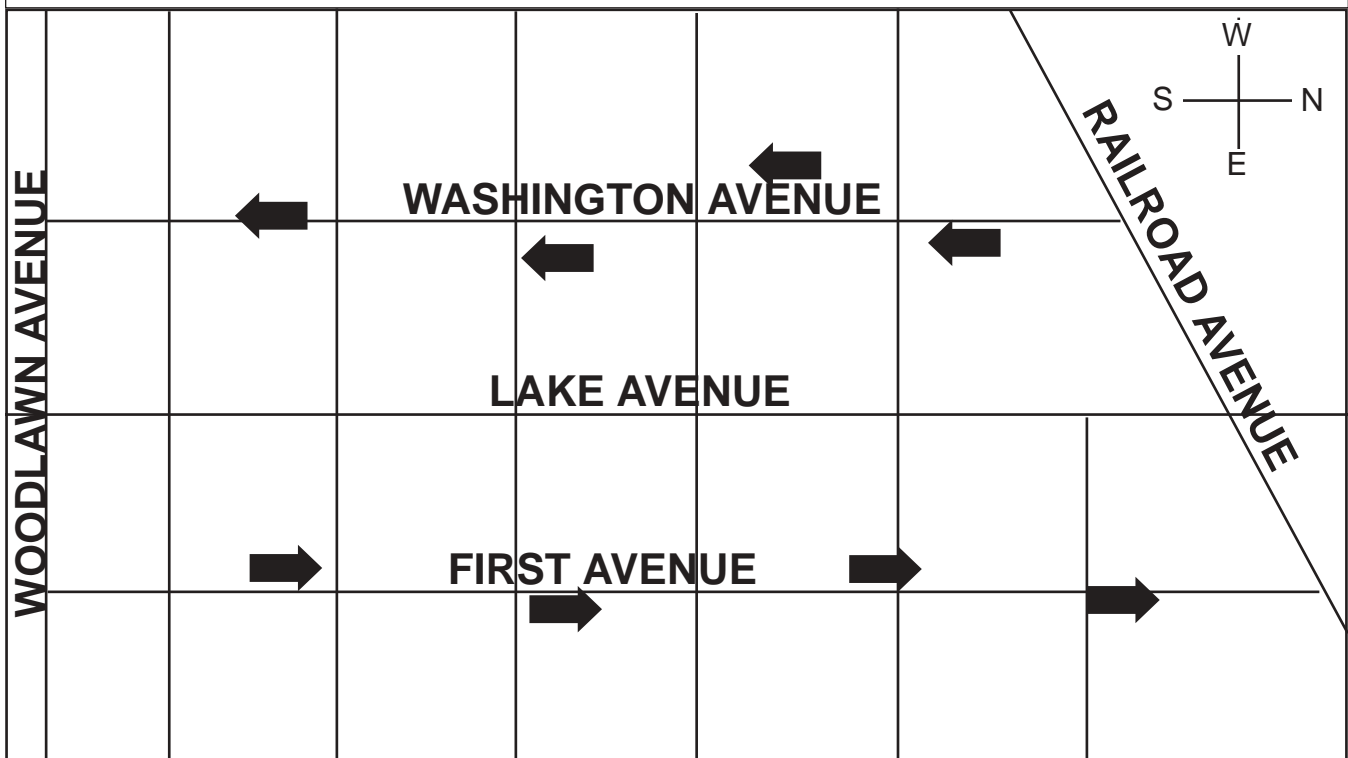
First Avenue will be **ONE WAY** from Woodlawn Avenue going **NORTH** to Railroad Avenue. Parking will be allowed on the west side of First Avenue ONLY (NO PARKING signs will be posted on the east side of the street to facilitate access for emergency vehicles and traffic flow during the event).

All of the side streets that join Washington Avenue and First Avenue to Lake Avenue will have **ONE SIDE** parking ONLY. These parking spaces will be used **SOLELY** for the vendors so they can have access to their products. (Special parking permits will be issued.)

We feel that by taking these precautions for the safety of the residents and visitors, St. James Day will be more enjoyable and orderly.

We would like to thank the residents in advance for their cooperation in this matter, and ask that all heed to these special requirements for the day. We all look forward to another great St. James Day.

St. James Chamber of Commerce
St. James Day Committee





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We loved the photos you took of our wedding four years ago, and now the photos of our little family. Even though we now live in NJ, Laurie Studio will always be the place we go to celebrate our family's important memories and milestones." Thanks again, Rebecca and Jim

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CELEBRATIONS

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Josephine Giacalone

XOXOXOXOXOXOXOXO Mommy, Daddy and Vincent.

We join with Sofia's parents, Joe and Josephine, and her brother Vincent, in wishing her a very happy birthday.

Special birthday wishes go out to Sofia Giacalone of St. James who celebrated her 13th birthday on September 17, 2006.

We would like to wish our little girl, Sofia, a very Happy 13th Birthday. You are loved very much and we are very proud of you. Welcome to the teen world and have fun being 13.

Happy birthday wishes go out to Peter Richard of St. James. Peter will celebrate his 10th birthday on September 23, 2006.

"Peter, Happy 10th birthday, you are such a gift to us each day. Love Mommy, Mike, Michael, Emily, Sam and Riley."

We join with Peter's family and friends in wishing him a very happy 10th birthday.



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CELEBRATIONS

Rannazzisi / Romano Exchange Marriage Vows

Noel and Steve Rannazzisi of St. James and Mindy and Steve Romano are happy to announce the marriage of their children, Stephen Rannazzisi to Miss Tracy Romano. The couple exchanged marriage vows on September 2, 2006 at Sts. Philip and James R.C. Church in St. James. The celebrant was Fr. Brian J. McNamara.

The bride was attended by her sisters Nicole Romano and Tara Boucher. The Best Man was the groom's brother Gregory Rannazzisi. Bridesmaids

were Rachel Cohen, Jaclyn Rannazzisi, Kim Sicurella, and Carolyn Avecilla. Groomsmen were P.J. Lambert, Tom Weisenberger, Nick Buonagura, and Kevin Peterson. The Flower Girl was Paige Furin and the Ring Bearer was Luca Boucher.

A reception was held at the Bay View House in Bay Shore. After honeymooning in Maui the newlyweds will reside in Los Angeles, CA.

Congratulations and best wishes from your all your friends and family.



Tracy and Stephen Rannazzisi

NEW ARRIVAL



Charlotte Vaughn Sanders

Jessica and Kevin Sanders of Memphis, Tennessee, are proud to announce the birth of their beautiful daughter, Charlotte Vaughn. Charlotte made her debut on June 22, 2006 weighing 7 lbs. 11 oz. and measuring 21-1/2 inches long.

Proud grandparents are Joann P. Magri of St. James, Joseph Magri of Holbrook, and Lynn and Bob Sanders of Scotch Plains, New Jersey.

A warm welcome to Charlotte, our Southern Belle.

Congratulations and best wishes to all from your friends in St. James.

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Or the Aga Kahn
Would it matter if you lose
Or matter if you win
Would it matter if your neighbor
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These things shouldn't matter
They just bring on strife
What really should matter
Is living a happy and
Healthy life*

— John Taratunio
Fairfield Condos

Recovering From a Hurricane

continued from page 63

- Contact only reputable, licensed vendors for repair estimates. Have estimates signed by the vendor and approved by your adjuster or agent before having major damage repaired.

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.

Realty Wise

continued from page 64

- If you've had offers but you considered them too "lowball," try reanalyzing the facts and if necessary readjust your think-

ing. In a slow market it's important to take every offer seriously. You don't want to alienate a potential buyer who has solid financing because you've set your sights unrealistically high.

Remember real estate professionals only get paid when the house sells. Speak with your realtor about any concerns. You and your realtor are a team working together for the same reward.

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).

Emphasize Function

continued from page 88

including heat packs, cryotherapy, ultrasound and, most impor-

tantly, specific chiropractic adjustments of the spine are utilized. Once the patient is more comfortable, he will be able to begin an exercise program. With any mechanical injuries, there is evidence of soft-tissue injuries. The soft-tissue injuries heal more quickly with an early guided exercise program. Patients are instructed how to improve their posture and use proper body mechanics in their everyday lives. This is crucial for preventing further aggravation of their injuries. Rehabilitation is dependent on patient cooperation. Without adherence to a proper treatment program, chronic pain often develops.

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.

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Creative Windows, Ltd.
DeBarbieri Associates - Realtors
DeBlasio Capo - Design • Build
DeLorenzo Interiors
James F. Donahue, D.D.S., PLLC
Donnelly's Pub
Dowling Brothers Autobody
Dowling Knifping &
Klein Insurance
Dutch Girl French Style Cleaners
East End Interiors
Eastern Cesspool Corp.
Eddie's Power Equipment
Edward Jones/Scott Posner
Energy Health & Fitness
Fitness Together
Flowerfield Celebrations
Frank Huntington Real Estate
G. Smith Electrical Services
George's Innovative Inflatables
Georgetown Volvo of Smithtown
Janice L. Gillespie, D.D.S.
Lawrence Glazer,
NY Life Insurance
Goldstar Plumbing,
Heating & AC
Graphics du jour/Our Town

Guaranteed Home Mortgage
Co., Inc.
Gyrodyn Company of America
Harbor Country Day School
Henrietta Homes & Properties
Herman Bros. Landscape
Contracting
Hither Brook Nursery & Florist
Holiday Inn Express -
Stony Brook
Interiors by Louise
Island Sports Physical Therapy
J. C. Broderick & Associates
Kiddie Academy of Flowerfield
King Kullen
Kirin Hibachi Japanese
Restaurant
The Knox School
Lake Village Deli
Laurie Studio
The Little Gym of Smithtown
Long Island Family
Medical Group
Marsh Media
Memento Photography
Morecraft Construction
Mozzarella's Pizza
Natalie Weinstein
Design Associates
Rowena & Dave Nedvin/ReMax
Nesconset/St. James Rotary
North Country Kitchen & Bath
North Fork Bank
North Shore Investigation
Associates
Pal Pool Service
Parties by Ziggy
Patio Pizza
Pat's Place Hair Salon
Paul James Salon
Physical Therapy & Beyond
Power Pool Care
PRC Industries
Preferred Empire
Mortgage/Mondrone
Proforma Executive Business
Services
Prudential Douglas Elliman Real
Estate
QuikDrop of Smithtown
Reliance Real Estate & Mortgage
Re/Max Beyond - Eldridge
Retnauer Design Associates

R.J.K. Gardens
Marc Jay Rosen, C.P.A.
Roslyn Savings Bank
Sal's Auto Body
Scientific Pest Management
Dr. Raymond A. Semente/
Chiropractor
Seiskaya Ballet
Signature Graphic Services
Sivana Salon
Gregory J. Skrapits, D.M.D.
Smithtown Chamber of
Commerce
Smithtown News
Smithtown Nursery School
St. Catherine of Siena
Medical Center
St. James Electrical Contracting
St. James Episcopal Church
St. James Fire Department
St. James Florist & Gift Shop
St. James Funeral Home
St. James Lumber Corp.
St. James Medical Svcs/
IDr. Milligan
St. James Natural Foods
St. James Pasta
St. James Post Office
St. James Self Storage
St. James Travel
State Farm Insurance/ Winter
Stony Brook University
Story Book Hollow Nursery
SchoolSwaine's Bait & Tackle
Tagi A. Garbizu & Associates
TAP Consulting Group, Ltd.
TCBY - Chock Full O Nuts
Tic Toc Cafe
Times of Smithtown Township
T-N-T Cigar Lounge
Total Family Dentistry
of St. James
Touch of Class Car Wash
Tru Salon
True Chiropractic, LLC
Vazac Contracting
V.F.W. Post 395
Vickers Gallery & Framing
Villa Sorrento Restaurant
Washington Mutual Bank
WBR Enterprises/Plumbing
Yellow Cottage

TELEPHONE DIRECTORY

Police (Emergency) "911"

Police (Non-Emergency) 854-8400

Head of the Harbor 584-7891

Nissequogue 584-5302

Fire Department..... "911"

Other Business

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

North Country Rd. F.D. 584-5760

Nissequogue F.D. 862-7410

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

Poison Control 516-542-2323

HOSPITALS

University Hospital 689-8333

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

St. Charles Hospital 474-6000

John T. Mather Memorial Hospital 473-1320

Veterans Administration

Medical Center 261-4400

GENERAL INFORMATION

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

LIPA (Long Island Power Authority) - Electric

Electric Service 1-800-490-0075

Automated Service 1-800-490-0015

Business Office 1-800-490-0025

Keyspan Energy - Gas

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

Automated Service 1-800-930-5003

Business Office 1-800-930-5003

St. James Water District 584-6202

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

Village of Nissequogue..... 862-7400

Town of Smithtown 360-7512

Smithtown Library 265-2072

Smithtown Recreation Dept. 360-7644

Smithtown Senior Citizens Dept. 360-7616

Smithtown Youth Bureau 360-7595

Smithtown Sanitation 269-6600

Smithtown Animal Shelter..... 360-7575

Suffolk County Office for Aging 853-3610

Motor Vehicle Information 1-800-342-5368

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

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

President Caren Anderson-Perez) 584-4444

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

American Legion Sherwood Bros.

Post #1152 584-9633

St. James VFW Post #395 862-7965

Smithtown Township Arts Council

Mills Pond House..... 862-6575

Smithtown Historical Society 265-6768

Environmental Centers of

Setauket-Smithtown (ECSS) 979-6344

St. James Lions Club 928-3023

Sons of Norway Loyal Lodge #252 584-7510

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

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

SCHOOLS

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

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

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

Accompsett Middle School..... 382-2305

Smithtown Middle School (6-8) 382-2700

Nesaquake Middle School..... 382-5105

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

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

Nesconset Elementary School (K-5) 382-4400

Dogwood Elementary School (K-5) 382-4250

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

St. James United Methodist Nursery

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

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

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

The Knox School 686-1600

Kiddie Academy of Flowerfield 584-4444

HOUSES OF WORSHIP

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

St. James United Methodist Church 584-5340

St. James Lutheran Church 584-5212

St. James Episcopal Church 584-5560

The New Apostolic Church 584-6320

Temple Beth Chai 724-5807

Temple Beth Emeth of Mt. Sinai 928-4103

Temple Beth Shalom 724-0424

Temple Isaiah 751-8518

Religious Society of Friends (Quakers) . 862-6213

Nesconset Church of Christ 265-2141

TRANSPORTATION

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

Suffolk Transit Information 852-5200

AMTRAK 1-800-872-7245

Port Jefferson/Bridgeport Ferry 473-0286

MacArthur Airport 467-3210

JFK International Airport (718) 244-4444

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

Airlines

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

Continental 1-800-525-0280

Delta 1-800-325-1999

Southwest Airlines 1-800-435-9792

Spirit Airlines 1-800-772-7117

United 1-800-241-6522

US Air 1-800-943-5436



ongoing opportunities, community services
and general information

A.A. MEETINGS

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

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

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

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

AMVET POST #55 MEETS IN ST. JAMES

AMVET Post #55 meets the second Tuesday of each month at the St. James VFW, which is located next to King Kullen on Lake Avenue. The meetings begin at 8 p.m. AMVET membership is open to all men and women who have served honorably in the U.S. Armed Forces, Reserves or National Guard including those men and women who are currently serving our country. Each AMVET post conducts its own local programs and participates in AMVET-related state and national organization activities.

For additional information about the AMVET's Post #55 in St. James, contact Mike Guido at 862-7452 and attend the meetings on the second Tuesday of each month.

AMERICAN LEGION HALL FOR RENT

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

CRISIS HOTLINE

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

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

Call: **751-7500 ANYTIME**

EMOTIONS ANONYMOUS

A 12 step program for anyone who is experiencing emotional problems. There are meetings on Sunday, 3:30-5 p.m. at Mather Memorial Hospital in Port Jefferson; Saturday evenings from 7:30-9:30 p.m. at St. Thomas Episcopal Church, Smithtown; and on Tuesday evenings from 7:30-9:30 p.m. at Atria Assisted Living in South Setauket on Route 247. Call John at 584-5604 for additional information.

FIBROMYALGIA SUPPORT GROUP

A support group for people with fibromyalgia, sponsored by the Arthritis Foundation, will meet the 2nd Wednesday of every month at 7 p.m. at Siena Village Community Center, 2000 Bishops Road in Smithtown.

The meeting is open to the public and offered free of charge. For more information, call the Arthritis Foundation, Long Island Chapter, at 427-8272.

FLAG DROP OFF BOX AT AMERICAN LEGION HALL

Through the generosity of the St. James Postmaster and an old-time mailman, Tom Swenson, a reconditioned mail-drop box has been

painted and placed to the side of the American Legion, Sherwood Bros. Hall at 95 Lake Avenue in St. James for your convenience to place your old, faded and tattered flags.

Once a year, a meaningful and dignified ceremony is held to dispose of the flags – they are burned and the ashes are buried with prayer.

FOSTER PARENTS NEEDED

Share your heart and home with children in need. Become a Suffolk County foster parent. Foster parents receive stipends, are reimbursed for expenses, can be single parents, can work, receive free training, are supported by caring caseworkers, help to reunite families, and may be able to adopt children who can't go home.

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

HEALTHY COMMUNITY LECTURE SERIES

An ongoing monthly meeting designed to educate the community on health related topics, including: nutrition, diet and exercise. Health professionals and guest speakers are on hand to answer questions you may have. Varying locations and times based on topics. Limited seating available. Call 584-8783 for next meeting, info, and registration.

JEWISH WAR VETERANS MEETINGS

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



ongoing opportunities, community services
and general information

SENIORS WHO CAN'T GET TO THE LIBRARY...

A VAN-TASTIC SOLUTION

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

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

MOMS Club

The MOMS Club of Smithtown holds its General Membership meeting on the first Thursday of the month at 10 a.m. We are a chapter of MOMS Club International and are a support group for the stay-at-home mom and the mom who works part time. We have playgroups, park dates, field trips, and Mom's Night Out. Our chapter serves the Smithtown Township. New members and their children are ALWAYS welcome. For more information please contact Maureen at 631-862-1033. www.momsclub.org

OUTREACH SERVICES

Temple Beth Shalom of Smithtown's Social Action Committee provides outreach services to Smithtown residents and surrounding communities on a case by case basis. Social Action volunteers are available for visits to local nursing homes, hospitals and other settings to provide friendly visiting, and our community food pantry serves the needy with periodic food basket deliveries. Monthly meetings

often host guest speakers from various social service and charitable organizations, and interested speakers are welcome to contact us for scheduling. If you need the assistance of the Social Action Committee, wish to request friendly visiting, or are a community speaker, please contact chairperson, Aviva Guttman at 724-0424, or email: SocialAction@TBSofS.org

SENIORS WANTED

Do you play Mah Jong? Chess? Crave socialization? Interested in Adult Education? Book clubs? Trips? Lunch dates? Want to meet and mingle with other seniors? Temple Beth Shalom, 433 Edgewood Avenue Smithtown is pleased to offer Seniors reduced membership fees for their first year at Temple Beth Shalom. Join now to start enjoying the activities! The time to get involved is now! Interfaith couples welcome. For more information call the temple office at 724-0424.

PARKINSON PHYSICAL THERAPY PROGRAM

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

RECOVERY MEETINGS

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

For additional information call 724-5190.

SUFFOLK VOCATIONAL CENTER - FREE TRAINING

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

VOLUNTEERS NEEDED

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

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

VFW POST #395

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

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

MUSIC STUDIO AVAILABLE - Room for Rent - St. James. Call for Details. 873-8126. tfn/tg

PRAYER TO THE BLESSED VIRGIN (NEVER KNOWN TO FAIL)

Oh, most beautiful flower of Mt. Carmel, fruitful vine, splendor of heaven, blessed mother of the Son of God, immaculate virgin, assist me in my necessity. Oh star of the sea, help me and show me herein, you are my mother. Oh Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none who can withstand your power. Oh show me herein you are my mother. Oh Mary conceived without sin pray for us who have recourse to thee. (3 times). Oh Holy Mary I place this cause in your hands. (3 times). Holy Spirit, you who solve all problems, light all roads so that I can obtain my goals. You gave me the divine gift to forgive and forget all evil against me, and that in all instances of my life, you are with me. I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days, the request will be granted. This prayer must be published after the favor has been granted. B.D. 11/06

FOR SALE - LOOPLOC POOL COVER - used for one season. covering a 16'x34' pool (like new). \$750. Call 585-0013. 9/06

OFFICE FOR RENT - ST. JAMES - 800 sq ft. office suite with Lake Avenue address. Street level. 2 entrances, bathroom. \$1450 - includes heat, elec, alarm, wired for cable. Immediate occupancy. Call Bill 862-9849 for info. tfn

OFFICE SPACE FOR RENT - Lake Avenue, 400 square feet, 2 rooms. Ample off-street parking. \$700. Please call 631-862-1515. 9/06

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. M.S. 9/06

FOR SALE - BABY CRIB Mint Condition. View online at morigeau.com 1900 Collection in Green Apple and Wheat. Orig. price \$529 at Behrs in Hicksville. You can still purchase entire collection, \$100 neg. with mattress if interested. Complete Baby Unisex Crib Set with drapes and lampshade, like new. \$50 neg. Call 631-686-6208. 9/06

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

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. H.W. 9/06

HELP WANTED for 2 to 3 days a week to watch infant in my St. James home. Hours very flexible. References a must. Call 862-2231. tfn/otg

APT. FOR RENT - 415 North Country Road, St. James. Charming, bright 1 bedroom apartment with windows everywhere. Walkup 1 flight, private entrance, large eat-in kitchen, parking, backyard, convenient location. Suitable for single/couple. No smoking, No pets. \$1,000 month includes utilities. Call Gail at 862-4228 or inquire at Ocean's Bounty Seafood. 9/06/ob

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

HELP WANTED – Port Jefferson Village - Lainie's Way Educational Toy Store. Responsibilities include: teaching children/parents how to play fun and educational games; setting up and breaking down outside display; working cash register, unpacking shipments, pricing, stocking, doing inventory, vacuuming, dusting. You will learn about all merchandise and be able to present/explain to customers. Must be energetic and enthusiastic. Must have your own reliable transportation; must work weekends and holidays; full time/part time. Apply in person only (12 noon-7 p.m.) No phone calls. Located on Main Street (across from Ferry). 9/06

ST. JAMES APT. FOR RENT - 2 bedroom, 1 bath, W/D, CAC, off-street parking, nice backyard, Smithtown Schools, walk to all, no pets/smoking. \$1,500/mo.+ utilities. 2 mos. security and references. Call 631-862-6928. tfn/v

HELP WANTED for pool maintenance company – mechanics and helpers, PT/FT. Call 724-2563. 9/06/op

HELP WANTED – Full time glass technician / installer needed for immediate hire. Experience, references and driver's license needed. Please call 584-8444. 9/06/wg

FOR SALE: Classic 1966 TR4A sports car. Rebuilt engine and trans., new tires, runs great. Tow bar included. Asking \$6,500. Call 286-8968. tfn

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

LOCAL HAIR SALON HIRING – *In Search Of:* Salon Coordinator, excellent opportunity for the right person, pleasant atmosphere w/benefits. Also looking for hairdressers, colorists, nail techs, make-up artists, estheticians and assistants. All inquiries kept confidential. Please call (631) 584-2408. tfn/s

HELP WANTED – Limousine Driver Needed. P/T, F/T, weekends. Must have clean Class E license. Please call 584-6007. tfn/nl

HELP WANTED – CAR WASHER - Busy limo company needs energetic dependable person – weekends a must. Lake Grove. Call 467-4400. tfn/ncl

HELP WANTED – Cafe in St. James - Counter, Kitchen, Delivery. Please call 584-2074. tfn/tt

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

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. 8/06/tnt

VENDORS WANTED FOR ST. JAMES DAY – Craft vendors are wanted for the St. James Chamber of Commerce's 19th annual ST. JAMES DAY, Sunday, October 1, 2006 along Lake Avenue. 10-foot spaces are being provided for \$105 per space (deadline, 9/22/06 no exceptions) – bring your own table. St. James Day has been a huge success in the past. Call now for further information and to receive an application to reserve your space, 584-8510 and leave name, address and phone number on machine. There will be entertainment throughout the day. We look forward to seeing you there. 9/06

VENDORS WANTED for the 2006 Fall Festival at Deepwells Farm County Park on October 7 and 8, from 10 a.m.-5 p.m. All crafts must be handmade. \$50/day; \$85/both days. Space is limited and advance registration is required. For further information and applications, please contact the store at 854-3740. 9/06

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.

DIRECTORY OF ADVERTISERS

The following is a list of advertisers who can be found in this issue of *Our Town • St. James*

ANIMAL HOSPITAL

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

ARCHITECT

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

ART/FRAMING

Vickers Gallery & Framing
464 North Country Road
862-8550

ATTORNEY

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

AUTOMOTIVE/REPAIR/SALES

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

BANKS

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

BEAUTY

Hair by Cynthia
332-7511

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

292 Lake Avenue
584-2408

Tru Salon

437-A North Country Road
584-2210

TNT Nails

487 Lake Avenue
584-7974

BOUTIQUE/GIFT/HOME DECOR/RETAIL

Barbara Lee Floral Design (Artificial)
430 North Country Road
862-8943

Lavender Fields

230 E. Main St., Port Jefferson Village
474-5461

Rosebud Boutique

459 Lake Avenue
862-0027

CARPET CLEANING

Mastercare Carpet Cleaning
862-7491

Proline Carpet Cleaning

584-2344

CESSPOOLS

Parrinelli's Cesspool
981-2665, 265-7214

CHIROPRACTOR

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

Dr. Gregory R. Thomaier

338 Lake Avenue
584-8100

True Chiropractic, LLC

631 Lake Avenue
584-TRUE (8783)

DRY CLEANERS

Dutch Girl French Style Cleaners
400 Lake Avenue
584-3750

North Country Cleaners

430 North Country Road
584-7184

EVENTS / ENTERTAINMENT / HELP

George's Innovative Inflatables
Inflatable Bouncers for Rent
852-8736

St. James Chamber of Commerce

St. James Day
Sunday, October 1, 2006, 11 a.m.-5 p.m.
Along Lake Avenue

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 Garthe

Registered Mortgage Broker
359 Lake Avenue
862-9000

FUNERAL HOME

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

St. James Funeral Home

551 North Country Road
584-5200

HEALTH/ FITNESS

Dr. Charles Bleacher
243 Boyle Road, Selden
696-2000

Catherine's Total Fitness for Women

7 Flowerfield Park
584-4517

Energy of St. James

556 North Country Road
862-1737

Kare Therapeutics, P.T.

732 Smithtown By-Pass, Smithtown
724-5433

Lighten Up - Alicia Watins

Nutrition Specialist
584-6194

Emrick R. Milligan, M.D.

487 Lake Avenue
584-6014

Dennis O'Brien, M.D.,

Bruce Thompson, M.D.
403 Lake Avenue
862-7062

On The Go Fitness

Personal Training
445-0777

HEATING / FUEL

Same Day Fuel Oil
584-2400

HOME IMPROVEMENT

Autonomousdesign
22 Stonegate
724-7726

DeBlasio Capo Design Build

273 Lake Avenue
584-5503

Debus Painting & Wallpapering, Inc.

862-7924

Master Fix It

584-5993, Beeper 272-0990

Morecraft Construction

584-7010

Riverfront Contracting

862-1575

Vazac Contracting

Lake Avenue
584-7817, Fax 584-0198

HOUSE CLEANING

BlueDot House Cleaning
1-800-654-0114

INSURANCE

Allstate / Darcey & Mackenzie
872 Jericho Tpke.
265-5800, Fax: 265-5807

DIRECTORY OF ADVERTISERS

Allstate / Holst Agency

428 Lake Avenue
584-4800

Nationwide / Barson Associates

207 Hallock Road, Stony Brook
689-6100

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

Natalie Weinstein Home Decorating Club

176 Second Street
862-6198, Fax: 862-7834

LANDSCAPING & DESIGN**Herman Bros. Landscape Contracting**

360-2939

Homestead Landscaping

588-5296

RJK Gardens, Inc.

862-7056

LIMOUSINES**Noel's Limousine Service**

584-6007

North Country Limousines

467-4400

MUSIC LESSONS**Dr. Melanie Birnbaum, Piano & Voice**

584-3517

OPTICAL**Specs Appeal**

213 Lake Avenue
686-6355

PHOTOGRAPHY**Laurie Studio**

862-0031

Memento Photography

745 Middle Country Road
813-1233, 813-1476

PLUMBING & HEATING**Goldstar Plumbing, Heating & A/C**

88 Railroad Avenue
584-3839

WBR Enterprises

862-5779

REAL ESTATE**Century 21 North End Realty**

960 Jericho Turnpike
724-8500

**Daniel Gale / Sotheby's /
Frank Huntington Division**

499 Lake Avenue
584-6600

DeBarbieri Associates

406 North Country Road
862-7447

Regina Eldridge

ReMax/Beyond
862-1100

Bonnie Glenn

Coach Realtors
584-3950, 921-1494

Henrietta Homes & Properties

328 Lake Avenue
862-6999

Liz Jongbloed**DeBarbieri Associates**

406 North Country Road
862-7447

Marion Mancuso

Coldwell Banker
495-8770

Dave & Rowena Nedvin

ReMax.Finest
750-0499, 724-9800

Owner Selling House

516-857-7507

Prudential Douglas Elliman Real Estate

220 Lake Avenue
584-7000

Denise Reinke

Coach Realtors
360-1900, ext. 203

Reliance Real Estate

359 Lake Avenue
862-9000, Fax: 862-2881

RESTAURANTS**Deli / Catering / Seafood****Bagel Paradise**

418 North Country Road
584-8153

BLT Café

521 Lake Avenue
584-4229

Bella Vita City Grill

430-16 North Country Road
862-8060

Capo Bistro Italiano

964 Middle Country Road
780-6100

Cool Beanz

556-04 North Country Road
862-4111

Lake Village Deli

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

Lotus East

416 North Country Road
862-6030

Mauricio's Orlando's II Restaurant

645 Middle Country Road
265-9228

Ocean's Bounty Seafood

415 North Country Road
862-4228

Oscar's of St. James

552 North Country Road
584-4600

Patio Pizza

262 Lake Avenue
862-7475

Tic Toc Cafe

410 Lake Avenue
584-2074, Fax 584-3512

Villa Sorrento

823 Middle Country Road
265-9865

SCHOOLS**Tutoring / SAT / Consulting**

Joyce Benson SAT Preparation
862-9015

Bridge College Consultants

516-662-1612

Rich Forzano College Prep Course

444-0002

Harbor Country Day School

17 Three Sisters Road
584-5555

St. James United Methodist Nursery

532 Moriches Road
584-9555

Story Book Hollow Nursery School

556 North Country Road
584-4900

Sylvan Learning

556 North Country Road
584-4066

Village Presbyterian Pre-School

175 East Main St., Smithtown
724-9382

SWIMMING POOLS**Installation / Service / Supplies****Power Pool Care**

425 North Country Road (NEW LOCATION)
979-POOL (7665)

Sundance Swimming Pools

862-1900

TOYS**Lainie's Way Educational Toy Store**

109 Main Street, Port Jefferson Village
474-5558

Save the Date

St. James Chamber's
HALLOWEEN PARADE
Sunday, October 29



Prudential

Douglas Elliman Real Estate

220 Lake Avenue, St. James
584-7000 • 543-9400

Congratulations

Frank & Kathy Casucci, 113 7th Street, St. James



Selected as Prudential Douglas Elliman Real Estate
August Curb Appeal Contest Winner

Submitted by **Julie O'Connell, LBA**
584-7000



11780 "Curb Appeal" Contest

The last four months' winners
will be displayed at the
Prudential
Douglas Elliman booth
on St. James Day,
Sunday, October 1
for the community to select the
Grand Prize 2006
Curb Appeal Winner.

Be sure to come by and cast your vote.

Thank you all 11780 residents
for making this a difficult choice!
Homeowners in our town take such
pride and show love of their homes
that there are so many homes
to choose from.

We love working in - and telling the
world about St. James & its attributes.

Look for our Weeknight & Weekend Open Houses on www.PrudentialElliman.com



**Call your family,
call your friends!!**
Tell them about the best deal
in St. James! 5 BR, 2.5 bath
Home on shy, pretty 1/4 ac.
Also has part finished
basement & 2 car garage.
Lots of room - nice home.
Just **\$445,000.**
Call NOW! 584-7000



**Remember last year's
mortgage rates & how they
helped keep monthly
payments LOW?**
This owner can offer terrific
mortgage incentives to make
this home an incredible oppor-
tunity. 6 rooms, many extras.
\$469,000. in St. James.
584-7000

FOR RENT:

Fairfield St. James:

2 BR, 2 bath Unit, garage & CAC. **\$2095** available immediately.

Stony Brook:

4 BR, 2.5 bath house near University Hospital and All. available
immediately. **\$2400**

St. James:

3 BR 1 bath home convenient to all. **\$2250** available October.
584-7000

1 Acre of lovely level yard to play in: 8 room spacious
Colonial with many updates. Priced to sell. **\$524,960.**

Impeccable quality and construction! Architectural fea-
tures found in much more expensive homes. Builder's last
one - he says sell this 8 room, 2.5 bath Beauty in St. James.
\$699,000. 584-7000

Another builder's last lot. He'll build your dream or has
plans approved for 3,500 sq ft for just **\$879,000** on St. James
cul de sac. Includes oak, granite, 9' basement, CAC, more.

Pretty as a Picture Hi Ranch w/ CAC has been updated
throughout. Cherry cabinets, granite, beautiful baths, gor-
geous grounds. **\$510,000** in St. James. **584-7000**

**You won't believe
your eyes.**

Beautiful custom
floor plan, exquisite
amenities, top
quality systems,
gorgeous 1/2 acre
property too.
See all 9 rooms,
4.5 baths & finished basement, 2 car garage. **\$879,000** in
St. James. **584-7000**

