

*****ECRWSS
POSTAL CUSTOMER

PSRST STD
US Postage
PAID
St. James NY
Permit No. 10

Our Town

S • T • J • A • M • E • S



JANUARY
2019
Volume 32
Number 3

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

New Year... New Possibilities...



Super Bowl Sunday

VILLA SORRENTO CATERERS

Package #1

Serves 12-15

- Half Tray Baked Ziti
- Half Tray Italian Meatballs
- Half Tray Sausage & Peppers
- Half Tray Buffalo Wings
- Tri-Color Gorgonzola Salad

\$185

Package #2

Serves 15-20

- 4 foot Italian Hero
- Half Tray Penne ala Vodka
- Half Tray Chicken Franchise
- Half Tray Sausage & Peppers
- Half Tray Buffalo Wings
- Gemilli Pasta Salad
- Tri-Color Gorgonzola Salad

\$249

Package #3

Serves 25-30

- 6 foot Italian Hero
- Full Tray Penne ala Vodka
- Full Tray Sausage & Peppers
- Full Tray Buffalo Wings
- Homemade Stromboli Loaf
- Gemilli Pasta Salad
- Tri-Color Gorgonzola Salad

\$375

Buffalo Hot Wings

HALF TRAY

\$45

FULL TRAY

\$85

Celery & Blue Cheese



Giant Party Hero Package

3 foot SERVES 9-12 **\$59.95**

4 foot SERVES 12-16 **\$79.95**

5 foot SERVES 15-20 **\$99.95**

6 foot SERVES 18-24 **\$119.95**

Includes: Potato Salad, Pasta Salad, Cole Slaw, Pickle & Olive Tray, Plates, Forks, Knives, Napkins

Grilled Chicken Hero & Marinated Steak Heros Available

GOURMET PLATTERS

	12"	16"
	Serves	Serves
	10-15 people	15-29 people

Cold Antipasto

Italian Meats & Imported Cheeses

\$45 **\$75**

Fresh Mozzarella & Tomato & Basil

\$45 **\$65**

Assorted Cheese & Pepperoni Platter

\$45 **\$75**

Fresh Fruit Platter

\$45 **\$75**

265-9865

823 MIDDLE COUNTRY ROAD, ST. JAMES, NY 11780

WWW.VILLASORRENTO.COM

Our Town

S • T • J • A • M • E • S

STAFF

Ruth Garthe Editor
Robin Clark Associate Editor
Elizabeth Isabelle .. Feature Writer
William Garthe Advertising
Sales

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 631-862-9849 for Advertising & Copy Deadline

OUR TOWN is mailed directly to every residence & business in the 11780 zip code area (6559 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
website: www.ourtownstjames.com

Not responsible for typographical errors.
We reserve the right at our sole discretion to edit or refuse to print editorial or advertising material deemed detrimental to Our Town's public image or unsuitable for its readers.

Copyright © 2019 Graphics du jour, Ltd.
All Rights Reserved



I N T H I S I S S U E



MERCHANT SPOTLIGHT
Watermark Galleries4

AROUND TOWN
Helping to Support a Brighter Tomorrow for the Children6
St. Patrick's Day Parade12
St. James Lutheran Church Hosts "Grief Share"14

IN THE NEWS

Rotary Club of Smithtown's Annual "Go For the Green" 5K Run and 1 Mile Fun Run 16
Smithtown Food Pantry Needs Donations18

HISTORICALLY SPEAKING

ARTS & ENTERTAINMENT

Winning Artists Showcase at Mills Pond Gallery 24
The Jazz Loft Happenings 26
What's Happening at Mills Pond House Gallery26
On Stage at Smithtown Performing Arts Center28-29
Long Road to Freedom Exhibit at Long Island Museum ..30
The Atelier at Flowerfield Happenings.....32
On Stage at Staller Center.....34-35
The Art League of Long Island Happenings 36-41
Long Island Museum Calendar42-44
Smithtown Historical Society Happenings46
Programs Offered at the Library48-56

DESIGN IDEAS

NATURALLY SPEAKING

NATURE PAGES For Kids (and Adults)

IN THE SCHOOLS

2019 OUR TOWN DEADLINES & DISTRIBUTION DATES

LEGAL-EASE

ST. JAMES CHAMBER OF COMMERCE MEMBERS

FINANCIAL FOCUS

HEALTH NOTES

Ask Ron Villano68
3 Ways Physical Therapy Can Help
Manage Headaches69
Hip Fractures - Symptoms and Prevention70-71
Study Notes Hearing Aids Improve Quality of Life72
Essential Oils to Help You Stay Healthy This Winter74-75

POET'S CORNER

OBITUARIES

CLASSIFIED ADVERTISING

DIRECTORY OF ADVERTISERS

PLEASE NOTE:

Advertising & Editorial Deadline for the **FEBRUARY** edition of OUR TOWN • ST. JAMES is **THURSDAY, FEBRUARY 7, 2019 - 12 NOON.**

Distribution takes place on **Wednesday, February 20, 2019.**

M E R C H A N T S P O T L I G H T

Watermark Galleries

220 Lake Avenue
St. James, New York
631-379-2061
www.watermarkgalleries.com

GALLERY HOURS:
Mon. thru Fri.: 10 a.m. - 5 p.m.
Weekends by flexible appt. -
call or text.

"Embrace light. Admire it. But above all, know light. Know it for all you are worth, and you will know the key to photography."
- GEORGE EASTMAN

Growing up and living most of his life on Long Island, Landscape Architect Bob Retnauer has always been drawn to the sea and coast. The South Shore and Atlantic Ocean offer primeval sand dunes and raucous surf, while the North Shore and Long Island Sound offer a rockier shoreline but quieter waters. Bob is certain that this environment helped form his affinity for the outdoors.

Bob's new fine art and photography gallery, Watermark Galleries, celebrates his passion for photography and offers Long Island seascapes and landscapes, as well as an additional variety of distinctive photographic art for living and work spaces and personal art collections. Located at the corner of Lake and Woodlawn Avenues, Watermark Galleries represents a variety of local artists and artistic styles. Bob has created a beautiful space for exhibitions, competitions, receptions, lectures and other art related events and is proud to be an integral part of the renaissance of our beloved St. James Historic and Cultural Arts District. With three spaces and over 1,000 square feet of wall space, the Gallery exhibits multiple artists at one time and all artwork is professionally staged and lighted.



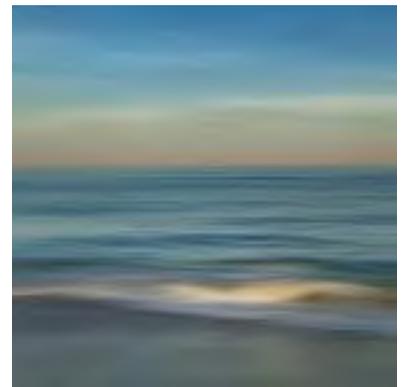
Themed exhibits rotate every two months with an opening reception held on the first Friday evening of each exhibition. All St. James residents are invited and encouraged to attend these wonderful evenings, enjoy beautiful photography and meet the "eye behind the lens." The Gallery welcomes and encourages serious photographic artists to submit their best work for recurring exhibitions and sales.

Currently on exhibit at the Gallery are "Long Island Landscapes" – featuring the works of Laura Alberts, Ryan Brook, Rich Green, Steven Macanka, Kjartan Trana and Mick Ward.

February's exhibition features *The Neutral Zone: Black and White* with an opening reception on Friday, February 1, 2019. This exhibition includes evocative black and white images of Long Island landscapes – Kings Park Psychiatric Center ruins, rock star cameos and thought-provoking wood art images. Future 2019 themes include *Blurred Lines: Abstracts and Impressions; Relics, Ruins & Forgotten Places; and Childhood Memories*. A High School Student Photography Exhibition is in the works for the coming year and submissions are welcome.

Be sure to visit Watermark Galleries' beautiful website at www.watermarkgalleries.com for information about the artists and current exhibitions. Bob also provides custom art installation

consultations to enhance your work and home environment. All photographs in the Gallery are for sale and many images can be purchased online through the website. Give Watermark Galleries a like on Facebook and be sure to follow them on Instagram. Bob and the artists at Watermark Galleries wish everyone a happy and healthy New Year, filled with the beauty of nature captured forever in a photo!



White Wave



Jury of Piers

Let
Us
Move
You!

RE/MAX
Beyond

My 2018 Saint James Transactions

10 Ashleigh	List & Sold Side
18 Pondview	Sold Side
18 Saneck	List Side
15 Pondview	List Side
455 Moriches Road	List & Sold Side
10 Bareback Court	List & Sold Side
26 Harbor Road	Sold Side
4 Fox Run	List & Sold Side
14 Golf Club	List & Sold Side
425 River Road	List Side

2019
Happy New Year

REGINA ELDRIDGE
631 862 1100 - 631 553 6243 (c)
RE/MAX Collection



THE ELDRIDGE TEAM
RE/MAX Beyond

A R O U N D T O W N

Helping to Support a Brighter Tomorrow for the Children

by Rita Rosen

Another year of fundraising by the Tender Years Craft Group of Club Moriches at the Fairfield of St. James condominium community has come to an end with an amazing total from sales throughout 2018 – \$5,000. This will be divided equally between St. Jude Children’s Research Hospital and the Suffolk County Make-A-Wish Foundation.

During the year, the ladies of the group created hand-crafted items for sale at events in the Fairfield community and at the annual Tender Years Treasury co-sponsored by the Smithtown Recreation Department and the Smithtown Senior Citizens Department where children in grades K through 5 can purchase gifts for their family and friends.

Back in March 2018, an additional \$5,000 was raised at a



Chinese Auction and divided equally between the same two charities. So – the GRAND TOTAL for 2018 was \$10,000!

On behalf of the Tender Years Craft Group, Phyllis Flynn (Chair), thanks Club Moriches for their continued support and all Fairfielders for their help either by purchasing a craft item or

making a personal donation. Our thank you list would not be complete without thanks to the Fairfield Club and to the Board of Directors for their support during the year.

As we move into our 9th year of fundraising, the Tender Years Craft Group has begun a new year of crafting.”

Purity Mini Massage and Purity Mini Facial

Only **\$99.00** *\$120.00 Value*



Purity Mini Massage

(25 minutes)

Destress instantly with this massage. Targets the neck, back and shoulders, leaving you relaxed and refreshed.

Purity Mini Facial

(25 minutes)

Restore your skin’s natural radiance. This extraction free facial is designed to quickly cleanse, tone and hydrate skin.

Offer expires 3/31/19.



Book your appointment online at our website www.puritchenspa.com, on facebook, or call us at 631-862-1800

556 North Country Road, St. James
631.862.1800
www.puritchenspa.com
Closed Monday

GET BACK IN **ACTION** FASTER WITH LASER THERAPY

DEEP TISSUE **LASER** THERAPY



DRUG-FREE | SURGERY-FREE | PAIN RELIEF
FOR THE REDUCTION OF SUBLUXATION & THE EFFECTS OF NERVE INTERFERENCE



ENHANCED RELIEF OF PAIN AND INFLAMMATION ASSOCIATED WITH

- ➔ NECK PAIN
- ➔ BACK PAIN
- ➔ SCIATICA
- ➔ ARTHRITIS
- ➔ BURSITIS
- ➔ DISC INJURIES
- ➔ SHOULDER PAIN
- ➔ TMJ
- ➔ MIGRAINES
- ➔ PLANTAR FASCITIS
- ➔ CARPAL TUNNEL
- ➔ SPORTS INJURIES
- ➔ SOFT TISSUE DAMAGE
- ➔ AND MUCH MORE...



ASK ABOUT
LASER THERAPY TODAY

"TREATMENT FOR THE RELIEF OF NERVE INTERFERENCE & THE EFFECTS THEREOF"

ST. JAMES CHIROPRACTIC
265 LAKE AVE., ST. JAMES, NY 11780
631-584-7722



Daniel
Gale

Sotheby's
INTERNATIONAL REALTY

HAPPY NEW YEAR

May you have a happy, healthy
and prosperous 2019

Sending you warm wishes of gratitude and a huge "Thank You"
for your ongoing business, your support, loyalty, referrals and
friendship. It's been a pleasure to work with and for you!



Christine Stevens, CBR
Associate Real Estate Broker
Sterling Silver Group
Smithtown Office
81 Route 111, Smithtown, NY
c.631.879.7018
christinestevens.danielgale.com

For a complimentary market analysis of your home
Call me and I'd be happy to provide you with this valuable service.

Premier, Personal and Professional Service

danielgale.com

YOUR WAY **FORWARD**

Each office is independently owned and operated. We are pledged to provide equal opportunity for housing to any prospective customer or client, without regard to race, color, religion, sex, handicap, familial status or national origin.



Thanking our community for making 2018 such a huge success!

Wishing Health, Wealth and Happiness to
all of our past, present and future clients.
Looking forward to an even better 2019.



Come stop by our Smithtown office today.
631.584.6600 | 81 Route 111, Smithtown, NY

YOUR WAY FORWARD

Each office is independently owned and operated.

Home.
It's not a place,
it's a *feeling.*



Robin Rosenberg, Realtor®

Now with Daniel Gale Sotheby's International Realty

#LoveWhereYouLive | #WakeUpLake



Robin Rosenberg

Real Estate Salesperson

Smithtown Office

81 Route 111, Smithtown, NY

c.631.379.8636

robinrosenberg@danielgale.com

robinrosenberg.danielgale.com

danielgale.com



Daniel
Gale

Sotheby's
INTERNATIONAL REALTY

Each Office Is Individually Owned And Operated.



New year, new *home*



**It was my pleasure to find families for these homes in 2018.
Let me find a home for your family in 2019.**

168 Tyler Avenue, Miller Place – Selling Agent
3 Yen's Way, Nissequogue – Listing & Selling Agent
6 Yen's Way, Nissequogue – Listing & Selling Agent
21 Wilderness Road, Nissequogue – Listing Agent
3 Fox Point Drive, Nissequogue – Listing Agent
1505 S. Gotham Court, St. James – Listing Agent
908 Cabot Lane, St. James – Listing Agent

25 Oak Street, St. James – Listing Agent
78 Lake Avenue, St. James – Listing Agent
66 Knolls Drive, Stony Brook – Listing Agent
109 Quaker Path, Stony Brook – Listing Agent
78 Shore Road, Mt. Sinai – Selling Agent
20 Elkin Drive, Middle Island – Listing Agent
11 Meadow Gate East, Head of Harbor – Listing Agent



Marianne J. Koke, CBR
Associate Real Estate Broker
Gold Circle of Excellence
Smithtown Office
81 Route 111, Smithtown NY
631.584.6600 ext.1609, c.631.335.7111
mariannekoke@danielgale.com
mariannekoke.danielgale.com

danielgale.com

YOUR WAY FORWARD

Each office is independently owned and operated. We are pledged to provide equal opportunity for housing to any prospective customer or client, without regard to race, color, religion, sex, handicap, familial status or national origin.

A R O U N D T O W N

St. Patrick's Day Parade Committee Accepting Nominations for Princes and Princesses

by Kerry J. Maher
Parade Chairperson

At the start of the new year... we are dusting off our shamrocks and polishing pots of gold to get ready for the annual celebration of the St. James Chamber of Commerce's 35th St. Patrick's Day Parade in St. James, on Saturday, March 16, 2019.

Nominations for Princes and Princesses are being accepted. All nominations should be addressed to St. Patrick's Day Parade Nomination, c/o Kerry Maher, 829 Middle Country Road, St. James, NY



11780. Boys and girls between the ages of 5 & 12 years of age are eligible to participate. Please include name, address, phone, a recent picture and general infor-

mation such as school, hobbies, etc. that the candidate is interested in.

All civic and religious groups, athletic teams, clubs, organizations, musical groups, Boy and Girl Scout troops, dance studios, bands, that would like to march in the parade are encouraged and welcomed to participate.

Please call 631-584-7200 to sign up.

For further information, call Kerry J. Maher, St. James Funeral Home, parade chairperson, at 631-584-7200.

SEE YOU THERE!

HOMESTEAD LANDSCAPING INC.

WISHES YOU A WARM SAFE WINTER

RESIDENTIAL MAINTENANCE CONTRACTS
ALL PHASES OF DESIGN & CONSTRUCTION

COMPUTER IMAGES

CALL US TODAY TO UPDATE YOUR
EXISTING LANDSCAPE

631-588-5296

PLEASE CHECK OUT OUR WEBSITE
WWW.HOMESTEADLANDSCAPINGINC.COM

LICENSED & INSURED

FRESH ALL-NATURAL DOG FOOD DELIVERED TO YOUR DOOR!



Natural Hounds



CONTACT US TODAY:

info@naturalhoundsli.com • 631-760-7850

www.naturalhoundsli.com

39625874712

A R O U N D T O W N

St. James Lutheran Church Hosts "Grief Share"

For those seeking help and encouragement after the death of a spouse, child, family member or close friend, St. James Lutheran Church announces "Grief Share" – a 14-session program that will be offered at 7 p.m. on Wednesdays (Thursdays during Lent) from January 30 through May 1, 2019 in the church library.

"GriefShare" is a weekly support group that will be hosted by Deacon James Lundgren, Director of Care Giving, and Bonnie Spiegel, Care Giver, at St. James Lutheran Church. Each session will include an encouraging, information-packed video featuring



leading grief recovery experts, a group discussion about the video content and a workbook for journaling and personal study exercises that reinforce the weekly session topics.

"Grief Share" is offered free of charge to all members of the community seeking bereavement support – a warm and caring group "oasis" during their long journey through grief. It is completely underwritten by a generous grant from St. James Funeral Home, owned and operated by the Maher family.

St. James Lutheran Church is located at the corner of Woodlawn and Second Avenues in St. James. Please contact the church office at 631-584-5212 for reservations. Complete program information is available online at www.griefshare.org.

FREE Adult Basic Ed Classes – All Are Welcome

Smithtown Central School District's Adult Basic Education Center is offering FREE morning, afternoon and evening classes at the New York Avenue Annex Joseph M. Barton District Building, 26 New York Avenue in Smithtown.

All are welcome! FREE CLASSES: Learn English, prepare for citizenship, earn your High

School Equivalency diploma (GED), gain computer and workplace skills. Career Counseling - computer, family, workplace, health and financial literacy is available to all enrolled students.

ALL STUDENTS MUST REGISTER. Registration will be ongoing according to open available classes. Morning classes are held from 9 a.m.-12 noon; afternoon

classes, from 12-3 p.m. and evening classes from 7-10 p.m. Smithtown residency is not required and classes are open to all Suffolk County residents.

Call 631-382-2181 for further information or go to their website at www.smithtown.k12.ny.us go to DEPARTMENTS, then click ADULT EDUCATION, then click ADULT BASIC EDUCATION.

INSIDE-OUT KITCHENS, BATHS & MORE, LLC DESIGNED & INSTALLED



Enjoy a
Dinner for 2
on us,
while we are
creating your
new kitchen.

NKBA Certified Designer
Licensed & Insured • Suffolk #54246-H
367A Lake Ave., St. James, NY 11780
631.584.5312 • 631.942.9636 mobile
insideout2@gmail.com



You'll find the perfect gift
for your Valentine
right here in St. James!

SHOP LOCALLY!

REPRESENTING THE NORTH SHORE LUXURY MARKET 2018 CLOSED SALES / UNDER CONTRACT

CLOSED



79 Sawmill Road, Cold Spring Harbor

CLOSED



6 Saddle Lane, Nissequogue

CLOSED



322 Old Mill Road, Nissequogue

CLOSED



2 Fox Run, Nissequogue

CLOSED



472 Edgewood Ave., St. James

CLOSED



17 Beach Plum, Nissequogue

UNDER CONTRACT



81 Sunrise Lane, Smithtown

UNDER CONTRACT



10 Cobbler Lane, Setauket

UNDER CONTRACT



702 Short Beach Road, Nissequogue



Maria Orlandi
MARIA ORLANDI
AT DOUGLAS ELLIMAN REAL ESTATE
LONG ISLAND

MARIA ORLANDI
Licensed Associate Real Estate Broker
O: 631.858.6955 | M: 631.697.0474
maria.orlandi@elliman.com



I N T H E N E W S

The Rotary Club of Smithtown Presents the 26th Annual "Go For The Green" 5K Run and 1 Mile Family Fun Run

The Rotary Club of Smithtown will hold their 26th Annual St. Patrick's Day "GO FOR THE GREEN" 5K and 1 Mile Family Fun Run on Saturday, March 16, 2019. The first 400 registrants will receive special commemorative T-shirts.

The Race kicks off at Smithtown Elementary School, 51 Lawrence Avenue in Smithtown. Registration begins at 8 a.m. The 1 Mile Family Fun Run starts at 9 a.m. and the 5K Run starts at 9:30 a.m.

This is a USATF Certified, relatively flat course through the residential streets of Smithtown on a police controlled route. The Runs are professionally timed by elitefeats with water stops and mile splits.

Day of Race registration and number pickup will take place at the race location from 8 a.m. to 9:15 a.m. Pre-race number pick-up on Thursday and Friday, March 14 and 15 from 12 noon to 6 p.m. will take place at Smithtown Running Company, 91 E. Main St., Smithtown.

100% of the proceeds of this event go to the Rotary Club of Smithtown's charitable efforts for the needy including their Thanksgiving Dinner Basket give-away, their Holiday Movie Party where Santa gives gifts to disadvantaged and special needs children.

The Rotary Club of Smithtown also promotes community service by local students, sponsors youth groups, awards scholarships to deserving high school seniors and financially supports worthy non-profit organizations.



Their raffle prizes are legendary and are priced at: 1/\$2; 3/\$5; 7/\$10; 20/\$25. Be sure to be a part of this fun and charitable event.

You can register online at www.elitefeats.com/?SmithtownRotary5krun. If you can't attend the event and would like to make a charitable donation, please make checks payable to:

The Smithtown Charitable Fund

PO Box 501

Smithtown, NY 11787

For additional information, call Glenn Williams at 631-265-5511 or email: glennwms9@gmail.com or go on [Facebook.com/SmithtownRotary5kRun](https://www.facebook.com/SmithtownRotary5kRun)

5K RUN

___ \$25 Advance Race Registration

___ \$30 Day of Race

1 MILE FAMILY FUN RUN

___ \$15 Individual Advance Registration

___ \$18 Individual Day of Race

___ \$50 Family Advance Registration

___ \$55 Family Day of Race

WATERMARK GALLERIES



Distinctive photographic art for living and work spaces and personal art collections

220 Lake Ave., St. James, NY 11780

www.watermarkgalleries.com

(631) 379-2061

Like us on Instagram, Facebook and Twitter

— READ —

Our Town

S•T• J•A•M•E•S

ON LINE!



VISIT

WWW.

ourtownstjames.com

PREPARE FOR A FINANCIALLY SECURE FUTURE



*Investment Management • Mutual Funds
Insurance • Retirement & Financial Planning*



BRANCH FINANCIAL SERVICES, INC. **A REGISTERED INVESTMENT ADVISOR**

Integrity • Insight • Independence

50 ROUTE 111, SUITE 206 / SMITHTOWN, NEW YORK 11787
631-979-6000 / FAX 631-979-6023
www.branchfinancialsrvcs.com

“YOU CAN’T HUG AN 800 NUMBER™”

HARLAN J. FISCHER, PRESIDENT

HARLAN J. FISCHER IS A REGISTERED REPRESENTATIVE OF AND OFFERS SECURITIES AND ADVISORY SERVICES THROUGH CETERA ADVISOR NETWORKS LLC MEMBER FINRA/SIPC. SOME ADVISORY SERVICES ALSO OFFERED THROUGH BRANCH FINANCIAL SERVICES, INC., A REGISTERED INVESTMENT ADVISOR. CETERA IS UNDER SEPARATE OWNERSHIP FROM ANY OTHER NAMED ENTITY.

SERVING THE COMMUNITY SINCE 1974

Smithtown Food Pantry Donations Still Needed

by William J. Garthe

Once again I would like to thank the very generous residents of St. James for keeping me busy over the holidays dropping off their donations for the Smithtown Food Pantry. Each week you have really come through with your donations which are greatly appreciated by the Pantry and those who found themselves in need at this special time of year. It was my pleasure to make so many trips to the Pantry. Canned goods, pasta, toothbrushes, toothpaste, rolls of toilet paper, school supplies, are some examples of our residents' generosity.

I am publishing a list of items needed, just in case you have any of these in abundance in your pantry, as there are some folks right here in St. James and Smithtown who could use a little

temporary help. This year the pantry has asked for much needed school supplies.

Items needed for the food pantry:

Baked beans, tuna fish, all types canned vegetables, spaghetti, tomato sauce, peanut butter and jelly, snacks, all boxed pastas, baby food and formula.

Other Items:

Soaps - hand & shower, shampoo, toothpaste, toothbrushes, toilet paper, paper towels, baby diapers and baby wipes.

School Supplies

Back packs, composition books, notebooks, glue sticks, crayons, colored pencils, pencils and pencil cases, pencil sharpeners, pens, erasers, color markers, highlighters, pocket folders,

index cards and boxes, and Fiskars children's scissors.

Your donations are much appreciated and can be dropped off at my office:

Reliance Real Estate
359 Lake Ave., St. James
(across from 7-Eleven)

I'm looking for the small donations that don't warrant a drive to Smithtown; the one can of tuna, or baked beans, a box of pasta, one bottle of shampoo, anything that will help someone in need. I will collect and deliver to the Pantry each week whatever is donated.

Thank you in advance for your generosity. We are generally open to accept donations Monday through Thursday, from 9 a.m. to 5 p.m. For additional information, call me at (631) 862-9000.

Jyoti has workshops and programs to support your 2019 Goals

New Students:

Get your first class for \$10! *Can also be credited toward a package*

OR

\$39 for two weeks of unlimited yoga*

**Does not apply to PHIT33 program*

PHIT33

33 minutes of Power & High Intensity Vinyasa inspired movements designed to raise the heart rate and create an after-burn, while building muscle. **Enroll Now \$199 for (15 classes in 33 days)**
20% discount for both of you when you sign up with a friend

FOR MORE INFO & TO RESERVE YOUR SPOT Visit jyotiwithin.com/phit33-yoga

COUPLES YOGA Thursday, February 14

Connecting with your partner through movement

SIGN UP TODAY! Visit jyotiwithin.com or stop by the studio to find out how!

Workshops on Nutrition and Creating Keystone Habits

SIGN UP FOR OUR WORKSHOPS, MEMBERSHIPS AND MORE BY VISITING jyotiwithin.com/promotions-pricing

VISIT: jyotiwithin.com/promotions-pricing

or CALL: 631-250-9977 FOR MORE INFO ON WORKSHOPS, MEMBERSHIPS AND CLASSES



JYOTI

wellness, awakened

213 Lake Avenue
St. James, NY 11780
jyotiwithin.com
631.250.9977

NEDVIN HOME TEAM

of SIGNATURE PREMIER PROPERTIES



ROWENA NEDVIN

Licensed Associate Real Estate Broker
Cell: 631.767.5221

DAVID NEDVIN

Licensed Associate Real Estate Broker
Cell: 631.767.5220

#1 in St. James for
Homes Sold - 2018

TRUSTED PROFESSIONALS FOR OVER 20+ YEARS

THINKING OF A MOVE? CALL TODAY.



SIGNATURE
PREMIER PROPERTIES

7 W. Main Street, Smithtown, NY 11787

631.360.2800

signaturepremiere.com • nedvinhometeam.com
rowena@nedvinhometime.com • dave@nedvinhometime.com



*Information gathered from MLS for units sold - Res. con - between 1/1/18-12/31/18 out of the top 5 offices in St. James

HISTORICALLY SPEAKING

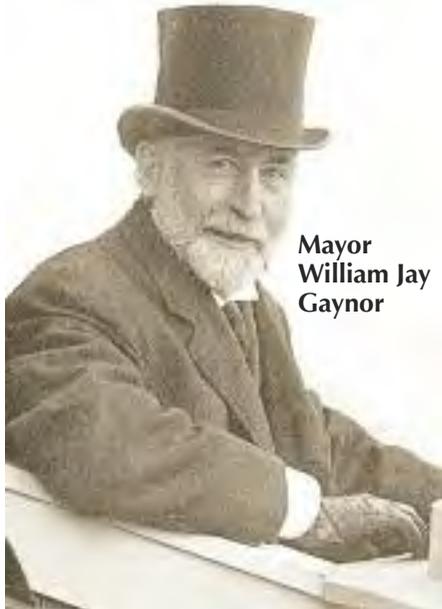
LIVES, LOVES, AND LAMENTS OF THE PEOPLE OF ST. JAMES

William Jay Gaynor Becomes the 94th Mayor of the City of New York

by Bradley Harris,
Smithtown Historian

I have been writing about William Jay Gaynor, the man who purchased a summer house in St. James in 1905. At the time, Gaynor was a Justice of the Supreme Court of the State of New York. In 1909 the residents of St. James were shocked to discover that the man they knew so well had been nominated to run for the office of Mayor of New York City.

It is impossible to imagine the excitement that ran through St. James in the fall of 1909 when it was learned that the Democratic Party in New York City had nominated Judge William J. Gaynor for Mayor. Judge Gaynor proved to be a remarkable candidate in many ways. As a Judge, Gaynor had developed a reputation as a reformer who opposed corruption in government and law en-



Mayor William Jay Gaynor

forcement, and now, as a mayoral candidate for the Democratic Party, he ran on the Tammany Hall ticket. He was taken to task by the press that roasted him for becoming involved with the corrupt political machine operated by Tammany

Hall. But Gaynor stoically responded to this criticism by saying: "I have not asked for the nomination, and it comes to me without even the suggestion of a pledge, understanding, or condition whatever. I know the people of New York and they know me. (Lately Thomas, The Mayor Who Mastered New York, New York: William Morrow and Company, 1969, p.158.)

The Judge ran an unusual campaign. He had no campaign manager, made no campaign plans, and refused to accept political contributions. In fact, he steadfastly refused "to spend a dollar to be elected. (Lately Thomas, The Mayor Who Mastered New York, New York: William Morrow and Company, 1969, p.163.) His campaign boiled down to several major speeches, many stump speeches, and a lot of hard street campaigning throughout the city. As election day drew near, the
continued on page 22



SOUL BREW:

An urban, funky and cozy coffee shop and eatery!



Crumb Cake Latte

BREAKFAST & LUNCH

Served Daily 'til 4 PM

- Dine In or Take Out •
- Specialty Coffees & Teas •
- Homemade Pastries •



Custom Egg Sandwich

TRIVIA NIGHT 7:30 PM Tuesday • OPEN MIC NIGHT Thursday

LIVE MUSIC - 7-10 PM Thursday, Friday & Saturday

556-18 Route 25A, St. James, NY, 11780
631-250-9238

www.soulbrewcoffee.com

Visit us @ facebook.com/soulbrewstjames

In the
Green Hills
Shopping
Center

**Holiday
Catering
Available**

Support Your Local Merchants



HEARING HELP IS AN IMPORTANT DECISION MAKE THE RIGHT CHOICE LONG ISLAND HEARING CENTERS

Trouble hearing in groups of people? Don't understand words clearly?
TV too loud? Let Long Island Hearing help you.

You will **"Hear the Difference™"**

**Call Your Nearest
Location Today!**

**NESCONSET/
SMITHTOWN**

55 Southern Blvd.

Inside Primary Medical Care of Suffolk County

631.972.5211 (By Appt. Only)

LEVITTOWN

3475 Hempstead Tpke.

Between Wantagh Ave. & Jerusalem

516.735.9191

PLAINVIEW

459 So. Oyster Bay Rd.

At the Corner of Jamaica Ave.

516.933.HEAR (4327)

LONG BEACH

All Island Hearing

108 West Park Ave.

Directly across the street from Long Beach Library

516.763.EARS (3277)

Need a Hearing Test? Hearing Aid? Repair?

Experience • Consistency • Reliability



Long Island Hearing, Inc.

"Our commitment to you will be life-changing"™ Since 1985

Providers for most
Insurance Companies

- Workman's Compensation Specialist

- Gift Certificates
- Walk-Ins Welcome
- Guaranteed Best Prices



Owned and
Operated
by the
Kent Family
Since 1985

We Service All Makes and Models • Repair Lab On Premises • OPEN 6 DAYS A WEEK!

William Jay Gaynor

continued from page 20
campaign turned vitriolic and mud was slung at Gaynor from every quarter. But the Judge answered these attacks on his character and integrity by stating: "My life has been a beeline on a certain course. I have followed a resolution that I would devote my time and energy and education to the interest of good government. So that is all I am. If that record does not commend me to the citizens of New York for their votes, now that I am unwillingly brought before them as a candidate, then I have nothing else to offer, not a thing, and you will have to vote against me. (Lately Thomas, [The Mayor Who Mastered New York](#), New York: William Morrow and Company, 1969, p.173.)

Election Day dramatically showed how much faith the people of New York had come to place in Gaynor. He won handily, receiving 43% of the total vote cast with his nearest opponent running behind with 30% of the vote. After winning the election, Gaynor "secluded himself at St. James ... throughout the rest of November and into December." He said nothing about his intended plans for his administration. St. James residents were treated to the sight of "prominent politicians" alighting from "the train at St. James station" and scurrying down to Deepwells to confer with the Mayor-elect. (Lately Thomas, [The Mayor Who Mastered New York](#), New York: William Morrow and Company, 1969, p.194.) William J. Gaynor's election as Mayor put St. James on the map. Soon New York City residents who had never heard of St. James knew of the little country village on Long Island's north shore where Mayor Gaynor had a farm and spent his summers. Mayor Gaynor made it clear that he intended to continue to spend his summers in St. James even if he had to com-



William J. Gaynor in St. James

mute. When asked about working in City Hall, putting in "a hard day's work," and then getting out to St. James, Gaynor replied: "It's only an hour and three-quarters out here," he said. "I don't see why I can't take that ride every day and I intend to." ([New York City's Next Mayor](#), *New York Times*, Nov. 28, 1909.) How often the Mayor actually made the commute from City Hall to St. James is not known. Nevertheless, many regard Mayor Gaynor's administration as one of the best that New York City ever had, and he was long remembered as the "mayor who mastered New York." (Lately Thomas, [The Mayor Who Mastered New York](#), New York: William Morrow and Company, 1969, p.200-201.)

Although Mayor Gaynor had run as a Democrat on the Tammany Hall ticket, he soon made it clear that he would be running New York and not Tammany Hall. In making appointments to office, Gaynor carefully chose men he felt would be able administrators and honest bureaucrats. He paid little attention to a man's political affiliations and

chose men on the basis of their character, ability and experience. Gaynor often said that there was little difference between a good Democrat and a good Republican. Of course, this didn't sit well with Tammany Hall. He instructed all his appointees to seek out corruption and mismanagement and insisted that his administrators not waste taxpayer's money. He worked to end corruption in the police department, to improve working conditions for policemen, and to improve the character and morale of New York City's finest. Mayor Gaynor "encouraged every activity looking to the betterment of the city." And he worked to end the "exploitation of the poor and ignorant, especially recent immigrants," who often fell prey to "extortionists." Because of his tireless efforts to reform and improve city government, he won over even his staunchest critics, many of whom began to extol his achievements and praise him as the best mayor New York City had ever had. (Lately Thomas, [The Mayor Who Mastered New York](#), New York: William Morrow

continued on facing page

HISTORICALLY SPEAKING

continued
and Company, 1969, p.277-289.)

Seven months into his term of office, Mayor Gaynor made plans to sail for Europe on a vacation. On August 9, 1910, as the Mayor prepared to depart for Europe aboard the liner KAISER WILHELM DER GROSSE, James J. Gallagher, a disgruntled discharged New York City Parks Department employee, shot the Mayor at point blank range. Gallagher walked up behind the Mayor where he was standing on deck, shouted: "You have taken my bread and butter away from me!"— then thrust his pistol at the back of the Mayor's neck, and fired. The bullets penetrated Gaynor's neck just below his right ear, ripped through his throat and smashed into his larynx. Gaynor was rushed to nearby St. Mary's Hospital. At first it looked hopeless, but as the Mayor hung on his prognosis improved. Mrs. Gaynor, who had been in St. James, rushed to St. Mary's Hospital to be with her husband. "It was learned that his speech was much affected, and in fact he could speak... only with difficulty." On the sixth day, his physical condition improved and it became clear that the Mayor would survive. The bullet had lodged in the vault of his larynx, and no attempt was made to remove it. Finally after 19 days in the hospital, he was discharged and allowed to travel to his beloved St. James home to convalesce. (Lately Thomas, The Mayor Who Mastered New York, New York: William Morrow and Company, 1969, p.290-291, 294-295.)

While Gaynor improved throughout September, the Democratic Convention was convened in Rochester. Gaynor was widely touted as the Democrat's leading choice for Governor. But Gaynor squelched this movement by announcing that he

would not seek higher office. (Lately Thomas, The Mayor Who Mastered New York New York: William Morrow and Company, 1969, p.307.) Mayor Gaynor returned to work on Monday, October 3, 1910. Although he looked physically fit and seemed

energetic, he was still very weak. The assassin's bullet remained lodged in the back of his throat and brought on spasms of coughing that left him limp." His tongue was difficult to control because some of the muscle
continued on page 76

Featuring
Gluten Free
&
Sugar Free
Desserts



**Delicious
Crois-nuts**

See Our Amazing Cakes @
www.alpinepastryshop.com

For Your Valentine!

Chocolate Covered Strawberries

Heart-Shaped Cakes & Cookies
Long-Stemmed Chocolate Roses
& more



**FOOTBALL SHAPED
CAKES & COOKIES,
COOKIE & PASTRY TRAYS**





**SPECIALTY CAKES
& FAVORS
FOR ALL
OCCASIONS**



**OUR FAMOUS
Pregnant
Cannoli**
(serves 30-40)

Gender Reveal Cakes

20% OFF
ANY PURCHASE
\$5 MAXIMUM DISCOUNT
Excluding Holidays.
With coupon only. 1 per customer.
Cannot be combined. Exp. 2/19/19





DELICIOUS FRENCH MACARONS

59 Rt. 111, Smithtown (Village Center)

631-265-5610




Winning Artists Showcase at Mills Pond Gallery January 19 - February 17

The Smithtown Township Arts Council is pleased to announce *Winners Showcase 2019*, an exhibition featuring the work of five award-winning artists from 2017-2018 juried exhibitions, to be held January 19 – February 17 at Mills Pond Gallery, 660 Route 25A in St. James.

The public is invited to an opening reception on Saturday, January 19, from 2-4 p.m. to meet the exhibiting artists and view their work.

Regular Gallery hours are Wednesday – Friday, 10 a.m.-4 p.m.; Saturday and Sunday, 12-4 p.m. Visit millspondgallery.org or call 631-862-6575 for directions or information. Admission to the gallery is FREE. Use the rear parking lot off Mills Pond Road, directly across from the two white stone pillars at Flowerfield, 199 Mills Pond Rd.

Juried Fine Art 2018 First Place Winner Jeanette Martone was selected by American art historian and author Carol Strickland. Four Member Showcase (Dec. 2017) Winners (Shain Bard, Margaret Minardi, Robert Roehrig, Rosemary Wilson Sloggatt) were selected by juror Pam Brown.

Artist Shain Bard's paintings evoke a sense of a moment captured in time that people can all subconsciously relate to. "People often point to my paintings and say they know that place. Then I



Shain Bard –*Winter Light, oil.*

Rob Roehrig –*Neighborhood Meadow, oil.*



know that I have struck a chord in them."

A majority of artist Jeanette Martone's intricate graphite and ink drawings have evolved from her volunteer trips to the developing world, specifically the Dominican Republic, whose people have captured her heart during her volunteer stints there. Her drawings capture the emotions, environment, struggles and beauty of those living on the edge of life.

Artist Margaret Minardi's mixed media paintings juxtapose realism and expressionism. Combining years of classical training with a pure gestural mark making, she is inspired by the Expressionists of the 1950's collage.

The inspiration for many of East Setauket artist Rob Roehrig's paintings comes from early evening walks along sandy Long Island beaches, parks or meadows. He loves the challenge of capturing subtle color shades within the woods, reflections in the creeks, and shadows cast by Long Island sunsets.

Artist Rosemary Wilson Sloggatt grew up in Asheville,



Jeanette Martone – *Relief, pencil and ink.*

North Carolina. The city's thriving arts community offered inspiration as she began to draw and paint the world around her. Rosemary joined the Great Neck Public Schools in 1995 and has taught art there for more than 20 years. Ms. Sloggatt's most recent work expands on that theme reflecting her experiences, personal and professional with young children.



Give her a sparkling Valentine's Day!

*Your Trusted Jeweler for Over 40 Years...
specializing in Custom Design & Expert Jewelry Repair*

ALL WORK DONE ON PREMISES



GOLD • DIAMONDS • SILVER • WATCH BATTERIES

ST. JAMES JEWELRY

S H O P P E

483 Lake Avenue, St. James, NY 11780

631-862-6775

www.stjamesjewelry.com

Hours: Tuesday-Friday 10-5, Saturday 10-4 • Closed Sunday & Monday



LENNY
the Jeweler
40 YEARS OF
EXPERIENCE

MEMBER
OF THE
ST. JAMES
CHAMBER OF
COMMERCE



Follow Us
On
Instagram



ARTS & ENTERTAINMENT

The Jazz Loft Happenings

The Jazz Loft at Stony Brook, located at 275 Christian Avenue in Stony Brook, is an exhibition, preservation, education and performance center which houses a vast collection of jazz memorabilia. The Jazz Loft hosts jam sessions, lectures on jazz and presents a variety of concerts. Some of the concerts in the coming months are sponsored by Olivia and Harlan Fischer of Head of the Harbor.

The Jazz Loft is open Thursday through Saturday, 12 noon to 5 p.m. Tickets: Adults/\$10; sen-

iors 62+/\$7; students/\$5; children 12 and under are free.

For additional information and to purchase tickets visit www.thejazzloft.org or call 631-751-1895. Subject to availability, tickets can be purchased at the door before the event.

EVENT SCHEDULE

Thurs., January 17, 7 p.m. Rich Iacona's The Bad Little Big Band. 15-piece big band. Tickets: \$20/adults, \$15/seniors, \$10/students

Wed., January 23 Jam Session featuring The Jazz Loft Trio and The Art of Jazz

The Jazz Loft Trio performs at 7 p.m. followed by an open jam at 8 pm. Tickets: 7 p.m./\$10; 8 p.m./\$5

Wed., February 6 Jam Session featuring The Jazz Loft Trio and The Art of Jazz

The Jazz Loft Trio performs at 7 p.m. followed by an open jam at 8 pm. Tickets: 7 p.m./\$10; 8 p.m./\$5

What's Happening at the Mills Pond House Gallery

The Mills Pond House Gallery, located at 660 Route 25A, St. James, is dedicated to exhibiting the work of local, regional, and national artists and is open to the public Wednesday through Friday, 10 a.m. to 4 p.m. and Saturday and Sunday from 12 noon to 4 p.m. Admission is free. For additional information call the Smithtown Township Arts Council at 631-862-6575 or visit

their website at www.stacarts.org

*The Smithtown Township Arts Council is an independent, not-for-profit, community arts organization. **Exhibit Sponsorships** are available for many exhibits, concerts and workshops. If you are interested in sponsoring one of their innovative exhibitions or programs, call 631-862-6575.*

JANUARY

19-FEB. 17

Winners Showcase 2019

includes winning artists from *Member Showcase 2017*- Rosemary Sloggatt, Margaret Minardi, Rob Roehrig, Shain Bard - Juror Pam Brown. *A Summer Song 2018* - First Place: Jeanette Martone - Juried by Carol Strickland and *Capturing the Spirit of LI 2018* - First Place: Robert Roehrig.



Now Offering

Large Selection of Wigs and more

for your personal and medical hair loss needs

Customized fitting in our private salon area

\$100 Highlights

With Haircut
New Clients Only

- Now Offering -

Teeth Whitening

Call for Information



Pat's Place

Hair & Nail Salon

230 LAKE AVE., ST. JAMES, NY 11780
631.862.7023



OPEN 7 DAYS A WEEK: MON. 10-6 • TUES.-FRI. 9:30-7 • SAT. 9-6 • SUN. 9:30-5



January 25, 7:30-9 p.m.
Jazz in the Living Room Concert
FREE for Jazz in the Living Room participants; \$5 to listen. This final date is designed to allow Jazz in the Living Room performers to show off their new improvisational skills to an audience!



SPUNTINO

BRICK OVEN • PIZZA • RESTAURANT • BAR

- Dine In
- Take Out
- Catering
- Delivery

MONDAY & TUESDAY ARE

PASTA NIGHTS!

*Includes: Any Pasta with Any Sauce,
Choice of: House or Caesar Salad,
Coffee or Tea served with Cannoli*

\$16⁹⁵
plus tax

DINE IN ONLY

JOIN US FOR
Happy Hour



SUNDAY - FRIDAY
3:30-7:00 PM

Wednesday Only

St. James
Location
Only

PIZZA SPECIAL

\$14⁵⁰
+ Tax

Pick Up Only

**Regular, Sicilian
or Grandma**

Cash Only • No Limit • Pick Up Only
No Coupon Necessary
Cannot be combined with any other offer.

PICK 2 FOR LUNCH

St. James Location Only

PICK 2
for **\$9⁹⁵**
plus tax

**Select & Enjoy
2 Items
to Create Your
Favorite Lunch**

Cannot Make Both Selections
From the Same Category.
Available Monday-Friday Until 4:00PM
Take-Out • Delivery • Dine In
(Sharing Charge \$3.00)

10% OFF*
**ANY CATERING
ORDER**



482281102800

*CASH ONLY - BEFORE TAX

SPUNTINO - ST. JAMES

PICK UP ONLY

Cannot be combined with any other offers or coupons.
1 per person. With coupon only. Expires 2/19/19

\$5⁰⁰ OFF*
**PURCHASE OF
\$50 OR MORE**



482281102800

*CASH ONLY - BEFORE TAX

SPUNTINO - ST. JAMES

NOT VALID ON DELIVERIES

Cannot be combined with any other offers or coupons.
1 per person. With coupon only. Expires 2/19/19

\$10⁰⁰ OFF*
**PURCHASE OF
\$100 OR MORE**



482281102800

*CASH ONLY - BEFORE TAX

SPUNTINO - ST. JAMES

NOT VALID ON DELIVERIES

Cannot be combined with any other offers or coupons.
1 per person. With coupon only. Expires 2/19/19

\$2⁰⁰ OFF*
ANY LARGE PIE



482281102800

*CASH ONLY - BEFORE TAX

SPUNTINO - ST. JAMES

PICK UP ONLY

*Excludes All Brick Oven Pizza. Pick up only.
Excludes holidays & holiday eves.
Cannot be combined with any other offers or coupons.
With coupon only. Expires 2/19/19

420 North Country Rd., St. James • 631-686-6700

Major
Credit Cards
Accepted

www.spuntinostjames.com

Sun-Thurs 11am-9pm • Fri & Sat 11am-10pm



ARTS & ENTERTAINMENT

On Stage at Smithtown Performing Arts Center

The Smithtown Performing Arts Center, located at 2 East Main Street in Smithtown, brings professional live entertainment to our backyard at affordable prices.

Ticket prices range from \$22-\$38 unless otherwise noted, group rates available. Call the box office at 631-724-3700 for reservations, to purchase gift cards or visit their website at www.smithtownpac.org.

2019 SEASON PERFORMANCE SCHEDULE

Disney's Aladdin Jr.

THEATER FOR KIDS

Through February 24, 2019

Disney's Aladdin Jr. is based on the 1992 Academy-Award®-winning film and the 2014 hit Broadway show about the "diamond in the rough" street rat

who learns that his true worth lies deep within.

An Act of God

February 2-March 3, 2019

The One with the first and last word on everything has finally arrived to set the record straight.

The Cast of Beatlemania

Thursday, February 14, 8 p.m.

Tickets: \$50

Beatles Love Songs. Bring a date for this beautiful Valentine's Day performance.



Piano Men

Saturday, March 9, 8 p.m.

Tickets: \$40

Side by Side this Canadian duo

will be playing your favorite songs of the 70's and 80's. These Piano Men will give you a night you won't soon forget.

Irish Comedy Night

Saturday, March 16, 8 p.m.

Tickets: \$40

Six Irish comedians perform not necessarily Irish comedy.

The Little Mermaid Jr.

THEATER FOR KIDS

March 16-April 28, 2019

Disney's The Little Mermaid JR. is an enchanting look at the sacrifices we all make for love and acceptance.

South Pacific

March 23-April 28, 2019

Set in an island paradise during World War II, two parallel love

continued on facing page

HunterDouglas

REBATES STARTING AT
\$100*
on qualifying purchases



JANUARY 12 -
APRIL 8, 2019



Vignette Modern Roman Shades



Creative Windows Ltd

347 Lake Ave.
Saint James

Monday-Friday 10am-5pm

Saturday 10am-3pm

631-366-0212

www.MyCreativeWindows.com

Free Measuring and Free Installation



Cozier winters. Cooler summers. Energy savings year-round.

Increase your comfort and help lower your energy bills with insulating Hunter Douglas shades. Ask about rebate savings on select styles today.

*Minimum rebate of \$100. Rebate offered for qualifying purchases 1/12/19 - 4/8/19 from participating dealers in the U.S. only. Rebate will be issued in the form of a check or direct deposit to your bank account. Funds do not expire. See all applicable restrictions and limitations on the offer. Cash rebate and gift cards are not available. See complete terms and conditions at www.hunterdouglas.com. Additional restrictions may apply. Ask participating dealer for details and restrictions. ©2019 Hunter Douglas. All rights reserved. All trademarks used herein are the property of their respective owners. 1801219

ARTS & ENTERTAINMENT

continued stories are threatened by the dangers of prejudice and war.

Desert Highway Band

Saturday, May 4, 8 p.m.

Tickets: \$40

A tribute to the Eagles. Desert Highway will be playing "Hotel California" album in full

Evita

May 11-June 23, 2019

Evita charts the young and ambitious Eva Peron's meteoric rise to sainthood. Lyrics by Tim Rice Music by Andrew Lloyd Webber

Les Miserables Teen Edition

THEATER FOR KIDS

May 18-June 2, 2019

Presented by the 'Youth Experiencing Art Project'

Beach Bums

Saturday, June 29, 8 p.m.

Tickets: \$40

The "Beach party," the cars, the sun, free love, surfin', the endless summer... This is what The Beach Boys music is.

42nd Street

July 6-August 18, 2019

One of showbusiness's most classic and beloved tales, 42nd Street tells the story of Peggy Sawyer, a talented young performer with stars in her eyes who gets her big break on Broadway.

Let the Right One In

September 7-October 20, 2019

A dark and visceral coming-of-age vampire love story, based on the acclaimed novel and film.

Madagascar

A Musical Adventure, Jr.

THEATER FOR KIDS

September 14-October 27, 2019

Filled with outlandish characters, adventure galore and an upbeat score, Madagascar JR. will leave audiences with no choice but to "Move It, Move It!"

Subscription plans available at substantial savings. Call the box office at 631-724-3700 more information.

Become a member and save with additional benefits. Annual membership is \$75 and a

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

King Bear

AUTO SERVICE CENTERS



WE HONOR MOST EXTENDED WARRANTIES
AUTHORIZED NEW & LEASED CAR SERVICE CENTER
VEHICLE MAINTENANCE PACKAGES

<p style="text-align: center; font-weight: bold;">WINTERIZING SPECIAL</p> <ul style="list-style-type: none"> • Drain & fill radiator with up to 1 gallon anti-freeze • Check & tighten bolts • Check thermostat • Dexcool additional • Additional for manufacturer's spec. antifreeze <p style="text-align: right; font-size: large; font-weight: bold;">\$34⁹⁵</p> <p style="font-size: x-small; text-align: center;">MOST AMERICAN CARS</p> <p style="font-size: x-small;">Cannot be combined with any other offer.</p> <p style="text-align: center; border: 1px solid black; font-size: x-small;">LIMITED TIME OFFER WITH COUPON</p>	<p style="text-align: center; font-weight: bold;">TRANSMISSION FLUSH SPECIAL</p> <p style="text-align: center; font-weight: bold;">TRANSMISSION SERVICE</p> <p style="text-align: center; font-size: small;">RECOMMENDED EVERY 30,000 MILES 27 PT. INSPECTION</p> <p style="text-align: right; font-size: large; font-weight: bold;">REG. \$290 \$169⁹⁵</p> <p style="font-size: x-small; text-align: center;">ON MOST CARS</p> <p style="font-size: x-small;">Cannot be combined with any other offer.</p> <p style="text-align: center; border: 1px solid black; font-size: x-small;">LIMITED TIME OFFER WITH COUPON</p>	<p style="font-size: x-large; font-weight: bold;">15% OFF</p> <p style="font-size: x-large; font-weight: bold;">ANY SERVICE</p> <p style="font-size: x-large; font-weight: bold;">OF \$100 OR MORE</p> <p style="font-size: x-small;">Cannot be combined with any other offer.</p> <p style="text-align: center; border: 1px solid black; font-size: x-small;">LIMITED TIME OFFER WITH COUPON</p>
<p style="text-align: center; font-weight: bold;">PROFESSIONAL BRAKE SERVICE</p> <ul style="list-style-type: none"> • Premium brake shoes \$25 & up • Premium front disc pads \$25 & up • Resurface 2 brake drums or disc rotors • Check complete brake system • Any metallic application \$25 & up • Rear disc brakes add'l • Foreign cars add'l \$30 • Trucks & Vans add'l \$45 <p style="text-align: right; font-size: large; font-weight: bold;">\$59⁹⁵</p> <p style="font-size: x-small; text-align: center;">FRONT DISC OR REAR DRUMS MOST AMERICAN CARS</p> <p style="font-size: x-small;">Cannot be combined with any other offer.</p> <p style="text-align: center; border: 1px solid black; font-size: x-small;">LIMITED TIME OFFER WITH COUPON</p>	<p style="text-align: center; font-weight: bold;">FUEL INJECTION SPECIAL</p> <p style="text-align: center; font-size: x-small;">FOR BETTER ECONOMY AND ENGINE PERFORMANCE</p> <p style="text-align: center; font-weight: bold;">FUEL INJECTION & EMISSION SYSTEM CLEANED</p> <p style="text-align: right; font-size: large; font-weight: bold;">\$129⁹⁵</p> <p style="font-size: x-small; text-align: center;">MOST AMERICAN CARS</p> <p style="font-size: x-small;">Cannot be combined with any other offer.</p> <p style="text-align: center; border: 1px solid black; font-size: x-small;">LIMITED TIME OFFER WITH COUPON</p>	<p style="text-align: center; font-weight: bold;">PREMIUM OIL CHANGE FILTER & LUBE</p> <ul style="list-style-type: none"> ✓ 10 point vehicle inspection ✓ Other oil types add'l ✓ Some oil filters add'l ✓ Oil filter disposal add'l <p style="text-align: center; font-size: small;">Up to 5 quarts of premium 5w30 motor oil only</p> <p style="text-align: right; font-size: large; font-weight: bold;">\$24⁹⁵</p> <p style="font-size: x-small; text-align: center;">MOST AMERICAN CARS</p> <p style="font-size: x-small;">Cannot be combined with any other offer.</p> <p style="text-align: center; border: 1px solid black; font-size: x-small;">LIMITED TIME OFFER WITH COUPON</p>
<p style="text-align: center; font-weight: bold;">ALIGNMENT SPECIAL</p> <ul style="list-style-type: none"> • Correct alignment maintains even tire tread-wear • Even tire tread-wear helps extend tire life, improves handling and decreases rolling resistance • Decreased rolling resistance helps increase fuel economy • Better fuel economy helps you save money <p style="text-align: right; font-size: large; font-weight: bold;">\$79⁹⁵</p> <p style="font-size: x-small; text-align: center;">ON MOST CARS</p> <p style="font-size: x-small;">Cannot be combined with any other offer.</p> <p style="text-align: center; border: 1px solid black; font-size: x-small;">LIMITED TIME OFFER WITH COUPON</p>	<p style="text-align: center; font-weight: bold;">CHECK ENGINE LIGHT ON?</p> <p style="text-align: center; font-size: x-large; font-weight: bold;">FREE</p> <p style="text-align: center; font-weight: bold;">Initial Computer Diagnostic with Repairs</p> <p style="font-size: x-small;">Cannot be combined with any other offer.</p> <p style="text-align: center; border: 1px solid black; font-size: x-small;">LIMITED TIME OFFER WITH COUPON</p>	<p style="text-align: center; font-weight: bold;">WINTER CAR CARE SPECIAL</p> <ul style="list-style-type: none"> • Oil change & filter (includes 10w30 motor oil only - other types add'l) • 4 tire rotation • Complete 4 Cylinder vehicle inspection • Check thermostat • Drain & fill radiator with up to 1 gal. anti-freeze • Dexcool add'l • Platinum plugs add'l • Manuf. spec. anti-freeze & other types of anti-freeze add'l <p style="text-align: right; font-size: large; font-weight: bold;">\$119⁹⁵</p> <p style="font-size: x-small;">6 Cyl. add \$30 8 Cyl. add \$40 (VANS, TRANSVERSE & FUEL INJECTED CARS, SLIGHTLY HIGHER) MOST AMERICAN CARS</p> <p style="font-size: x-small;">Cannot be combined with any other offer.</p> <p style="text-align: center; border: 1px solid black; font-size: x-small;">LIMITED TIME OFFER WITH COUPON</p>

COUPON MUST BE PRESENTED AT TIME OF SERVICE

805 MIDDLE COUNTRY RD., ST. JAMES

631-366-2500

MONDAY-FRIDAY 7:30-5:30 • SATURDAY 7:30-3:30

WEDNESDAYS
Ladies, Seniors
& Veterans

15% OFF

Cannot be combined with any other offer. Limited time offer with coupon.

Long Road to Freedom – Surviving Slavery on Long Island

Long Island Museum Reopens With Important New Exhibition

In recognition of Black History Month in February, the Long Island Museum, located at 1200 Route 25A in Stony Brook, will reopen after a brief winter break with *Long Road to Freedom: Surviving Slavery on Long Island*, a new exhibition running through May 27, 2019 in the Art Museum.

Amid the current political division in this country, the Long Island Museum brings to light a time in history when the country was divided in its opinion of buying and selling human beings and keeping them in bondage.

In 1626 Dutch Merchants brought the first group of enslaved Africans to New Amsterdam. When the English took control of the colony in 1664, they made New York a hub of



**William Moore Davis,
Sharpening the Scythe, 1867.**

the slave trade. Over centuries the institution of slavery impacted every community on Long Island. Imported as laborers by European colonists, these enslaved Africans and their descen-

dants performed domestic, industrial and agricultural work, while fighting to maintain a complex cultural heritage.

New York State formally abolished slavery in 1827 after significant opposition from enslaved and free African Americans and their white abolitionist allies. In the wake of the Civil War and Civil Rights Movement, legacies of slavery endure on Long Island in how we think about race and relate to one another on institutional and individual levels even today.

Long Road to Freedom will be on display through May 27, 2019 and will be accompanied by a full-day symposium on March 9. For more information visit longislandmuseum.org or call 631-751-0066.

Bridge College Consultants, LLC

Bridge The Gap & Meet Your Goals

College Consulting Services

- College Search & Planning
- Application Prep & Essays
- Mock Interviews
- Transfer Applications

Academic Coaching Services

- Time Management & Organization
- Note Taking & Concept Mapping
- Reading, Writing & Research Skills

516-662-1612

www.BridgeCollegeConsultants.com

We are a St. James Business

WE DELIVER!



Rocco's PIZZA & PASTA



Full Line of Whole Wheat Pizzas & Gluten Free Pasta

429 North Country Road, St. James, NY 11780
631.862.1600 • 631.686.6152 (fax)

"The Best Pizza in Town"

WE CATER FOR SPECIAL OCCASIONS

FAMILY COMBO

- 1 Large Pie
- 1 Chicken Parmesan Platter
- 12 Garlic Knots
- 1 Tossed Salad
- 1 2 Liter Soda

Great Value! **\$33⁹⁹**

With coupon • Cannot be combined.
Offer expires February 19, 2019

Think Rocco's for your Super Bowl Party!

Appetizers • Heros • Pizza Wraps • Salads • Calzones Seafood • Pasta Dishes



MID WINTER SPECIAL

\$2 OFF ANY PIE

Pick Up Only • Excludes Fridays
With coupon
Cannot be combined.
Offer expires February 19, 2019

FOOTBALL PACKAGE

- 2 Large Pies
- 20 Chicken Wings
- 12 Garlic Knots
- 1/2 Tray Baked Ziti or Penne ala Vodka
- 2 2 Liter Soda



\$78⁹⁵ *\$99.95 Value*

With coupon • Cannot be combined.
Offer expires February 19, 2019



Everything prepared daily using only the Finest Homemade & Imported Ingredients

HOURS: Sunday-Thursday 11 AM-10 PM • Friday & Saturday 11 AM-11 PM

• Now Accepting All Major Credit Cards • Gift Certificates Available •

ARTS & ENTERTAINMENT

The Atelier at Flowerfield Happenings

Studio Art Classes, Lectures & Exhibits – The Crossroads of Art & Community

The Atelier at Flowerfield is an art studio steeped in the old master tradition, unique in that professional artists paint and teach alongside their students in the North Light Painting Studio. Personalized training in drawing and painting for artists of all ages, at all levels of achievement is offered. The Atelier at Flowerfield is a non profit 501(c)3 organization located at 2 Flowerfield, Suite 15, in St. James.

If you would like to schedule a tour of the facilities or sign up for a FREE trial class call 631-250-9009 between 9 a.m.-5 p.m. M-S, or email: administrator@atelierflowerfield.org or visit their website at www.atelierflowerfield.org

EXHIBITION

**Emerging Artists ~
2018 Student Show
Through February 14, 2019
Mon-Sat. 9 a.m.-5 p.m.**

Second annual student show featuring works by The Atelier at Flowerfield's own students.

EVENTS

Free Lecture Series, 7-8:30 p.m.

Alternate Thursdays
January 17, lecture by Director Kevin McEvoy, Anthony van Dyck- continuing his series of lectures From Giotto to Sargent Coffee and cookies will be served. Suggested donation of \$10.

STUDIO ART CLASSES

Friday Night Open Figure

Fridays, 6-9 p.m., 18 years & up
Jan. 11, 18, 25, Feb. 1, 8, 15
Fee: \$20/person, per class
Work with a live nude model for a 3-hour, uninstructed session of short and long poses. Easels and drawing boards are provided.

8-WEEK PROGRAMS

**Programs with
Kevin McEvoy or Bill Graf
Cast Drawing for Beginners**
OR

Still Life Drawing and Painting
10 a.m.-1 p.m.
Mondays, thru Feb. 25
Tuesdays, thru Feb. 26
Wednesdays, thru Feb. 27

Thursdays, thru Feb. 28

6-9 p.m.

Wednesdays, thru Feb. 27

Fee: \$55/class

Portrait Drawing and Painting using a live portrait model with Kevin McEvoy or Bill Graf

10 a.m.-1 p.m.

Mondays, thru Feb. 25

Tuesdays, thru Feb. 26

Wednesdays, thru Feb. 27

Thursdays, thru Feb. 28

6-9 p.m.

Wednesdays, thru Feb. 27

Fee: \$72.50/class

Classical Art Foundations for Middle & High School Students

Mondays, 6-9 p.m., thru Feb. 25

Fee: \$40/class

+ \$25 materials fee

Drawing for Beginners with Bill Graf

Wed., 2-5 p.m., thru Feb. 27

Fee: \$55/class

Intro to Painting with Wendy Jensen

Tuesdays, | 6-8 p.m., thru Feb. 26

Fee: \$40/class

Painting With Pastels with Lana Ballot

Thurs., 2-5 p.m., thru Feb. 28

Fee: \$55/class

Figure Drawing & Painting with Kevin McEvoy

Fridays, 2-5 p.m., thru Mar. 1

Fee: \$72.50/class,

(includes model fee)

Homeschool Drawing and Painting, with Wendy Jensen

Fri., 10-1 p.m., thru Mar. 1

Fee: \$55/class

Classical Art for the Young, with Wendy Jensen | Ages 7-11

Sat., 10-12 noon, thru Mar. 2

Fee: \$40/class

+ \$25 materials fee

Fundamentals of Graphic Novel Creation with James Beihl

Sat., 2-5 p.m., thru Mar. 2

Fee: \$64/class

(includes model fee)

IMPACT SIGNS & GRAPHICS

**ILLUMINATED BOXES • LED'S • NEON • STOREFRONTS
DIGITAL PRINTING • BANNERS • CHANNEL LETTERS
VEHICLE LETTERING • ROUTED SIGNS • DIRECTORIES**

**INSTALLS & REPAIRS • SERVICING ALL SIGNS
AERIAL BUCKET SERVICE**

631.265.8195

30 DOYLE ST., ST. JAMES, N.Y. 11780

www.impactplussigns.com  follow us @ impact_plus_signs



FULL SERVICE CONSTRUCTION
ARCHITECTURAL DRAWING
CUSTOM KITCHENS
ADDITIONS
ROOFING
WINDOWS

GENERAL CONTRACTING
NEW HOMES
BATHROOMS
DECKS & PORCHES
SIDING
OTHER RENOVATIONS



CAPO

D E S I G N - B U I L D

30 LAKE AVE 5, NESCONSET, NY 11767

631.250.9200

CAPODESIGNBUILD.COM

ARCHITECTURAL SERVICES

JOSEPH MILE, AIA

BRIAN CAPO

LICENSED • INSURED

ARTS & ENTERTAINMENT

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 631-632-ARTS (2787). Tickets can also be purchased 24 hours a day at www.stallercenter.com.

The University Art Gallery (*The Paul W. Zuccaire 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 631-632-7240.

The Department of Music features numerous performances throughout the year with over 150 FREE recitals. For further information call the music department at 631-632-7330.

Upcoming events at Staller Center at SUNY Stony Brook (programs subject to change):

ASERE! A FIESTA CUBANA
Saturday, Jan. 26, 2019, 8 p.m.
MAIN STAGE | \$44
Featuring musicians and dancers of the Havana Cuba All-Stars

CIRQUE ELOIZE in SALOON
Saturday, Feb. 2, 2019, 7 p.m.
MAIN STAGE | \$44
The Wild Wild West comes alive with Cirque Éloize's newest creation, Saloon.

SAVION GLOVER in ALL FunKD' UP
Saturday, Feb. 9, 2019, 8 p.m.
MAIN STAGE | \$52
Tony Award-winning choreographer and tap dancer Savion Glover (*Broadway's Bring in 'Da*

Noise, *Bring in 'Da Funk*) returns to Staller Center to dance to an eclectic soundtrack with his six-piece band, DJs, and company of dancers.

EMERSON QUARTET
Wednesday, Feb. 18, 2019, 7 p.m.
RECITAL HALL | \$48
Celebrating its 40th anniversary the Emerson Quartet has continued to take on musical challenges with their programs.

TURTLE ISLAND QUARTET with CYRUS CHESTNUT
Saturday, Feb. 16, 2019, 8 p.m.
RECITAL HALL | \$44
In this very special concert the Grammy-winning Turtle Island becomes a quintet as jazz master Cyrus Chestnut joins them for a program called "Carry Me Home."

continued on facing page

Place Orders For Local Delivery On Door Dash *Your Community Liquor Store*

grape culture
it's about the wine.

With This Coupon 10% Off One Bottle of Wine 750ml Size or Larger Expires 2/15/19. While supplies last. Can't be combined with other discounts.	With This Coupon 15% Off 2 Bottles of Wine 750ml Size or Larger Expires 2/15/19. While supplies last. Can't be combined with other discounts.	With This Coupon 15% Off 3 Bottles of Wine 750ml Size or Larger Expires 2/15/19. While supplies last. Can't be combined with other discounts.	With This Coupon 20% Off 1 Bottle of Wine 750ml Size or Larger Expires 2/15/19. While supplies last. Can't be combined with other discounts.	With This Coupon 10% Off One Bottle of Liquor 750ml Size or Larger Expires 2/15/19. While supplies last. Can't be combined with other discounts.
--	---	---	--	--

Open Sundays • Case Discounts • Wine Tastings • Gift Cards

For more deals get our newsletter or visit:
www.Twitter.com/GrapeCulture
www.Facebook.com/GrapeCulture

248 Lake Ave. St. James ■ 862-4727 ■ www.GrapeCulture.com

VISA OPEN MONDAY-THURSDAY 9-8 • FRIDAY & SATURDAY 9-9 • SUNDAY 12-6

ARTS & ENTERTAINMENT

continued

GALA 2019: RENÉE FLEMING

Saturday, March 2, 2019, 8 p.m.
MAIN STAGE | \$90 regular ticket
Known as “the people’s diva,” soprano Renée Fleming captivates audiences around the globe with her sumptuous voice, consummate artistry and compelling stage presence.

MAYUMANA in CURRENTS

Saturday, March 9, 2019, 8 p.m.
MAIN STAGE | \$48
Israel’s Mayumana brings a spectacular dance and light show inspired by the historical ‘Battle of Currents’ between Thomas Edison and Nikola Tesla in their quest for finding energy sources for the world.

STARRY NIGHTS MARCH

Thursday, March 14, 2019, 7 p.m.
RECITAL HALL | \$40
Enjoy a unique program by stars who are artists-in-residence, Professors of Music and Doctor of Musical Arts musicians.

PETER CINCOTTI

Saturday, March 16, 2019, 8 p.m.
RECITAL HALL | \$40
Peter Cincotti returns to Staller Center after crooning his way into our hearts and receiving a standing ovation.

RUSSIAN NATIONAL BALLET in SLEEPING BEAUTY

Saturday, March 23, 2019, 7 p.m.
MAIN STAGE | \$48
This sumptuous company of over 50 dancers direct from Russia brings Sleeping Beauty to the stage. The Russian National Ballet’s traditional staging of the classic fairytale comes to life with stunning precision and artistry, all set to the timeless Tchaikovsky score.

REGINA CARTER QUARTET

Saturday, April, 6, 2019, 8 p.m.
RECITAL HALL | \$44
“Regina Carter creates music that is wonderfully listenable, probingly intelligent, and, at times, breathtakingly daring...” says Time Magazine.

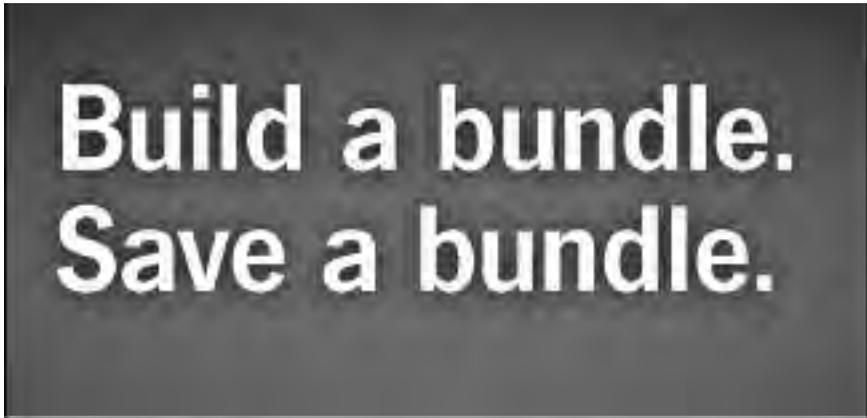
EMERSON QUARTET in THE BLACK MONK

Friday, April 12, 2019, 8 p.m.
MAIN STAGE | \$48
Witness the trials and challenges of Shostakovich’s obsessive quest to create an opera based on Anton Chekov’s mystical tale:

The Black Monk.

COMPLEXIONS CONTEMPORARY BALLET

Saturday, May 4, 2019, 8 p.m.
MAIN STAGE | \$44
With Star Dust – A Tribute to David Bowie.



Bundle auto, home and life for big State Farm® discounts.

So let us show you how State Farm can help protect all the things that matter most – for a lot less than you think.

GET TO A BETTER STATE? CONTACT AN AGENT TODAY.



James L. Winter Agency Inc.
Jim Winter, Agent
320 Lake Avenue
St. James, NY 11780
Bus: 631-584-5425
Mon-Fri 9:00am to 6:00pm
Saturday 9:00am to 1:00pm
After Hours by Appointment



James J. Winter Ins Agency Inc.
James Winter, Agent
1400 Veterans Memorial Hwy
Bohemia, NY 11716
Bus: 631-963-1000
Mon-Thurs 9:00-6:00pm
Friday 9:00-5:00pm
Saturday 10:00-1:00pm

statefarm.com



COB24

©2019 State Farm Mutual

ARTS & ENTERTAINMENT

The Art League of Long Island 2019 Happenings

Jeanie Tengelsen Gallery
107 E. Deer Park Road, Dix Hills
[EXIT 42N - NORTHERN STATE
EXIT 51N - LIE]
631-462-5400
www.artleagueli.org.

Gallery Admission is FREE
GALLERY HOURS:
Mon-Thurs: 9 a.m.-9 p.m.
Fri: 9 a.m.-4 p.m.
Sat-Sun: 11a.m.-4 p.m.



EXHIBITS

**59th Long Island Artists
Exhibition
through February 10**

Now shown biennially, the Art League of Long Island's 59th Long Island Artists' Exhibition invited artists from the Long Island region to submit their best works in this highly-regarded juried

exhibition.

**Go APE Advanced Placement
High School Student Exhibition**
February 16 – March 3
Reception: Sunday, March 3
1-3 p.m. – FREE

Now in its 12th year, the Art League of Long Island's "Go Ape" exhibit celebrates the exceptional artwork, as selected by their teachers, of AP art students in Long Island High Schools.

**WORKSHOPS, LECTURES,
EVENTS**

**To register, call the Art League
of Long Island at
631-462-5400 x222
or visit**

**www.artleagueli.org.
All programs take place at the
Art League Center
107 E. Deer Park Road, Dix Hills
unless otherwise noted.**

January 18, 9:30 a.m.-12 p.m.
**60 Minute Red Chalk Portraits:
Conquer Portrait Drawing!**

Fee: \$75 + \$15 materials fee
Learn to see and draw using both brush and red chalk. Artist Larry Aarons will share his "Speed Viewing" techniques.

January 20 & 27, 10 a.m.-2 p.m.
**Drawing from Photos:
For Teens and Adults!**

Fee: \$165
This class will show you how to transform a photo into a beautiful drawing. Learn valuable tips and techniques focusing on composition, shading and proportion, all of which will result in a realistic work of art!

January 23, 6:30-9:30 p.m.
Affinity Photo Fundamentals
Fee: \$60

This workshop provides the
continued on page 38



VOILA!

The Bistro



FRENCH AMERICAN
- ESTABLISHED IN 2002 -

244 LAKE AVENUE, ST. JAMES, NY • (631) 584-5686
VISIT US @ WWW.VOILATHEBISTRO.COM

FREE
GLASS OF WINE
with any meal
Not to be combined with any
other offer. Expires 2/19/19.

Reserve Now For
Valentine's Day
4 Course Prix Fixe Dinner
\$72

10% OFF
ENTIRE CHECK
6 person maximum
Not valid on holidays.
Not to be combined with any
other offer. Expires 2/19/19.

BYOB POLICY: 2 BOTTLE LIMIT UP TO 6 PEOPLE. NO BYOB ON HOLIDAYS

PRIX FIXE LUNCH \$18 / \$25

MONDAY-SATURDAY (EXCLUDING HOLIDAYS) • Ala Carte Lunch Menu Also Available

3 COURSE PRIX FIXE DINNER \$36
MONDAY-SATURDAY (EXCLUDING HOLIDAYS)

THERÉSE B. SASSONE

CERTIFIED PUBLIC ACCOUNTANT

PO Box 2216
ST. JAMES, NY 11780
631.686.5833



FROM BOOKKEEPING TO TAX RETURN

**FOR ALL OF YOUR ACCOUNTING
AND TAX NEEDS,
NO MATTER HOW BIG OR SMALL**

INDIVIDUALS
CORPORATIONS
PARTNERSHIPS
LLCs
ESTATES AND TRUSTS

SCHEDULE YOUR APPOINTMENT EARLY!

ARTS & ENTERTAINMENT

The Art League of Long Island

continued from page 36 fundamentals of this software including instruction on how to open and utilize the Affinity Photo Software for the beginner. A basic overview of View Nx2 software will also be demonstrated. Limited to 6 students.

January 27, 11 a.m.-2 p.m. Art and the Lunar New Year: Celebrating the Chinese New Year Fee: \$70 + \$10 use fee Paint your Chinese Zodiac sign and explore calligraphy, fish bamboo and panda. Materials (rice, paper, ink, some color, brush and felt) are available to borrow for the course

Jan. 30 & Feb. 6, 10 a.m.-1 p.m. Solarplate Etching Workshop Fee: \$140 + \$30 materials fee Beginner and seasoned artists

alike will enjoy exploring this exciting, non-toxic medium. No harsh chemicals or solvents involved. This method works well for photography as well as drawing.

February 2 & 3, 10 a.m.-3 p.m. Watercolor: The Full Experience Fee: \$200 This workshop is for the beginner artist or the experienced artist. Simple and fun exercises will help you discover the full experience of painting with watercolor. Create a painting style of your own. All skill levels are welcome.

February 3 & 10, 10 a.m.-2 p.m. Mosaic Art Fee: \$140 + \$35 + materials fee Learn to make mosaic art using the direct method, working with tiles, stained glass and baubles.

February 3, 1-3 p.m. Art and the Lunar New Year: Celebrating the Chinese New Year for Young Artists Age 8 -14 yrs old Fee: \$30 + \$10 use fee Paint your Chinese Zodiac sign and explore calligraphy, fish bamboo and panda. Limited to 12 participants so please register quickly!

February 6, 7-9:30 p.m. A Film Screening & Discussion with Peter Josyph: A Few Things Basquiat Did in School Fee: \$40 Peter Josyph discusses his film-making process, and the relation between the earliest known work by Basquiat and the later work that made him famous.

continued on page 40

LIQUORIUM Wine & Liquor advertisement featuring various liquor bottles, prices, and promotional text like 'Holiday Gift Baskets Available' and '20% off ANY 1 BOTTLE OF WINE'.



Henrietta Homes

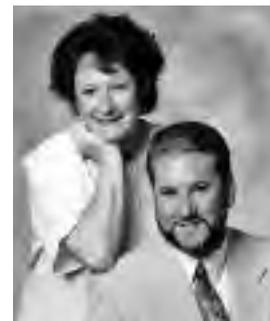
AND PROPERTIES, INC.

328 Lake Avenue, St. James, NY 11780

631-862-6999

www.henriettahomes.com

Directly across from the St. James Post Office



Mary Jean & Joe Kronwitt
Owner/ Brokers

LET'S GET SERIOUS ABOUT FINDING A HOME!



N/C Willis Ave., Ronkonkoma. \$379,990.
A brand new home to be built and you still have the chance to pick your finishes!



277 Maple Ave., Smithtown. \$235,000.
What an opportunity! To buy a piece of property in the center of it all and create something beautiful.



62 Valley Ave., Smithtown. \$369,000.
This well built home in a pastoral setting is located in wonderful North Smithtown.



20 River Heights Dr., Smithtown.
\$499,000.

Well built long line Ranch offers three bedrooms, two full baths, a two car garage on over an acre of flat land.



218 Saint James Ave., St. James. \$588,888.

This large Colonial leaves nothing out with its four bedrooms, three full baths and half bath, as well as a full basement partially finished and a 1.5 car garage. Between the wonderful front porch that welcomes the morning sun to the cozy fireplace in the den – or take a stroll out to the back gardens through the sliding doors – you will never lack for a good place to sit and relax.



Please call for information on this cozy rental in Kings Park.

Happy Valentine's Day!

We know that you're going to **LOVE** your new home!



The Art League of Long Island

continued from page 38

February 8, 10 a.m.-2 p.m.
Exploring Color: How to Use and Control Color in Watercolor Painting
Fee: \$100

In order to achieve the greatest freedom of expression with color you must have a basic understanding of the many colors on your palette.

February 10 & 17, 12-3 p.m.
Egg Tempera Painting
Fee: \$140 + \$25 material fee

Egg tempera is an ancient medium and predates oil painting by hundreds of years. Discover pigment in its purest form – bright primary colors to beautiful earth tones.

February 13, 6:30-9:30 p.m.
Photo-Printing Workshop: Producing High Quality Prints
Fee: \$60

This workshop is designed for the photographer looking to understand the print process in order to create high quality prints of their photographs at

home. The workshop will cover the printing steps for PhotoShop, Nikon View NX2, and HP Photo Creations software.



February 13, 6-8 p.m.
Galentine's Day: BFF Metal Stamping Jewelry Workshop
Fee: \$50 + \$20 materials fee

In this special one-session workshop, bring your BFF or girl gang together for a creative activity! Customize silver pendants with a word or short quote by hand stamping steel letters onto the metal.

February 15, 9:30 a.m.-12 p.m.
60 Minute Red Chalk Portraits: Conquer Portrait Drawing!
Fee: \$75 + \$15 materials fee
Learn to see and draw using both brush and red chalk. Artist Larry

Aarons will share his "Speed Viewing" techniques.

February 16, 11 a.m.-3 p.m.
Fluid Breakdown: Chemistry of Watercolor
Fee: \$90 + \$15 materials fee

Chemical composition of colors will be discussed in an easy-to-remember fashion for the layman and the scientist alike. No prior experience required.

February 17, 11 a.m.-3 p.m.
Enameling on Metals: A Jewelry Workshop
Fee: \$85 + \$25 materials fee

In this One-Day Workshop you will design a pendant or earrings in vibrant colored enamels on small-scale copper and silver shapes.

Feb. 19, 20, & 21, 10 a.m.-2 p.m.
Vacation Art Adventure for Kids Ages 6-12
Fee: \$235

On a school break? Come and create Art! Have fun exploring art in its many different forms. Bring a bag lunch.

continued on facing page

Scotty's Masonry

631-872-1076



- Fireplaces
- Stone & Brick Veneer
- Outdoor Kitchens & Pizza Ovens
- Patios, Stoops & Walkways
- Retaining Walls

Licensed & Insured

Est. 1986 • St. James, NY

Residential & Commercial

New Arrival?



Share the blessed event with your friends and neighbors in
OUR TOWN • ST. JAMES

Email your announcement to
ourtown@optonline.net
or mail to

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

There is no fee for this service.

For further information please call
631-862-9849

ARTS & ENTERTAINMENT

continued



February 21, 7 p.m.
Jazz in the Gallery! The Art League Meets the Jazz Loft: "Getz, Gilberto and the Bossa Nova" featuring Vanessa Trouble, Steve Salerno and John Marshall
The Art League of Long Island is proud to present a series of Jazz performances in conjunction with the Jazz Loft in Stony Brook,

in the Jeanie Tengelsen Gallery. This exciting new series is sponsored by Olivia and Harlan Fischer, of Head of the Harbor, who are also sponsors of a monthly concert series at the Jazz Loft in Stony Brook. To purchase tickets at \$20, \$15 for Art League members and seniors, in advance, call 631-462-5400 or visit www.artleagueli.org. Tickets will also be sold at the door.

February 23 & 24, 10 a.m.-2 p.m.
Crescent Moons and Crystals Jewelry Workshop
Fee: \$165 + \$35 materials fee
Adorn yourself with a silhouette that's trendy and yet timeless. Learn basic metalsmithing as you create boho-chic, lunar-inspired jewelry. Accent your creations with wire-wrapped natural crystals.

February 24, 10 a.m.-1 p.m.
Calligrafitti
Fee: \$65
This workshop will introduce you to Calligraphy, "The Art of Beautiful Handwriting." Through the use of brushmarkers, students learn how to produce letterforms in the "Calligrafitti" style. Students will finish at least one project. No previous experience required.

February 24, 1:30-3:30 p.m.
Calligrafitti for Kids!
Ages 10 & up
Fee: \$30
Through the use of brushmarkers, students learn how to produce letterforms in the "Calligrafitti" style. Students will finish at least one project using this remarkable letterform. No previous experience required.

We're Still Here!



Scruples
HEAD TO TOE

Women • Men
FULL SERVICE SALON



Pamper Your Valentine with a Scruples Gift Certificate

Happy Valentine's Day
MANI / MINI
MANICURE PEDICURE
Tuesday & Wednesday only \$16.00 With this ad Exp. 2/19/19

Ask About Our Gel Polish on Natural Nails

See Us For
MANICURES • PEDICURES • WAXING • GEL NAILS • ACRYLIC NAILS • PERMANENT FRENCH NAILS • SILK NAILS

10% SENIOR CITIZEN DISCOUNT

430 North Country Rd., Suite 6, St James, NY 11780
(Inside Sunshack Tanning Salon)
Call for Appointment
631-584-8030

GIFT CERTIFICATES AVAILABLE for all occasions

ARTS & ENTERTAINMENT

Long Island Museum 2019 Calendar

1200 Route 25A
Stony Brook, NY 11790
631-751-0066
mail@LongIslandMuseum.org
www.longislandmuseum.org

HOURS:

Thursday-Saturday,
10 a.m.-5 p.m.;
Sunday, 12 noon-5 p.m.
(unless otherwise noted)

ADMISSION:

\$10/adults, \$7/seniors 62+,
\$5/students 6-17 years and
college students with I.D.,
free museum members.
(Concert tickets do not include
museum admission.)

Please Note: All events are free
with museum admission, unless
otherwise noted. Please call 631-
751-0066 x212 to register where
indicated. For information about
becoming a museum member
call 631-751-0066 x246.

WINTER HOURS

The Art and Carriage Museums
will be closed through February
21, 2019. The Visitors Center is
open through January 27, 2019
and admission is **FREE** for the
month of January. The Art
Museum will reopen February
15, 2019 with two new exhibi-
tions: "The Long Road To
Freedom" and "Walt Whitman's
Arcadia." Admission is **FREE** for
opening weekend. Regular hours
and admission will resume
February 22, 2019.

**ADULT PROGRAMS
AND EVENTS**

January 20, 3 p.m.
**Sunday Street Concert Series
Presents James Maddock** live in
the Carriage Museum's Gillespie
Room. Advance sale tickets are
available at

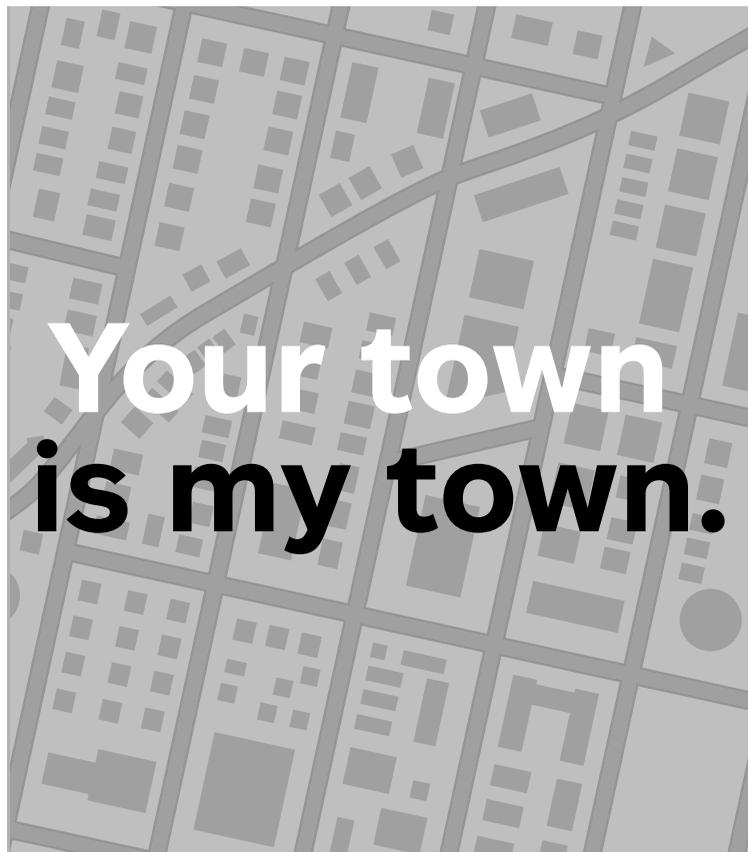
www.sundaystreet.org for \$25
through Friday, January 18. If
available, tickets may be pur-
chased at the door the day of the
concert for \$30 cash (call for
availability). Concert tickets do
not include museum admission.

January 27, 5 p.m.
Chamber Music Concert

Long Island Museum and North
Shore Pro Musica present a
chamber music series in the Car-
riage Museum's Gillespie room.
Purchase tickets at the door.
\$20/general public; \$18/Pro Mu-
sica and LIM members and stu-
dents. Program TBA.

February 10, 3p.m.
Sunday Street Concert

Presents Joe Jencks & Rod
MacDonald live in the Carriage
Museum's Gillespie Room.
continued on facing page



Now proudly serving Saint James.

I live and work here just like you. So I'm
right around the corner when you need
me. I can help protect the things you
own and the people you love. Call or
stop by today for a free quote.



Ryan J. Dittmar
631-686-5177
462 Moriches Rd.
Saint James
ryandittmar@allstate.com



Allstate
You're in good hands.

Auto
Home
Life
Retirement

ARTS & ENTERTAINMENT

continued

If available, tickets may be purchased at the door for \$27 cash. Please call the museum at 631-751-0066 the day of the show to confirm ticket availability.

February 19, 10 a.m. - 12 noon Senior Tuesday

Seniors 62 and older will enjoy a FREE, self-guided tour to the museum's newest exhibition, *Long Road to Freedom: Slavery on Long Island*, on display in the Art Museum.

February 20, 11 a.m. - 1 p.m. Family Drop-In Day!

Families are invited to join educators for activities in the Carriage Museum and on museum grounds. Admission is FREE.

February 21, 10 a.m. - 12 noon Vacation Ventures

Discuss and create projects inspired by author/illustrator Leo Lionni with LIM educators. For students in grades 1-3. Fee: \$25 per program/\$20 for members. Pre-registration and pre-payment required.

February 24, 3p.m. Sunday Street Concert

Presents Joe Crookston live in the Carriage Museum's Gillespie Room. If available, tickets may be purchased at the door for \$30 cash. Please call the museum at 631-751-0066 the day of the show to confirm ticket availability.

EXHIBITIONS

Through January 27, 2019 Silver Linings:

Artists Search for Meaning

The Long Island Museum and LIMarts are pleased to present the 5th annual members'-only exhibition. As the saying goes, every cloud has a silver lining. And every work of art conveys a meaning. Discover how more than 100 LIMarts members find

their own silver linings and search for meaning through art. The majority of artwork on view is available for sale. The LIM will receive a portion of the proceeds which will be used to help support LIMarts and LIM exhibitions and programs.

February 15-May 27, 2019

Long Road to Freedom: Surviving Slavery on Long Island

In 1626 Dutch merchants brought the first group of enslaved Africans to New Amsterdam. When the English

continued on page 44

Morecraft Construction

www.morecraftconstruction.com

631-584-7010

License #B604E1

From basic repairs ... to the house of your dreams ... to everything in between.



With over 30 years of satisfied customers, you can trust we'll get the job done right.

New Builds to Additions & Extensions

Siding

- Insulated Vinyl Siding
- Imitation Wood Shakes
- Soffits & Fascia
- Gutters & Leaders
- Entryways

Windows

- Vinyl Replacements
- Bays & Bows
- Specialty Shapes
- Double Hung
- Casements

Roofing

- Complete Replacement
- Re-Shingling
- Repairs
- Flashing

Owner Direct
No Sales People

**FREE DESIGN
CONSULTATION**

All Work
Guaranteed

Long Island Museum 2019 Calendar

continued from page 43
took control of the colony in 1664 they made New York a hub of the slave trade. Over the centuries, the institution of slavery impacted every community on Long Island. Imported as laborers these enslaved Africans and their descendants performed domestic, industrial, and agricultural work while fighting to maintain a complex cultural heritage. NYS formally abolished slavery in 1827.

February 15-September 2

**Walt Whitman's Arcadia:
Long Island Through the
Eyes of a Poet & Painters**

This year marks the 200th birthday of one of America's most celebrated literary figures, Walt Whitman. The Long Island Museum recognizes this prolific poet with the opening of Walt

Whitman's writing revealed in a 19th century America that swept far past the Long Island region. Whitman's prose and poetry often reveals the Long Island that he loved: a place of farmers, fishermen and uniquely beautiful landscapes and seascapes. *Walt Whitman's Arcadia* will present chosen passages from Whitman's writings alongside more than 20 paintings by William Sidney Mount, John F. Kensett, Lemuel Wiles and more. As the exhibition illustrates, the stunning wooded landscape, rustic scenery and rugged shoreline that so captivated Whitman was equally fascinating to artists from across the region.

Ongoing

THE CARRIAGE MUSEUM

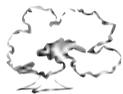
Eight galleries housing more than 100 horse-drawn vehicles and

related artifacts explore the history of transportation before the automobile became the everyman's primary mode of transportation in the U.S.

**Bayman's Art
Ongoing**

VISITOR'S CENTER

The Bayman's Art gallery replicates an authentic Long Island wetlands environment as a "natural habitat" for the display of shorebirds and duck decoys. An early 20th century bayman's shack, complete with tools, furnishings and decoys in various stages of completion, illustrates the process and methods used by carvers. A wonderfully preserved North Shore duck boat and a saltmarsh diorama is based on Effie's Hole, a small cove in eastern L.I. where duck hunting was a mainstay of life.



R.J.K. GARDENS, INC.

Creative Landscaping

Have A Happy & Healthy New Year

- Tree Removal & Elevation**
- Safety Pruning & Land Clearing**
- Stump Removal**
- Garden Design & Landscape Plans**
- Planting & Transplanting & Grading**
- All Phases of Masonry**
- Year Round Grounds Maintenance**

631-862-7056

www.rjkgardens.com

New Year, New Home!

Introducing **22 Hamilton Place** in a private gated community in Lake Grove!

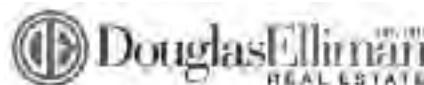


4 bedroom, 2.5 bath Colonial on .75 acre with inground pool. Open floor plan, custom interior mill work & brick work, cul-de-sac in a private gated community. \$889,997. MLS# 3089661.



JILL MCDOWELL
Licensed Real Estate Salesperson
Douglas Elliman Real Estate
996 W. Jericho Turnpike
Smithtown, NY 11787
0-631-543-9400
C-516-316-2000
jill.mcdowell@elliman.com

Full Time Agent • 5 Star Service
20 Year St. James Resident



elliman.com/longisland

ARTS & ENTERTAINMENT

Smithtown Historical Society Happenings

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

Their mission is carried out through collection, conservation and preservation, research, exhibitions, publications, educational programs, support of regional heritage organizations, living history events, community library and archives.

The Historical Society maintains six houses and eight out-buildings at three locations: Obadiah Smith House, Caleb Smith House and their 22-acre Village of the Branch Historic District Site.

The Smithtown Historical Society, holds a number of events

during the year. For further information about any of their programs call 631-265-6768.

EVENTS 631-265-6768



Chicken Keeping 101

Fri., Jan. 18 | 7 p.m. | \$5

Come to an informational evening of Chicken Keeping 101

utilizing the knowledge and experience of the Farm Managers at the Smithtown Historical Society. Learn the who, what, whys and hows of becoming a chicken keeper just in time to prepare for the "spring chickens."

Frank Brush Barn

211 Middle Country Rd. Smithtown

Book Club

Thurs., January 24 | 7 p.m.

The Address by Fiona Davis Fiona Davis returns with a compelling novel about the thin lines between love and loss, success and ruin, passion and madness, all hidden behind the walls of the Dakota, New York City's most famous residence

Roseneath Cottage

239 Middle Country Rd. Smithtown

continued on page 76

ANNE MARIE LISA

Certified Nutritional Counselor, Reiki Practitioner, Intuitive Guide

631-525-1045

www.AMLisa.com

Expert nutritional advice for children and adults

- Attain sustainable weight loss
• Increase energy
• Improve immune health
• Learn how nutritional changes help alleviate chronic illnesses

Reiki -

- A Japanese technique for stress reduction, relaxation and tranquility

Intuitive Guidance -

- Explore what keeps you from achieving your desired goals
• Awaken your own inner healing capabilities
• Develop your true potential
• Experience meditations that promote inner peace and strength

Nourishment for the Body Mind and Spirit

Advertisement for Private DRUM LESSONS with John Niceli. Includes text: All levels from Beginner to Advanced, All styles from Rock to Jazz, NYSSMA Preparation, teachingdrums@yahoo.com

Head Instructor

Sensei Mike Caiozzo

Family Discounts

Private/Group Lessons



Kempo • Ju-Jitsu • Grappling • Kickboxing

556-08 North Country Road • St. James, NY 11780 (631) 617-5148 • www.shaolinstjames.com



P. DeBlasio Builders, Inc.

FINE HOMES & RENOVATIONS

Proudly Serving Nassau & Suffolk Counties for Over 30 Years



Residential • Commercial

- New Construction
- Renovations
- Design & Plans Services
- Construction Management
- Roofing, Siding, Windows
- Kitchens & Baths
- Outdoor Living Spaces



273 Lake Avenue, St. James, NY 11780

Tel: 631.584.5500

info@pdeblasiobuilders.com

www.pdeblasiobuilders.com

Member of the
St. James
Chamber
of Commerce

Licensed & Insured
Suffolk License 15543-H | Nassau License H18F6680000



ARTS & ENTERTAINMENT

Programs Offered at the Library

The Smithtown Library offers a variety of programs during the upcoming weeks and months. The Library has one number (631-360-2480) which will connect callers to all four Library buildings. The Smithtown Building, is located at 1 North Country Road, Smithtown. The Nesconset Building (Administration Business Office) is located at 148 Smithtown Blvd., Nesconset. The Commack Building is located at 3 Indian Head Road, Commack. The Kings Park Building is located at 1 Church Street, Kings Park. Call for Library hours.

For more information visit the library website at www.smithlib.org.

You may register at the above phone number for programs unless otherwise noted.

REGISTRATION INFORMATION

In-person, online and telephone registration for all programs is required and begins one month prior to program date unless otherwise noted. Programs that require fees can be paid by credit card, cash, check or money order to the Smithtown Library. To pay by credit card, use the online payment option. For more information about paying by credit card, see the library website www.smithlib.org. If paying in cash, please bring exact change only. Program fees

are non-refundable and non-transferable. Check the Library's calendar or contact your local building for availability. Out of district residents should call the Library for program availability.

3D PRINTERS

The Library 's 3D printers are available at all four Library buildings. Patrons can submit a 3D Printer Use Form to request to have a design printed. These requests are reviewed to ensure they comply with the Library's policy, then sent to the requested pick-up location for printing.

For further details, call the Reference Desk at any of the buildings or visit www.smithlib.org/adults/3d-printing.html.



MOVIES AT THE LIBRARY

SMITHTOWN
Fri., Jan. 18, 2 p.m. & 6:15 p.m.
Crazy Rich Asians
Rated: PG-13,
Runtime: 123 min.
Fri., Jan. 25, 2 p.m.
Operation Finale
Rated: PG-13,
Runtime: 123 min.
NESCONSET
Call for movies, dates and times.



BOOK DISCUSSION GROUPS

Smithtown Book Discussion Group
SMITHTOWN
Thurs., Jan. 17, 10:15-12:15 p.m.
Himself by Jess Kidd. No registration required.
Tea-rrific Reads Book Discussion
NESCONSET
Tues., Jan. 22, 2:15-3:15 p.m.
Little Fires Everywhere by Celeste Ng. Registration encouraged.
Killer Reads Book Discussion Group
NESCONSET
Call for books, dates and times. Registration encouraged.
Sports Pages Book Discussion Group
SMITHTOWN
Mon., Feb. 4, 10:30-12:30 p.m.
Attitude by Jay Wright. No registration required.
Historical Non-fiction Book Discussion Group
SMITHTOWN
Thurs., Jan. 24
10:30-11:30 a.m. or 2:30-3:30 p.m.
How We Got to Now: Six Innovations That Made the Modern World by Steven
continued on facing page

Advertisement for St. James Automotive Center, featuring ASE logo, 'bp' logo, and '\$5 OFF OIL CHANGE' promotion.

Advertisement for Tree Service, featuring 'TREE SERVICE' title, list of services (Tree Removal, Pruning, etc.), and phone number 631-584-5575.

ARTS & ENTERTAINMENT

continued
Johnson. *In-person registration only.*



TRIPS

FLOWER POWER BUS TRIP TO THE PHILADELPHIA FLOWER SHOW

KINGS PARK
Mon., March 4,
7:45 a.m. - 8 p.m.
Fee: \$104 per person

In its 184th year, The Philadelphia Flower show is still the largest (and longest running) flower show in the nation. This year the show centers its message on the beauty and creative

inspiration of Great Britain. Enjoy lunch on your own at the Flower Show or visit Reading Terminal Market located across the street from the Flower Show. Meet at the Kings Park Building parking lot to board the bus at 7:45 a.m. Depart the flower show at approx. 4:30 p.m. to return home. Registration is open for Smithtown Library cardholders. Registration will open to all regardless of library district starting Monday, February 4, space permitting.

ADULT PROGRAMS

ZUMBA

SMITHTOWN
Thurs., Jan. 17, 24, 31, Feb. 7
7-8:30 p.m., Fee: \$15 per person

This Zumba series combines international music with interval fitness training.

HIKING LONG ISLAND THE WINTER MONTHS

SMITHTOWN
Fri., Jan. 25, 7-8:30 p.m.

Author Lee McAllister will speak about his book, *Hiking Long Island*, and the many hiking opportunities available on Long Island, especially during the beautiful winter months.

INTRODUCTION TO DIABETES PREVENTION

SMITHTOWN
Mon., Jan. 28 | 6-7 p.m.

Learn about the diabetes series offered by the Suffolk County Department of Health and see if you qualify.

IN BRUGES - TRAVELING THROUGH BELGIUM

NESCONSET
Mon., Jan. 28 | 7-8 p.m.

Let Savvy Sightseer Jeanne continued on following page

ENSPIRE

Design Group, PLLC

"We DESIGN to make a DIFFERENCE in your LIFE"

What change do you need in how you are living?

Whether it is a renovation or addition, indoors or outdoors, big or small, **Enspire Design Group Architects and Planners** will provide the finest design that is precisely customized to how you live and work. We specialize in providing beautiful and timeless designs in the best areas of Long Island.

Mention this ad to receive a courtesy design evaluation.

831-471-8500 | www.enspirepllc.com

Architecture | Planning | Interior Design | Permits



Library Programs

continued from page 49
Schnupp guide you through the country of Belgium. Bruges is the place to enjoy a quiet and scenic canal cruise, marvel at Michelangelo's *Madonna and Child* sculpture and be amazed by the incredible architecture.

WINTER CHALKBOARD SIGN

NESCONSET
Tues., Jan. 29, 7-8:30 p.m.
Fee: \$10 per person

Choose from a variety of designs to create a chalkboard art painted sign with a winter theme.



MEET ABRAHAM LINCOLN

NESCONSET
Sat., Feb. 2, 2-3 p.m.

Actor-storyteller Lou Del Bianco portrays Lincoln as Civil War President, frontiersman and storyteller. Authentic historical quotations are used throughout.

JEWELRY WORKSHOP BOHEMIAN EARRINGS

SMITHTOWN
Fri., Feb. 8, 6:30-8:30 p.m.
Fee: \$15 per person

Make your very own beautiful pair of wire-wrapped beaded earrings.

THE NEW YORK EXCEPTIONS - VALENTINE'S DAY CONCERT

SMITHTOWN
Sun., Feb. 10, 2-3:30 p.m.

Celebrate love and sing along with The New York Exceptions as they perform classic rock 'n' roll songs from the 50s and 60s.

WINTER COMFORT FOODS WITH CHEF ROB SCOTT

SMITHTOWN
Wed., Feb. 13, 6:30-8:30 p.m.
Fee: \$7 per person

Taste and learn how to make chicken paprikash over buttered parsley noodles and for dessert, amaretto cocoa dip with cookies.

ONGOING ADULT PROGRAMS

Adult Game Day

SMITHTOWN
Fridays, 11 a.m.-1:30 p.m.
NESCONSET
Mondays, 12-3 p.m.
Call for additional dates and times.

We provide the space, tables and chairs. *No registration required.*

Adult Writers Group

SMITHTOWN
Call for dates and times.
Meet with a local group to share ideas and get feedback on your latest writing efforts. *No registration required.*

Art Group

SMITHTOWN
Tuesdays, 12-2:15 p.m.
Call for dates and times.
Weekly group will work on independent projects. *No registration required.*

Open Knit and Crochet Night

SMITHTOWN
Tues., Jan. 22, 5-7 p.m.
Enjoy a friendly and informal get-together. Experienced crafters and beginners are welcome to knit and crochet with other enthusiasts. *No registration required.*



Defensive Driving

Telephone, online and in-person registration is ongoing. Classes are open to Smithtown Library cardholders only until one week prior to the program, when, space permitting, all individuals are welcome to register. Open to all adult drivers regardless of age. Bring your license to class. Must have a library card to

continued on page 52

*MEDITATION GROUP

Stress Reduction, Inner Peace

*Join us Tuesdays, 1/22/19, 2/5/19, 2/19/19 ~ 7:30-9:30 pm**

*CHAKRA SERIES

Tuesdays, 7:30-9:30 pm. Heart Chakra, 1/29/19, Thymus Chakra (Loving communication) 2/12/19

Open to the public. Limited seating. Register soon.

Change your life, enhance your well being.

*ASTROLOGY CHARTS

The wisdom of Astrology. Understand yourself and others

Printed chart and report.

Available: Private Intuitive Session.

Judith S. Giannotti, M.A., R. Hy. - Smithtown

Registration, Information: 631-724-9733

<http://lightawakenings7.com>



*Honest
Thorough
Simplified
Home and
Property
Inspections*

Report Within 24 Hours • Repair Estimates

PROPERTY MASTER HOME INSPECTIONS

Cell 516-380-0727

John A. Piazza

PropMastInspect@gmail.com

Lic. #16000089651



Natalie Weinstein Design Associates

459 LAKE AVENUE • ST. JAMES, NY 11780 • 631.862.6198

FAX 631.862.7834 • WWW.NATALIEWEINSTEIN.COM



Natalie Weinstein,
Allied ASID, IDS.
Interior Designer,
Author, Columnist,
Motivational Speaker,
Media Personality

*From Montauk to Manhattan,
from renovation through decoration,
our firm has been the go-to destination since 1973.*

*For a personal in home consultation with Natalie
contact us at 631.862.6198*

Integrity - Quality - Mindful of Your Time & Budget



Gift Certificates
available.

A R T S & E N T E R T A I N M E N T

Library Programs

continued from page 50 register; one registration per library card.

AARP Classes

SMITHTOWN

Thurs., Feb. 14, 9:30 a.m.-4 p.m.

NESCONSET

Sat., Feb. 9, 9:30-4 p.m.

KINGS PARK

Call for dates and times

Fee: \$20 with an AARP membership card; \$25 without.

**TEEN PROGRAMS
GRADES 6-12**

The Smithtown Library offers a variety of programs geared toward teens. Join one or join all – you’re sure to have a great time! (*In-person, online or telephone registration for all programs is required and ongoing.*)

VOLUNTEER OPPORTUNITIES

A variety of volunteer opportunities will be offered at the Library throughout the year. One hour of community service will be given. *Register for this program. Call for dates and volunteer opportunities.*

Homework Helpers

NESCONSET

Thurs., Jan. 17, 24, 31
4:30-5:30 p.m.

Volunteers in grades 9-12 will work one-on-one with children

in grades K-5 assisting them with homework and studying.

Coding Buddies Volunteers

SMITHTOWN

Tues., Jan. 22, 4:30-5:30 p.m.

Volunteer to help a younger child with a coding activity.

SNOW SLIME

SMITHTOWN

Wed., Jan. 23, 7-8 p.m.

What could be more fun than playing in the snow? Playing with oozing snow slime, of course. Make sparkly, snowy slime.

CHILDREN’S PROGRAMS

Register in person, online or by phone for all Children’s Programs – 631-360-2480 unless otherwise noted. 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.

Note: Each child must have his/her own Library card to register for programs.

For School Age Children

A variety of literature-based programs which include a wide range of activities are offered throughout the school year. Each children’s department provides

specialized programs, unique to each building.



SALT AND WATERCOLOR SNOWFLAKES

NESCONSET (8-12 YEARS)

Sat., Jan. 19, 11-11:45 a.m.

Make a beautiful winter display using salt and watercolor paints, which together create a fun textured look.

JUNIOR CODING BUDDIES

SMITHTOWN (8-12 years)

Tues., Jan. 22, 4:45-5:30 p.m.

Each child will be paired with a teen for an afternoon of coding.

TOASTY TALES

SMITHTOWN (5-7 years)

Wed., Jan. 23, 4:30-5:15 p.m.

Warm up with some toasty tales shared around the crackling virtual fireplace.

PAPER AIRPLANE CHALLENGE

SMITHTOWN (5-7 years)

Thurs., Jan. 24, 4:30-5:15 p.m.

Learn about airplanes and how they fly, then make your own paper plane and compete to see whose can fly the farthest.

continued on page 54

RESIDENTIAL
COMMERCIAL



POWER WASHING
SPACKLING

DEBUS

Painting & Wallpapering, Inc.

phone: 631-862-7924
cell: 631-513-5028

STEVEN
DEBUS

INTERIOR
EXTERIOR



Roslyn Savings Bank

A Division of New York Community Bank • Member FDIC



John Lugo
Branch Manager

Monday - Thursday 8:30am - 3:00pm
Friday 8:30am - 6:00pm
Saturday 8:30am - 2:00pm

Drive Up: Same as Branch Hours

556-02 North Country Rd. • St. James, NY 11780
(631) 862-4200 • www.myNYCB.com



Scientific

Pest Management • Exterminating Services



Cleaner - Greener - Smarter

- Termite Control
- Bees & Wasps
- Natural Pest Control & Tree Spraying
- Ants
- Ticks & Mosquitoes

We are a family owned and operated Pest Control business in Saint James who has been proudly serving Long Island for over 50 years.

631-265-5252

599 Lake Ave., Saint James, NY 11780

www.termitesonli.com

www.scientificext.com

ARTS & ENTERTAINMENT

Library Programs

continued from page 52

FRACTURED FAIRY TALES

SMITHTOWN (5-7 years)
Sat., Jan. 26, 3-3:45 p.m.

Enjoy some classic tales with a twist and make a mixed-up craft.

TODDLER JUMP AND PLAY

SMITHTOWN (2-5 years w/adult)
Thurs., January 17,
2:30-3:15 p.m.

Sat., Feb. 2, 10-10:45 a.m.
Meet new friends and work on social skills with fun playground toys.

SNOW HAPPY

NESCONSET (2-4 years w/adult)
Tues, Jan. 22, 11-11:45am

Snowy storytime and chilly crafts all about snow and igloos.

Q-TIP SNOW PAINTING

SMITHTOWN (2-4 years w/adult)
Tues., Jan. 22, 2:30-3:15 p.m.

Make painting a little more interesting with a Q-Tip as our tool.



POLAR PALS

NESCONSET (3-5 years w/adult)
Sat., Jan. 26, 11-11:45 a.m.

Chill out and learn about our arctic friends with stories, sensory stations and creative art projects. Dress to make a mess.

BABY PARACHUTE FUN

SMITHTOWN
(Birth-18 mon. w/adult)
Tues., Jan. 29 |10-10:30 a.m.

Parachute fun around the para-

chute for our youngest age group.

COLORS OF THE RAINBOW

SMITHTOWN (3-5 years w/adult)
Tues., Jan. 29, 2:30-3:15 p.m.

Practice your colors with stories and a craft featuring all the colors of the rainbow.

BUBBLES, BUBBLES, BUBBLES

NESCONSET (2-4 years w/adult)
Wed., Jan. 30, 11-11:45am

Enjoy stories and crafts all about bubbles. Blow bubbles, pop bubbles and even dance in bubbles. Dress to make a mess.

THE YEAR OF THE PIG

SMITHTOWN (5-7 years)
Thurs., Jan. 31, 4:30-5:15 p.m.

Learn about Lunar New Year traditions and celebrate the New Year with stories and a craft.

continued onpage 56



autonomousdesign, ltd.

specializing in green design since 1973

- design, development, construction, new homes, alterations, landscape design, constr. management, historical restorations, swimming pools, kitchens, roofing, decks • patios, bathrooms, siding, office interiors

stephen cinco, 22 stonegate, st. james, new york 11780, (631) 724-7726



CHIROPRACTIC HEALTHCARE OF ST. JAMES

DR. GREGORY R. THOMAIER

CHIROPRACTOR

338 Lake Avenue (across from the Post Office)
St. James, NY 11780

631-584-8100

EMERGENCY APPOINTMENTS TAKEN



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.

Setting Goals for Health

With the start of a new year many of us set resolutions to achieve new goals. Exercise and getting in shape usually finds its way to the top of this list. When establishing these goals it is important to set them to be relevant, specific and measurable within a reasonable time frame. When setting goals to be realistic and attainable you will be rewarded with a sense of accomplishment. Being over ambitious and setting unrealistic short term goals only makes your goals feel unachievable and is more challenging to be committed to.

Keep in mind that the way we think has a strong influence on achieving our goals. When trying to maintain your commitment to your goals take into consideration that positive thinking has been linked to exceeding what is thought to be our physical limits. In a study where men and women gave themselves positive motivational talks while riding a stationary bike, researchers discovered that there was a significant reduction in the rating of perceived exertion and enhanced improvements with endurance performance. This finding supports the psychobiological model in which the mind has a significant influence on our endurance. Our brain is programmed to remember and avoid negative



experiences, so when an activity starts to become uncomfortable we tend to want to stop. Focusing on positive thoughts will lead you down the path to accomplishing your goals.

Those who set reasonable and achievable short term goals, think positive and are motivated and committed will push past the restrictions and be successful at accomplishing their long term goal.

Best of Health to all!

Member:

- American Chiropractic Association
- International Chiropractic Association
- Council on Diagnostic Imaging
- American Chiropractic Association Sports Council
- NYS Chiropractic Association
- American Medical Athletic Association

GENTLE EFFECTIVE TREATMENT OF:

- Back/Leg Pain (Sciatica, Disc Problems)
- Neck/Arm Pain (Numbness, Tingling)
- Whiplash Injuries
- Sports Injuries
- Pinched Nerves
- TMJ Disorders
- Scoliosis
- Headaches

WE ACCEPT

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

ARTS & ENTERTAINMENT

Library Programs

continued from page 54

ARE YOU YETI FOR FUN

NESCONSET (3-5 years w/adult) Fri., Feb. 1, 11-11:45 a.m.

Enjoy stories and crafts that feature our sweet and snuggly wintertime friend, the Yeti.



PLAY WITH THE PUPPY DOG PALS

NESCONSET (2-5 years w/adult) Sat., Feb. 2

10-10:45 a.m. OR 11-11:45 a.m.

Come for a tailwagging 'meet and greet' with Rolly and Bingo and create colorful crafts. Siblings are welcome.

VALENTINE'S DAY WITH CHARLIE BROWN

SMITHTOWN (5-12 years) Sat., Feb. 2, 3-3:45 p.m.

Watch Be My Valentine, Charlie Brown and make a bear-y special Valentine craft to bring home.

CHESS BUDDIES

NESCONSET (5-12 years) Thurs., Feb. 7, 6:30-7:15 p.m. Play chess with a teen volunteer.

ONGOING PROGRAMS

Art Starts

NESCONSET (2-4 years w/adult) Fri., Jan. 25, 11-11:45 a.m. SMITHTOWN (2-4 years w/adult) Call for dates and times. Crafts and storytime that encourage children's eye-hand coordination and gross and fine motor skills development. Dress to make a mess.

Creation Station

(Families w/children under 12) SMITHTOWN Saturdays, 10 a.m.-3 p.m. Come to the Library during these hours and complete some cool crafts.

Hip Hop Tots

NESCONSET (2-4 years w/adult) Mon., Feb. 4, 10:30-11 a.m. Come get jiggy with your little one through creative movement, dance and music.

Homework Help

NESCONSET (7-10 years) Thurs., Jan. 17, 24, 31 4:30-5 p.m. or 5-5:30 p.m. Let qualified teen volunteers help you with homework, studying and projects. You must register for each date you wish to attend.

LEGO League

SMITHTOWN (5-12 years) Sat., Jan. 19, 3-3:45 p.m. Fri., Feb. 1, 7-7:45 p.m. Construct your own creations using the library's collection of LEGO bricks.



Nursery Rhyme Time

(birth-35 months w/adult) SMITHTOWN Sat., Jan. 19, 26, 10-10:30 a.m. NESCONSET Thurs., Jan. 24, 6:30-7 p.m. Mon., Jan. 28 | 10:30-11 a.m. A time of nursery rhymes and songs for baby. Siblings are welcome.

continued on page 77



BEST ON A BAGEL

2 LOCATIONS:

410 Lake Ave., St. James

631-250-9292

385 Vets Hwy., Smithtown

631-670-7777



Boar's Head Products Strictly Used!!

We make our bagels the old-fashion way... BOILED AND THEN BAKED ON PREMISES! Over 13 varieties of CREAM CHEESE - All Homemade!

HOMEMADE SALADS:

Chicken • Tuna • Egg • Whitefish • Baked Salmon Potato • Macaroni • Cole Slaw

- BREAKFAST SPECIAL -

2 EGGS ON A BAGEL with choice of Meat & Cheese and 12 oz. Coffee \$3.99

With Coupon • Cannot be Combined • Limit 1 Coupon Per Customer Excludes Holidays • Expires 2/19/19

- COMBO LUNCH SPECIAL -

with 12 oz. Fountain, Can Soda or Bottled Water & Choice of Side Salad & Pickle \$6.50

With Coupon • Cannot be Combined • Limit 1 Coupon Per Customer Excludes Holidays • Expires 2/19/19

OPEN DAILY 6AM-3PM



CELEBRATING A BIRTHDAY?



Email Your Birthday Announcement & Photo to

OurTown@optonline.net

or mail to

Our Town • St. James 359 Lake Avenue, St. James, NY 11780

There is no charge for this service & photos will be returned if requested.

Call 631-862-9849 for further info.

Stony Brook Vision World

www.StonyBrookVisionWorld.com



Eye exams • Contact lenses • On-site lab
Same-day service • Most insurances accepted



Blue View Vision™



2194 Nesconset Hwy. (Red Lobster shopping center), Stony Brook • (631) 245-5468

Andrew N. Polan, F.N.A.O.

A New Year Plan



by Natalie Weinstein, Allied ASID, IDS

January and the new year remind us all of the possibility of new beginnings for ourselves and our family. We resolve to live better, be healthier, more organized, more focused, more _____ (you fill in the blank). Yet most of these resolutions dissolve by February or sooner. Is it because we want to be all of these but don't actually have a plan – or do we just have unrealistic expectations?

Over the many years I have been a designer and I have given seminars on clutter control and organization, (mostly in January!) I've listened to countless married couples in crisis because one spouse is the neat freak and the other is the _____ (well you know). Hoarders notwithstanding, (that's another issue altogether,) I have been able to help folks to more comfortable co-habiting by a few simple rules.

The first order of business is to acknowledge that a clean, organized, clutter free home is healthier, more efficient, less costly and more ego building than one that is not. It all starts with this affirmation and then a plan – a realistic one with short- and long-term goals. Each goal achieved will spur you on to do more. Cleaning out the entire garage, attic, walk-in closet, kitchen cabinets, etc. can be a great goal long-term, but probably won't ever actually be accomplished if it overwhelms you in its entirety. (Where to start –

How do I get to be a Decorating Diva when I can't even find my binder?



not enough time-energy-motivation?) If, however, a huge task is broken down into smaller parts, with a clear action – you've got a great shot at success!

So, create the plan – not in your head – but on paper, and set aside the time to accomplish one of the individual tasks you've listed. Pick one thing that bothers you most, then cross it off your list when it's done. (That feels great in itself). Your list can also involve designating a specific day of the week to tackle repetitive tasks, for example: Monday could be laundry day, Tuesday – cleaning day, Wednesday – bill pay, Thursday– errands, Friday – food shopping, Saturday cooking and kitchen clean up, Sunday – no work!

What about things you can accomplish in ten minutes – getting rid of trash, opening the mail and sorting it, cleaning off kitchen counters, cleaning the entry area, hanging up clothing, putting away clean laundry? When

you don't let things pile up, tasks can actually be accomplished in ten minutes!

So, what do you think? Once you begin and find success – you will want to continue – and even start that diet, have friends over without worrying about “what people will say,” and feel good about how your surroundings make you feel. So, ring in 2019 and get started!

Editor's Note:

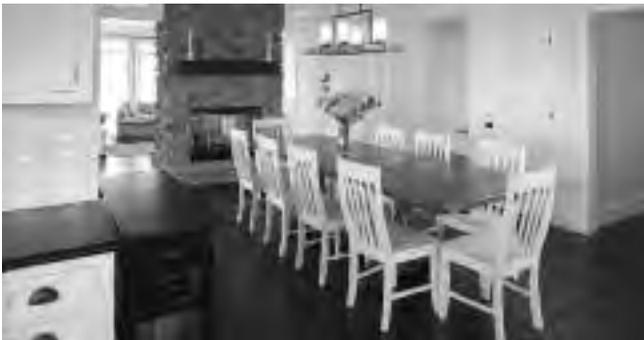
Natalie Weinstein is an Allied ASID, IDS interior designer, media personality, author, speaker, and president of Natalie Weinstein Design Associates, a full service interior design firm (www.natalieweinstein.com). She is also owner of Uniquely Natalie, a quality consignment furniture and accessory shop in St. James. Join www.nataliesclub.com for FREE seminars, tips, and discounts. For more information about Natalie Weinstein Design Associates, call 631-862-6198 or email at info@natalieweinstein.com. For more information about Uniquely Natalie Quality Consignment, call 631-686-5644 or visit www.uniquelynatalie.com

For Advertising Rates & Information Call 631-862-9849 or email ourtown@optonline.net

DESIGN • BUILD • REMODEL



**CotY Contractor of the Year Award Winner
by the National Association of the Remodeling Industry**



ADDITIONS • RENOVATIONS • CUSTOM BUILDING

We are a full service Design/Build & Remodeling Company
servicing your community for over 30 years.



Call today for a **FREE** consultation



631.584.7817

333 First Avenue, St. James, New York 11780

www.vazac.com

**School Is Open.
- PLEASE -
Drive Carefully!**

RELATIONSHIPS BUILT ON HONESTY, INTEGRITY AND TRUST

It's February... Don't Fret... Spring is Just Around the Corner

"My soul can find no staircase to heaven unless it would be through earth's loveliness."

—MICHELANGELO BUONARDO

by June A. Liardi

February, not the most beloved month, although we do celebrate the day of love, Valentine's Day on the 14th! A short month usually packed with lots of long, cold days. We have no choice other than to try and enjoy each one, perhaps it is a good excuse to curl up with a good book or colorful garden catalog.

This is a good time to give your houseplants some love. To help your plants 'breathe' more efficiently the leaves should be cleaned off. For smaller plants, cover the top of the soil with plastic and give your plant a shower with warm water. Make sure to clean the top and underside of the leaves. For larger plants, fill a bucket with warm water and gently wipe the top and underside of each leaf.

While cleaning your plants, check for any insect infestations. If you find any insects, spray with a houseplant insect spray or spray with insecticidal soap. I usually spray the soil too to catch any bugs hiding there. Cultivate the soil and give the plants a nice drink. To increase humidity, use a cool mist humidifier or fill a saucer with pebbles and water and place the pot on top.

With the dry heat on in the house the houseplants will benefit from a daily water misting from a spray bottle. Keep your plants warm and away from a drafty window or door.

It is almost time to start fertilizing them, wait a while until the sun gets stronger and the days grow a little longer. They will be ready come spring.

If you are yearning to see some spring blooms, a trip to the supermarket or garden center is in order. In late winter, stores have many blooming gift plants

for sale, such as cyclamen, hyacinth, primrose and tulips. Buy a few of these individual plants to put together in one large container. Find a container that will hold all of the plants you choose, a large bowl, basket or serving platter would work. Take care to cover the bottom of the container if moisture will harm it. Water each pot then start to arrange the pots in the container. You can also fill in spots among the plants with cut pussy willow stems. If

there are open spots around the pots, fill in with sheet moss or with sphagnum moss. You could, of course, plant all the individual plants together into one large container, just make sure the pot has drainage holes. Later as the flowers are done blooming you can plant the bulbs and plants outside to enjoy next spring.

In planning this year's flower garden you may want to consider plants with fragrance. Start with trees, shrubs and woody perennials that are long-lived and easy to maintain. A tree with fragrant flowers such as a crab apple, a shrub like lilac and a lovely rose bush are some examples. Choose plants for each season, plants in the ground and also in containers. You want to place them in areas where you walk, where you relax and even under a window or door that will be open.

For spring, hyacinth, common lilac, and crabapple. For summer, English lavender, rose, and sweet alyssum. For the fall, moon flower, butterfly bush and

sweet autumn clematis. For the winter, paperwhites, witch hazel and daphne are some good choices. There are many to choose from and don't forget all the fragrant herbs available. You can enjoy all the fragrances and you will be helping all the pollinators in the neighborhood.



Here is a nice, spicy hot chocolate to warm you and yours on a cold Valentine's Day – makes 8, one-cup servings.

Ingredients: 1/4 c sugar, 1/4 c cocoa, 1 tsp fine ground chili powder, 1 tsp cinnamon, 3/4 tsp cloves, 1/4 tsp salt, 2 c water, 6 c milk, 1 tsp vanilla, whipped cream, nutmeg and 8 cinnamon sticks.

Directions: Blend dry ingredients together in a large saucepan. Add water, stirring and simmer 4 minutes. Stir in milk and re-heat. Whisk in vanilla and pour into warm mugs. Top with whipped cream and a sprinkle of nutmeg, add cinnamon stir stick.

Enjoy!

"No matter how long the winter, spring is sure to follow."

— PROVERB FROM GUINEA

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.

Long Island's Elusive Mammal

by Sally Wellinger

There is a mammal that many people do not realize lives on Long Island. It's not because they are small, they can grow four feet long and weigh up to 30 pounds. It's not because they are rare; their population is rated "least concern" by the NYS DEC. It's not because they are quiet; they whistle, chirp, growl, and when frightened they can even scream so loud, it can be heard a mile away. It's not because they are calm; they are very active animals and love to play. They even smell and spray a strong musky smell all around their home territory. So why do we not see these mammals very often? These animals are nocturnal, they live much of their life in water, and they do not live in large groups. These animals are river otters!

River otters are members of the weasel family. Their bodies are adapted for living in water. They have a stream-lined body, covered with thick fur that helps them stay warm in cold water. Their body shape, short legs, webbed feet and a long tapered tail all help to propel them in the water. Otters are able to stay underwater for 8 minutes, so if you are lucky enough to spot one, it will probably quickly disappear under the water and swim away. Part of what helps them stay under water for a prolonged period is their ability to close their ears and nostrils under water.

River otters are different than sea otters. Sea otters live in the sea on the Pacific coast. They are stockier than the stream-lined river otters. Sea otters are the ones that we think of when we envision an otter floating on its back, cracking open shellfish. River otters eat a variety of foods including fish, crabs, frogs, other small animals, and aquatic plants.

Finding otter evidence can be challenging because their habitat is spread out. They do not sleep



River Otter

in the same area as they defecate. They also rub their scent in different places than where they sleep. The places that they defecate are called latrines. Scent stations are where they rub their scents. They sleep in dens, which tend to be abandoned burrows or empty hollows. They are pretty fast – river otters can swim up to 7mph and can run up to 18mph. No wonder they are hard to spot!

Although otters are not endangered in New York, they have only recently made a comeback to Long Island. Otters have very dense, short glossy fur which made them desirable for the fur industry. Sadly, they were almost wiped out of New York State in the 19th and 20th century because of the fur trade. Fortunately, before the species was extirpated, most states placed regulations on hunting and trapping. Until recently, there were no river otters on Long Island.

Over the past several years, a few were spotted on Long Island and in 2008, the River Otter Project by Mike Bottini was launched. Since then at least 27 locations have been found with

evidence that otters were present. Otters tend to move around a lot, making it hard to determine the number of river otters that live on Long Island.

One fact that we do know is that they frequent the Nissequogue River, right here in the town of Smithtown. On a map from 2018, out of 21 otter scent stations or latrines found, 6 of them were located on the Nissequogue River. In 2012, cameras were placed in certain areas where scientists believed river otters might be located. The camera placed near Sunken Meadow State Park, showed that otters were present. In fact, river otters set off the cameras 23 of the 47 days they were monitored at Sunken Meadow. Maybe next time you are on or around the Nissequogue River, you will be lucky enough to spot a river otter!

Some places to get more information about river otters are the Huntington/ Oyster Bay Audubon Society at <http://www.hobaudubon.org/otters.asp>, and through the River Otter Project by Mike Bottini at <http://www.mikebottini.com>

IN THE SCHOOLS

NESAQUAKE MS CHEERLEADERS HELP LOCAL PAWS...



The cheerleading squad from Nesaquake Middle School, along with their coach Amber Murphy, visited the Paws of War of Nesconset on Dec. 11 to drop off food, beds and other supplies they have been collecting for the service animals and their veteran owners. Paws of War trains shelter dogs to be service animals for local veterans who have returned home. While there, the cheerleaders watched a training session, met some of the dogs in training, and watched a veteran take home her service dog for the first time.

Photo courtesy of Smithtown Central School District



**HEALTHY
SNACKS
LEND
HELPING
HAND...**

Fourth-graders in the Cares Club at Mills Pond Elementary School held a healthy snack sale in the lobby of the school on recently. The club raised more than \$700 and all of the proceeds raised from the sale will benefit the Make-A-Wish Foundation.

Photo courtesy of Smithtown Central School District

Our Town - St. James 2019 Deadline & Publication Dates

= COPY & AD DEADLINE
 = PUBLICATION DATE



JANUARY						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

FEBRUARY						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

MARCH						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	30	31

APRIL						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JULY						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPTEMBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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

Phone: (631) 862-9849 • Fax: (631) 862-9839

E-mail: ourtown@optonline.net • Website: ourtownstjames.com

The Intersection of Gifting and Medicaid Eligibility

by Joseph A. Bollhofer, Esq.

I often hear clients say "I am allowed to gift up to {currently} \$15,000 per year, per person without having to pay gift tax."

That is true, but it's better than that. No gift tax is due at all unless a total of more than \$11,180,000 is given away in a lifetime. This current limit is combined with the Federal estate tax limit. If for example, someone gives a gift of \$5,000,000, then the amount of his or her estate at death that escapes Federal estate tax is not \$11,180,000, but "only" the difference of \$6,180,000. So, effectively, most people do not have to pay gift tax.

This is in addition to the \$15,000 that is allowed to be gifted to an unlimited number of persons each year without having to report the gifts. The only difference is that if more than \$15,000 is given to any one person in any one year, an informational gift tax return must be filed, so that the IRS can keep track.

New York State does not have a gift tax.

However, these laws only deal with taxes; they should not be confused with Medicaid eligibility.

If you seek to become eligible for Medicaid coverage in a nursing home, you must provide copies of all of your and your



spouse's financial records for the immediate prior five-year period. If either of you gave gifts during that period, it will be assumed that you did so with the intention of becoming eligible for Medicaid and you will be assessed a "penalty" (a period of ineligibility for coverage). That period will begin when you enter the nursing home and apply for Medicaid.

It is possible, but usually difficult, to prove that gifts were made exclusively for some other purpose. Small gifts for birthdays, etc., might be disregarded if a historic pattern of such gifting can be shown. Otherwise, a penalty period will be assessed based on the total value of gifts made – the greater that value,

the longer the penalty period.

During the penalty period, the nursing home bill would have to be paid privately, unless the applicant has long-term care insurance that covers the cost. However, a penalty period will be eliminated or reduced if the gift is given back in full or in part. Of course, getting the gift recipients to return the gift can be difficult, or impossible if the money has been spent.

Understanding the results of gift-giving is important. Sometimes a safer method is gifting through an irrevocable trust. If properly written, such a trust can provide flexibility in case a nursing home Medicaid application is needed in the future.

Copyright 2018 Joseph A. Bollhofer, Esq.

Editor's Note:

Joseph A. Bollhofer is an attorney who has been practicing law since 1985 in the areas of elder law, Medicaid, estate and business planning and administration, and real estate. He is also the president of Downstate Title Agency, Inc. His legal advice has appeared several times in Newsday's "Ask the Expert" column, a weekly feature dedicated to elder law and estate planning issues. He is a member of the National Academy of Elder Law Attorneys, and of the Elder Law and Surrogate's Court Committees of the Suffolk County Bar Association, currently serves as chair of the SCBA's Real Property Law Committee, and is a member of the Elder Law, Trusts & Estates Law and Real Property Law Sections of the New York State Bar Association. He can be reached at info@bollhoferlaw.com or 631-584-0100.

291 Lake Avenue
St. James, NY 11780
BollhoferLaw.com

(631) 584-0100
Fax: (631) 584-2304
info@BollhoferLaw.com

**LAW OFFICE OF
JOSEPH A. BOLLHOFER, P.C.**

**Elder Law • Real Estate
Estate Planning and Administration
Accidents/Personal Injury**

Member, National Academy of
Elder Law Attorneys (NAELA)

Admitted to Practice Law in
New York & New Jersey

For deals that are
out of the world...



Shop St. James!

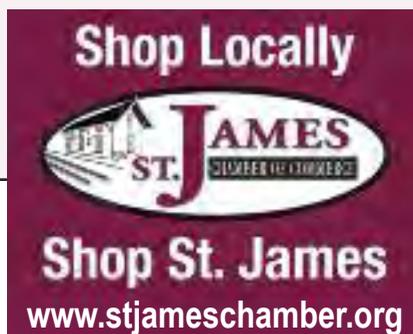
2019 MEMBERS OF THE ST. JAMES CHAMBER OF COMMERCE

Please Support These Chamber of Commerce Member Businesses

Acuwell Acupuncture Center
Adaptive Clothes
All Shores Mortgage
Allstate Insurance
Alpine Pastry Shop
Artpix Studio
The Atelier at Flowerfield
AutonomousDesign
Barattini Productions -
DJ & Event Services
Bella Codi
Best on a Bagel
Joseph A. Bollhofer, Esq.
Bounce Long Island
Branch Funeral Home
The Brick Clay Studio & Gallery
The Bristol at Lake Grove
CAPES: Child Advocacy &
Parent Empowerment Services
Capital Graphics of Long Island
Capo Design Build
Certified Headquarters of St. James
Chevrolet of Smithtown
Chief Chimney Services
Chiropractic Healthcare of St. James
Chorus Line Dance Studio
Coldwell Banker Residential Brokerage
Competition Infinity
Costco Wholesale
Creative Windows
Dance 'n' Things
Daniel Gale Sotheby's International Realty
Daniel R. Bracciodieta & Associates
DeBarbieri Associates
Del Fuego
Dimitrios Furs
Doda's Gold Shield Catering
Doug's Lemonade
Dowling Brothers Autobody
Dowling Knifping & Klein Agency
Eckardt & Eckardt
Eddie's Power Equipment
Edward Jones Investments
Energy Fitness Gym
Empire Design Group
Essenfeld & Co., CPA
Evergreen Planning / Charles Palma
Everlasting Beauty Studio
Faith Auto Works
Family & Personal Counseling
Father Natures Garden Center
of St. James
Flowerfield Celebrations
Ford Lincoln of Smithtown
G. Smith Electrical Services
Garguilos Bakery
Larry Glazer / New York Life
Glorious Glass Art Boutique
Goldstein Associates Wealth Management
Grape Culture Wine & Spirits
Graphics du jour / Our Town
Gray's Jewelers Bespoke
Gyrodyne, LLC
Harbor Collision
Harbor Country Day School

Helping Hearts at Home
Henrietta Homes & Properties
Hither Brook Floral & Gift Boutique
Homegrown Essential Pediatrics
Incredible Home Improvements
Inside Out Kitchens, Baths and More
Inspired Blessings
Irish Gypsy Vending
Janel Brooke Photography
Jared Caspe Physical Therapy
JBL Home Improvements
Jyoti Within
King Bear
King O'Rourke Auto
Knights of Columbus - Sts. Philip & James
The Knox School
Koeppel Martone & Leistman - Attorneys
Koke Insurance Agency
Lesco Construction
LI Tax Savers
The Little Gym of Smithtown
Long Island Hearing
Lorena's Happy Tails
Maginniss Team / ReMax Beyond
Maia Salon Spa & Wellness
Anthony Mangiaracina - Attorney
Maria Orlandi / Douglas Elliman
Real Estate
Matt's Pizza
Mazelis Landscape & Gifts & Gardens
Medical Arts Radiology
Medical Probiotics
Metro Realty Services / Jeremy Hackett
Mills Pond Nursing & Rehabilitation Center
Mister Softee/David Keller
Morecraft Construction Co.
Morgan Stanley - Brandon DeRamo
Mosquito Joe
Murraymade Photography
Musicology Performance Center
My Gym Children's Fitness
Natalie Weinstein Design Associates
Rowena & David Nedvin -
Signature Premier Properties
Nissequogue Fire Department
Nissequogue Golf Club
Nissequogue Village Living
North Shore Montessori School
North Shore Orthodontics
Ogdens Design & Plantings
P. DeBlasio Builders
PMI Gold Coast Properties
Pet Expressions
Pure Mammography
Purity Spa
RDA Landscape Architecture
Re/Max Beyond
Reliance Real Estate

Rely RX Pharmacy & Medical Supplies
Restoration 1 of Suffolk County
Roslyn Savings Bank / NYCB
Saf-T-Swim of Smithtown
Safe Haven Animal Rescue
Scented Interiors by Design
Scientific Pest Management
Seiskaya Ballet
Dr. Raymond A. Semente, Chiropractor
Shaggy Dog Couture
Shaolin Self Defense Centers
Sivana Salon
Smithhaven Chrysler Jeep Dodge Ram
The Smithtown News
Snow Kone Factory
Sons of Norway Loyal Lodge #252
Soul Brew
Spage's Pharmacy
Splash and Dash for Dogs
The Sports Arena
Spuntino Brick Oven Pizza Restaurant/Bar
Squeaky Clean Property Solutions
St. Catherine of Siena Medical Center
St. James Dental Care
St. James Fire Department
St. James Funeral Home
St. James Jewelry Shoppe
St. James-Nesconset Youth Football
& Cheer
St. James Pasta & Pork
St. James Post Office
St. James Public House
St. James Rehabilitation &
Healthcare Center
St. James Self Storage
St. James Shopping Center
St. James United Methodist Church -
Children's Academy
St. James Vape Shop
State Farm Insurance / Jim Winter Agency
Christine Stevens - Daniel Gale Sotheby's
International Realty
Stonehenge Apartments
Suffolk Center for Speech
T J E Dance Force
TD Bank - St. James
Teachers Federal Credit Union
Times Beacon Record Newspapers
Total Family Dentistry of St. James
The Trattoria
Traveling Vineyard
Triple H Contracting
True Sport Care
Tupperware - Margaret Schaefer
Ultimate Tae Kwondo Center
of Stony Brook
Up In Smoke BBQ
Vazac Contracting Corp.
VFW. Post 395
Victorian Fence
Villa Sorrento
Vitality Bowls / Smithtown
WBR Plumbing & Heating Enterprises
Winters Bros. Waste Systems
Wright Distributors





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

When interest rates rise, the value of your fixed-income investments, such as bonds, will typically fall. If this happens, how should you respond?

First of all, it's important to understand this inverse correlation between interest rates and bond prices. Essentially, when interest rates rise, investors won't pay you full price for your bonds because they can purchase newly issued ones that pay higher rates. So, if you sell your bonds before they mature, you could lose some of the principal value.

You may be seeing a price drop among your bonds right now, because interest rates generally rose in 2018 and may continue to do so in 2019. While you might not like this decline, you don't necessarily have to take any action, particularly if you're planning to hold these bonds until maturity. Of course, you do have to consider credit risk – the chance that a portion of the principal and interest will not be paid back to investors – but unless the bond issuers de-

fault, which is usually unlikely, particularly with investment-grade bonds, you can expect to receive the same regular interest payments you always did, no matter where rates move.

Holding some of your bonds – particularly your longer-term ones – until they mature may prove useful during a period of rising interest rates. Although long-term bond prices – the amount you could get if you were to sell these bonds – tend to fall more significantly than short-term bond prices, the actual income that longer-term bonds provide may still be higher, because longer-term bonds typically pay higher interest rates than shorter-term ones.

To preserve this income and still take advantage of rising interest rates, you may want to construct a "bond ladder" consisting of short-, intermediate- and longer-term bonds. Because a ladder contains bonds with staggered maturity dates, some are maturing and can be reinvested – and in a rising-rate environment such as we're currently experiencing, you would be re-

placing maturing bonds with higher-yielding ones. As is the case with all your investments, however, you must evaluate whether a bond ladder and the securities held within it are consistent with your objectives, risk tolerance and financial circumstances.

You can build a bond ladder with individual bonds, but you might find it easier, and perhaps more affordable, to own bond-based mutual funds and exchange-traded funds (ETFs) that invest in bonds. Many bond funds and ETFs own a portfolio of bonds of various maturities, so they're already diversified.

Building a bond ladder can help you navigate the rising-rate environment. But you also have another incentive to continue investing in bonds, bond funds or ETFs – namely, they can help diversify a stock-heavy portfolio. If you only owned stocks, your investment statements would probably fluctuate greatly – it's no secret that the stock market can go on some wild rides. But even in the face of escalating interest rates, bond prices generally don't exhibit the same sharp swings as stocks, so owning an appropriate percentage of bonds based on your personal circumstances can help add some stability to your investment mix.

As an investor, you do need to be aware of rising interest rates, but as we've seen, they certainly don't mean that you should lose your interest in bonds as a valuable part of your investment strategy.

Editor's Note:

Financial Focus is a monthly feature written by Scott Posner, CFP, CRPC, A.A.M.S., an investment representative with Edward Jones Investments. This 130-year-old firm has over 10,000 offices around the world with one here in town at 542 North Country Road in the Old St. James School House. Mr. Posner has serviced both personal and institutional investors for over 32 years. For more information, or to request topics for future columns, call 631-862-2020.

Compare Our CD Rates

Bank-issued, FDIC-insured

3-month	2.10% APY*	Minimum deposit \$5,000
6-month	2.30% APY*	Minimum deposit \$5,000
1-year	2.65% APY*	Minimum deposit \$5,000

* Annual Percentage Yield (APY) effective 10/29/2018. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

Call or visit your local financial advisor today.



Scott R Posner, CFP®, AAMS®, CRPC®
Financial Advisor

542 North Country Rd
Suite A
St James, NY 11780
631-862-2020

www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

FD1486711-4

HEALTH NOTES

Ask Ron Villano



Ron Villano, M.S., LMHC, ASAC, CCH is the leading expert in working through change. As a father who lost his 17-year old son in an auto accident, he always speaks from the heart. As a licensed mental health counselor, he guides others on how to work through difficult

times. As a national speaker and author of The Zing, Ron has appeared on TV and radio throughout the world. He will help you to Embrace the Power of Change in your personal and professional life.

Dear Ron,

Let's cut to the chase – I am SO distracted by my cell phone. I work a normal 40-hour work week and typically plan to exercise, run errands, and be productive before and after work. But it never happens! I peek at my cell phone for one second and BAM – hours of my life are gone! Facebook, Instagram, Twitter, dating apps, text messages, games... I get sucked

in every time. I end up doing the bare minimum of chores and tasks at the very last minute. Please tell me there is a secret remedy to change this awful behavior!

– Cell Phone Addict

Dear Cell Phone Addict,

Unfortunately there is no magic dust that will make this issue go away! But you are most definitely not alone. Social media platforms have been growing tremendously over the last decade and our cell phones are able to do more and more with every update. Although many of these advances are great and make parts of our life simpler or more entertaining, we must remember not to let our "cell-phone reality" become our reality. It's so easy to get caught up in scrolling through photos and posts from our friends, family and favorite celebrities, but we miss out on real life excitement when our nose is glued to our phone. Unfortunately most of us need our cell phones and computers for work and other practical uses so we cannot simply avoid them for hours or days at a time. However, that means that YOU must be the one to regulate your usage. Try timing yourself. Give yourself 10-15 minutes 2 to 3 times per day for whimsical scrolling. Or set aside 1-3 hours per day where you leave your cell phone in a bin away from you and agree to only check it if there is an legitimate phone call. Perhaps you are not ready to self-regulate. Maybe it's time to take a break from social media, games and other apps for a while. Delete them off your phone! Most apps allow you to delete them from the device without losing content. Maybe after some time back in reality you will be better equipped to manage your usage effectively.

Editor's Note:

Ron Villano, M.S., LMHC, ASAC, CCH, is the founder and director of Family & Personal Counseling, located at 872 Middle Country Road in St. James. He is an author of the book The Zing, has appeared on national TV, along with daily appearances on the Verizon FiOS1 network. With offices in St. James, Bohemia, East Islip, Levittown and Middle Village and a staff of 20 therapists from all backgrounds – Family & Personal Counseling addresses individual and family concerns of all ages. For additional information call 631-758-8290 or visit www.FamilyAndPersonalCounseling.com and www.RonVillano.com to listen to his featured interviews.

FAMILY & PERSONAL COUNSELING

No Insurance? Out of Pocket Fee **\$69/Session**

Divorce • Depression • Anxiety • Hypnosis
Family, Children, Adolescents, Couples Counseling & More!

SAME DAY APPOINTMENTS AVAILABLE

INSURANCE ACCEPTED
631-758-8290
www.FamilyAndPersonalCounseling.com

St. James • Bohemia • East Islip • Middle Village • Levittown

Ron Villano
M.S., LMHC, ASAC, CCH
Founder/Therapist

SHOP LOCAL

HEALTH NOTES

3 Ways Physical Therapy Can Help Manage Headaches

by Richard Greco, PT, ATC, CSCS

Headaches affect 47% of the global population and are described by the type and location of pain in the head. Many headaches are harmless and resolve gradually. However, more frequent moderate to severe headaches can impact your ability to do daily activities and quality of life.

Different types of headaches include:

- Tension
 - Cervicogenic or neck muscle-related
 - Migraine
 - Secondary headaches from an underlying condition, such as fever, infectious disease, sinus disorder, or in rare cases, a tumor or more serious illness
 - Unspecified headaches
- A physical therapist will per



form a clinical examination to diagnose the type of headache and develop an effective treatment plan. Physical therapy has been proven to:

- Decrease or resolve the intensity, frequency, and duration of headaches
- Decrease medication use
- Improve function and mobility
- Improve ease of motion in neck

- Improve quality of life

Your treatment plan would include:

1. Manual therapy:

Proven hands-on techniques are designed to alleviate joint and muscle stiffness, increase mobility of the head and neck, decrease muscle tension and spasms, and improve muscle performance.

2. Exercise:

Research has shown that various types of specific exercises will decrease pain, improve endurance, decrease inflammation, and promote overall healing. In addition to individualized prescribed exercises, customized home-exercise programs are an essential part of the treatment plan.

continued on page 76



430 North Country Road
St. James, NY 11780
(631) 686-6600

Greco PT is now **MOTION Sports Medicine Physical Therapy**

- EXPERIENCED STAFF
- HANDS-ON CARE
- ACCEPTING NEW PATIENTS
- EXPANDED HOURS - EARLY AM and EVENINGS
- NO PRESCRIPTION NEEDED*

* 10 visits without a referral - call for details



Get back to what MOVES you!

(631) 686-6600

www.motionptg.com



Hip Fractures – Symptoms and Prevention

by Frank Gaeta Jr.

A hip fracture is a serious injury, with complications that can be life-threatening.

The risk of hip fracture rises with age.

Older people are at a higher risk of hip fracture because bones tend to weaken with age (osteoporosis). Multiple medications, poor vision and balance problems also make older people more likely to trip and fall – one of the most common causes of hip fracture.

A hip fracture almost always requires surgical repair or replacement, followed by physical therapy. Taking steps to maintain bone density and avoid falls can help prevent a hip fracture.

Symptoms

Signs and symptoms of a hip fracture include:

- Inability to move immediately after a fall
- Severe pain in your hip or

groin

- Inability to put weight on your leg on the side of your injured hip
- Stiffness, bruising and swelling in and around your hip area
- Turning outward of your leg on the side of your injured hip

Increased risk of breaking a hip. These include:

- *History of broken hip:* If you've had a broken hip, you're at a much greater risk of another one.
- *Ethnicity:* If you're of Asian or Caucasian descent, you're at a higher risk of osteoporosis.
- *Age:* If you're 60 years or older, you may be at increased risk of breaking your hip. As you age, the strength and density of your bones can decrease. Weak bones can break easily. Advanced age also often brings vision and balance problems as well as other issues that can make you more likely to fall.
- *Malnutrition:* A healthy diet includes nutrients that are important for your bone health, such as protein, vitamin D, and cal-

cium. If you're not getting enough calories or nutrients from your diet, you can become malnourished. This can put you at risk for fractures. Research has found that older adults who are malnourished have a greater risk of a hip break. It's also important for children to get enough calcium and vitamin D for their future bone health.

Prevention

- *Get enough calcium and vitamin D.* As a rule, men and women age 50 and older should consume 1,200 milligrams of calcium a day, and 600 international units of vitamin D a day.
 - *Exercise to strengthen bones and improve balance.* Weight-bearing exercises, such as walking, help you maintain peak bone density for more years. Exercise also increases your overall strength, making you less likely to fall.
 - *Avoid smoking or excessive drinking.* Tobacco and alcohol use can reduce bone density. Drinking too much alcohol also can impair your balance
- continued on facing page

SUPPORT YOUR LOCAL BUSINESSES



SHOP LOCALLY

HEALTH NOTES

continued

and make you more likely to fall.

- *Assess your home for hazards.* Remove throw rugs, keep electrical cords against the wall, and clear excess furniture and anything else that could trip you. Make sure every room and passageway are well-lit.
- *Check your eyes.* Have an eye exam every other year, or more often if you have diabetes or an eye disease.
- *Watch your medications.* Feeling weak and dizzy, which are possible side effects of many medications, can increase your risk of falling. Talk to your doctor about side effects caused by your medications.
- *Stand up slowly.* Getting up

too quickly can cause your blood pressure to drop and make you feel wobbly.

- *Wear sensible clothing.* Flat shoes with adequate traction on the soles can help minimize the risk of tripping.

Older people living in nursing care facilities or older adults living at home are at high risk of falling and a hip fracture may occur after a fall. In the past few years Hip Protectors have been developed to cushion a sideways fall on the hip. The hip protectors are plastic shields (hard) or foam pads (soft), usually fitted in pockets in specially designed underwear.

Although falls can be dangerous and even cause life-threatening injuries, we can all take simple steps to minimize the

risks to ourselves and our loved ones and improve our hip and bone health.

Editors Note:

St. James resident Frank Gaeta, Jr. is the owner of Adaptive Clothes, supplying specialty clothing for special needs people of all ages. He is a member of the St. James Chamber of Commerce. After 35 years in the IT field he retired, and for the past 4 years Frank and his wife, Jennifer, have been taking care of both sets of parents with their everyday and medical needs which led him to starting Adaptive Clothes. Frank is currently writing a book on the adaptive clothes industry and has published numerous articles in trade magazines. His company (Adaptive Clothes) has donated money to the Wounded Warrior Foundation, Sloan Kettering Cancer Center, Second Wind Dreams, National MS Society, and Organization for Autism Research. For more information about Adaptive Clothes visit: www.adaptiveclothes.com or call 516-606-2154.



GETTING DRESSED HAS NEVER BEEN EASIER

AdaptiveClothes.com provides men, women and children who have difficulty dressing themselves with clothing that is comfortable, fashionable, and functional. We strive to provide those requiring assistance, and their caregivers, with only top quality brands and products, to go along with our first class service.

www.adaptiveclothes.com | phone # 516 606 2154

Study Notes Hearing Aids Improve Quality of Life, Empower People with Hearing Loss to Stay Socially Active

by William Kent

A new comprehensive research study shows how today's technically advanced, sleekly designed hearing instruments benefit people's lives.

According to the findings of the study, conducted by the Better Hearing Institute (BHI), eight out of ten hearing instrument users say they are satisfied with the changes that have occurred in their lives specifically due to their hearing instruments. And 82% of hearing instrument users say they'd recommend hearing instruments to their friends.

These findings are both timely and encouraging. More and more people are suffering from noise-induced hearing loss at younger and younger ages. But what many people don't realize is how dramatically the quality of their lives can improve with the use of hearing instruments.

According to this comprehensive study of more than 2,000 hearing instrument users, nearly 70% of respondents said their ability to communicate effectively in most situations improved because of their hearing instrument. A little more than half said their hearing instruments improved their relationships at home, their social life, and their ability to join in groups. And roughly 40% noted improvements in their sense of safety, self-confidence, feelings about self, sense of independence, and work relationships. Between 25% and 33% of hearing instrument users said they even saw improvements in their romance, sense of humor, cognitive skills, and mental, emotional and physical health.

Outdated notions about hearing instruments pose a significant barrier that inhibits people from addressing their hearing loss. All told, public perception of hearing aids hasn't kept pace with



the new technologies and discreet designs of today's modern devices. And unfortunately, these misperceptions are holding people back from addressing their hearing loss and improving their quality of life. The BHI study bears out that 79% of people who do seek help and use hearing instruments are satisfied with them, and 86% are satisfied with the benefit they derive from hearing instrument usage.

What's more, as hearing instrument technologies advance, individuals are becoming even more satisfied. Consumers, for example, are more satisfied with mini-BTEs than ever before and report superior sound quality, cosmetics and functionality in more listening situations. In fact, in recent years there has been a resurgence of interest in behind-the-ear (BTE) hearing aids because they have become miniaturized and nearly invisible due to the fact that an ear-mold is no longer necessary.

91% of all hearing instrument users surveyed are satisfied with the ability of their hearing instruments to improve communication in one-on-one situations. And more than three in four are satisfied in small groups (85%), while watching television (80%), outdoors (78%), during leisure activities (78%), while shopping (77%), and while riding in a car (77%).

"Today's hearing instruments are about staying young, not growing old," explains Serge

Kochkin, PhD, BHI's Executive Director, who authored the study. "People want to hold onto their vitality as they enter and move through middle-age. But when someone ignores a hearing loss – which oftentimes has progressed gradually over time as a result of repeated noise exposure – that individual unwittingly begins losing the very vitality they treasure. What this research shows, however, is that those who do face their hearing loss and use hearing instruments are experiencing significant and satisfying improvements in their quality of life."

Another important take-away from the study is that benefit received from the hearing instrument, and quality of life improvements, were highly related to the quality of care provided by the hearing healthcare professional. I strongly urge people in the Nassau and Suffolk community to make an appointment to get their hearing checked today; with many health insurance policies, there is little or no out of pocket expense for annual hearing tests. Because hearing loss typically happens so gradually, it's difficult for people to understand the full extent of the loss and the negative impact it has had on their well-being. But the good news is that hearing instruments can help the vast majority of people with hearing loss regain their quality of life. After all is said and done, with you and your loved ones considered, make an appointment for your hearing test now rather than later.

Editor's Note:

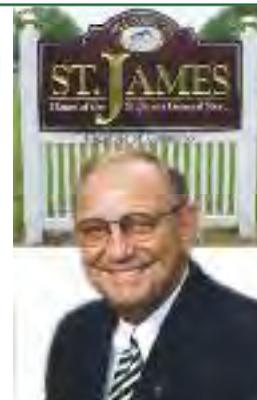
William Kent is the founder and Director of Long Island Hearing, an Audiology and hearing instrument practice. Established in 1985 they have offices in Nassau and Suffolk, and can be reached at 1-800-698-5200 for questions or informative brochures about hearing loss and hearing instruments.



"Your Neighborhood Realtor[®]"

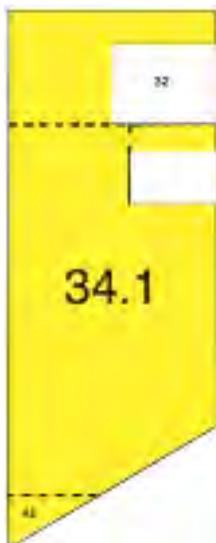
RELIANCE MORTGAGE & REAL ESTATE

359 Lake Avenue
(across from 7-11)
St. James, NY 11780
(631) 862-9000



William J. Garthe
Listing Broker • Buyer Broker

BULL RUN FARM



8.71 Acres

- Farm House
- Farm Stand
- Horse Barn
- 4 Bay Garage
- Equipment Barn
- Chicken Coop
- Can Be Divided into 1 Acre Lots



275 LAKE AVENUE

2 separate offices. Can be combined or used separately for cash flow. Low, low taxes.

**Are You Looking to Buy or Sell?
Call Me at 631-862-9000.**

A Sampling of the Homes Sold in St. James in 2018

Address	Date Closed	Price	Days on Market
17 & 2 Shep Jones Lane	January 30	\$4,200,000	50
481 North Country Rd.	February 27	\$1,065,000	259
260 Northern Blvd.	March 30	\$399,000	4
324 Woodlawn Ave.	April 30	\$410,000	25
8 Gabrielle Ct.	May 31	\$700,000	840
2 Karin Dr.	June 27	\$590,000	19
45 McKinley St.	July 30	\$452,000	21
432 Edgewood Ave.	August 31	\$933,000	55
11 Plane Tree Lane	September 27	\$315,000	46
9 Tide Mill Rd.	October 26	\$835,000	118
229 First Ave.	November 30	\$390,000	40
9 Watercrest Ct.	December 31	\$1,165,000	53

2 AFFORDABLE OFFICE SPACES

Lake Avenue, St. James



TWO SINGLE ROOM OFFICE SPACES

2nd floor, handicap accessible.

\$800.00 per month

For more information on these listings call 631-862-9000



by Terri Pace

Winter Health

Does it seem to you that there are A LOT of people who are sick right

now? What is it about this time of year that creates circumstances that makes it easier for people to get sick? Or is this just our imagination?

Do indoor humidity and ventilation systems foster an environment friendly to viruses and bacteria? Is it effective to open the windows and air out the room with cold air? Does it really matter when you go outside with wet hair on a chilly day?

**Winning Partners:
Reduce Exposure &
Boost Immune Function**

There are many myths, personal inclinations, theories and even some science behind some

of our beliefs. Many of these concepts rely on reducing exposure as a means of protection. There are many ways to reduce your exposure and you know this list well:

- Washing your hands frequently. Wash for a minimum of 20 seconds and dry your hands thoroughly.
- Stop touching your eyes and nose, especially after contact with contaminated surfaces.
- Take your "fight-amins." Our immune system functions better when the cells of the body are properly nourished!

Did you know that these practices can also reduce your exposure?

- Control humidity levels. "Significant drops in humidity can affect the survival and transmission rate of the flu virus." ~ NIH RESEARCH *DRY AIR MAY SPUR FLU OUTBREAKS*

- Keep your nose warm! "Being outside when it's chilly may make it harder for the hairs and mucus in our noses to protect us from germs. A study of mice published last year found that rhinovirus, which causes the common cold, replicates more easily in cooler temperatures than at warmer ones." ~ BUSINESS INSIDER, OCTOBER 19, 2015 *WHY YOU'RE MORE LIKELY TO GET SICK IN THE WINTER*

Since we cannot completely eliminate our exposure, it is most important to make sure our immune system is functioning on all cylinders. Combining these two principles in our daily routines will have the greatest success.

Here are three of my favorite simply natural solutions to boost the immune system and help minimize our exposure!

1. Soothe and support healthy respiratory function with Eucal- continued on facing page

Express family Wellness
OF ST. JAMES

Dr. Gary DiBenedetto
PEDIATRIC / FAMILY CHIROPRACTOR

Healthy New Year 2019

Resolve to make this year the healthiest year for you and your kids!

Do your kids get recurring ear infections? Asthma or allergies? Colic? Bed wetting? Take medications? Headaches? Not Healthy?

WE NEED TO SPEAK!

Tuesday & Thursday 3-6

No Appointments -
Just stop by & change your child's life forever!
Family Friendly Fees

320 Lake Ave., Front Office (across from the Post Office)

Just a little reminder...



**Ad and Article
Deadline
for the next issue
of Our Town is:
Thursday,
February 7, 2019
by 12 noon**

Earlier is always appreciated

HEALTH NOTES

continued

lyptus, Cardamom, Melaleuca, Basil, Rosemary, Sage, and Peppermint.* These essential oils contain a chemical compound called 1,8-cineole, which may have surface cleansing properties as well. For respiratory support, apply 1-2 drops topically to chest; dilute for children or if you have sensitive skin. For cleansing protection, add a few drops to a glass spray bottle with water and use to wipe down bathroom and kitchen surfaces!

2. Oral health contributes to both prevention and immune function. Gargle daily with a drop of Cassia and/or Cinnamon essential oils. Not only does the spicy scent and warming properties get your mouth tingling, the cinnamaldehyde in it disrupts the communication systems of pathogens. And once isolated, it will die due to lack of friends.



3. Boost your immune function and destroy pathogens inside your body and on surfaces with a combination of Oregano (65% carvacrol) and Thyme (thymol). Add 1-2 drops of each to a veggie capsule and take one capsule daily during this season.

People often wonder how to select the right product(s) for their health goals, how to use a product they ordered, or how to be more consistent in their daily routines. It is my goal to make

the use of natural solutions SIMPLE and EFFECTIVE. Participate in our free workshops (both in person and online, group or individual).

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Essential oils are safe, effective and very affordable. However, not all essential oils are created equal. Be an educated consumer and use only certified pure, therapeutic grade essential oils for your family!

Editor's Note:

Terri Pace and her family are longtime residents of St. James and owners of Pace's Steak House in Hauppauge, NY. Terri is a certified Holistic Health Coach. She is an educator, sharing her experiences and knowledge on the use of simply natural solutions to support the structure and functions of the body for optimal health and wellness. Terri invites you to contact her for a FREE private, personal wellness consultation and to get samples of essential oils which can support your specific wellness goals: simply.natural@optimum.net For more information on other events and weekly workshops available: visit <http://simply-naturalseminars.eventbrite.com> or call Terri at 631-487-1627 - no purchase necessary to attend.

Soon to be Married?



Email Your Announcement & Photo to OurTown@optonline.net
359 Lake Avenue, St. James, NY 11780

or mail to
Our Town • St. James
359 Lake Avenue, St. James, NY 11780

There is no charge for this service.
Call 631-862-9849 for further info.



(631) 487-1627

GETTING & STAYING HEALTHY CAN BE EASY!

Terri Pace, Certified Holistic Health Coach
Workshops & Events Private & Group Sessions
Simply.natural@optimum.net

DISCOVER THE AMAZING HEALTH BENEFITS OF ESSENTIAL OILS!

THE FINISH LINE



Mayor Gaynor just after being shot in the neck as he was departing for Europe.

Photos from William Jay Gaynor, Mayor of New York, by Mortimer Smith, Henry Regency Company, Chicago: 1951.

William J. Gaynor

continued from page 23
fiber had been damaged by the bullet, making it difficult for him to speak. His voice had been reduced to a "rasping whisper, inaudible a few feet away." For these reasons and to "conserve his strength," Mayor Gaynor "ceased to go out in the evening and declined all invitations to speak." (Lately Thomas, The Mayor Who Mastered New York, New York: William Morrow and Company, 1969, p.309, 315.) In

spite of the constant fatigue, Mayor Gaynor threw himself back into his work and was soon running the city again.

More about Judge William Jay Gaynor, Mayor of New York next month....

Editor's Note:

Brad Harris is the Town of Smithtown's official Historian. Brad was a High School Social Studies teacher who spent 30 years teaching in Commack. As Historian he has written many newspaper articles on the history of our town, he has published pamphlets and written histories of Commack, Nesconset, St. James, Kings Park, Hauppauge and Smithtown Branch. He resides in St. James.

Smithtown Historical Society

continued from page 46



TALES FOR TOTS

631-360-2480

**Smithtown Historical Society's
Roseneath Cottage
239 Middle Country Road
Smithtown
FREE**

Storytime for children 3-5 years with caregiver. 2nd Friday of each month at 11 a.m.

Discover a new theme through

reading each month. Register by calling the Main Branch of the Smithtown Library - 631-360-2480.

- February 8 – Love
- March 8 – Kites
- April 12 – Spring
- May 10 – Celebrating Mom
- June 14 – Celebrating Dad
- July 12 – Beach
- August 9 – Summer
- September 13 – Back to School
- October 11 – Fall
- November 9 – Thankful
- December 13 – Winter

Headaches

continued from page 73

3. Education:

Educational strategies have been found helpful at lessening severity and/or frequency of headaches. These strategies include identifying highly individualized triggers (ie, dietary, sleep, movement/postural habits, stressors, hydration). Effective strategies to alleviate symptoms also include a wide variety of relaxation techniques.

Note: This information was provided by the American Physical Therapy Association.

Editor's Note:

Richard Greco, PT, ATC, CSCS, is a St. James resident and licensed Physical Therapist. He is the Director of Motion Sports Medicine, located at 430-7 North Country Road in St. James – formerly Greco Physical Therapy. For more information on physical therapy for headaches and general injury rehabilitation, contact his office at 631-686-6600.

Extra copies of Our Town St. James

are always available at the
OUR TOWN OFFICE:
359 Lake Ave., St. James, NY 11780
or visit our website at
www.ourtownstjames.com



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

continued from page 56

Pajama Storytime

SMITHTOWN (3-6 years w/adult)

Wed., Jan. 30, 7-7:30 p.m.

NESCONSET (3-6 years w/adult)

Thurs., Jan. 31, 6:30-7 p.m.

Come to the Library in your pajamas for stories and songs. Bring a favorite stuffed animal if you'd like. *Siblings are welcome.*

Terrific Threes

SMITHTOWN

(36-47 months w/adult)

Wed., Jan. 30, 10-10:45 a.m.

Enjoy free play, stories, crafts and circle time. *Siblings are welcome.*

Time for Twos

SMITHTOWN

(24-35 months w/adult)

Mon., Jan. 28, 10-10:45 a.m.

NESCONSET

(24-35 months w/adult)

Tues., Jan. 29 | 11-11:45 a.m.

Build social skills, includes free play, songs, stories and a craft.

Siblings are welcome.

Wonderful Ones

SMITHTOWN

(12-23 months w/adult)

Tues., Jan. 22, 10-10:45 a.m.

NESCONSET

(12-23 months w/adult)

Call for dates and time

Engage little ones in language based activities; includes free play and stories. *Siblings are welcome.*

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



Common Cents

by John Taratunio

1928 - 2018

*Walking to my car, I found
a penny on the floor
As I kept walking,
I naturally looked for more
I felt I was on a treasure hunt
and really having fun,
I had hopes as I looked,
I'd find more than one
Every time kids throw pennies away
I really want to holler
What does it take for them to realize
100 makes a dollar...*



SEE US FOR ALL YOUR PRINTING NEEDS

- Invitations ■ Presentation Folders ■ Labels
- Letterhead ■ Invoices ■ Brochures
- Newsletters ■ Envelopes ■ Business Cards



359 Lake Avenue, St. James, NY 11780 • phone: 631-862-9849 • email: ourtown@optonline.net

O B I T U A R I E S

William C. "Skip" Murray

William C. "Skip" Murray, of Stony Brook, NY, passed away on November 13, 2018 at the age of 43. Beloved son of Dr. Cecelia Young and the late Dr. James Murray. Loving brother of Michael (Stefanie) and James (Eileen). Devoted uncle of Reagan, Quinlan and Jamie.



William C. "Skip" Murray

A Funeral Mass was celebrated at Sts. Philip & James R.C. Church, St. James, NY. Private cremation followed.

Arrangements were entrusted to the professional care of the Branch Funeral Home of Smithtown and the Vigliante family.

Philomena T. Myers

Philomena T. Myers, of Lake Ronkonkoma, NY, passed away peacefully on December 14, 2018 at the age of 80. She was the beloved mother of Jim (Lizette) Myers, Jeffrey (Janet) Myers, and Jamie Myers. Cherished grandmother of Kerri, Kieran, Colin, Cayleigh, Ashley, James, Madison, Austin, and Gage. Loving brother of Amato, Pat and Frances. She is survived by many other family members and friends.



Philomena T. Myers

A Funeral Mass was celebrated at St. Peters of Alcantara, Port Washington, NY. Cremation followed at Washington Memorial Park, Coram, NY.

Arrangements were entrusted to the professional care of the Branch Funeral Home of Smithtown and the Vigliante family.

Cecelia M. Quinn

Cecelia M. Quinn, of Smithtown, NY, passed away on November 8, 2018 at the age of 60. She was the beloved wife of Terence M. Quinn for 42 years. Cherished mother of Sarah (Steve) Bond, Shannon (Kevin) Healy, and Matthew (Whitney) Quinn. Loving grandmother of Liam, Brady, Terence, Gavin, Finn, Keira, Miles and Kellen. Dear sister of the late Jimmy, Joe, John, Gina, Mike, Patrick, Bern, Kevin, Mary, Tom, Danny and Timmy. She is also survived by her in-laws Anne and Joseph Quinn and many other family members and friends.



Cecelia M. Quinn

A Funeral Mass was celebrated at St. Joseph's R.C. Church, Kings Park, NY. Cremation followed at Washington Memorial Park.

Arrangements were entrusted to the professional care of the Branch Funeral Home of Smithtown and the Vigliante family.

Catherine Riepe

Catherine Riepe, of Nissequoque, NY, formerly of Merrick and Bronx, NY, passed peacefully on December 11, 2018. Beloved wife of the late Joseph for over 51 years. Loving and devoted mother of James (Jim Stewart) Riepe, Claire Riepe and the late Thomas Riepe. Adored sister of Sr. Theresa Lynch, Sr. Loretta Lynch and Claire (the late John) McKenna. Fond aunt of many nieces and nephews.



Catherine Riepe

Kitty was an accomplished nurse. She was a St. Vincent's School of Nursing Graduate (Class of '45), Supervising Nurse of Obstetrics at St. Francis Hospital, Bronx, NY, President of Sacred Heart Parish Over 50 Club, Merrick (1984-2009) and was active in working monthly events at the Merrick Senior Center. She is survived by many other family members and friends.

A Funeral Mass was celebrated at Sts. Philip & James R.C. Church in St. James. Entombment followed at St. Charles Cemetery.

Arrangements were entrusted to the professional care of the Branch Funeral Home of Smithtown and the Vigliante family.

For Advertising Rates & Information Please Call 631-862-9849
or Email Us at OurTown@optonline.net



~ Home for Funerals & Cremations ~

Kenneth J. Maher

Owner, Licensed Manager & Director

Kerry J. Maher

Licensed Director

We Welcome You to Our Home...

“Personal attention and dignified service...
Our continuing tradition.”

Our facility is decorated with antique furniture formerly owned by well known Smithtown families.

~ In loving memory of Aelysche Marie Maher ~

829 Middle Country Road, Route 25, St. James, NY 11780

631.584.5200

Proudly Serving Our Community Since 1961

PRE PLANNING FUNERAL ARRANGEMENTS AVAILABLE

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

FOR SALE – Two - CRACK “300” SURF REELS. Great Condition. One has missing bail spring. Make an offer. Call 631-686-5600, leave message and telephone number. 1/19off with ad. 12/18

LIMOUSINE FOR HIRE – Lincoln SUV. *Licensed – Insured – Dependable.* All Airports/Night-on-the-Town/Vineyards/Special Occasions. 20% OFF when you mention you saw the ad in Our Town. Call and book today! 631-487-2927. 1/19rv

CAREER OPPORTUNITY – Looking for 2 experienced salespersons to join our dynamic, local real estate team. Mentoring and coaching program will bring your business to the next level. Reply in confidence to Manager – 917-747-3793. 1/19

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 631-862-9849 for information.

FLORIDA VACATION RENTAL – MysticDunesResort.com – Vacation at Kissimmee, Florida. Resort is minutes away from Disney’s Magic Kingdom, Sea World. Condo sleeps 6-8 with all the comforts of home - 2 bedroom deluxe suite - Jacuzzi bath, fully equipped kitchen and porch. Golf course and country club open 7 days a week. \$600/per week. Fri.-Fri., or Sun.-Sun., or Sat.-Sat. 3 weeks available. Call Irene at 631-682-1871. 1/19

JOIN THE SMITHTOWN GARDEN CLUB – Learn about gardening and meet new people. Club meets the 2nd Tuesday of the month at the Brush Barn on Middle Country Road in Smithtown. Call Joan Weicks at 631-361-2007 for more info.

VOLUNTEERS NEEDED – The Society for Lending Comforts to the Sick, located at 71 Blydenburg Avenue in Smithtown, is in need of volunteers for the Thrift Shop. The shop is open on Tuesdays and Fridays from 10 a.m. until 2 p.m. For more information call 631-265-1674 and leave a message.

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. Contact the Office at 631-584-5340 for available dates and suggested donations. The SJUMC offers their facilities as a community outreach to the St. James area and welcomes all visitors.

AMERICAN LEGION HALL FOR RENT – The Sherwood Brothers American Legion Post 1152, located at 95 Lake Avenue, St. James, is looking to rent its hall for all occasions. Reasonable rates, air conditioned, heat, tables, complete kitchen and ample parking. Call Marty Thompson at 631-445-8447.

Happy New Year!



OUR TOWN

Deadline & Publication Dates

= Copy & Ad Deadline

= Publication Date

In the **FEBRUARY** edition advertise for:

- Winter Specials
- St. Patrick's Day
- Financial Planning & Taxes



FEBRUARY						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

MARCH						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	30	31

APRIL						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

CLASSIFIED ADVERTISING FORM

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

We are direct-mailed to each & every residence and business in the 11780 zip code area each month... and are guaranteed to reach your market!

AT ONLY

\$5⁰⁰ for the first 20 words
& 10¢ for each additional word
we're the best bargain around!

Complete the above form and return with remittance (payable to Graphics du jour, Ltd.) to OUR TOWN • ST. JAMES 359 Lake Ave., St. James, NY 11780 For information call 631-862-9849

DIRECTORY OF ADVERTISERS

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

ACCOUNTANT

Therése B. Sassone, CPA
631-686-5833

ARCHITECTS

Enspire Design Group
Michael Morbillo
273 Lake Avenue
631-471-9500

ART

Watermark Galleries
Fine Art Photography
220 Lake Avenue
631-379-2061

ATTORNEY

Joseph A. Bollhofer, Esq.
291 Lake Avenue
631-584-0100
Fax: 631-584-2304

AUDIOLOGY

Long Island Hearing, Inc.
55 Southern Blvd., Nesconset
631-972-5211 | 1-800-698-5200

AUTOMOTIVE

Repair / Parts / Gas

King Bear Auto
Service Centers
805 Middle Country Road
631-366-2500

St. James Automotive Center

525 North Country Road
631-584-5798

BAKERY

Alpine Pastry Shoppe
59 Route 111, Smithtown
631-265-5610

BANK

Roslyn Savings Bank
556 North Country Road
631-862-4200

BEAUTY

Pat's Place Hair Salon
230 Lake Avenue
631-862-7023 | 631-584-9644

Purity Spa

556 North Country Road
862-1800

Scruples 'Head to Toe'

430 North Country Road
631-584-8030

CHIROPRACTORS

Chiropractic Healthcare
of St. James
Dr. Gregory R. Thomaier
338 Lake Avenue
631-584-8100

Express Family Wellness

Dr. Gary DiBenedetto
320 Lake Avenue - Walk -Ins

St. James Chiropractic

265 Lake Avenue
631-584-7722

EXTERMINATING

Scientific Exterminating
599 Lake Avenue
631-265-5252 | Fax: 862-7272

FINANCIAL

Branch Financial Services
Harlan J. Fischer, President
50 Route 111, Smithtown
631-979-6000

Edward Jones Investments

Scott Posner, CFP
542 North Country Road
631-862-2020

FUNERAL HOMES

Branch Funeral Homes
190 E. Main Street, Smithtown
631-724-9500

St. James Funeral Home

829 Middle Country Road
631-584-5200

HEALTH / FITNESS

Adaptive Clothes
516-606-2154

Anne Marie Lisa

Certified Nutritional Counselor
631-525-1045

Family & Personal Counseling,

Hypnosis and Weight Loss
872 Middle Country Road
631-758-8290

Jyoti Wellness Awakened

213 Lake Avenue
www.Jyotiwithin.com
631-250-9977

Light Awakenings
Meditation and Beyond
631-724-9733

Motion Sports Medicine -
St. James

Physical Therapy
430-7 North Country Road
631-686-6600

Shaolin Self Defense Centers

556-08 North Country Road
631-617-5148

Simply Natural Solutions

Wellness Consultations
Terri Pace
631-487-1627
simply.natural@optimum.net

HOME IMPROVEMENT

Autonomousdesign
22 Stonegate
631-724-7726

CAPO Design Build

30 Lake Avenue South,
Nesconset
631-250-9200

Debus Painting
& Wallpapering

631-862-7924

Inside-Out

Kitchens, Baths & More
367A Lake Avenue
631-584-5312 | 631-942-9636

Morecraft Construction

631-584-7010

P. DeBlasio Builders

273 Lake Avenue
631-584-5500

Property Master
Home Inspections

Cell: 516-380-0727

Scotty's Masonry

631-265-4398 | 631-872-1076

DIRECTORY OF ADVERTISERS

Vazac Contracting
333 First Avenue - Suite 1
631-584-7817

INSURANCE

Allstate Insurance
Ryan Dittmar Agency
462 Moriches Road
631-686-5177

State Farm Insurance
Jim Winter Agency
320 Lake Avenue
631-584-5929

INTERIOR DESIGN

Creative Windows
347 Lake Avenue
631-366-0212

Natalie Weinstein
Design Associates
455 Lake Avenue
Uniquely Natalie
Quality Consignment
176 Second Street
631-862-6198 | Fax: 862-7834

JEWELRY

St. James Jewelry Shoppe
483 Lake Avenue
631-862-6775

LANDSCAPING /
GARDEN CENTERS

Design / Maintenance / Plants /
Tree Removal / Equipment
Competition Tree Service
631-584-5575

Homestead Landscaping
631-588-5296

R.J.K. Gardens, Inc.
631-862-7056

LIQUOR & WINE

Grape Culture | Wine & Spirits
248 Lake Avenue
631-862-4727

Liquorium
430-04 North Country Rd.
631-862-7020

MUSIC LESSONS

Drum Lessons
with John Miceli
email:
teachingdrums@yahoo.com

OPTOMETRY

Stony Brook Vision World
2194A Nesconset Hwy.,
Stony Brook
631-246-5468

PETS

Natural Hounds
Human Grade Dog Food
Delivered to your door
www.NaturalHoundsLI.com

PRINTING

Business | Invitations
Graphics du jour, Ltd.
359 Lake Avenue
631-862-9849

Impact Plus
Signs & Graphics
30 Doyle Street
631-265-8195

REAL ESTATE

Daniel Gale | Sotheby's
81 Route 111, Smithtown
631-584-6600

Henrietta Homes & Properties
328 Lake Avenue
631-862-6999

Marianne Koke, CBR
Daniel Gale | Sotheby's
81 Route 111, Smithtown
631-584-6600 | 631-335-7111

Jill McDowell
Douglas Elliman Real Estate
996 Jericho Tpke., Smithtown
631-543-9600 | 516-316-2000

David & Rowena Nedvin
Signature Premier Properties
7 West Main St., Smithtown
631-767-5221 | 631-360-2800

Maria Orlandi
Douglas Elliman Real Estate
996 Jericho Tpke., Smithtown
631-697-0474 | 631-858-6955

Reliance Real Estate

359 Lake Avenue
631-862-9000 | 631-680-5143

Re/Max Beyond

177 West Main St., Smithtown
631-862-1100

Robin Rosenberg

Daniel Gale | Sotheby's
81 Route 111, Smithtown
631-379-8636

Christine Stevens

Daniel Gale | Sotheby's
81 Route 111, Smithtown
631-379-7018

RESTAURANTS

On / Off Premise Catering

Best on a Bagel
410 Lake Avenue
631-250-9292

Rocco's Pizza & Pasta

429 North Country Road
631-862-1600 | Fax: 862-6152

Soul Brew

Coffee Shop & Eatery
556-18 North Country Road
631-250-9238

Spuntino Brick Oven •

Pizza • Restaurant • Bar
420 North Country Road
631-686-6700

Villa Sorrento

823 Middle Country Road
631-265-9865

Voila! The Bistro

244 Lake Avenue
631-584-5686

SCHOOLS / CONSULTING

Bridge College Consultants
PO Box 685, St. James
516-662-1612

REPUTATION FOR EXCELLENCE. COMMITMENT TO VALUE.



Branch

FUNERAL HOMES
Funerals & Cremations



YOUR COMMUNITY'S FAMILY FUNERAL HOME



*Family owned and
operated by the
Vigliante Family*

- Free grief counseling with a bereavement specialist
- Celebrations of life
- Secure cremations
- Complete catering services for receptions and visitations
- Unique motorcycle hearse



*Hudson
Grief Therapy Dog*

190 East Main Street • Smithtown, NY 11787 • (631) 724-9500

• BranchFH.com •

