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MARCH
2017
Volume 30
Number 5

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

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– ST. JAMES –

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PLEASE NOTE:

Advertising & Editorial Deadline for the **APRIL** edition of OUR TOWN • ST. JAMES is
THURSDAY, APRIL 6, 2017 - 12 NOON.

Distribution takes place on **Wednesday, April 19, 2017.**

MERCHANT SPOTLIGHT

Best On A Bagel

410 Lake Avenue
St. James, NY 11780
631-250-9292

Pictured (l-r): Chris Kiewra, Kim and Chris .

by Elizabeth Isabelle

"Happiness is a warm bagel." Welcome to Best on a Bagel, Lake Avenue's newest eatery featuring classic New York Bagels and more. Owner Chris Kiewra has proudly opened his second location right in the heart of St. James. Chris comes from a family of bagel makers and bakers and has over 30 years experience – and the result is some of the most glorious bagels on Long Island!

I asked Chris the secret to his glossy crust and chewy bite. It is all about the water. Now, myth has it that New York bagels owe their delightful texture to our water. True, but what is far more critical to that water is the boiling. Best On A Bagel has perfected the art of crafting handmade bagels from scratch. Fresh dough is made daily, hand rolled, dipped into boiling water and then onto the ovens. What comes out is fluffy on the inside, with a perfect sheen and crispy texture outside. Chris also makes his flavored cream cheese in house with over 13 varieties to choose from. A dozen bagels at Best On A Bagel yields you 15 (except on holidays) and specialty cream cheeses are available by the quarter, half and full pound.

Best On A Bagel also offers Breakfast Specials that include a coffee or tea at some of the best prices in town. Fresh lox, eggs, omelettes, egg whites, bacon, Taylor Ham and homefries are available in many combinations for your first meal of the day. Chris also bakes fresh (on premise) croissants, decadent crumb cakes, chocolate cigars, apple turnovers, pastries and cookies.

Time for lunch? Best On A Bagel features Boar's Head products, sliced to order, and even roasts their own beef. Homemade salads (macaroni, potato, cole slaw, tuna, chicken, egg, baked salmon and whitefish) are available daily as well. Super fresh garden, Caesar, and chef salads, along with creative specialty salads round out the lunch offerings 7 days a week.

Why not cater your next family get-together, business breakfast or lunch from Best On A Bagel? The interior space at Best On A Bagel is airy and spacious with plenty of tables and counter space to sit, relax and enjoy. Remember Best On A Bagel for corporate gifts and client gifts – everyone loves fresh bagels!

Be sure to check out the coupons in this issue for amazing breakfast and lunch specials. And don't forget to place your order for green bagels (regular and mini) for St. Patrick's Day!

Chris and the crew at Best On A Bagel wishes everyone in St. James a Happy Easter (open Easter Sunday morning) and a Happy Passover!

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AROUND TOWN

Breakfast With the Easter Bunny

The St. James Fire Department Engine Company 3 invites you, your family, and friends to have breakfast with the Easter Bunny on Sunday, April 9,2017 from 8 a.m.-1 p.m. at the St. James Fire Department, located on Route 25A and Lake Avenue in St. James.

Besides meeting the Easter Bunny, a complete breakfast will be prepared by the fire department's own Chef Tansey. Enjoy this hearty family style breakfast along with meeting and taking pictures with the Easter Bunny... *DON'T FORGET YOUR CAMERA*.

Adults/$7 and children under 12/$3. Attention families... for every 4 people in your family the 5th is FREE. For additional information call 631-584-5760 or 631-584-5799.

The St. James Fire Department supports the Suffolk County Burn Center and the Firefighter Cancer Support Network.

SHSE Fashion Show at Flowerfield

Smithtown High School East PTSA is holding a Fashion Show – New York City Rooftop Chic – on Wednesday, April 5, 2017 at Flowerfield of St. James, from 7 to 11 p.m. Tickets at $65 per person include dinner and the show. All proceeds will benefit student scholarships and the cultural arts program.

Raffle tickets and a 50/50 will be available for purchase the evening of the show. (Hint: bring address labels for the raffle tickets).

Fashion Show tickets may be purchased by sending your name, phone and email with a check in the amount of $65 per person payable to:

SHSE PTSA
10 School Street
St. James,NY 11780.

If you are purchasing more than one ticket or a full table (max. 12 people), please list ALL the names, with a contact number. No actual tickets will be issued; your name will be at the door for check in. Please give seating requests and note if your child is modeling. NO TICKET SALES AT THE DOOR.

Consider donating a raffle item. All donations will be acknowledged in the program.

For additional information contact Morgan Tavis at 631-382-5202, mtavis@smithtown.k12.ny.us

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Schedule Your Appointment Early!

Nissequogue Village Meeting Hall today. It was the original school house built in 1808.

Pictured (L-R) are: Trustee Michael T. Grosskopf, Mayor Richard B. Smith, honoree James L. Donahue, Trustee Christa L. Amato and Village Clerk MaryJane B. Kenny.

Nissequogue Meeting Hall Named for Former Mayor

The Village of Nissequogue honored former Mayor James L. Donahue at their January 17, 2017 meeting. The Village Hall Meeting Hall was formally dedicated and named the **James L. Donahue Meeting Hall**.

Mayor Donahue faithfully served the Village as Mayor from July 1969 through 1973. He accomplished many initiatives during his tenure. The current Village Hall was opened, the Nissequogue Fire Department was formed and the Village Beach Preserve was established at the end of Long Beach Road during his term as mayor. In addition, James has served in many volunteer positions over the last 48 years and is currently an active member of the Zoning Board of Appeals.

Donahue, a retired dentist, practiced on Lake Avenue for 42 years. His son, Dr. James F. Donahue, continues in his father's footsteps as Deputy Mayor of Nissequogue and also has a dental practice at the same location.

Dr. Donahue, 87, has served the Village for decades and was instrumental in expanding the former country schoolhouse into Nissequogue's Village Hall – fitting that it is now named in his honor.

As the Village, grew, "Jim was a transitional figure, bridging the old to the new," stated current Mayor Richard B. Smith.

Dr. Donahue and his wife, Cynthia, love the Village and the Village loves them back. Donahue was shocked when the sign naming the Village Meeting Hall in his honor was unveiled.

Congratulations to James L. Donahue on this well-deserved honor.

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2017 ST. PATRICK'S DAY PARADE GRAND MARSHALS.... THE WINTERS FAMILY

The Winters Brothers are the 2017 St. Patrick's Day Parade Grand Marshals. The parade is hosted by the St. James Chamber of Commerce. Pictured top (L-R): Jimmy, Joey; bottom: Michael, Sean, the late Brigid (mother), the late Jim (father) and Andrew Winters.

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Proposed St. James Fire Department Fire House *Photo: Martin F. Sedlewski, Architect*

St. James Fire District Presents 50 Year Plan

Currently responding from outdated, damaged facilities, SJFD seeks support to better serve community for years to come

After continuously operating from the same facilities for the past five decades, facilities that recently sustained significant storm damage, the St. James Fire District is seeking public support on a major construction project to better serve the community and prepare firefighters and emergency medical staff for the next 50 years.

The last District construction project was nearly 50 years ago at 221 Jefferson Avenue, a facility that suffered significant flood damage this past August and left the department without administrative offices.

At present, day-to-day operations occur out of a construction trailer. In addition, the firehouse located on State Route 25A in St. James was constructed in 1922 with additions in the early 1960s. This facility would require millions of dollars in taxpayer money in upgrades to meet current needs.

To better serve the community, the department hopes to consolidate its assets into one new, state-of-the-art facility on Woodlawn Avenue which would house all fire apparatus and EMS response vehicles. The consolidation of these facilities would also expedite responses by having all emergency personnel reporting to one facility.

"The men and women of the St. James Fire Department respond to more than 1,000 calls a year – from the smallest call to the most serious emergency. We take the utmost pride in being there for our neighbors 24 hours a day, 7 days a week and are seeking support so that the St. James Fire District and its members can better serve our community for many years to come," said the Board of Commissioners.

Over the past four years, the department has saved the taxpayers of St. James more than $100,000 by consolidating services with the Town of Smithtown and the Nesconset Fire District in joint projects, both in communications and bulk fuel purchasing. The Communications Center, located at Smithtown Public Safety, is a fully equipped facility that dispatches both the St. James Fire District and the Nesconset Fire District, along with the Town's Public Safety Division. The consolidation of the fueling facility with the Town of Smithtown saves the taxpayers of St. James more than $15,000 per year.

The new proposed facility would have a meeting room for use by community organizations

continued on facing page

continued

such as the Boy Scouts, Civic Associations, Fraternal Order of Police and many others. The state-of-the-art Emergency Operations Center would coordinate large scale disasters affecting the community and serve as a meeting place for displaced families during emergencies.

The Fire District has been successful thus far in remaining under the New York State imposed Tax Cap. With the cost of insurances alone (Workers' Compensation and General Insurance), the fixed costs to the District have skyrocketed over the past few years. The department continues to manage operational costs, remaining within the cap, but is now looking for the support of the community for the future.

IMPORTANT DATES

The St. James Fire District will be holding a number of public events to present the plan for a state of the art facility:

PUBLIC INFORMATION HEARING
March 28, 2017 at 7 PM

OPEN HOUSE INFORMATIONAL MEETINGS:
April 2, 2017 from 1 – 3 PM
April 5, 2017 from 6 – 8 PM
April 8, 2017 from 1 – 3 PM

In addition, a referendum on the plan will be held on APRIL 18, 2017 FROM 3 – 9 PM.

"Over the last decade alone, our community has faced the brunt of severe weather – from blizzards and nor'easters to heavy wind and floods. We need a resilient location to position our firefighters and EMTs strategically to ensure we are ready to tackle the growing number and types of calls we face," the Board of Commissioners said.

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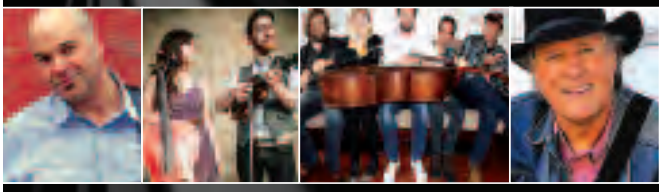

Mar 1 **Michael Braunfeld** w/Sophie Buskin

Apr 5 **Kaitlyn Raitz and Ben Plotnick** with Scott Krokoff

May 3 **Man About A Horse** w/Alice Howe

Jun 7 **Tom Chapin and Friends** with Seamus Galligan

Jul 12 **The End Of America** w/Lois Morton

Aug 16 **Kirsten Maxwell and Rachael Kilgour**

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SUFFOLK COUNTY PARKS

AROUND TOWN

St. James F.D. 35th Annual 5 Mile Run and 3.5 Mile Striding Event

Engine Company No. 3 of the St. James Fire Department will host their 35TH ANNUAL ST. JAMES 5 MILE RUN AND 3.5 MILE STRIDING EVENT, FIRST RESPONDERS TEAM RACE on Saturday, April 15, 2017 at 9 a.m. sharp. Proceeds of the event will benefit the local Fire Fighter Burn Center Foundations and Engine Company No. 3.

Runners, joggers and walkers, regardless of age, are welcome to participate.

T-shirts will be given to the first 300 entrants; pre-registration (by 4/8/17) and day of race is $30; register between 7:30 and 8:30 a.m. at the St. James Main Fire House, 533 North Country Road. No registrations will be accepted after 8:30 a.m. The starting line is 1/2 mile from the registration area. Please allow sufficient time to pick up numbers, register and get to the starting line.

The course, which is a scenic run through the Village of Head of the Harbor and around St. James Harbor, is certified and accurately measured. Awards will be given in a variety of categories as well as by age and gender. A large digital clock will be displayed at the finish line so that all runners may see their time and place immediately upon finishing.

There will be an awards ceremony at the Fire Department's Main House at the finish of the race. Refreshments will be complimentary before and after the race.

For additional information call 631-584-3500.

Sponsors of the event are: St. James Funeral Home, Dr. Gregory Thomaier - Chiropractor, Rocco's Pizzeria, Del Fuego, Energy Fitness, Garguilo's Bakery, Seaqua Deli, Primal Athletics, Thomas Sapienza, DDS, Smithtown News, Applebees, Schwab's 2nd Wind, Bio Recovery Services, Eastern Climate Control and Trend It Branding.

To register by mail give your full name, address, age, date of birth, phone #, male or female, t-shirt size (S, M, L, XL) and indicate if you are a runner, a firefighter, police or walker. *Make checks payable to:*

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CAMP HARBOR

Smithtown Food Pantry Donations Still Needed

by William J. Garthe

Once again I would like to thank the very very generous residents of St. James for keeping me busy 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. Canned goods, pasta, toothbrushes, toothpaste, rolls of toilet paper, school supplies, diapers (both baby and adult) 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.

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Head of the Harbor to Hold Village Elections

The Incorporated Village of Head-of-the-Harbor will hold a **GENERAL ELECTION** for officers on **Wednesday, March 21, 2017** at Village Hall 500 North Country Road St. James, NY **12:00 noon to 9:00 p.m.**

Petitions of nomination have been filed with the Village Clerk for:

Jeffrey D. Fischer
24 Pin Oak Lane, St. James, NY
Trustee - Village Party
2 year term

Daniel W. White
580 Moriches Road, St. James, NY
Trustee - Box Party
2 year term.

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HOLBROOK. 3 Bedroom CONDO, 2.5 Baths, Den, EIK, LR/DR, Deck, Laundry. CLOSED 2/8/17. $325,000.

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SMITHTOWN "PRIDE OF OWNERSHIP"

Village of Branch. 4 BR, 1.5 bath Split Level Home. Living room, formal dining room, kitchen. Lower level walk out. Den. Architectural roof. Updated boiler. 200 amp electric. Must see! Walk to town. **$435,000.**

ST. JAMES "COMMERCIAL ZONING"

Property zoned Central Business. Prop is 70' wide x 311' deep (.48 acre). Excellent exposure on North Country Rd. (Rte 25A). Ideal to build for either wet or dry retail or office use. Must See. **$399,000.**

HEAD OF HARBOR "SHY 4 ACRE BLDG LOT"

Build your Dream Home! Beautiful wooded secluded property. All cleared & ready to build. Backs to 2+ acres of protected conservation land. 3V Schools, Includes all permits, plans for 4,600 sq. ft. Colonial w/3 car garage. Ready to Build. Owner wants to hear Offers. **$399,000.**

ST. JAMES "EXTENDED FAMILY"

Great home for large family. Rocking chair front porch, mint Farm Ranch features large EIK w/maple cabs. LR w/stone fireplace, formal DR. 6 BRs & 3 full baths. Master BR suite on 1st floor, finished bsmnt. Possible M/D w/proper permits. Fenced rear yard. **$565,000.**

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IN THE NEWS

Bryanna Needs Your Help

On February 24, while out with her mom, grandmother, aunts and cousins, two-year-old Bryanna suffered from what was thought to be a seizure. She was transported via ambulance to Peconic Bay Emergency room where they waited to get a better understanding of what occurred. It was noticed that Bryanna was not utilizing her left side: she was becoming very unresponsive, unable to walk, talk or express herself.

Not only did she suffer a seizure, but she also suffered a stroke, her right kidney is failing, and she has very little mobility on the left side of her body. Bryanna was transferred to Stony Brook, ICU and was then transferred to Columbia Medical Center. Bryanna had extremely high blood pressure. The doctors had to take precautions lowering it at a slow and steady rate. Bryanna also has "okay" brain activity, but she is going to need months of therapy to learn how to walk and talk again and live a normal life.

Bryanna was born a fighter. Born at just 35 weeks in the NICU, her beginning was a very bumpy ride. Her mom, Lauren, suffered a massive aneurism just days after giving birth to Bryanna. Lauren is a stay at home mom and Bryan works hard each day to provide for his family. With the need to be by his baby's side and alongside his wife, it is undetermined when Bryan will be able to return to work.

Bryanna's grandparents, Carol and Steve Modugno, of St. James, and parents Lauren and Bryan Spencer, are requesting prayers and any donation – no matter how small – which can be made to: https://www.gofundme.com/bryannaelizabeth. A dollar goes a long way in situations like this. Please continue to pray for Bryanna and her family. *THANK YOU!*

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USCGAUX Boating Safety Class

Get ready for the upcoming boating season. U.S. Coast Guard Auxiliary, Flotilla 22-04, is offering their 3-part BOATING SAFETY CLASS, each night from 7-10 p.m., beginning on Monday, March 27, Tuesday, March 28, with the final class and test on Tuesday, April 4 at the Stony Brook Yacht Club, Shore Road in Stony Brook. The course is presented by certified instructors and satisfies all requirements for New York State. Anyone operating a Personal Watercraft (PWC) in New York must be at least 14 years old and have passed a certified safety course.

The course covers boating laws, safety equipment and emergency procedures for: canoes, kayaks, personal water craft, cruisers and sailboats. *YOU MUST REGISTER IN ADVANCE FOR THIS CLASS.*

Fee for the course is $50 per person (discounts for multiple family members is available). Dinner is also available at the Yacht Club at 6 p.m.

Responsible boaters, along with their family and friends, should learn these survival skills and safety procedures.

For additional information and to register for this course as well as other upcoming courses, contact Ronald J. Doda at Sgtpie@aol.com or call 631-786-6818.

Hazardous Waste Disposal Event Set for Saturday, April 29

The Town of Smithtown is holding a Household Hazardous Waste Event on Saturday, April 29, 2017 from 7 a.m. to 3 p.m. at the Municipal Services Facility, 85 Old Northport Road in Kings Park, 631-269-6600.

Many common household products have hazardous or even toxic ingredients. If used or disposed of improperly, they can be harmful to your family and the environment.

Adhesives, alcohols, antifreeze, brake fluid, lighter fluid, cleaning solvent, degreasers, herbicides, paint remover, pesticides, photo chemicals, insect spray, pool chemicals, solvents, stain or varnish and wood preservatives can be disposed of properly by bringing these unwanted materials in their original containers to the Municipal Services Facility in Kings Park. You must be a Town of Smithtown resident to participate.

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Mildred Smith Historical Essay Scholarship Contest

This year, the Smithtown Historical Society and the 911 Responders Remembered Memorial Park in conjunction with the Feal Good Foundation, offer junior year students in the Township of Smithtown an opportunity to win a $2,000 scholarship. The Mildred Smith Historical Essay Contest, a scholarship award, is open to all 11th graders in attendance at Commack, Hauppauge, Kings Park, Smithtown East & West High Schools, as well as at The Knox School and Smithtown Christian School.

Mildred Smith was an original founder of the Smithtown Historical Society and its first president. She possessed an intense passion for the history of Smithtown and was a great friend and supporter of the Society. The Smithtown Historical Society is proud to honor her through this annual essay contest and hopes that the spirit of Ms. Smith will live on in the devotion and hard work of students submitting essays for consideration.

The Annual Mildred Smith Historical Essay Scholarship Contest is in its 11th year. This year's theme is: *How has growing up and/or living in Smithtown influenced what your idea of a hero is?* (800 words.)

Submissions for the contest will be accepted from now until June 9, 2017 up until 5 p.m. at the Smithtown Historical Society's Headquarters at the Roseneath Cottage, 239 Middle Country Road, Smithtown, NY 11787. For more detailed information regarding the rules and regulations pertaining to the contest, please visit the Society's website or call 631-265-6768.

Volunteer Drivers Needed for Meals on Wheels Program

Do you have a couple of free hours in your week? Would you like to provide a vital service to senior citizens in your community? The Town of Smithtown Senior Citizens Department has an opportunity for you!

Meals on Wheels is looking for volunteers to deliver meals to the homebound elderly in the Smithtown community. Meals are delivered in the late morning each Monday - Friday and require as little as two hours a week, one to four days per month. You can

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The Rotary Club of Smithtown Presents the 24th Annual *"GO FOR THE GREEN"* 5K Run and 1 Mile Family Fun Run

The Rotary Club of Smithtown will hold their 24th Annual "GO FOR THE GREEN" 5K and 1 Mile Family Fun Run on Saturday, March 18, 2017. 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 relatively flat course through the residential streets of Smithtown on a police controlled route. The Runs are professionally timed by JustFinish.net with water stops and mile splits.

Day of Race registration and number pickup will take place at the race location from 7 a.m. to 9:15 a.m. Pre-race number pickup on Thursday and Friday, March 16 and 17 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, and the Rotary Gift-of-Life Program which provides life-saving heart surgery to destitute 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.Active.com. If you can't attend the event and would like to make a charitable donation, please make checks payable to:
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For additional Information, call Glenn Williams at 631-265-5511 or go on Facebook.com/SmithtownRotary5kRun

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HISTORICALLY SPEAKING

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

Collierville, the Actors Colony of St. James

by Bradley Harris, Smithtown Historian

I have been writing about the history of St. James and its gradual transformation from a one horse town into a thriving little country village. This change began with the building of a railroad through St. James, the arrival of tourists who used the train to travel from NYC to St. James. Some of the first tourists to visit St. James were actors.

Willie Collier's farm in St. James on the corner of Harbor Hill Road and Three Sister's Road. Collier's farm had 15 acres of property, a vegetable garden, two stables with associated outbuildings, three pig pens, a hen roost, an icehouse, and a windmill.

The Morning Telegraph, published in New York City on Monday, July 13, 1903, ran an interesting story under a banner headline which read: "Stage favorites loaf the summer away, raise pigs and cabbages, play baseball, and go a-fishing in the bay fifty miles from Broadway." The stage favorites were spending their summers on the north shore of Long Island in the little town of St. James enjoying the relaxed pace of life in the country.

By the summer of 1903, some 100 stage favorites were making a pilgrimage to St. James to spend a few months of relaxation in the sunlight. Some of the prominent stage favorites making this pilgrimage included: Willie Collier, and his brothers and sisters, DeWolf Hopper, Jerome Sykes, Frank McNish, Tony Farrell, the Leland Sisters, Bert Leslie, Maurice Barrymore, Lionel Barrymore, Ethel Barrymore, and John (Jack) Barrymore. In St. James, this assemblage of actors and actresses gathered to enjoy the natural delights of the "wooded gulch on the north shore." (This last reference is to the hollow where Three Sisters Road and Harbor Hill Road intersect in the incorporated

continued on facing page

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continued
Village of Head-of-the-Harbor.) Here they enjoyed fishing, boating, swimming, clambakes, dancing, baseball games and the company of their fellow actors. "A baseball bat and an oar" were the "coat-of-arms of the theatrical colony with two strong baseball teams, a boat club, and environment and company that might make a good fellow of a cloistered monk." St. James offered enough social and recreational activities to make even the most morose actor forget his troubles. ("Stage Favorites Loaf the Summer Away," The Morning Telegraph, July 13, 1903.)

The appeal that St. James had for these actors can be seen in the lines of a poem composed by an actor named DeWolf Hopper whose poem appeared on the front page of The Morning Horn of 1902. (The Morning Horn was a local paper/newsletter published by the actors in St. James.)

Oh, I like to spend the summer
Down at honest old St. James
Where actors drop their foolish ways
And use their family names.

Where Aubrey Vere de Vere
Becomes plain Timothy McCann,
And idols of the matinee,
Act like a common man,

No managers invade St. James,
No contracts keep us scared,
No one-night stands, no longish jumps
That find us unprepared.

The piece we play is "Sweet Content,"
To starship no one claims,
Here's to a good long summer run
At honest old St. James.

To the many actors and actresses who flocked to St. James for summer relaxation and a spot in the sunlight, St. James was known as Collierville. They knew it as Collierville because of its association with William Collier, an actor playwright, and comedian, who made St. James his summer residence in 1889. He had been the first to tout the virtues of summering in St. James to his friends in the theater, and he was so persuasive in his arguments that others followed him to St. James. The result was that by the turn of the century, over 100 theatrical personalities were enjoying the summers in St. James.

Newspaper articles from the turn of the century, 1890-1910,

continued on following page

Collierville, the Actors Colony of St. James

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listed many of the personalities who visited St. James and they included actors and actresses, comediennes, dancers, singers, jugglers, acrobats, vaudeville actors, managers and others involved in theatrical productions. These individuals may have only come for a visit as a guest of another actor or to enjoy a weekend in the country, but many of them became summer residents and rented cottages for the season. Some of them purchased or built homes in St. James and became permanent residents. So many theater people came flooding into St. James that a major problem became finding a place to stay. According to an article about the actors colony of St. James in the Brooklyn Eagle of July 21, 1901, "all of the boarding houses" were "occupied and frequently friends have to be sent to Smithtown for accommodation. As a result, handsome cottages are springing up." These summer cottages were built on small plots of land along Three Sisters Road, Overton Pass, Hill Road, and Thompson Hill Road on land owned by E.J. Overton. On Three Sister's Road, just to the east of Willie Collier's villa, Edward M. Jayne owned a large three-story boarding house, and actors and actresses filled his rooms for the summer. With the opening of Tony Farrell's Shore

Willie Collier and his wife Louise Allen.

Inn in 1902, more actors could be accommodated in the immediate area. And for the overflow, the St. James Hotel, the Nissequogue Hotel, and the St. James Park Hotel provided rooms near the railroad station. But the place to be and stay was near the Collier Villa.

The Collier Villa was located on the northeast corner of Three Sisters Road and Harbor Hill Road. In 1889, Willie Collier purchased a small farmhouse on 15 acres of land that occupied this corner. Collier was drawn to St. James because as a young boy he had spent his summers there with his father Edward. He became so infatuated with the area that when he became a successful actor, he returned and purchased the farm so that his family could enjoy their summers in St. James. The original farmhouse on the property was small and Collier "spent considerable money improving his place" and gradually extended the house into a handsome villa, "surrounded by extensive and well cared for grounds." The house as it looks today has been considerably altered since it was owned by Collier. At one time it had three stories with an attached turret and a porch which ran across the full front of the house. It was said that the house contained a billiard room and "all the appointments of a country gentleman's establishment." Here in this house, Collier and his wife, Louise Allen, and numerous guests spent their summers from 1895 to 1905. ("Stage Favorites Loaf the Summer Away," The Morning Telegraph, July 13, 1903.)

Collier purchased a farm and continued to run it. On the property he had a vegetable garden, two stables, three pig pens, a hen roost, an icehouse and a windmill. The pride of the farm was a prize-winning Yorkshire pig named Willie who was kept in the pigpens along with "Mrs. Pig and a lot of little porkers." Apparently nothing delighted "'Farmer' Collier so much as to lean over his pig pen and talk" to his favorite pig Willie. The hen roost with its "big cackling aggregation of chickens," was located near

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202 Main Street, Port Jefferson. $240,000.

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209 Flair Court, St. James. $319,900.

Lovely updated one bedroom END UNIT with a garage and a dining room. Beautifully updated kitchen with quality wood cabinets, updated main bathroom. Also has a half bath as well. Updated windows, almost new CAC, private patio. Large master bedroom with dressing room and large closets.

HISTORICALLY SPEAKING

Collierville, the Actors Colony of St. James

continued from page 32
the windmill and the hens were carefully tended by Mrs. Collier. The Colliers also kept a milk cow that could be found grazing the Collier meadow. The cow supplied the family and friends with fresh milk. In the stables, Willie had two horses. One was Louise Allen's "saddle horse, a blue ribbon animal" and the other horse was a "thoroughbred" named Bunker that Willie occasionally raced. The menagerie would not have been complete without the six fine English setters that were housed in the farm's kennel. Collier had almost every appliance needed to run a well regulated farm and he had even gone so far as to install "a main for acetylene gas and a water system." All of this made the Collier farm one of the finest properties owned by any member of the actors colony, and the Colliers welcomed many friends to their villa in St. James.

The Collier Villa was the place in St. James to find out what was happening in the actors colony and everyone made a pilgrimage there for food, drink, and companionship, and all were welcomed. The Collier Villa became the heart of the actors colony for several reasons. It was in the geographic center of the actors colony, and it was there that one could find other actors, and discover what was happening in Collierville because something was always happening.

More about the happenings of the actors colony of St. James next month….

Chateau Louise Allen Collier, the homestead of Squire William Collier as it looked when the Colliers lived here from 1895 to 1905, entertaining guests, and serving as the center of life in the Actors Colony.

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.

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Warriors of the North Road by Donna Grossman

Winning Artists Showcase at Mills Pond House Gallery

The Smithtown Township Arts Council is pleased to present *WINNERS SHOWCASE 2017*, an exhibition featuring the work of seven award-winning artists from 2016 juried exhibitions. The exhibition will be on view through March 25, 2017 at the Mills Pond Gallery, 660 Route 25A in St. James. Regular Gallery hours are Wednesday-Friday, 10 a.m.-4 p.m.; Saturday and Sunday, 12-4 p.m. Visit www.stacarts.org or call 631-862-6575 for directions or information. Admission to the gallery is free.

The Mills Pond House Gallery is in an historic building and the front drive on 25A is not plowed when there is snow. Please use the rear parking lot off Mills Pond Road, directly across from the two white stone pillars at 199 Mills Pond Road.

Winning Artists...

Ingrid Finnan's love of painting flowers, stems from over 30 years of working in the decorative textile design field. Most of her botanical paintings are done in oil on paper.

Carol Lee Thompson is a classical realist trained in the methods of the Old Masters. She paints a wide range of subject matter including equine and animal, landscape, figurative and Western themes. Carol Lee grinds her own pigments, stretches her own Belgian linen canvases and mixes her own Flemish Maroger paint medium.

Mary Erickson grew up sketching the beaches of Long Island Sound and sold her first painting at age 13. She prefers to work on location and travels extensively. A lifelong conservationist, Mary's 39-acre residence in North Carolina is slated to be left as an artist retreat and bird sanctuary.

Ned Butterfield has completed a long career as a freelance illustrator supplying artwork for the New York City advertising and editorial markets. Ned creates richly detailed watercolor seascapes and landscapes of Long Island's south shore. His scenes feature beaches and lighthouses, canals and shipyards.

Smithtown artist, Donna Grossman captures the images of the people, places and things she loves on the Island she calls home. At the age of 53, Donna retired as a professional estate gardener, walked into an art studio and never looked back. She loves to capture on canvas the simple moments in life that tell a story, whether it be a woman scolding her cat, a barn at sunrise, or a crusty old boot and oilcan.

Jeanette Martone has merged her talent with her passion by creating imagery depicting the people and places she has gotten to know while volunteering on humanitarian projects in the developing world. The people of the Dominican Republic captured her heart during her volunteer stints there, and they are the subjects of Martone's intricate graphite drawings. Her illustrations help shine a light on life

continued on facing page

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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 Monday through Friday, 10 a.m. to 5 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.*

MARCH
-25
Winners Showcase Exhibition
Artists: Ingrid Finnan, Carol Lee Thompson, Mary Erickson, Jeanette Martone, Ned Butterfield, Donna Grossman and Elizabeth Milward.

MARCH 24, APRIL 21, MAY 19
Jazz in the Living Room
7:30 p.m. Bring your instrument... everyone plays! Challenge the world of sheet music and exact chords... If you are looking to expand your creative and imaginative horizons, join this fun and creative evening of Jazz Improvisation. Admission: $5 to participate. FREE to listen.

JUNE 23
Jazz in the Living Room Concert
7:30 p.m. This is an evening where Jazz in the Living Room participants have an opportunity to perform, showing off their newly learned skills to the audience. Admission $5 to listen; FREE for Jazz in the Living Room participants/players.

Winning Artists Showcase

continued from previous page

(and death) in a very poor part of the world.

Elizabeth Milward is a Long Island based photographer. Through her images she aims to convey the feeling of being there, seeing and feeling through the manipulation of composition, light and color. Elizabeth is from Smithtown, NY.

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Rock This Town!

It's time for a recap of the annual Teaching Drums recital! In February, a record 52 students rocked their sticks at the recital. This exciting night showcases local youth from our community during an evening of spectacular entertainment.

Each student chooses a song to perform, then spends several months learning, editing and perfecting their piece. It's an enjoyable night, not a competition, and everyone is a rock star that evening! The audience enjoyed a little bit of country, classic rock, heavy metal, pop and jazz.

This fifth annual event, was once again held in the Parish Hall of the St. James Lutheran Church, which was transformed into a music venue, complete with professional lighting and sound system.

The night culminated with an awards ceremony and recognition with the winners of the Fastest Hands Contest. This year the winners were: Josie Lent and Luke Ciminiello (tied) in the Elementary Division, Bobby Gravino in the Middle School Division, and Tyler DeSimone in the High School Division. Most Improved went to Christian Camilleri.

Three cheers for all these young musicians who performed!

Teaching Drums is a state-of-the-art recording/teaching studio, located in St. James, specializing in private drum lessons for students of all ages, beginner to advanced, as well as NYSSMA preparation. You can reach them at 631-240-0690 or teachingdrums@yahoo.com.

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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 $20-$35 unless otherwise noted, group rates available. Call the box office at 631-724-3700 for reservations or visit their website at www.smithtownpac.org.

2017 SEASON PERFORMANCE SCHEDULE

It Shoulda Been You
Through April 15, 2017
A new musical comedy. In the history of insane wedding days... this one takes the cake.

St. Patrick's Day Irish Comedy Night
(Not Necessarily Irish Comedy)
March 17, 2017, 8 p.m.
Tickets: $40
Get a belly full of laughter with some of the best comedians Long Island has to offer.

Annie Jr.
Children's Theatre
March 18-April 15, 2017
All Tickets: $15
Comic strip heroine Annie takes center stage in one of the world's best-loved, award-winning musicals.

Simply Diamond
April 22, 2017, 8 p.m.
Tickets: $40
This may just be the best Neil Diamond Tribute with all of Neil Diamond's greatest hits.

Desert Highway A Tribute to the Eagles
April 29, 2017, 8 p.m.
Tickets: $35
Musically and visually, Desert Highway presents a unique edge in performing The Eagles' varied music catalogue.

High School Musical
Children's Theatre
April 29-June 17, 2017
All Tickets: $15
One of the biggest pop-culture phenomena in recent memory. Follow the antics of East High's most popular student and "the new girl" as they fall in love and audition for the school musical.

Wonderettes: Dream On
May 6-June 17, 2017
Classic pop and rock of the 70's provides the perfect soundtrack for old friends to catch up.

Forever Motown
May 27, 2017, 8 p.m.
Tickets: $45, $40/members
A Non-stop, High Energy Trip

continued on facing page

continued
Down Memory Lane! Featuring the songs America grew up on.

Not Fade Away
July 1, 2017, 8 p.m.
Tickets: $40, $35/members
A tribute to the music of Buddy Holly, Ritchie Valens, The Big Bopper, and more!

Elements
August 18, 2017, 8 p.m.
Tickets: $40
The ultimate Earth, Wind & Fire tribute band recreates the sounds and sensations from this 70's and 80's super group. Elements performs a breathtaking show laced with all of the classic hits of Earth, Wind & Fire.

The New Mel Brooks Musical Young Frankenstein
July 8-August 20, 2017
It's Alive! The electrifying adaptation of Mel Brooks' monstrously funny film.

Beatlemania!
September 2, 2017, 8 p.m.
Tickets: $40
This Beatles tribute is back. Enjoy a night with John, Paul, George and Ringo as they sing all the classics.

Man of La Mancha
September 9-October 22, 2017
Don Quixote Returns - The classic musical of a dying old man's quest for the impossible dream.
Smithtown Performing Arts Center's 15th Anniversary 2002-2017
Saturday, October 28, 7:30 p.m.
Tickets: $75
Come celebrate 15 wonderful years of Long Island theatre. Enjoy a revue of some of their best performances with some of their best performers. Also included is a small buffet, wine and beer in the ticket cost. This is not a night to miss.

Tickets: Adults/$35
Thursday Matinee/$20
Children/Students/$20

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

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On Stage at Staller Center...

There's always something happening at the Staller Center, University at Stony Brook. The following programs are being offered for your enjoyment. Box Office hours are 12 noon to 6 p.m., Monday through Saturday and 1-hour before ticketed performances. For tickets and information, call the Box Office at 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):

THE FIVE IRISH TENORS
Saturday, March 18, 8 p.m.
RECITAL HALL | $42
The Five Irish Tenors fuse Irish wit and boisterous charm with lyricism, dramatic flair and operatic style to bring a unique concert extending your St. Patrick's Day celebration.

CASHORE MARIONETTES
presents SIMPLE GIFTS
NOT JUST FOR KIDS
Sunday, March 26, 4 p.m.
RECITAL HALL | $20
Redefining the art of puppetry, Simple Gifts provides the puppeteers' vision of what it is to be human. The marionettes are truly engineering marvels.

CUISINE & CONFESSIONS
Les 7 doigts de la main
(7 Fingers of the Hand)
Saturday, April 1, 8 p.m.
Sunday, April 2, 4 p.m.
MAIN STAGE | $42
Canada's award-winning circus/acrobat troupe, integrates an eye-popping flight of acrobatic cirque choreography and pulsating music in a kitchen setting on stage. A crowd pleaser for all ages.

EMERSON STRING QUARTET
Tuesday, April 4, 8 p.m.
RECITAL HALL | $48
Program to include Ravel's *String Quartet in F Major;* Berg's *String Quartet, op 3; and* Tchaikovsky's *Quartet No. 3 in Eb minor, op 30*. Program subject to change.

MARTHA GRAHAM DANCE COMPANY
Saturday, April 8, 8 p.m.
MAIN STAGE | $48
This show will showcase masterpieces by Graham alongside newly commissioned works by contemporary artists. The oldest and most celebrated modern dance company in America.

CÉCILE MCLORIN SALVANT AND SULLIVAN FORTNER
Saturday, April 29, 8 p.m.
RECITAL HALL | $42
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Long Island Museum 2017 Calendar

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631-751-0066
mail@LongIslandMuseum.org
www.longislandmuseum.org

HOURS:
Thursday-Saturday,
10 a.m.-5 p.m.;
Sunday, 12 noon-5 p.m.
ADMISSION:
$10/adults,
$7/seniors 62 and older,
$5/students 6-17 years and college students with I.D.,
under 6/FREE (concert and film tickets extra)

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

ADULT PROGRAMS AND EVENTS

March 26, 2 p.m. (TENTATIVE)
Conserving Beauty

Senior Conservator from the Smithsonian Museum Sunae Park Evans explains the process of conserving and preserving textiles and costume pieces, including the purses and gowns in the *First Ladies* exhibit at the National Museum of American History in Washington, D.C.

March 27, 7 p.m.
Port Jefferson Documentary Series: *Abacus: Small Enough to Jail*

The incredible saga of the Sung family, Chinese immigrants and owners of Abacus Federal Savings of Chinatown, NY, the only U.S. bank to face criminal charges in the wake of the 2008 financial crisis. Oscar-nominated producer Julie Goldman (*Weiner; Life, Animated*) and other members of Motto Pictures will attend.

March 31, 9:30 a.m. – 2:30 p.m.
Arts & Alzheimer's Conference

Second annual conference for healthcare workers, caregivers and art and cultural organizations, exploring the collaborative art opportunities available for individuals living with Alzheimer's. Please contact Director of Education Lisa Unander at lunander@longislandmuseum.org for an invitation and full programs details.

April 2, 5 p.m.
Sunday Street Concert Series – Antje Duvekot

Sunday Street Concert Series welcomes Antje Duvekot in concert in the Carriage Museum's Gillespie Room. Natalia Zuckerman opens. Purchase advance discount tickets at www.sundaystreet.org. If available, tickets may be purchased at the door the day of the show.

April 3, 7 p.m.
Port Jefferson Documentary Series: *I am not Your Negro*

Radical, up-to-the-minute examination of race in America by Raoul Peck based on late author James Baldwin's uncompleted book, Remember This House, intended as a revolutionary, personal account of the lives and successive assassinations of three of his close friends, Medgar Evers, Malcolm X and Martin Luther King, Jr. Tickets are $7 at the door. Call 631-473-5220 for more information.

April 9, 5 p.m.
Chamber Music Concert

North Shore Pro Musica will perform a French program featuring Messaien's *Quartet for the End of Time.* Performances take place in the Carriage Museum's Gillespie Room and tickets for are $25 at the door ($20 for Pro Musica and LIM members and students).

April 11, 11 a.m.-1 p.m.
Family Drop-In Day

Tour *Edible Eden* in the Art Museum and enjoy special family activities beginning at 11:30 in the Studio. Admission is FREE.

April 12, 10 a.m.-12 noon
Vacation Venture –
Pop Art in Fashion!

Students in grades 2 through 4 will learn how pop artists influenced fashion over the decades and create their own wearable designs with museum educators. Includes story and project inspired by artists' techniques. $25 ($20 for members). Pre-registration and prepayment required.

April 18, 10 a.m.-12 noon
Senior Tuesday

Seniors 62 and older are invited for a FREE, self-guided tour of *Edible Eden: The Art of Long Island's Forests, Fields and Waters* on display in the Art Museum.

April 23, 2 p.m.
Food and American Culture

Smithsonian Institute's Director of Food History Programs Susan Evans discusses how and why food can be used as a tool for connecting people with the complexities of American history. Free with regular museum admission.

April 30, 5 p.m.
Sunday Street Concert Series – Brook Williams

Sunday Street Concert Series welcomes Brook Williams in concert in the Carriage Museum's Gillespie Room. Purchase advance discount tickets at www.sundaystreet.org. If available, tickets may be purchased at the door the day of the show.

EXHIBITIONS

Colors of Long Island
Through April 16, 2017

Colors of Long Island is the LIM's annual student art exhibition, offering Long Island

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Long Island Museum 2017 Calendar

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students in grades K-12 to have their work displayed in a museum setting. This year 179 schools will contribute artwork for the exhibition. Teachers from Long Island schools are invited to submit up to two pieces (high schools may submit up to three) by individual artists or one group project. The title of the exhibition, *Colors of Long Island* may be interpreted in many ways; some students refer to Long Island's changing seasons, while others might refer to its diverse cultures. Regardless of artist interpretation, the museum welcomes artwork in all media.

Brilliant Partners: Judith Leiber's Handbags & The Art of Gerson Leiber
Through June 4, 2017

This beautiful and important exhibition focuses on the creative productivity and shared aesthetics of a unique East End Long Island couple – Judith and Gerson Leiber – that has achieved high levels of artistic success. Married for 70 years, the Leibers have had a profound support and influence on one another that is best seen in a pairing of their work. *Brilliant Partners* will include a selection of approximately 130 of Judith's handbags and nearly 50 works of art from Gerson. This exhibition provides a wide-angle lens on both their lives and influences upon one another.

Edible Eden: The Art of Long Island's Forests, Fields and Waters
Through July 30, 2017

Celebrating the rich agricultural and maritime history of this region, the LIM will present an exhibition of approximately 20 works by artists who depicted Long Island in the 19th century, continually focusing on the island as an edible Eden: its carefully tended fields, its bountiful orchards, its healthy livestock, and its diverse wildlife both in the forest and nearby coastal waters. Each was attainable in great quantity – seemingly limited only by how hard one was willing to work. The Mount family, Charles Yardley Turner, Harry Roseland, Frederick William Kost, Gaines Ruger Donoho, and other artists serve as guides to the cornucopia of foods that Long Islanders grew, raised, hunted and gathered. Collectively, these works of art are also a testament to rural Americans' resourcefulness and success at working the land and water.

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 every-man'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.

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First Ladies in Fashion

On Sunday, March 26, 2017 at 2 p.m. the Long Island Museum, located at 1200 Route 25A in Stony Brook will welcome Sunae Park Evans, Senior Conservator from the Smithsonian, who will discuss the process of conserving and preserving textiles and costume pieces, including gowns in the *First Ladies* exhibit at the National Museum of American History in Washington D.C. This program is free with regular museum admission.

When people think of the Smithsonian's first ladies collection, they immediately think of the famous displays of gowns, but the collection is much more than clothing. With more than 1,000 objects, the collection documents the lives and contributions of America's first ladies.

The collection has grown along with the public's interest in learning more about the first ladies. It includes material related to their social and political activities as well as their gowns and accessories.

Following the discussion, visitors may visit the *Brilliant Partners* exhibition in the Art Museum, where Mamie Eisenhower's inaugural ball evening bag, designed by Judith Leiber, is on display along with 120 additional Leiber-designed handbags and paintings by Gerson Leiber. *Brilliant Partners* is on display in the Art Museum through June 4.

For additional information, call 631-751-0066 or visit the museum web site at www.longislandmuseum.org.

Mamie Eisenhower in her inaugural ball gown with her Judith Leiber-designed purse, 1953.

Getty images

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

For additional information and tickets visit www.thejazzloft.org or call 631-751-1895.

Wednesday, March 15
Jam Session featuring the Jazz Loft Jazz Band, 7 p.m./$10. Open Jam from 8-9:30 p.m./$5.

Thursday, March 16, 7 p.m.
Rich Iacona's Bad Little Big Band, Tickets: $20/adults, $15/seniors, $10/students

Saturday, March 18, 7-9:30 p.m.
Frank Vignola and Vinny Raniolo
Tickets: $20/adults, $15/seniors, $10/students

Wednesday, March 22, 6-9 p.m.
The Art Of Jazz
The Atelier at Flowerfield artists join forces with improv musicians of the Jazz Loft to create music and art. A clothed figure model with a musical instrument will pose while musicians play. Included in the event will be drawing boards and tables for all artists in attendance. Come and enjoy the delightful cross pollination of inventive musicians and inspired artists.
Tickets: $20

Wednesday, March 29
Jam Session featuring the Jazz Loft Jazz Band, 7 p.m./$10. Open Jam from 8-9:30 p.m./$5.

Thursday, March 30, 7 p.m.
Interplay Jazz Orchestra
Tickets: $20/adults, $15/seniors, $10/students

Monday, April 3, 7-9 p.m.
Jazz Concert - Min Xiao-Fen's Blue Pipa Trio: From Harlem to Shanghai and Back which recasts the work of legendary jazz trumpeter Buck Clayton, Count Basie, Duke Ellington and Chinese composer Li Jinhui.
Tickets: $20/adults, $15/seniors, $10/students.

Wednesday, April 5
Jazz Lecture, 1-2:30 p.m.
Big Band Era: Celebrating the Sound of the Great Bands of the 30's and 40's as part of the Young at Heart series.
Tickets: $10

The Art Of Jazz, 6-9 p.m.
The Atelier at Flowerfield artists join forces with improv musicians of the Jazz Loft to create music and art. A clothed figure model with a musical instrument will pose while musicians play. Included in the event will be drawing boards and tables for all artists in attendance. Come and enjoy the delightful cross pollination of inventive musicians and inspired artists.
Tickets: $20

Thursday, April 6, 7-9:30 p.m.
Jazz Loft Big Band
Tickets: $20/adults, $15/seniors, $10/students.

Wednesday, April 12
Jam Session featuring the Jazz Loft Jazz Band, 7 p.m./$10. Open Jam from 8-9:30 p.m./$5.

Saturday, April 15, 7-9:30 p.m.
Warren Chiasson
PERFORMANCE SPONSORED BY OLIVIA & HARLAN FISCHER. Warren Chiasson, guest artist on the vibraphone; backed by Jim Commack,

continued on facing page

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Swing Dance Long Island invites you to join their friendly group for a mix of East Coast Swing, Savoy Lindy Hop, West Coast Swing, Balboa and some Ballroom dancing. No partner is needed and beginners are welcome.

Each month they will meet at their new venue – **The Jazz Loft**, located at 275 Christian Avenue in Stony Brook, NY 11790. Beginner lesson at 7:30 p.m. with dancing between 8 and 11 p.m. Admission: $15.

SDLI will hold its monthly dance on Saturday, April 1, 2017, music by *The Glenn Crytzer Orchestra*.

Come alone or bring a friend – no partner needed. Refreshments, ample parking and tons of fun.

Swing Dance Long Island, Inc. is an all volunteer, not for profit organization dedicated to the promotion of swing dancing on Long Island, NY. For additional information call their 24-hour Dance Hotline at 631-476-3707 or visit their website at www.sdli.org.

Jazz Loft

continued from previous page

bass; Steve Salerno, guitar and Ellis Holmes, drums.
Tickets: $20/adults, $15/seniors, $10/students

Wednesday, April 19
The Art Of Jazz
The Atelier at Flowerfield artists join forces with improv musicians of the Jazz Loft to create music and art. A clothed figure model with a musical instrument will pose while musicians play. Included in the event will be drawing boards and tables for all artists in attendance. Come and enjoy the delightful cross pollination of inventive musicians and inspired artists.
Tickets: $20

Thursday, April 20, 7 p.m.
Rich Iacona's Bad Little Big Band, Tickets: $20/adults, $15/seniors, $10/students

Thursday, April 27, 7p.m.
Interplay Jazz Orchestra
Tickets: $20/adults, $15/seniors, $10/students

Saturday, April 29, 7-9:30 p.m.
Eli Yamin & His Quartet Present a Salute to Duke, Celebrating Duke Ellington's Birthday.
Tickets: $20/adults, $15/seniors, $10/students

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 outbuildings 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
Frank Brush Barn
211 Middle Country Road
Smithtown

Ballroom, Latin and Swing Dancing at the Frank Brush Barn
1st Saturday of each month, 7-10 p.m.
Join this monthly dance party. Complimentary 30-minute lesson at 7 p.m. Partnered with Dance Magic Ballroom Dance Studio of St. James.

SPRING LECTURE SERIES – FREE

Monday, March 20, 7 p.m.
Lake Ronkonkoma - What a time it was - The Pavilion Era. Take a trip back to the era with Lake Ronkonkoma Historian Dale Spencer through photos and stories. Authors Dale Spencer and Janet Rischbieter will be available to sign copies of their book *Lake Ronkonkoma - Historic Postcard Series.*

Monday, March 27, 7 p.m.
New Exhibition at Caleb Smith II House - ***Keep in Touch 300 Years of Communication in Smithtown.*** Tour the exhibition opening. Explore the ways that Smithtown residents communicated throughout history.

Monday, April 3, 7 p.m.
James Clinch Smith, society man and community leader of Smithtown, lost on the Titanic. Smithtown Historian Bradley Harris will present a lecture on James Clinch Smith who perished in the frigid waters of the Atlantic the night of April 15, 1912, when the ship hit an iceberg and sank.

Bluegrass Jam / Song Circle at the Frank Brush Barn, 2-7 p.m.
$5 donation/jammers
FREE/listeners
Sundays, April 2, May 14, June 4, July 9, Aug. 6, Sept. 10, Oct. 1, Nov. 5, Dec. 2

The Bluegrass Club of Long Island hosts a bluegrass jam every month usually on the first Sunday at the Brush Barn. Come at any time. All are welcome - players and listeners.

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 -11 a.m.

Discover a new theme through reading each month. Register by calling the Main Branch of the Smithtown Library - 631-360-2480.
April 21 - *Gardening**
May 12 - *Letter Writing*
June 9 - *Summer*
July 14 - *Beach*
August 11 - *Camping*
September 8 - *Cooking*
October 13 - *Halloween*
November 17- *Thanksgiving**
December 8 - *Holiday / Winter*
***Note:** program will be held on the 3rd Friday of the month.

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ST. JAMES. Mills Pond Estates! Expanded 5 BR, 3.5 bath CH Colonial on 1.54 usable acres. Hardwood floors, open floor plan, IGP, luxurious master suite. Rare opportunity! **$949,000.**

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NESCONSET. Country Point. Beautiful 3 BR, 2 1/2 bath Condo. Updated thruout with HW floors, cathedral ceilings, EIK with granite and stainless appliances. Large MBR w/walk in closet and full bath. 1 car garage, full basement, great taxes! **$477,990.**

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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 Main Branch, is located at 1 North Country Road, Smithtown. The Nesconset Branch (Administration Business Office) is located at 148 Smithtown Blvd., Nesconset. The Commack Branch is located at 3 Indian Head Road, Commack. The Kings Park Branch 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 ongoing. Registration is required 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. If paying in cash, bring exact change only. Program fees are non-refundable and non-transferable.

2017 LONG ISLAND ROOM PROGRAM AND EXHIBIT SERIES
Long Island at War

SMITHTOWN
Through December 2017

The year 2017 marks 100 years since the United States' entry into World War I. To commemorate this anniversary, the Long Island Room will examine, through its annual program and exhibit series, Long Island's participation in the nation's various war efforts starting with World War I. Please call for program dates and times.

MOVIE MATINEES

NESCONSET
Call for movies, dates and times

SMITHTOWN
Fri., Mar. 17, 2 p.m.
Waking Ned Devine
Rated: PG, Runtime: 91 min.
Fri., Mar. 24, 2 p.m.
Equity
Rated: R; Runtime 100 min.

Fri. Mar. 31, 2 p.m.
East Side Sushi
Rated: PG; Runtime 106 min.

Call for additional dates, times and movies

BOOK DISCUSSION GROUPS

Tea-rrific Reads Book Discussion
NESCONSET
Tues., Mar. 28,
2:15-3:15 p.m. OR
7:15-8:15 p.m.
Call for books, dates and times. *Registration encouraged.*

Killer Reads Book Discussion Group
NESCONSET
Call for books, dates and times. *Registration encouraged.*

Smithtown Book Discussion Group
SMITHTOWN
Thurs. Mar. 16, 10:15-12:15 p.m.
Transatlantic by Colum McCann. Call for additional books, dates and times. *No registration required.*

International Book Discussion Group
SMITHTOWN
Tues., Mar. 21, 7:30-8:30 p.m.
The Vegetarian by Han Kang. *The Nest* by Cynthia D'Aprix Sweeney. *Registration encouraged.*

A Novel Idea Book Discussion Group
SMITHTOWN
Wed., Mar. 22, 2:30-3:30p.m.
The Flying Circus by Susan Crandall. *Registration encouraged.*

Sports Page Book Discussion Group
SMITHTOWN
Mon., April 3, 10:30-12:30 p.m.
The Wright Brothers by David McCollough. Call for additional books, dates and times. *No registration required.*

Historical Non-fiction Book Discussion Group
SMITHTOWN
Thurs., April 20, 10:30-11:30 a.m. OR 2:30-3:30 p.m.
King, Kaiser, Tsar: Three Royal Cousins Who Led the World to War by Catrine Clay. Books will be available at the circulation desk beginning Monday, March 20. *In-person registration only.*

BUS TRIPS

BUS TRIP TO THE NEW YORK BOTANICAL GARDENS

NESCONSET BRANCH PARKING LOT
Wed., May 3, 9 a.m.-6:30 p.m.
Fee: *$110 per person includes lunch, all expenses & gratuities.*

The artwork of world-renowned sculptor Dale Chihuly will be featured in a major exhibition at NYBG for a limited time and will feature monumental installations within and around the most celebrated sites in the Botanical Garden's landscape. The Chihuly Exhibit is not a single exhibit but will be in most of the important Gardens; patrons will have access to all of the grounds at the New York Botanical Garden via public tram. Please select lunch choice at time of registration (veal parmigiana, filet of sole scampi style or chicken francese). All may register regardless of library district, space permitting. Registration is ongoing.

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continued

ON THE TOWN BUS TRIP

KINGS PARK BRANCH PARKING LOT

Wed., June 14, 7:45 a.m.-6 p.m.

Fee: $95 per person includes all expenses & gratuities; lunch is on your own.

Enjoy a one-hour private tour of the United Nations Headquarters, which provides a behind-the-scenes view of the organization. Next is an on-your-own lunch at a Manhattan food court. Then, enjoy walking over the Brooklyn Bridge, stroll through the Brooklyn Promenade and a short tour of Brooklyn Heights. The trip's last stop is a guided tour of Grand Central Terminal; each attendee will be provided with an audio headset from the guide. Registration began on March 7 for Smithtown Library card holders. After March 21 all may register regardless of library district, space permitting.

ADULT PROGRAMS

COMPUTER BASICS

SMITHTOWN

Sat., March 18, 11 a.m.-12 noon

Learn about the different parts of a Windows computer, how to open and close programs, get on the Internet and more. Participants must be familiar with using a mouse.

COFFEE AND COLORING

SMITHTOWN

Mon., March 20, 10:30-12 noon

Unleash your inner creativity. Enjoy hot coffee while you spend the morning coloring a variety of images. All materials and refreshments will be provided.

SMALL BUSINESS DEVELOPMENT CENTER COUNSELING

SMITHTOWN

Mon., March 20, 27, 10 a.m.-2 p.m.

Meet with a member of The New York Small Business Development Center for high quality business consulting and training. Appointments available on first-come firstserved basis. *No registration required.*

INTRODUCTION TO MICROSOFT POWERPOINT

SMITHTOWN

Mon., March 20, 7-8 p.m.

Learn to create your own presentations. Topics will include creating a new presentation, inserting and formatting text, importing images and videos, adding multimedia elements and

continued on following page

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Library Programs

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adding animations. A basic knowledge of computers is required.

LEARN TO RECOGNIZE HORMONE IMBALANCE
SMITHTOWN
Tues., March 21, 6-7 p.m.
Dr. Elyse Tursi will discuss how to recognize if hormones are to blame for symptoms such as losing extra hair, painful menses and needing additional sleep. The presentation will also address some techniques to help re-balance this important system.

BABY BUMP
NESCONSET (Expectant parents)
Wed., March 22, 7-7:45 p.m.
There's nothing as sweet as tiny baby feet. Get ready for your little one's arrival and meet with professionals in areas of childbirth and child-rearing with other expectant parents. This session will feature a certified lactation consultant. Open to all expectant parents and parents of infants who reside in Suffolk County. This program is intended for parents only; children may not attend.

WELCOME TO MEDICARE
SMITHTOWN
Wed., March 22, 6:30-8:30 p.m.
A senior healthcare specialist will explain the process of Medicare open enrollment. This lecture will be especially important to those of you who are new to Medicare. Discuss the different types of Medicare and the application process as well as other important information.

SOCIAL SECURITY – YOUR QUESTIONS ANSWERED
NESCONSET
Thurs., March 23, 7-8 p.m.
Social Security will likely be the foundation of your retirement income. Before you retire, it's important to understand your options regarding Social Security and the impact your decisions have on your retirement. Discuss how Social Security fits into your retirement income plan, when you should start taking benefits and tax considerations.

MINORITY WOMEN BUSINESS ENTERPRISE CERTIFICATION FOR YOUR SMALL BUSINESS
SMITHTOWN
Tues., March 28, 7-8 p.m.
This program will cover who is eligible to become Minority Women Business Enterprise certified, the application process and how to find government opportunities.

ONLINE MEDICAL RESOURCES – HOW TO RESEARCH AND WHAT TO TRUST
SMITHTOWN
Wed., March 29, 10:30-11:30 a.m.
A discussion of what makes a source authoritative and how to identify the information you can trust. Introduction and exploration of different databases that focus on medications, illnesses and physicians' backgrounds. Participants must have computer skills.

GUS ALFIERI AND THE GOLDEN AGE OF BASKETBALL
NESCONSET
Wed., March 29, 7-8 p.m.
Former St. Anthony's HS basketball coach Dr. Gus Alfieri will discuss his book *The Heart of a Champion;* his memories of Kenny Atkinson, coach of the Brooklyn Nets and, March Madness. Coach Alfieri's memoir chronicles the rise of his local St. Anthony's team to its number one ranking in NYS during what Dr. Alfieri calls "The Golden Age of Long Island Basketball." Books will be available for purchase and signing.

SMITHTOWN DURING WORLD WAR I
SMITHTOWN
Thurs., March 30, 7-8:30 p.m.
When President Woodrow Wilson went before Congress on April 2, 1917 to request a declaration of war against Germany,
continued on page 56

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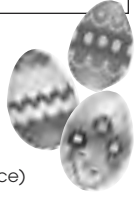

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Library Programs

continued from page 54
the Town of Smithtown, like so many other communities around the nation, began to ready itself for the impending battle and accompanying hardships that lay ahead. Young men registered for the draft, reporting to local military camps for basic training before being shipped overseas. On the home front, the citizens of Smithtown supported the war effort by organizing a chapter of the American Red Cross, assembling food and clothing drives and purchasing war bonds. Smithtown Town Historian Brad Harris will lead off the 2017 Long Island Room Program Series by discussing these and the many other contributions Smithtown's local residents made during the "Great War."

INTRODUCTION TO GOOGLE DRIVE

SMITHTOWN
Thurs., March 30, 7-8 p.m.

Learn how to store, organize, edit and share your files in the Cloud using Google Drive. Basic computer skills and a Google account are required. Please arrive 15 minutes early if you need assistance setting up a Google account.

HERBAL HEALTH PRODUCTS

SMITHTOWN
Mon., April 3, 7-8 p.m.

Though many herbal products have shown to be beneficial, you also need to weigh the safety concerns and interactions with prescription medications before taking them. Edmund Hayes, PharmD., will explain the pros and cons to help you make educated choices.

LIVING LONG TERM – PROTECT YOUR QUALITY OF LIFE

NESCONSET
Wed., April 5, 7-8 p.m.

Preparing for future health changes can help protect your independence, quality of life and preserve relationships with loved ones. Long-Term Care solutions advisor will discuss realistic approaches as well as what is covered by Medicare, Medicaid or the NYS Partnership for Long-Term Care.

GREEN CLEAN FOR SPRING

NESCONSET
Sat., April 8, 10-11:30 a.m.

Learn how to make your own natural cleaning products to take home with you.

HAND-PAINTED BIRDHOUSE

SMITHTOWN
Mon., April 10, 7-8:30 p.m.
Fee: $10 per person

Paint a birdhouse with instructor during National Garden Week.

WELCOME TO MEDICARE

NESCONSET
Fri., April 14,
10:30 a.m.-12:30 p.m.

A senior healthcare specialist will explain the process of Medicare open enrollment. This lecture will be especially important to those of you who are new to Medicare. Discuss the different types of Medicare and the application process as well as other important information.

ONGOING ADULT PROGRAMS

ADULT GAME DAY

SMITHTOWN
Fri., Mar. 17, 24, 31, 11-1:30 p.m.
NESCONSET
Mon., Mar. 20, 27, 12-3 p.m.
Call for additional dates and times.

We provide the space, tables and chairs. Bring your friends and board or card games to play. Space is limited and is available on a first-come, first-served basis. *No registration required.*

ADULT WRITERS GROUP

SMITHTOWN
1st Tuesday of every month, 7 p.m.
Call for dates

Meet each month to share ideas and get feedback on your latest efforts. Program is free and open to all regardless of library district. *No registration required.*

ART GROUP

SMITHTOWN
Tues., Mar. 21, 28, 12-2:15 p.m.
Call for additional dates and times.

Weekly group will work on independent projects. *No registration required.*

OPEN KNIT AND CROCHET NIGHT

NESCONSET
Tues., Mar. 21, 5-7:30 p.m.
Call for additional dates and times

Join this local group and enjoy a friendly and informal get-together. Experienced crafters and beginners welcome to knit and crochet with other enthusiasts. *No registration required.*

AARP DEFENSIVE DRIVING CLASSES

SMITHTOWN
Call for dates and times
NESCONSET
Call for dates and times
KINGS PARK
Tues., May 9 and Wed., May 10
10:30 a.m.-2 p.m. Must attend both days.
Call for additional dates and times

Phone, online and in-person registration for the next two months of classes is ongoing. Classes are open to Smithtown Library cardholders only until 1 week prior to the program, when, space permitting, all

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continued
individuals regardless of library district are welcome to register. Open to all adult drivers regardless of age.

Fee: $20 with an AARP membership card; $25 without. Check or money order only made out to AARP is due to the instructor at the beginning of class. Must have a library card to register; one registration per library card.

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.*)

TEEN VOLUNTEER OPPORTUNITIES

SMITHTOWN
Wed., March 29, 3:30-5 p.m.

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.*

Chess Buddies Volunteers
NESCONSET
Thurs., March 16, 6:15 p.m.

Earn community service by teaching younger children how to play chess. You do not have to be a chess expert to volunteer. There will be a 30-minute tutorial at the beginning.

Book Sale Room Volunteers
SMITHTOWN
Mon. Mar. 27, 4-5 p.m.

Friends of The Smithtown Library is looking for teen volunteers to keep its Book Sale Room in order.

Art Buddies Volunteers
SMITHTOWN
Wed., March 27, 4:30 p.m

Spend an afternoon paired with a younger child for some art projects.

Homework Helpers
NESCONSET
Mon., March 20, 27, 4:30 p.m.
Thurs., March 23, 30, 4:30 p.m.

Volunteers will work one-on-one with children in grades K-5 assisting them with homework and studying. All volunteers must submit an application and a letter of recommendation prior to the start of the program. The application is available at both the Adult and Children's Reference Desks at the Nesconset Branch.

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Library Programs

continujed from page 57
Registration is required for each individual date. Please indicate which date(s) you wish to attend when registering.

Star Wars 40th Anniversary I-Spy Volunteers
SMITHTOWN
Mon., April 17, 24, May 1, 8 4:30-6 p.m.

Help transform a blank 4'x8' foamcore poster board into a remarkable interactive artwork celebrating the 40th anniversary of *Star Wars*. Teen volunteers will plan the artwork's design, comb through various resources to select images, sketch and trace iconic images onto the poster board and finally add color and creativity. The finished artwork will be displayed in the Smithtown Main Building lower level throughout the month of July. The artwork will also be the subject of an I-Spy raffle for all ages.

ZOMBIE MAKEUP WORKSHOP FOR TEENS
NESCONSET
Sat., March 18, 2-4 p.m.

Come for a two-hour, hands-on workshop that will focus on expression and creativity. You will go over the procedure for turning yourself into a zombie, step-by-step. Please note any allergies when registering.

SAT REVIEW CLASSES
NESCONSET
Mon., April 3, 17, 24, May 1
6-8:30 p.m.
Fee: $88 per person

This indispensable four-week course will be led by long-time SAT instructors. Includes a study book. There will be no session on Monday, April 10 in observance of Passover.

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 branch.

LUCKY LEPRECHAUNS
NESCONSET (24-35 months w/adult)
Fri., March 17, 10:30-11 a.m.
NESCONSET (3-5 years w/adult)
Fri., March 17,
11:30 a.m.-12 noon

Meet at the end of the rainbow for stories, songs and to create a colorful art project.

TWINKLE TOES
SMITHTOWN (Birth-1 year w/adult)
Sat., March 18,10-10:30 a.m.

Enjoy a fun-filled program of songs, rhymes and stories.

LITTLE LAMBS
NESCONSET (3-5 years w/adult)
Sat., March 18, 11:30-12:15 p.m.

Baa, baa black sheep, have you any books? Yes sir, yes sir, at the Library, take a look. Enjoy a barnyard storytime and craft.

CONSTRUCTION TIME
SMITHTOWN (2-4 years w/adult)
Mon., March 20, 10-10:30 a.m.

Do you love cranes, backhoes and dump trucks? If so, come to the Library to listen to some construction stories and do a fun craft.

HIP HOP TOTS
NESCONSET (2-4 years w/adult)
Mon., March 20, 10:30-11 a.m.

Come get jiggy with your little one through creative movement, dance and music. Dance and bounce along to adorable hip hop beats, favorite sing-alongs and use creative props to get moving.

ME AND MY GRANDPARENT
NESCONSET
(2-4 years w/grandparent)
Tues., March 21, 11-11:45 a.m.

Enjoy this special program created especially for grandparents and their grandchildren. Enjoy spending time together playing, making a craft and listening to stories and songs.

EVERYTHING TRUCKS
SMITHTOWN (3-5 years w/adult)
Tues., March 21, 11-11:45 a.m.

Do you love trucks? Read some truck stories, create a truck craft and watch a truck cartoon.

MEET DASH
SMITHTOWN (8-12 years w/adult)
Tues., March 21, 4:30-5:15 p.m.
Sat., March 25, 3:30-4:15 p.m.
Wed., March 29, 4:30-5:15 p.m.
Sat., April 1, 3:30-4:15 p.m.

Sharpen your STEM skills as you plan, code and guide Dash the robot through different courses and challenges. This is a self-guided individualized appointment with Dash the robot intended for children ages 8-12 years with parent/caregiver.

STORYTIME SAFARI
NESCONSET (3-5 years w/adult)
Wed., March 22, 11-11:45 a.m.

Wild characters abound when you open a book. Treat your mind to an adventure with stories and create an art project.

POPSICLE ART
SMITHTOWN (8-11 years)
Wed., March 22, 4:30-5:15 p.m.

Take simple popsicle sticks, color and design them with markers and then arrange and glue to create an abstract artwork.

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FULL SERVICE CONSTRUCTION
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Library Programs

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YOUNG AT ART
NESCONSET
(12-30 months w/adult)
Thurs., March 23, 10:30-11:15 a.m.
Explore and discover art with your toddler through hands-on activities and fine motor fun. Children will take home their own masterpiece. *Dress to make a mess*.

RIO STORYTIME
SMITHTOWN (3-5 years w/adult)
Fri., March 24,11-11:30 a.m.
Listen to some stories about macaws and make a blue macaw like the one featured in the movie *Rio 2*. Dress up in your favorite bird costume or wear a feather-filled carnival mask.

PICKLEPALOOZA
NESCONSET (5-7 years)
Fri., March 24, 4:30-5:15 p.m.
It's pickle party time. Crunch along as we read stories, play games and make "dill-arious" crafts to take home and share.

THE CHOCOLATE TOUCH BOOK CHAT
SMITHTOWN (5-7 years)
Fri., March 24, 4:30-5:15 p.m.
Enjoy meeting others who have read the book *The Chocolate Touch*. Spend some time talking about your favorite parts of the book.

SaturPLAY
NESCONSET
(12-35 months w/adult)
Sat., March 25, 10:30-11:15 a.m.
The weekend is made for play – participate in an open-ended, self-directed playtime and explore creative art stations.

TWO-INGREDIENT COCONUT PLAYDOUGH
SMITHTOWN (2-4 years w/adult)
Sat., March 25, 11-11:45 a.m.
Bring a little of the tropics home for the winter in the form of playdough. *Dress to make a mess*.

SIMPLE SILHOUETTES
NESCONSET (8-12 years)
Sat., March 25, 3-3:45 p.m.
Enjoy some crafting fun and use magazines and craft paper to make colorful animal silhouettes.

WILD WEST STORYTIME
SMITHTOWN (4-5 years)
Mon., March 27, 2:30-3:15 p.m.
Celebrate the Wild West with stories, songs and activities.

BABY BOUNCE
NESCONSET
(Birth-11 months w/adult)
Tues., March 28, 11-11:30 a.m.
In this program, especially for babies, there will be songs, props and most of all, fun.

FANCY NANCY TEA PARTY
Smithtown (5-7 years w/adult)
Tues., March 28, 4:30-5:15 p.m.
Come dressed in your best clothes for "tea" and cookies. Enjoy some Fancy Nancy extraordinaire stories and then parade through the Library to show off your finery.

UNDER THE BIG TOP
SMITHTOWN (3-5 years w/adult)
Wed., March 29, 2:30-3 p.m.
Bring on the clowns and acrobats and read some great stories about the circus and make a neat clown craft.

JUMP AND JIVE
NESCONSET (4-6 years)
Wed., March 29, 4:30-5 p.m.
Children will enjoy this high-energy, independent music and movement class designed to sharpen motor skills. Dance, sing and play age appropriate games that will keep you jumpin' and jivin'.

SENSORY STORYTIME
NESCONSET (3-5 years w/adult)
Thurs., March 30, 11-11:45 a.m.
Enjoy a hands-on approach to learning by exploring sensory boxes and participating in a storytime. *Dress to make a mess.*

PENGUIN STORYTIME
SMITHTOWN (3-5 years w/adult)
Fri., March 31, 11-11:45 a.m.
Are penguins your favorite

continued on facing page

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Library Programs

continued

animal? Enjoy a storytime all about them while creating a fun craft.

BUNNIES, BUNNIES, BUNNIES
SMITHTOWN (5-7 years w/adult)
Wed., April 5, 4:30-5:15 p.m.
Get ready to hop into spring. Listen to a bunny tale and see some adorable baby bunnies.

PLAY DATE CONCERT
NESCONSET
(Families w/children under 7)
Sat., April 22, 11 a.m.-12 noon
Sing, dance and rock out with Play Date. Join husband and wife duo Greg Attonito (of the Bouncing Souls) and Shanti Wintergate of the award-wining kindie music group Play Date. Their music inspires children to use their imaginations – and their dance moves – to rock out and explore the world around them. Play Date's live interactive show is a great place for families to share a positive, energetic and memorable music experience together.

ONGOING PROGRAMS

Art Starts
SMITHTOWN (2-4 years w/adult)
Call for dates and times
Different crafts that encourage children's hand-eye coordination and gross and fine motor skills. *Dress to make a mess.*

Creation Station
(Families w/children under 12)
SMITHTOWN
Saturdays, 10 a.m.-4 p.m.
NESCONSET
Sat., April 1, 10 a.m.-4 p.m.
Call for additional dates.
Come to the Library during these hours and complete some cool crafts. *No registration required.*

Fun for 4s & 5s
SMITHTOWN (4-5 years)
Thurs., March 23, 2:30 p.m.
Call for additional dates and times.
There's no better time to engage your child in the world of books and the imagination. This program is designed for children who can listen independently.

Homework Help
NESCONSET (6-10 years)
Mon., March 20, 27; Thurs., March 23, 30, 4:30-5:30 p.m.
Do you have the homework blues? Need help studying for an upcoming test? Let qualified teen volunteers help you with homework, studying and projects. Bring your work to the Library

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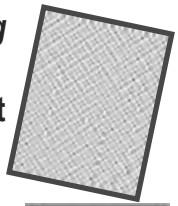

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Library Programs

continued from page 61
and leave feeling accomplished.

LEGO League
SMITHTOWN (5-12 years)
Sat., March 18, 3-3:45 p.m.
Call for additional dates and times
Do you enjoy building things? Using LEGOs and your imagination, you can create and build many wonderful things. We supply the LEGOS.

Nursery Rhyme Time
(birth-35 months w/adult)
SMITHTOWN
Sat., March 25, April 1
10-10:30 a.m.
NESCONSET
Sat. March 18, 10-10:30 a.m.
Call for additional dates and times.
Enjoy a traditional time of nursery rhymes and songs for baby. *Siblings are welcome.*

Pajama Storytime
SMITHTOWN (3-6 years w/adult)
Call for dates and times.
Want to come to the Library in your pajamas? Enjoy some stories and songs and bring a favorite stuffed animal if you'd like. Siblings are welcome. *No registration required.*

Terrific Threes
SMITHTOWN
(36-47 months w/adult)
Call for dates and times
Enjoy free play, stories, crafts and circle time. *Siblings are welcome.*

Time for Twos
SMITHTOWN
(24-35 months w/adult)
Fri., March 17, 10-10:45 a.m.
NESCONSET
(24-35 months w/adult)
Thurs., March 16, 11-11:45 a.m.
Call for additional dates and times
Build social skills in a relaxed, friendly environment, includes free play, songs, stories and a craft. *Siblings are welcome.*

Wonderful Ones
SMITHTOWN
(12-23 months w/adult)
Tues., March 28, 10-10:45 a.m.
NESCONSET
(12-23 months w/adult)
Fri., March 31, 11-11:45 a.m.
Call for additional dates and times.
This action-packed program engages little ones in language based activities; includes free play, stories and fun! *Siblings are welcome.*

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Furniture Styles and Your Home

by Natalie Weinstein, Allied ASID, IDS

Tip: *The best room designs are the ones that are classic and timeless. The style you select whether traditional, contemporary or eclectic (a mixture) should be one you can live with comfortably and happily for a long time.*

If you are madly in love with Art Deco, South Western, or minimalist contemporary, ask yourself if you are a rugged individualist or just feeding into a temporary romance. In the first case, you may truly enjoy this style for your home for as long as you live there. In the second, you may find it a "what was I thinking" moment, and as painful and perhaps more expensive than the removal of a tattoo of an old flame.

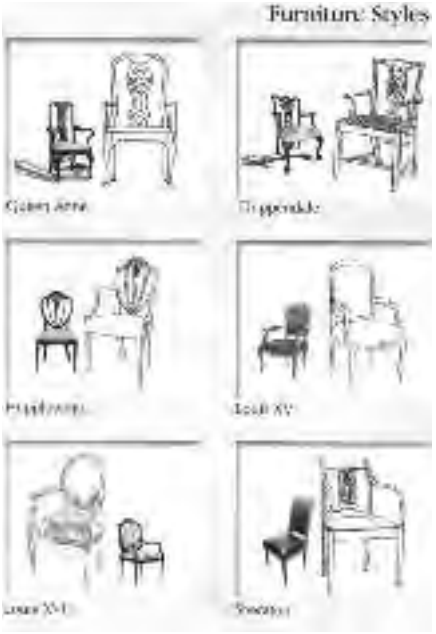
So what's the difference between fad and fashion in furniture design? How do you choose to be timeless for the long haul and not to be stodgy or stuffy? I always tell my clients and club members that selecting a furniture style is really a history lesson. In good design, there is nothing new under the sun, just interesting variations on old themes. Making a choice should be a learning adventure to discover the options and the possibilities.

What's right for you? If you have teenagers, toddlers, a large dog and two cats perhaps delicate Louis XVI or Sheraton English may not be the ticket, even though you admire it. So, it's not only about what style you like, but what style you can live with and enjoy. Maybe the classical styles turn you on, but you don't know how to marry them with today's architecture. Identify what you like on the internet or in furniture stores that offer diverse styles or specialize in one. Do a little homework. See what appeals to you in magazines as well as room settings. Check out what goes with these styles before you make the final determination and, above all, sit on the furniture before you make a purchase. If it gets high marks for style and is not comfortable (remember how high heel shoes look when you get ready to go out and how you feel in them by the end of the evening), think twice before you buy.

So, what about fads, i.e.: the style and color flavor of the month, according to the furniture industry? You know they're in business to sell you something – something you don't already have, whatever it is. It's up to you to decide how often and how much you want to do to your home in terms of scope and cost. Practically speaking, you know upholstered pieces can't last forever, so you may choose to give your old furniture a face lift by recovering instead of replacing, or find it is more cost effective to start anew.

So what's the bottom line?

- Choose what you like with an eye toward your ever-changing lifestyle
- Invest in quality for the long haul
- Don't get caught in the "flavor of the month"
- Go for accessories that personalize, not homogenize
- Make the learning journey to create your beautiful home part of the experience and share it with those who live there
- Think shopping consignment for great buys on "oldies, but goodies" with true quality and value



(Uniquely Natalie can be an unexpected answer to your desire for an eclectic look)

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, please 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

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Nissequogue, NY – 2+ Acres

Lovely 3-bedroom Ranch with open floor plan on picturesque 2-acre property. Many features including hardwood floors, updated kitchen and baths, in-ground pool and 2-car garage. Set back from the road, this home offers privacy and tranquility in close proximity to area beaches, Nissequogue River and marina. SD #1. MLS# 2901490. $645,000.

Nissequogue, NY – New Construction

Majestic Post Modern Colonial to be built on cul-de-sac overlooking Stony Brook Harbor. Brick and cedar exterior, guest suite on 1st floor, 2 fireplaces and 3-car garage. Time to customize to your taste and color palette. Located in the Village of Nissequoge. Build your dream home overlooking the beauty of Stony Brook Harbor. SD #1. MLS# 2898231. $4,300,000.

Nissequogue, NY – "Woodcrest"

22-acre country Estate overlooking Stony Brook Harbor and the Long Island Sound. Completely remodeled from 2001-2003 with an eye to maintaining original detail while updating this East Hampton Shingle-style home to modern day living. Enjoy complete privacy with all of the pleasures of country living at this enchanting estate. Masterpiece Listing. SD #1. MLS# 2839062. $7,750,000.

Nissequogue, NY – "La Dolce Vita"

Majestic brick Manor waterfront estate on 3.49 acres with captivating views of the Long Island Sound. Finest materials and finishes, exquisite millwork, gracious rooms and 6 fireplaces. Billiards room, theater, AMF bowling alley, gunite pool, cabana and 4-car garage with 2 lifts. Comfortable daily living amenities meets luxurious décor. Masterpiece Listing. SD #1. MLS# 2883652. $7,600,000.

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NATURALLY SPEAKING

It's Time For Spring Planting

by June A. Liardi

"One of the most delightful things about a garden is the anticipation it provides."
– W.E. JOHNS

April is the gardening month so get out into that warm soil and plant something – then let those April showers do their job.

Here are a few new varieties to consider when plant shopping.

Night Sky Petunia is one that delights with a bright purple flower splashed with white spots. This stunner is also a vigorous grower. The white spots may fade during the hot summer temperatures only to reappear in the fall.

Also boasting the purple coloring is the Under the Sea Monkey Purple Coleus. It is a small plant with few to no flower spikes, the foliage is very interesting with more purple developing as it ages in its shady spot.

The Sun Parasol Apricot is a compact-sized plant which will be covered with 3-5 inch flowers as long as it gets at least 6 hours of sun a day and a feeding of slow-release fertilizer.

There is a pretty new Coreopsis too – the UpTick Cream and Red. The blooms are 1½ - 2 inches with cream-colored petals turning reddish towards the center. Its small and upright growing habit makes it a good candidate for the front or border.

If you haven't already, plant some salad greens in your garden. There is nothing like harvesting those tender greens, adding a light vinaigrette dressing and enjoying a very tasty spring salad. You know those expensive little bags of spring salad greens – wouldn't it be better to step right outside your door and harvest a bowlful of gourmet lettuces and greens?

There are so many different types of greens to grow. They can be grown in the garden, in raised beds or in containers. They really are one of the simplest crops to grow. They can be direct sown and will do well in just about any fertile, well-drained soil. They will even tolerate a shadier spot in the garden.

Greens enjoy the cool weather of March or early April. You will be able to cut, harvest in as little as three weeks. Greens are a cut-and-come-again crop. The plants can usually be cut about 4 or so different times. If you let them grow to full size, one harvest is all you will get. Grow many different types, flavors, textures,

continued on facing page

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sweet, spicy, tangy and bitter. Plant different types of leaf lettuce which will take a little longer before you can harvest, although you can take some of the outer leaves off the plant. It is best to pick and eat the greens at the same time, But if not, just gently wash and dry them and store, for a short time. Add some sweet peas and you'll have a delicious spring treat. Plant spinach and onions along with some more peas too!

In April we can enjoy the Full Pink Moon on the 11th. The 16th of course is Easter and what a pretty time of year to enjoy that holiday. The 22nd is Earth Day – put your electronics away and go outside to enjoy nature. It is a good day to take a hike, plant a garden, pick a flower, buy a houseplant, or just pick up the trash around your neighborhood. Enjoy the sunrise and the sunset or check out the night sky. Arbor Day is on the 28th, a great time to plant a fruit tree in your yard, it will provide beauty, shade and food – three for one.

"*Anyone who says sunshine brings happiness has never danced in the rain.*"
– AUTHOR UNKNOWN.

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.

Signs of Spring

by Sally Wellinger

This is a good month to take out your science journal and note signs of spring. Not only does the weather change from winter to spring, but habitats change as well. Many birds fly here from the south, but some also leave to fly north, preferring the cooler environment in the boreal forest. One of the first signs of spring is the return of the Red-winged Blackbird. In the meadows and your backyard, you may notice the return of many different songbirds, like swallows, wrens, and many sparrows. Some Robins stay here year-round while others migrate south in the winter. In early April, try setting up a hummingbird feeder and you might see some Ruby-throated Hummingbirds.

Other animals start appearing in the spring after winter hibernation. Chipmunks start to appear in woodlands and backyards. While walking near a vernal pond, you may hear quacking but see no ducks. That is the sound of the tiny Wood Frog. If you hear a loud peeping, that is the even smaller Spring Peeper. Frogs are usually near water to keep their skin moist. Look carefully around dry leaves to spot an Eastern Box Turtle.

Plants also change in the spring. One sign of spring is the emergence of Skunk Cabbage around damp areas. They are big and have a "skunky" smell. Soon after, Marsh Marigolds bloom their yellow flowers and Shad Bushes grow clusters of white flowers. Maple trees are one of the earliest trees to bud and have red flowers.

Some local places to look for signs of spring are Caleb Smith State Park, Blydenburgh County Park, David Weld Sanctuary, and Avalon Park.

RED-WINGED BLACKBIRD... The red-winged blackbird is my favorite sign of spring. It is one of the first birds that travel north back to Long Island in the spring. The red-winged blackbird usually prefers to be in the woods and grasses around water. When they first arrive from their long journey, they are often spotted at backyard feeders. They are solid black except for a yellow stripe and a red stripe on their wings. Sometimes, you can only see the red when they are flying. They have a black beak and black legs. Red-winged blackbirds are omnivores, they eat insects in the spring and summer and grains in the fall and winter.

Birds that come back in the spring that can be seen along the shoreline and in ponds are herons and egrets. These are birds with long legs and beaks. Terns are small birds that nest in dunes along the shoreline. Other birds that live along the shore in the spring are plovers and sandpipers. A bird of prey, the Osprey, return to nest along Long Island's shore. Did you know Ospreys always come back to the same nest each year?

Along the shore many other animals, such as fish and mammals migrate during spring. Seals leave in spring to head to the cooler north waters. Alewife (a type of herring) swim in from the ocean into streams to lay eggs. Many other fish, like Striped Bass, Bluefish, and Skates begin to arrive along the shore after spending the winter further out to sea. Sea Turtles migrate from the south as the water gets warmer. Many crabs and other shellfish burrow deep in the mud to semi-hibernate in winter. As the water warms, slowly they begin to appear along the shorelines and in the salt marsh. Salt marsh grass begins to grow in the spring, growing quickly as the weather warms to provide hiding places for newly hatched fish. David Weld Sanctuary, Short Beach, Long Beach, Schubert's Beach and Sunken Meadow

continued on facing page

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NATURE PAGES

continued
State Park are great places to find signs of spring along the shoreline and saltmarshes.

Parents – If you are interested in learning about birds, there is a free App called Merlin Bird ID. The application is from Cornell University and is a great way to be involved in science. By using the App to identify birds you can also help Cornell track birds by submitting any bird you see.

Here are some of my favorite nature resources:

1. Waterford Press- Pocket Naturalist – NYS and NYC
2. Sibley's Folding Guides
3. Long Island Greenbelt Association sells two out-of-print guides from Stony Brook University - Field Guide to Long Island's Woodlands and Field Guide to Long Island's Freshwater Wetlands
4. Avalon sells a plant and habitat field guide of their park
5. All of the National Audubon Society field guides
6. On the LISS (Long Island Sound Study) website there are many mostly free resources - look under "Get Involved", then "Teacher Resources", then "Classroom Resources" – they may charge a fee for some of the books, but they are great field guides.
7. Seatuck has a few online bird guides that are specific to Long Island and free
8. Free Online Apps
   a. Merlin Bird ID from Cornell University
   b. Leaf Snap- Tree Identification from Columbia University
9. A Field Guide to Long Island Sound by Patrick Lynch- it just came out in print and I just ordered it so I will look at it before formally recommending it.

Editor's Note:
Sally Wellinger, a St. James resident for over 30 years, is a wife and mother of four children. She is a NYS Elementary teacher certified in PK-6 grade, Biology and General Science grades 7-12 and is an outdoor environmental educator. Sally will be writing nature inspired articles each month.

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GRABER

Women Must Act to Overcome Financial Challenges

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

International Women's Day, observed on March 8, celebrated the social, cultural and political achievements of women. Yet, women continue to face many challenges. For one thing, women still encounter gender-specific obstacles to their important financial goals, such as a comfortable retirement. If you're a woman, what can you do to get past these barriers?

First of all, you need to recognize them. Here are a few to consider:

- **Longer life spans** – A 65-year-old woman is expected to live, on average, another 20.5 years, compared to 17.9 years for a 65-year-old man, according to the National Center for Health Statistics. That's another 2½ years of life – and 2½ years more of expenses.

- **Lower incomes –** Women working full time in the United States typically are paid 80% of what men earn, according to Census Bureau data.

- **More time away from the workforce –** Men work an average of 38 years, compared to just 29 for women, according to the Pew Research Center and the Social Security Administration. The gap is largely due to women taking time off to care for young children and elderly parents. Women who work substantially fewer years than men will miss out on hundreds of thousands of dollars in earnings and many years of contributions to 401(k)s or other retirement plans.

These statistics certainly are sobering – but they don't mean you are powerless to improve your financial security. In fact, you can do quite a lot, including the following:

- **Boost your retirement plan contributions –** Put in as much as you can afford to your 401(k) or other employer-sponsored plan, and increase your contributions whenever you get a raise. And even if you have a 401(k), you may still be eligible to contribute to an IRA.

- **Invest for growth –** Some studies have shown that women may invest less aggressively than men. If you invest mostly in conservative vehicles, you may run the risk of falling short of your financial goals. To achieve these goals, you'll need a reasonable amount of growth potential in your portfolio.

- **Extend your working life –** If you like your job, you may want to consider sticking with it a couple of years past when you initially thought you'd retire. You'll be able to add to your retirement accounts, and the extra years of work may help you increase your Social Security benefits. These payments are based on an average of your highest 35 years of earnings, so if you have a zero in some of these years, it will pull the average down. Consequently, your extra years of work may help erase those zeros. But even if you have a long, unbroken work record, your extended career can help you in regard to Social Security, because the extra money may mean you can afford to delay collecting benefits – and the longer you wait past 62, the bigger your checks will be – at least until you turn 70, when they "max out."

You'll help yourself by becoming familiar with the special issues women face in meeting their long-term goals. As you know, women have met challenges successfully for a long time. After all, Ginger Rogers did everything Fred Astaire did – except backwards, and in heels.

Editor's Note:
Money Matters 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 31 years. For more information, or to request topics for future columns, call 631-862-2020.

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STS. PHILIP AND JAMES 3rd GRADERS MOVE TO PENNSYLVANIA AVENUE... Students in Mrs. Howard's third grade class, at Sts. Philip and James School in St. James, made a move to the 1600's on Pennsylvania Avenue in Washington D.C. Each of the students built their own home and relocated it to Pennsylvania Avenue. As part of the assignment, the children also did research on one of our 45 presidents and reported back to the class. The project was displayed at the Smithtown Library.

Award-Winning NPR Journalist Eric Westervelt Visits HCDS

On February 15, award-winning journalist Eric Westervelt visited Harbor Country Day School, located at 17 Three Sisters Road in Head of the Harbor, to share his thoughts about the state of education today, gleaned from his experience as NPR's National Education Correspondent. The gymnasium of the nonprofit independent school was filled with parents, current and former educators and school administrators, students, and others eager to hear Mr. Westervelt's perspective on topics ranging from technology in schools to environmental education.

John Cissel, Head of School at Harbor Country Day, added, "We were honored to have had this opportunity to host such distinguished guests as Eric and his colleagues from NPR. Eric incited an engaging, spirited and inspiring discussion. And much to my delight, the audience reinforced the value of many of the things we're already invested in at Harbor Country Day. Opportunities like this to connect with our parents and the general public are invaluable, as we are continually evaluating and fine-tuning our program here at Harbor."

Harbor Country Day Head of School John Cissel speaks with NPR Education Correspondent Eric Westervelt.

This event was the second public outreach event to take place at Harbor Country Day this school year. In November, the school hosted a public screening of the documentary film *Screenagers: Growing Up in the Digital Age*.

For additional information call the school at 631-584-5555.

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HEALTH VIEWS ***by Gregory R. Thomaier, D.C.,C.C.S.P.***

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

Stretching

Most of us know that regular stretching is an important part of a daily routine, but in fact the majority of us do not do it. Stretching is an activity that should not only be reserved for professional athletes but also incorporated in everyone's daily routine. An athlete, according to the dictionary, is defined as "a person who participates in exercise or sports," therefore to some degree we all can be considered an athlete. One who makes a living at sports would be a professional athlete, participating in sports in your spare time without being paid would make you an amateur athlete, and if using your body at work would make you an occupational athlete. No matter to what degree your body is used, stretching should be incorporated on a regular basis.

Some people are more flexible than others, but everyone can become more limber. Younger people tend to have more flexibility due to an active lifestyle. Adults on the other hand can be found sitting at a desk or standing behind a counter for long periods of time, which can lead to stiffness. They need to make a conscious effort to remain flexible. If flexibility is lost in certain muscles, you are at a higher risk for pulling or tearing those muscles when an increase in demand is placed on them.

Stretching can be incorporated into your daily routine. A good time to stretch is in the morning when you first get up. Basic stretches for your lower back, legs, arms and neck could easily be implemented before taking a shower. Stretching while at work can easily be implemented while sitting at your desk. Stretching doesn't require any special outfit it just requires a conscious effort and can be done anywhere. Making stretching a routine is the challenge, but once done it is rewarding.

Most of us know that stretching is an important function and that there are many ways to stretch. Find a routine that works for you and meets your specific needs. Whatever methods of stretching you decide to use remember to go slow, do not bounce and if you feel pain stop the stretch. Keep in mind a flexible body is more efficient, able to have a broader range of motion, stays balanced more easily, is less prone to injury, recovers faster and in general feels better.

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Chinese New Year clappers.

HCDS's Mandarin Program Celebrates Chinese Language & Culture

Children invited to perform during Stony Brook University's Chinese New Year events

Harbor Country Day School's Mandarin program has always emphasized the importance of learning about and understanding the Chinese culture in addition to the Mandarin language. This year, the school was presented with even greater opportunities to explore the Chinese culture, as Stony Brook University invited the youngsters to perform at two of its well-known Chinese New Year celebrations.

On February 4, 2017, 20 students from Harbor Country Day performed for a full house at the Charles Wang Center during Stony Brook University's renowned Confucius Institute's 2017 Chinese New Year Celebration. Students from Harbor Country Day's first and second grades sang songs during the ceremony, and fourth, sixth and seventh graders performed Chinese tongue twisters. Dozens of other performers from New York City, Flushing and other parts of Long Island participated in the Institute's annual show.

The school has developed a close relationship with the Confucius Institute, which enables Harbor Country Day's students to participate in cultural events at the university. This year marks the third year Harbor Country Day has participated in the show, and Mandarin teacher Hong Snyder is grateful for such unique opportunities.

"I believe it's important for the children to have an intimate understanding of the culture of the language they are studying," said Mrs. Snyder. "Otherwise, they are learning the language in a vacuum, which makes it very difficult for them to fully understand and absorb what they've learned."

Students performed again at Stony Brook University on February 16, this time at the Spring Festival Gala hosted by the Stony Brook Chinese Students and Scholars Association (SBCSSA). The SBCSSA, which promotes cultural, intellectual and social activities for Chinese students and scholars and other members of the community, invited the Harbor Country Day students to return to perform their Chinese tongue twisters after having seen them at the Chinese New Year Celebration. Nine students from Harbor Country Day performed in front of several hundred students, scholars, professors and community members.

Harbor Country Day also hosted a Chinese Lantern Festival on its campus on February 11, to mark the end of the Chinese New Year. The festival brought together nearly 100 community members to celebrate the occasion with traditional Chinese music, performances and food and drink.

Harbor Country Day School, located at 17 Three Sisters Road in St. James, is an independent, co-educational day school for children from preschool through 8th grade. The school employs a whole-child approach to education. Harbor Country Day School's summer camp program, Camp Harbor, is among the leading summer camp programs on Long Island. For more information, visit www.hcdsny.org or call 631-584-5555.

POET'S CORNER

Faith

by John Taratunio, Fairfield Condos

When I'm entering a room filled with darkness
I enter without fear.
For my faith tells me I'm not alone
That, "He" is always near

If ever I have a heavy heart
And sadness weighs me down
I think of how "He" got his start
And how "He" earned his sacred crown

So, if despair should come your way
And you feel by "Him" you haven't been protected
Look at those who are less fortunate
And you'll find you haven't been neglected.....

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Hi,my name is Melody and I'm a pretty, petit blue nosed pitty. I am about 3 and have a lot of energy. If you have another dog you should come in for a meet and greet with me. I'm a sweet girl! You can meet me at Smithtown Animal Shelter, 410 E. Main St., Smithtown, NY 11787. 631-360-7575.

My name is Hennessy and I love to play and kiss and have fun. I am affectionate and loving... and as you can see, I am stunning! My owners left me behind when they moved. I need to be an only pet and with older kids. Please take me home! You can visit me at Smithtown Animal Shelter at 410 East Main St., Smithtown. 631-360-7575.

Hi, my name is Radar. I've been told by everyone who meets me that I'm a beautiful girl, so it must be true. I'm a little nervous at first but once you take me out to play I will be your buddy. I've been at Smithtown Animal Shelter for 8 months and I'm ready to go home now. Won't you take me home? You can visit me at 410 E Main St. Smithtown, NY 11787. Or call at 631-360- 7575.

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HEALTH NOTES

EMPOWERED LIVING WITH ESSENTIAL OILS

Declutter Your Life!

by Terri Pace

We all have a space or place in our life in which the clutter overwhelms us. Maybe it is the hall closet jammed with coats you wear only occasionally, or the pantry overrun with too much stuff after a trip to the grocery store, or the junk drawer in the kitchen… a perfect place for all the stuff you don't know what to do with! Maybe it is your closet, home to all the "slightly tight" clothes you will wear someday soon or the outfit that has lots of good wear left in it, but is no longer your style! Maybe for you, it is the basement, garage, or attic where things tend to accumulate without intention!

Frustrated!
So What Holds Us Back?

How do you feel when you walk past this space? If you are like most people, it does overwhelm us. Even the thought of it brings us a knot in our stomach! We believe it would take such a big effort to go through it all, and given our busy lives, there is just no good time to tackle such a big project. Therefore, we ignore it as much as possible… and it keeps growing as does our frustration with it.

Maybe there is something valuable buried under the clutter and we feel frustrated that we cannot find what we are looking for in "that mess" and we feel it is out of control. And yet, we don't even know how to begin. Sometimes there is also an emotional attachment to the object and we can't even figure out how to let it go, despite our best efforts to do so.

Let's Get Started!

There are some great resources to get you started! And once you get started, you will discover that it will positively affect all other aspects of your life… tidying can transform your life, not just your space! In the book, *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing* by Marie Kondo, the author suggests that "Once you've experienced… a truly ordered house, you'll feel your whole world brighten… Not only will you never be messy again, but you'll get a new start on life."

Simple Solutions

1. Dedicate 15 minutes each day to tidying up that cluttered space. You'll be surprised at just how much you can accomplish in those 900 seconds!

2. Separate each object into categories and store it or move it out as quickly as possible after you do: KEEP IT; TRASH IT; DONATE IT.

3. For stuff you just are not sure what to do with, hold it and ask yourself: "Does this bring me joy." In this way, we change the perspective to focus on what we want to keep rather than what we want to throw away!

4. Apply some of the concepts from *Essentialism: The Disciplined Pursuit of Less*, by Greg McKeow. "By applying a more selective criterion for what is essential, the pursuit of less allows us to regain control of our own choices so we can channel our time, energy and effort into making the highest possible contribution toward the goals and activities that matter." This discipline pursuit of less is worthy of our attention and can easily be applied to our "stuff"!

I invite you to join us on April 7 as we continue the conversation with some simple solutions which can empower you to

continued on page 93

Terri Pace, Holistic Health Coach

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HEALTH NOTES

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.

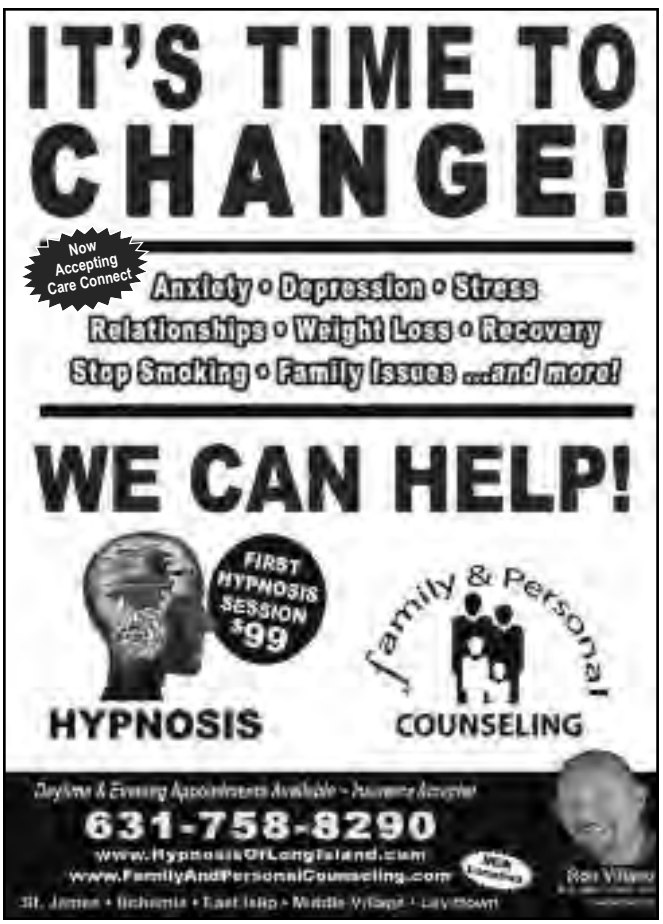
Ask Ron Villano

Dear Ron,
I have been involved in online dating for quite some time now and I am not having much luck. I recently matched with a guy online and we began communicating via text and phone calls for the last few weeks. We set up a time to meet and 3 days before he stopped answering texts and calls. The day of our date he reached out saying he had been really sick and needed to reschedule. This really upset me, as I do not understand why he could not communicate that he was sick before the day of our date. Some of my friends think I am overreacting and others think I should accept that he is unreliable. I really felt a connection with him. Is it worth a second chance? –Not Sure

Dear Not Sure,

The bottom line is – there is not much to lose if you give him a second chance. Worst-case scenario, he flakes out again and you know for sure he is not the one for you. Everyone is different when they are sick. Some individuals shut off electronics and block out reality until they are feeling better with no intentions of hurting anyone around them. Considering you have not met in person yet and are not exclusively a couple, it is possible he did not feel he owed you an explanation. Why not find out! It may have been a simple misguided choice on his part. People aren't perfect. Relationships aren't perfect. Remember, fool me once – shame on you. Fool me twice – shame on me! One more strike – then he's out!

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.*



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HEALTH NOTES

How to Avoid Overtraining Injuries

by Rich Greco, PT, ATC, CSCS

Overtraining is a concern for all people pursuing fitness – from recreational or elite athletes to people who exercise to lose weight and stay in shape. Overtraining injuries are musculoskeletal injuries that occur due to more activity or exercise than your body is used to, and may happen to anyone who increases intensity or changes type of activity. Overtraining syndrome includes overtraining injuries, but also encompasses general fatigue and other symptoms.

Signs and Symptoms

If you experience any of the following after working hard to meet advanced fitness goals, overtraining may be a cause.

- PHYSIOLOGICAL: increased resting heart rate, increased blood pressure
- PHYSICAL: decreased appetite, upset stomach, insatiable thirst, sleep disturbances, increased frequency of sickness and infections, general feeling of increased difficulty and fatigue throughout the day, abnormal muscle soreness, pain occurs that is different than typical muscle soreness
- BEHAVIORAL: personality changes, decreased motivation, altered concentration, lowered self-esteem, decreased ability to cope with stress
- PERFORMANCE: Increased heart rate during activity, decreased strength or endurance, impaired movement and coordination, multiple technical errors.

Avoiding Overtraining Injuries

No matter the activity (running, swimming, weight lifting, etc), when working to improve your fitness you need to push yourself in order to see results. But pushing yourself too hard can result in injuries that are detrimental to your fitness goals. Here are some tips to avoid overtraining injuries:

Don't increase exercise difficulty level too quickly. Exercise needs to be progressed steadily at a gradual pace. Following a structured plan that increases your activity incrementally and safely can help you stay healthy

continued on facing page

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HEALTH NOTES

continued
and pain free. For example:

- For running, increasing difficulty may include increasing speed, running up or downhill, increasing duration, and use of intervals, where you alternate intensity over time.
- For resistance training, increasing difficulty may include increased weight, repetitions, sets, and decreasing the amount of time to perform the same amount of exercise.

Pay attention to your body. Your body is smart. If it feels like you are developing signs of overtraining, then take a break, lessen your activity, or rest.

Ease into it. Particularly if you are new to fitness or altering your exercise activities, take it slow. Don't expect to make up for several months of inactivity with a few weeks of exercise. Aim for long-term consistency, not overnight success. People who try to do too much too soon often end up injured or frustrated and give up on their fitness goals altogether.

Avoiding Overtraining Syndrome

Overtraining syndrome occurs when an active individual or athlete increases activity faster than the body can adapt or is unable to recover from a sustained high level of activity. Your body then lets you know that you've done too much too fast through a variety of physical responses.

There are several signs and symptoms that may indicate overtraining syndrome but are also symptoms of other problems.

Every active individual is unique. Your pain may be due to overtraining, but it also may be due to other health issues. For example, heart rate changes, general fatigue, and other systemic symptoms may be due to a more concerning condition. Physical therapists are educated to evaluate and treat a variety of conditions. If you have any of the above signs a physical therapist can help to determine the seriousness of the signs and what your next course of action for your health.

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

Editor's Note:
Rich Greco is a St. James resident and licensed Physical Therapist. He is the director of Greco Physical Therapy/Motion PT Group For more information on injuries caused by overtraining or general injury rehabilitation, contact him at his office located at 430-7 North Country Road, St. James or at 631-686-6600.

HEALTH NOTES

People with Chronic Kidney Disease Should Get Their Hearing Checked

by William A. Kent, BC-HIS

Long Island Hearing is joining the Better Hearing Institute in promoting National Kidney Month in March and World Kidney Day and will be raising awareness of the threat that kidney disease poses and of the link between kidney disease and hearing loss.

People with chronic kidney disease are urged to get their hearing checked. A hearing test can be scheduled with your hearing health care provider once a year, at little or no cost, as a benefit from your health care insurance company.

Chronic kidney disease is a serious illness that affects roughly 13% of the adult U.S. population. Yet many people don't know much about it. It is important to help raise awareness of the serious threat that chronic kidney disease poses and inform people of the actions they can take to protect their kidney health. Hearing loss is common among people with chronic kidney disease and are urged to make hearing checks a routine part of their medical care.

Unaddressed hearing loss can have very significant consequences on a person's day-to-day living and greatly undermine quality of life. If more people with chronic kidney disease get earlier and more frequent hearing tests, their hearing loss can be addressed and their quality of life improved.

About Chronic Kidney Disease

(Source: National Kidney Foundation)

According to the National Kidney Foundation, more than 26 million Americans over age 20 have CKD – roughly 13% of the adult population. And people with high blood pressure, diabetes, and/or a family history of kidney disease are at risk for developing CKD. The good news is that there are things that people can do to help prevent or delay the progression of CKD.

The National Kidney Foundation offers these top five tips for keeping both the kidneys and heart healthy.

(1) Don't smoke. The strongest modifiable risk factor for both kidney and heart disease is smoking. There is nothing you can do that is more important in the prevention of both heart and kidney disease as stopping smoking.
(2) Control your blood pressure. High blood pressure causes both kidney and heart disease.
(3) Eat a proper diet.
(4) Maintain a healthy body weight, which requires balancing calorie intake with exercise and activity.
(5) Have your physician test you for both heart and kidney disease. It turns out that heart disease is a risk factor for kidney disease and kidney disease is a known risk factor for heart disease. Hence, if you know you have one, you should have yourself tested for the other.

About Hearing Loss

Approximately one in 10 Americans, or 34 million people, have some degree of hearing loss. Yet, fewer than 15% of physicians screen their patients for hearing loss during an annual physical exam.

Numerous studies have linked untreated hearing loss to a wide range of physical and emotional conditions, including impaired memory and ability to learn new tasks, reduced alertness, and increased risk to personal safety, irritability, negativism, anger, fatigue, tension, stress, depression, and diminished psychological and overall health.

Fortunately, the vast majority of people with hearing loss can be helped with hearing instruments. And three out of four hearing aid users attribute improvements in their quality of life due to wearing hearing instruments.

continued on page 93

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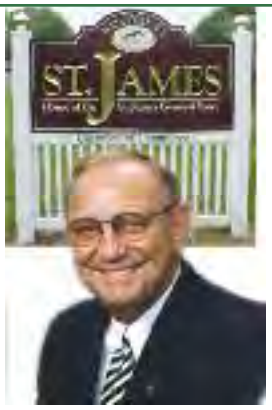

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7.34 acres. Horse Barn, Farm Stand. Large Equipment Barn.
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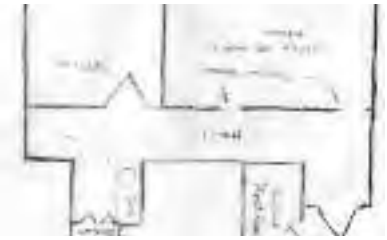

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William Barry and Danielle Cuillo

Barry / Cuillo Engaged

Mr. and Mrs. Albert Cuillo, of St. James, NY, proudly announce the engagement of their daughter, Danielle Kristin Cuillo to William Joseph Barry, Jr., son of Mr. and Mrs. William Barry, of Hauppauge, NY.

Danielle is a 2005 graduate of Smithtown High School West, a 2010 graduate of St. Joseph's College and a 2015 graduate of Stony Brook University. She is a Special Education Teacher / Administrative Intake Coordinator at Woodward Children's Center in Freeport, NY.

William is a 2004 graduate of Smithtown High School West and a 2006 graduate of Farmingdale State College with a degree in Ornamental Horticulture / Landscape Development. He is the co-owner of Barry Bros. Landscape Design.

A summer 2017 wedding is planned.

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

Megan and Michael Rocker Exchange Marriage Vows

Megan Patricia Stanley, daughter of Jordan Stanley of Greenlawn, and Michael Nicholas Rocker, son of Linda and Larry Marino of Nesconset and Barbara and Larry Rocker of St. James, exchanged marriage vows on August 20, 2016 at the Parish of the Holy Cross in Nesconset. A reception followed at The Venetian Yacht Club in Babylon, NY.

Congratulations and best wishes to the happy couple and their families.

Megan and Michael Rocker

New Arrival

Ronald and Norma Marriott, of St. James, are thrilled to announce the birth of their granddaughter Penelope Magny Chabot. Penelope made her debut at Mt. Sinai Hospital in New York City on Friday, February 3, 2017 weighing 7 lbs. 3 oz. and measuring 20.5 inches long.

Her proud and happy parents are Candace and Marc Chabot of Garden City. She was also welcomed by her BIG brother Oliver. Penelope's paternal grandparents are Roger and Glennis Chabot of Scarborough, Maine.

Welcome to the world little Penelope.

Penelope Magny Chabot

The St. James Chamber of Commerce
invites you to the

21st ANNUAL

Spring Egg Hunt

for Children 1~10 Years Old

Saturday, April 15, 2017

(Weather Permitting)

1:00 p.m. Sharp

On the Parking Field at Deepwells

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Plenty of Parking in Field

• Pictures With the Easter Bunny •

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Parents Must Accompany Young Children

OBITUARIES

Robert Paul Galloway

Robert Paul Galloway

Robert Paul Galloway, 79, of Macomb, IL, passed away Sunday, February 5, 2017 at his home in Macomb. He was born on May 28, 1937 in Macomb, IL, the son of Paul and Katherine Mary Dunsworth Galloway. He married Katherine Inman on August 23, 1958 at St. Paul's Catholic Church, Macomb. She preceded him in death on December 3, 2007.

Survivors include two sons: Michael Galloway of Smithtown, NY and Mark (Patricia) Galloway of St. James, NY; three grandchildren: Kristy (Devon) Davis of Bellmore, NY and Christopher and Samantha Galloway of St. James, NY; three siblings: Ann Galloway of St. Petersburg, FL, William (Saray) Galloway of St. Petersburg, FL, and Joan (Chuck) Brenner of Macomb, IL; and many nieces and nephews. He was preceded in death by his parents and his wife.

Bob graduated from Western Illinois University, Macomb, IL. He was a State Farm Insurance executive for over 35 years, settling in Long Island, NY. After retirement, he and his wife returned to Macomb, IL. He was a lifelong member of St. Paul's Catholic Church, Macomb, IL. He enjoyed travelling, and loved his recent trips to Long Island. He enjoyed watching sports, and was an avid Cubs fan. He especially treasured the time spent with his children and grandchildren.

Funeral Services were held on February 13, 2017 at St. Paul's Catholic Church in Macomb with Father Adam Stimpson as celebrant. Burial in Forest Lawn Memory Gardens Cemetery in Macomb at a later date. Memorials have been established in his memory. Condolences can be left online for the family at www.lamportefuneralhomes.com.

Paul Hall

Paul Hall, of Smithtown, NY, passed away on February 16, 2017 at the age of 90. *They Shall Not Be Forgotten*. Proud Veteran United States Army WWII Purple Heart recipient. Beloved husband of the late Nancy. Loving father of Robert Rovinsky, Judith & William McCormick, John Rovinsky, Melissa Hall & Frances Lapinski. Adored grandfather of Paul (Lizzie), William, Samantha (Nate), Elise (Stephan), Thomas (Carolina), Katherine and adored great grandfather of four.

A funeral service was held at the Branch Funeral Home. Interment followed with Military Honors at Calverton National Cemetery.

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

Tara Routi

Tara Routi

Tara Routi, of St. James, our brave girl of 48 years, passed away on January 11, 2017. Beloved daughter of Michele Routi and the late Anthony Routi. Loving sister of Lisa (Vinny) Carmine, adored aunt of Vincent A. Carmine, and for the last 13 years best friend, partner and companion to William C. Tait.

A Mass was held at Sts. Philip and James Roman Catholic Church in St. James on Tara's birthday January 25, 2017.

Please consider donating to the Memorial Sloan Kettering Cancer Center, 1275 York Avenue, New York, NY 10065.

For

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Maria A. Morlano

Mass at Sts. Philip & James Church
Sunday, April 2, 2017 - 12 noon

Maria A. Morlano, 49 year resident of Smithtown, sadly passed away on November 30, 2016 at the age of 89 in a hospice at The Villages, Florida. Beloved wife of 62 years to husband Michael who passed on December 10, 2015. Loving devoted mother of Marie Yates (Neil) of St. James, Michele Damm (Philip) of Lindenhurst and Marilyn Morlano. Cherished grandfather of Weston and Paris Yates and Jeanna and Michael Damm.

Maria Gambino was born in Brooklyn, NY on January 13, 1927. She married Michael Morlano in 1953 and resided in Brooklyn. Maria designed wedding gowns and was a showroom model in her younger years and even designed her own wedding gown! In 1966 they moved to Smithtown with their three young daughters. Maria volunteered helping young children with disabilities and was a long-time member of the Rosary Society at St. Joseph's church in Kings Park. For approximately 25 years Maria worked at Smithtown HS West retiring at age 85!

She was a loving babysitter to her grandchildren Weston and Paris Yates in their younger years and loved them and everyone so unconditionally. She was a true life angel on earth who was just the sweetest, most considerate, loving individual who prayed daily for everyone. Maria will be so greatly missed by her children and grandchildren.

A viewing was held at Baldwin Brothers Celebration Center in Lady Lake, Florida followed by a ceremony at Florida National Cemetery where she was laid to rest with her husband Michael.

A Mass for Maria and Michael Morlano will be held Sunday, April 2, 2017, 12 noon at Sts. Philip and James Church in St. James, followed by a brunch celebration of Maria and Michael's life at the home of Marie and Neil Yates in St. James for all family and friends who did not get a chance to pay their respects in Florida.

Eugene F. Spina

Eugene F. Spina

Eugene F. Spina, of Commack, NY, passed away on February 3, 2017. Retired F.A.A. Inspector, retired TWA Regional Director of Maintenance, East. Beloved husband of the late Gloria Spina. Loving father of Lori Spina (Bjorn Eide) and Kim Clarke (Michael). Adored grandfather of Brendan, Kurt and Morgan. Brother of Joan Kent.

Mr. Spina was a former president of Chapter 348 of the AARP of Kings Park, former president of Fort Salonga Senior Citizens Club of Smithtown and former volunteer with R.S.V.P. of Smithtown. He was a recipient of the coveted F.A.A. Charles Taylor Master Mechanic award and had over 50 years in membership as a Mason.

A funeral service was celebrated at the Branch Funeral Home of Smithtown, NY. Interment followed with Military Honors at Pinelawn Memorial Park, Pinelawn, NY.

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

Rose Marie Sherow

Rose Marie Sherow, of St. James, NY, passed away on February 11, 2017. She was born on May 3, 1933 to Rose M. Moore Jones and Elmer R. Jones in Poughkeepsie, NY. On July 18, 1954, she married Leonard M. (Pete) Sherow and they had three children; Wayne, Stem, NC; Kevin, Pleasant Valley, NY; and Lisa Watson, Commack, NY.

She loved to travel cross country, to Europe, the Virgin Islands and Bermuda. Rose, who also enjoyed bowling and playing bridge, was an assistant Girl Scout leader. She is survived by her husband, children, sister Caterine Skrabak, Ft. Pierce, Fl; 12 grandchildren, five great grandchildren and two nieces.

Services were held at the St. James Funeral Home. A Mass was held at Sts. Philip and James R.C. Church, St. James. Cremation was private.

OBITUARIES

Alfred L. Notaro

June 24, 1939 - January 4, 2017

Alfred L. Notaro

In memory of our father, Alfred L. Notaro, who passed away on January 4, 2017 after bravely battling kidney/bladder cancer that was complicated by Alzheimer's Disease. A true veteran has been laid to rest.

With love and respect for all people who suffer with Dementia/Alzheimer's Disease, may there be a cure in the near future. With love and understanding for all caregivers, may you reach out to the community for support. (submitted by Charlotte Notaro Zeman, of St. James, and Nicole Notaro Walton, of Stony Brook).

Our family thanks Kenny Maher, St. Isadore's Church and Calverton National Cemetery for helping us through this experience.

In Between the Door

I prepare myself for who I'll meet
Each day I open that door
But when I see you, who you are
This I'm still not sure

Your body is here with me
I can still hold your hand
But where your mind has gone
This, I'm still trying to understand

You can be in a good mood
Other times you can be mean
Sometimes I get a glimpse of who you were
But most times you're in between

You held my hand when I was young
And kissed my tears away
But now I hold your hand
And take care of you, like a child day to day

There are days, I wish reluctantly
That your soul would leave this place
This is not you, this is someone else
Although it's still your face

I try to teach myself
You can just laugh it off
It's the only way to cope most days
With this unusual loss

It doesn't mean it always works
It doesn't mean I don't care
It's just sitting with you
The you, that's just not there

I get a glimpse now and then
Of who you used to be
But even though I'm holding your hand
Before my eyes, you're leaving me

I wish this didn't happen
But I cannot control your fate
I will always love you
It's the disease I continue to hate.

I often think when I see you
Will this happen to me?
I got to live more of my life, take chances
While I'm still who I'm supposed to be

How long will this go on?
How long will your mind decay?
I don't know who I'll meet
But I promise you, I'll open that door every day

–Nicole Notaro Walton

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www.ourtownstjames.com

SHORT STORY

Barney, A Pawfect Pal... A Poem and How It Came to Be

by June Capossela Kempf

Hey Jay look at this!

While the wild winter of 1996 kept us indoors and while Jay occupied himself with his painting or playing Nintendo, I picked up a doggie magazine. There I found an announcement for a poetry contest, "TELL US ABOUT YOUR DOG"

Let's do it! I said.

Write a poem? I don't do poems, Ma.

Well maybe I can do it. I've written a couple before.

Jay grabbed the article:

Write 20 lines about your <u>own</u> pet. The prize: a bond and a year's dog food for the dog.

You can't do it. It's gotta be about your own pet – not mine and I don't do poems?"

Maybe we can work on it together, I suggested.

No, they're not asking for illustrations. They just want 20 lines of verse. Forget it!

No, Jay. You can give me ideas on what to write. You can be my technical advisor.

Why, I don't care about it, he said

You care about Barney don't you? And a years' worth of dog food for him is not chicken feed Ha! Besides you can let the world know what a great 'angel dog' he is.

I am supposed to write it – not you, he insisted.

So I'll write it and put your name on it – who's to know?

Me, that's who – besides it's cheating .

What if I write it about you and Barney?

Ma, the rules say 'tell us about your dog' – not your son's dog.

Picky, Picky, Picky, I said.

I couldn't believe how much of a purist he was but I was darn proud of his integrity. On the other hand, I was so strongly motivated to write the poem, I persisted.

Wait a minute. Barney is my dog too.

Bite her Barney, he ordered.

The big dog slowly uncurled himself from his comfy posture, walked over and snuggled his head in MY lap.

See, even he thinks he's mine, I argued. *After all, I trained with you – didn't I? Who feeds him? Who walks him in the middle of the night when you're asleep? We share him so that makes him mine too.*

Oh for Pete's sake, now who's being picky? Go write your stupid poem and leave me alone.

He resumed his frantic fingering of the game's joy stick, trying to ignore my obsession with the poem.

Okay, like it or not, I am going to continue picking your brain – for technicalities.

I had long forgotten all about scanning and parameters and so I plunged right in and went with my instincts. I wanted it to be simple, direct and poignant. Something to tug at the heart. It had to flow. I began by jotting down a list of important ideas randomly on the pad: It had to tell how Barney helps Jay. Describe problems – loneliness. Mention them as a team – where they go together. Is Barney an angel?

That's enough for me – now, I thought. My next task was to write an opening line –an eye catching hook: 'BARNEY THE PAWFECT PET.' When Jay saw that I was making a serious effort, he started to take an interest, albeit negative:

That title is pawfectly awful, Ma.

At least he was participating. I had heard somewhere a question makes a very effective opener. Why not try it with the poem?

Did you ever have a dog so special you could cry?

Yuk! This is going to make me puke – you've been working on this how long? my antagonizer asked:

All afternoon, I answered.

There is a deadline?

Yes, Jay – two weeks from now.

Oh, I feel better already – at least I don't have to worry about what to do with the prize money.

It's not the prize money? I chirped.

Then what is it about? Why are you doing this? Jay asked.Who are you writing this for? Is it Barney? Me?

He spun his wheelchair around towards me to get into my face, squinted his eyes and boldly peered into mine.

Or is it really all about you, Ma?

Had he nailed it? Was I really hitching a glory ride on the wheels of his misery? I had to examine my conscience before I could answer:

All of the above, I snapped back at him. *It is important to me – for whatever reason*.

Then go ahead with it and stop playing games, he said.

Finally, after another day and a half without consulting Jay, I wrote:

"Can you imagine what it's like…?"

That's all I had. The next line had to say something like "being handicapped – in a wheelchair for the rest of your life. It didn't scan. Words like *handicapped*, *confined* and *wheelchair* didn't seem poetic. Substituting *disabled* or *crippled* didn't work either. I struggled with this dilemma for two more days – then put it aside for a while. I shuffled into his room where he was watching TV and plopped down at the foot of his bed.

Give up? Jay asked. It must be getting awfully close to the deadline.

No, I'm just taking a little break. What are you watching?

Bob Ross is coming on. I like the way he paints and explains everything.

The popular artist was working

continued on facing page

continued
on the rudimentary steps of a scene resembling the landscape of a Pennsylvania strip mine.

Watch him create something beautiful out of this, Jay said.

I was more impressed at the presentation Mr. Ross gave than the canvas. His soft melodic voice soothed: "Let's see, maybe a tree lives here…"

Suddenly, the scarred landscape vanished and in its place were trees, hollows, streams abounding and a house takes shape in the scene.

"…And maybe next to this little house, lives a nice beaver who built a dam in the stream – just about here…."

Bingo! A Beaver lives on the canvas.

That's it, Jay – That's the key word to my dilemma.

What dilemma?

How to say that you are confined to a wheelchair in six rhyming words or less.

"Can you imagine what it's like –

To be living in a chair."

Wow! You're really cooking now, Ma. When is that deadline – six days from now?

Discouraging it was, yet without effort, the next two lines just popped into my head,

"While others pass you right on by

As if you weren't there."

I worried about these new two lines. Were they true? Did Jay feel what I felt? He rarely complained about being overlooked by his friends. That seemed to hurt me more than he.

Does it sound right? Does it show your true feelings? I asked. I nearly shoved the copy down his throat.

Get that piece of crap out of my face! he demanded.

He wouldn't even take it in his hands, just passively let it slide to the floor when I tried to hand it to him. I picked it up and stood back. I held it for a moment while I pondered his angry reaction; then turned away thinking that I would try another time. As I started to walk away, he said:

Okay give it to me. I'll look it over. Put it on my desk, and I'll call you when I am finished.

It was then that I realized that he was trying to assert himself and was only going to read it on his terms. If someone was going to write about him and his dog, he needed to have some control.

Barney, get me my blue editing pencil. We gotta make sure Mom's not saying bad things about us.

But when he finished reading those four lines, he was slow to critique so I thought he was searching for a nice way to say it stunk.

I can't believe how true it is – how do you know how I've been feeling lately?

A mother knows.

Yellow legal pages of scribbled verses carpeted the floor. I was on a roll and soon every moment of Barney's rhyming tribute was condensed into 32 lines.

You have to take something out – 12 lines. Maybe you should cut out the lines about me holding on to my pride.

NO WAY! that's the best line in it – that stays.

We argued over what had to stay and go and pared it down to 28 lines. Disgusted and frustrated, Jay suggested cutting out the verses, throwing them in a basket and select the first five we pull out.

That'll work – NOT! I said. *I'll figure out something.*

I went to bed. At 4 a.m., I got up and reworked the lines. I finished in time for the mail pick up. We didn't win. Didn't even get honorable mention. Sorry Barney, no free food. Sorry Jay no $50 bond.

We came out with so much more.

Barney and Jay.

Barney, A Pawfect Pal

You can't imagine what its like
Living in a chair.
While others pass you right on by
As if you weren't there.

Friends that knew me long ago
Back when I could walk
Have no time to call me now,
If only – just to talk!

But with my best pal, Barney
Ever working by my side,
I'm really standing ten feet tall
Still holdin' to my pride

It doesn't matter much to me
That Barney is so smart.
What really matters most is how
He mends a broken heart.

Now, when we go meetin' folks
Together, as a team!
They stop! They talk! And life is not
As bad as it may seem.

Editor's Note:
June Capossela Kempf, of St. James, is the author of Yo God Jay's Story – a unique spin about raising a special needs child. It is published by KeithPublications.com. Barney was a service dog for her son Jay who passed away on March 23, 1996 at the age of 21.This article and poem were also published in "Just Labs" and "Kaleidoscope."

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OUR TOWN

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▭ = COPY & AD DEADLINE

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In the APRIL edition advertise for:

- Mother's Day
- Spring Yard & Garden Care

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JUNE

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Meals on Wheels Vounteers Needed

continued from page 24

even choose to be a "back-up" driver if your time is limited. Volunteers use their own vehicles and are reimbursed for mileage.

Volunteer with a friend and share the experience! If you have the time to spare, please join this wonderful group of volunteers. For more information, call 631-360-7616 and ask for Tina.

For more information about the Smithtown Senior Citizens Department visit them at 420 Middle Country Road in Smithtown or go to www.smithtownny.gov.

Declutter!

continued from page 77

tackle that decluttering project AND learn which essentials oils can help with the process of discerning and letting go! https://snsdeclutter20170407.eventbrite.com

Note:
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 workshops available: visit http://simplynaturalseminars.eventbrite.com. You are invited to join in the conversation of Empowered Living with Essential Oils. Every Tuesday at 12:30 p.m. discover the benefits of living and loving natural solutions in your life. For more information (30 minute sessions, available through Zoom online or audio conference): https://snsempoweredliving2017.eventbrite.com

Hearing Loss

continued from page 82

Don't put a hearing test off, the benefits that can be derived from having your hearing tested can be very beneficial to your overall mental and physical health. It's worth the (less than) 60-minute investment in time and in most instances annual hearing testing is covered by one's health insurance with little or no out of pocket expense.

Editor's Note:
St. James resident William Kent, BC-HIS, is the director and owner of Long Island Hearing an Audiology and Hearing Instrument Practice. A family run practice founded in 1985 they have offices in Nassau and Suffolk counties. Contact them at 1-800-698-5200. Consultations are complimentary.

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