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OUR TOWN
ST. JAMES

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

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Please Note:
Advertising & Editorial Deadline
for the June edition of OUR TOWN • ST. JAMES is
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Distribution takes place on Wednesday, June 19, 2019.
Chica Boutique

367 Lake Avenue
St. James, NY 11780
631-250-9613
www.chicaboutiqueny.com

Warm Weather Hours:
Mon. & Tues. | 11 a.m.-5 p.m.
Wed. thru Sat. | 11 a.m.-7 p.m.
Closed Sunday

by Debbi Spiegel

Chica Boutique is the Lake Avenue destination for fashionistas! Owner Tracey Alemaghes’ mission is to ensure customers have the best possible shopping experience, all while offering high-quality products for every woman’s individual lifestyle.

Chica Boutique is the place to find hand-picked trending styles for ladies ranging in size from Small up to 3XL. Teens and their moms can share their love of shopping at Chica Boutique.

Tracey started selling her handmade jewelry online three years ago as a side business. She was amazed at the demand for her beautifully crafted items. She expanded her online shop to include an affordable collection of stylish dresses, tops, bottoms, accessories, jewelry, shoes, and more. In December, Tracey proudly opened the brick and mortar Chica Boutique on Lake Avenue.

Tracey takes great pride in, “selecting unique pieces that do not kill the wallet!” Her leather earrings and cuff bracelets are still available both online and in store.

Chica Boutique’s followers on Facebook, Instagram and Pinterest can pre-order new merchandise before it hits the racks.

Tracey often models the clothing herself. The Chica Club rewards shoppers with points that can be used for promotions. Shipping is always free but Tracey and her boutique manager, Colleen, love when locals come in to pick-up their orders.

As women, we are always on the go and finding just the right thing to wear, can sometimes be a challenge. Chica Boutique would love to be your “go-to” resource for fun fashion that allows you to be comfortable while looking fabulous whether you are cheering on your kiddo at their sporting events, hitting happy hour with friends, supporting your favorite sports teams, enjoying a fun weekend in the city, or simply want to look cute at the gym.

Tracey’s background as a graphic designer has helped her to create a line of custom made graphic T-shirts. The great sayings are put on buttery soft shirts and come with an affordable price tag.

Chica Boutique’s Pure Chica skincare products are cruelty-free, vegan and eco-friendly. They are also free of parabens, sulfates, silicon, gluten, t alc and carcinogens. All skin types will instantly see powerful results.

Dress to impress with Chica Boutique’s Boho print tops, tye dye pieces, floral rompers, jeans and accessories. Tracey purchases in small quantities so act quickly if something catches your eye.

Spoil yourself or a gal pal with Chica Boutique’s gift items. Coffee mugs, soaps, very reasonably priced jewelry or gift cards will be appreciated by all.

Memorial Day weekend is the unofficial start to summer. Chica Boutique has beachy dresses, bathing suit cover-ups and sunhats with SPF protection. Stop in and shop after the Memorial Day Parade on Monday, May 27 from 10 a.m.-2 p.m.

Chica Boutique is named after Tracey’s daughter’s endearing nickname. By definition, it means female friend. You will leave the boutique not only as a customer but as Tracey’s friend.
KINGS PARK - $799,000
NEW TO MARKET! Exquisite Post Modern Colonial! Wide open floor plan, vaulted ceilings, all spacious bright rooms, living room with gas fpl and Louis XV mantel soaring to 2nd flr, master stee, 4 add bdr, 3.5 bath, h/w and ceramic tile floors, fin bsmt. Decking with IGP.
Call Regina @ (631) 553-6243
Take The Tour! www.eldridgeteamssells.com
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NISSEQUOGUE - $775,000
PRICE REDUCED! Stunning Ranch on Quiet Lane! Vaulted ceilings, h/w floors, open floor plan, family room with stone fpl, chef’s EIK, solarium, master suite, 3 add bdr. Vast entertaining patio with fire pit & hot tub. 2 acres with beach rights.
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SAINT JAMES - $1,100,000
Diamond in Hamlet Estates! Time honored finishes of mldgs, h/w floors, handcarved bridal staircase, spacious rooms, 2 story living rm with fireplace, chef’s EIK, master ste, 4 add bdr, 3.5 marble baths. Clubhouse amenities.
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HEAD OF HARBOR - $899,000
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Around Town

K of C Golf Outing Fundraiser

The Knights of Columbus of Sts Philip and James, Council #12839, is holding its Annual Golf Outing Fundraiser for Local Charities on June 17, 2019 at Smithtown Landing Country Club, 495 Landing Avenue, Smithtown, 8:30 a.m. registration; 10 a.m. shot gun start.

The cost at $190/person includes: round of golf, golf cart, breakfast, lunch, cocktail hour, dinner with open bar. Great raffle prizes include: golf clubs, bags, GPS devices.

Sponsorships available include: Pin Flag/$125; Tee Signs/$100, Putting Green/$250, Golf Cart/$300, Driving Range/$500, Lunch/$500, Dinner/$1,000.

For more information contact Thomas Sica at 631-521-4771, sikachu45@hotmail.com. Make checks payable to: Sts. Philip and James KofC Council, PO Box 201, St. James, NY 11780. For credit card payment, visit the website: www.kofcsspj.org.

Celebrate St. James:
Past – Present – Future
Happenings

Celebrate St. James is excited to announce the CELEBRATE ST. JAMES MUSEUM, open on Sundays from 11 a.m. to 5 p.m. and Monday, Thursday, Friday and Saturday, from 10 a.m. to 5 p.m. at the Uniquely Natalie Quality Consignment (formerly The Calderone Theater), 176 Second Street, St. James NY 11780 - Second Floor (walk up only). Admission is complimentary.

On Sunday, June 2, 2019 from 12-2 p.m. enjoy FRANK AND ROBERT SOCCI’S MOVIE MEMORABILIA collection dating back to the days of the silver screen and hear how they got started.

FREE Summer Music Series
at the Gazebo

St. James Gazebo | 7-8:30 p.m.
RR Station on Lake Ave.
Sundays | Bring a Chair

June 30 | The Dedications
July 4th - Patriotic Songs

July 14 | Willie and the Poor Boys
Credence Clearwater Revival Tribute Band

July 28 | Liverpool Shuffle
Beatles Tribute Band

August 11 | Risky Business
Music of the 60’s, 70’s

August 25 | Six Gun
Country Western music with line dancing

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Grappling: No Gi/ Wrestling Based

MMA: Amateur, New York Rules

Fight Fitness: Cardio Kickboxing

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- Learn Discipline
- Build Confidence
- Build Character
- Make Friends
- Become Part of a Community
Memorial Day Parade
Set for Monday, May 27

The Sgt. John W. Cooke Post 395 in St. James extends an invitation to the community to join them in celebration of Memorial Day on Monday, May 27, 2019. All military personnel on leave or recently returned from overseas deployment are encouraged to participate. Feel free to wear uniforms if you have them. The parade and ceremony is our chance to remember all veterans especially those who made the ultimate sacrifice.

The parade group will assemble at 9:15 a.m. at the intersection of Lake and Woodlawn Avenues, St. James and step off at 10 a.m. They will march along Lake Avenue to the St. James Elementary School where the appropriate ceremonies will take place.

For additional information or if you plan to march, please send your response to Parade Chairman Sal Riccobono, 93 Cambon Avenue, St. James, NY 11780 or call 516-987-6201. Be sure to give a contact name and phone number.
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- Flower Pots
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SAVE $5.00 PER CUBIC YARD FOR BLACK or NATURAL MULCH

Excludes sale items & deliveries. Limit one coupon per customer. Not to be combined with any other offer.

TOP SOIL SPECIAL
5 CUBIC YARDS $99.00

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Kevin Stickevers Earns Rank of Eagle Scout

Suffolk County Legislator Rob Trotta came out to salute St. James Boy Scout Troop 301’s newest Eagle Scout, Kevin Stickevers at his Eagle Court of Honor. The rank of Eagle Scout is scouting’s most prestigious and highest accomplishment.

In addition to earning the required merit badges and meeting the other requirements, Kevin has demonstrated that he has mastered the skills of leadership and mentoring. For his Eagle Scout Community Service Project, Kevin fundraised, designed and built a movable duckling shelter with two heat lamps and two sinks with plumbing for the ducklings residing at the Sweetbriar Nature Center in Smithtown.

“Attaining the rank of Eagle Scout is a great achievement and one that will be with you for the rest of your life. As your brother Erik was an inspiration to you, I hope that you are an inspiration to the younger scouts in this troop and for all the teenagers throughout Suffolk County,” said Leg. Rob Trotta.

Pictured at the ceremony from (L-R): Suffolk County Legislators Leslie Kennedy, Rob Trotta, Eagle Scout Kevin Stickevers, his parents Mrs. and Mr. Stickevers, brother Erik, an Eagle Scout, and County Comptroller John Kennedy.

Erik was an inspiration to you, I hope that you are an inspiration to the younger scouts in this troop

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email: sunpool@optonline.net
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Head of Harbor, NY – Magnificent Waterfront Estate
Panoramic view of Stony Brook Harbor and views of Long Island Sound. Completely renovated home on 3.91 acres offering ultimate privacy. Gourmet kitchen, 2 fireplaces and sunlit solarium, 5-car detached garage with guest quarters. SD #1. MLS# 3099939. $3,450,000.

Head of Harbor, NY – Private Setting
Constructed in 2012. Luxury Ranch in cul-de-sac with professional landscaping and stonework. Open floor plan, fine millwork, radiant floors, free form in-ground saltwater pool with tanning ledge and cabana, heated driveway. SD #1. MLS# 3071428. $1,899,000.

Head of Harbor, NY – Innisfallen
Grand Victorian Estate on 2.4 acres. Magnificent entry foyer, spacious rooms with fine details. 6 fireplaces with period mantels, 2 master bedrooms with baths and sleeping porches, gas heat, separate apartment. SD #1. MLS# 3070301 $875,000.

Nissequogue, NY – Land
Located in the picturesque Village of Nissequogue is this level 2-acre parcel where you can design and build the dream home you have been searching for in the market. MLS# 3115309. $485,000.

Nissequogue, NY – Spacious Ranch
Updated country retreat with river views. Cherry cabinetry and granite kitchen with solarium breakfast area. Spacious living room with stone fireplace, formal dining room, 4 bedrooms, 2 master sized with full baths, full basement and 3 car-garage. SD #1. MLS# 3095578. $699,000.

St. James, NY – Classic Colonial
Picture perfect Center Hall Yablonski Colonial on flat landscaped acre. Spacious gathering rooms, gourmet kitchen, den with wood burning fireplace, finished lower lever, and 2-car garage. SD #1. MLS# 3109285. $779,000.

Let me give you a free market analysis of your home. In my 34 years of business, I have, and continue to list and sell homes of all price points.

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Local Singer/Songwriter Paris Ray Drops New Album!

St. James own Paris Ray (aka Paris Yates) is thrilled to announce her new album is finally finished! She has been so busy this past year writing and recording and is so excited to share her latest original music with the world. The album is titled “Desert Baby Cactus Flower” and will be available digitally on iTunes and CDBaby on May 16. Physical CD’s will be available for purchase at CDBaby and at all of Paris Ray’s upcoming shows including her performances at the Montauk Music Festival on May 16-19.

Paris is so deeply grateful and thankful to all who contributed to her Indiegogo Fundraiser and of course to all those who constantly show their love and support.

Fun fact: Paris Ray is the girl singing “Lean On Me” in the Dawn dishwashing commercial on TV where they are cleaning the oil spill off the baby ducklings. For everything Paris Ray go to parisraymusic.com

Community Association of Greater St. James Upcoming Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>St. James Market</td>
<td>9 a.m.-1 p.m.</td>
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<tr>
<td>Summer Nights</td>
<td>5-9 p.m.</td>
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<tr>
<td>Car Show</td>
<td>9 a.m.-4 p.m.</td>
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<tr>
<td>Contact</td>
<td>Community Association of Greater St. James, Inc. at PO Box 2054, St. James NY 11780 for additional information.</td>
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danielgale.com
Smithtown, NY
Located on a quiet street, this sun-drenched home boasts soaring vaulted ceilings with skylights, gleaming hardwood floors updated roof, and Andersen windows. Upgrades include CAC, stainless steel appliances, gas heat, newly renovated bath. SD #1. MLS# 3094796. $489,000.

Smithtown, NY
Level, cleared and flat lot. Next to wooded Blydenburg parkland. SD #1. MLS# 3114629. $215,000.

Perched up on a hill, sun-drenched and better than new, this charming Victorian boasts soaring vaulted ceilings and a bright open floor plan. Stunning kitchen with large center island, opens up to the to the 2-story family room with fireplace. Master en suite with walk in closet. SD #1. MLS# 3109362. $785,000.

St. James, NY – Mills Pond Estates
One-of-a-kind, completely updated Colonial boasts a bright, white kitchen, and sun-drenched den with oversized fireplace. Home has 2 staircases, 2 fireplaces, hardwood floors, updated baths, wraparound porch and full finished basement. SD #1. MLS# 3104993. $924,999.

St. James, NY
Completely rebuilt in 2011 and located on a quiet, tree lined street this one of a kind home is loaded with character and in the heart of St. James. Bright, white kitchen with granite and stainless steel appliances, hardwood floors flow seamlessly throughout and sliders that overlook a usable, private acre. SD #1. MLS# 3120073. $699,000.

St. James, NY
Located on a quiet, tree-lined street in the heart of St. James, this home has been meticulously maintained. Picture perfect 4-bedroom, 2.5-bath Colonial boasts hardwood floors throughtout and an in-ground pool with new liner and 3 year old pump. Move-in ready kitchen flows into large den with fireplace. SD #1. MLS# 3123238. $649,000.

Robin Rosenberg
Real Estate Salesperson
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Port Jefferson Eastern L.I. Mini Maker Faire

by Sally Wellinger

On Saturday, June 8, 2019, the Long Island Explorium will be hosting their fourth annual Eastern Long Island Mini Maker Faire at the harbor in Port Jefferson. A maker faire is a celebration of creativity and innovation in the areas of science, technology, engineering, art, and mathematics. Although there will be a few makers selling items, a maker faire is not a craft fair. Maker faires are the greatest “Show and Tell” exhibitions.

The maker movement started out with a group of people that launched a tech-influenced DIY community, that grew to include all aspects of STEAM (science, technology, education, art, and mathematics). These makers are innovative, creative and forward thinking, while respecting past engineering. Makers are often hobbyists, but can be found anywhere; in colleges, schools, businesses, libraries, and homes. Makers are all ages, from the very young to respected elders. Last year, our youngest maker was 7 years old and our oldest was 79 years old!

Maker faires were created in 2006 in San Francisco, California as a response to the maker movement. Make: Magazine, which launched the first maker faire, now helps to produce over 300 maker faires and mini-maker faires around the world. One of the biggest maker faires is the World Maker Faire held at the Hall of Science in Queens every September. Our Eastern Long Island Mini Maker Faire is held every June on the harbor and in the village center in Port Jefferson. What is unique about this event, is that we keep it relevant to our area and environment.

At this year’s faire, we will have scientists sharing about marine life, underwater exploration, storm surge protection, alternative fuels, composting, rain gardens, native plants, atoms, and more. Students will share robotics, technology, art, recycling, Arduino, raspberry pi, and maker spaces. Technicians will be sharing 3D printers, home technology products, virtual reality and artificial intelligence. Engineers will share sustainability, inventions, technology, and creative projects. Artists will share painting, jewelry making, writing, illustrating, marbling, sculptures, wood crafting, photography, and light and sound art. Even mathematicians will have interactive exhibits, sharing 3D manipulatives, math through sculpture, art, bubbles and more.

There will be performances and music, including Ryu Shu Taiko Drums, the Long Island Vegetable Orchestra, “That Physics Show” from NYC, Star Wars, Ghostbusters, and Anime Cosplay. There will be workshops and demonstrations on building a schoolie, robotics, collage art, neurology, wood crafts, under water ROVs, cosplay makeup, art, and photography.

There is something for everyone at the Eastern Long Island Mini Maker Faire. To learn more about it and buy tickets, visit the website at https://easternlongisland.makerfaire.com

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HEAD OF THE HARBOR
“1ST TIME ON MARKET”

Spacious New England style Colonial with exquisite indoor gunite pool. Seasonal waterviews of Stony Brook Harbor. 4 BRs, 2.5 baths, 2 fireplaces, oak floors. CAC, arch. roof. 2+ car garage. Whole house generator. Lovely 2 acres w/tennis. $1,200,000.

HEAD OF THE HARBOR
“CHARMING SALTBOX”


HEAD OF THE HARBOR
“RESORT LIVING”

Custom Brick 6,600 sq. ft. Farm Ranch w/expansive amenities on cul-de-sac street. Banquet sized FDR, office. 5 frplic, 5 BRs, 3.5 baths. Fin. LL walk out to resort rear yard, huge IG gunite pool w/hot tub. Huge paver patio, Bocce court. Cvac, Geo thermal heat, 4 car garage. Private 2 acres, backs to 13 acre nature conservancy. Must see! $1,250,000.

SMITHTOWN
“SMITHTOWN PROFESSIONAL PARK”

Totally updated professional office. New w/w carpet, freshly painted. Large reception area, 2 half baths + 4 additional rooms. Conference room, kitchenette. CAC. Move in condition. Ample on site parking. Medical approved. Purchase for $399,000 or Rent $2,675 mo. + utils

HEAD OF THE HARBOR
“CUL-DE-SAC LOCATION”


DIX HILLS
“MINT CENTER HALL COLONIAL”

Features 5 BRs, 3.5 baths. Formal LR & DR. Family room with fireplace. Oak floors & w/carpet. Full finished basement with OSE, wet bar, full bath & BR. One level acre with saltwater IGp. Rear deck, blue-stone patio. 2 car side entry garage. $925,000.

HEAD OF THE HARBOR
“DIAMOND POST MODERN”

Quiet cul-de-sac. Large EIK w/brick fireplace, formal LR & DR. Great room with bar & 2nd fireplace. 5 BRs, 3.5 baths, master suite with full bath. CAC, part. finished basement. 2 level acres with IG heated saltwater pool, patio. IGs. 2 car side entry garage. Much more, convenient location! $998,000.

ST. JAMES
“RESORT LIVING”

Totally renovated Colonial. Features large LR/DR combo with gas fireplace, eat in kitchen, 3 BRs & 2 full baths. Full basement. Gas hot water heat, architectural roof, corner location. $350,000.

ST. JAMES COMMERCIAL RENTALS

Zoned Central Business .25 acre prime corner location close to town & LIRR. Ideal for service business. 3+ car garage / barn / workshop with walk up loft. Totally fenced (6’) property. 6 room Bldg/Office. HW floors, kitchenette & full bath. $3,900 mo.

Prime corner location .19 acre lot. Totally fenced. 5 room building / office with kitchenette & half bath, HW floors. Partial bsmtnt. 2+ car detached garage. $2,800 mo.

Both units are plus utilities.

CALL FOR A FREE MARKET ANALYSIS
The winner of the Spring Smithtown Central School District Art Competition, sponsored by Daniel Gale Sotheby’s International Realty, was announced on May 2, 2019 at a private reception hosted by Daniel Gale at their Smithtown office, located at 81 Route 111 in the Uncle Giuseppe’s Shopping Center. The winner, Rebecca Lee, a Junior of Smithtown High School West, was awarded a $500 scholarship. The check was presented by Deirdre O’Connell, Chief Executive Officer; Anthony DeGrotta, Regional Manager and Michael Mastrangelo, Director of Fine Arts K-12 for Smithtown Central School District. The event was attended by the artists, their family and friends. Congratulations to all the finalists.
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631-862-7056
Visit us at: www.rjkgardens.com
Did you know that Stony Brook University Hospital has a Blood Bank Donor Room where you can donate blood or platelets at your convenience, and the blood products are used to help individuals in our community? It is an independent collection facility (not affiliated with the American Red Cross or New York Blood Supply) and it provides patients at the Stony Brook University Hospital with blood products they need. Located on the 5th floor (main lobby level) of Stony Brook University Hospital (101 Nicolls Road, Stony Brook) the Blood Bank is dependent on the generosity of the public since there is no substitute for blood or platelets.

There are several reasons why donating at the Stony Brook University Hospital Blood Bank is a good idea. First, every day is a blood drive! Accommodating the public is of the utmost importance, therefore, the Blood Bank is open 6 days a week, Monday through Friday, 8 a.m. to 8 p.m., and Saturday, 9 a.m. to 4 p.m.; walk-ins are welcome, however, on weekends, holidays and after 4 p.m. on weekdays we ask that you call ahead as our hours may vary (parking is validated in the Hospital Patient/Visitor parking lot).

This means you can make an appointment which fits your schedule and you don’t have to wait in a long line. Second, 100% of the blood that is donated at the Stony Brook University Hospital Blood Bank stays at the Hospital, possibly helping a neighbor or friend. Third, registered nurses provide one-on-one care to every donor for their entire visit. So whether it’s your first visit or one hundredth, you can be confident that you are in good hands. The Blood Bank is committed to the well-being of its donors and their wellness always surpasses the need for blood.

The demand for blood in our country, state and town is great and blood products inventories continued on page 63.
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Town of Smithtown Offers FREE Disposal of Electronic Waste and FREE Mulch

Town of Smithtown Department of Environment and Waterways held its biggest bi-annual hazardous household waste event on Saturday, April 13, 2019. Approximately 606 households participated in the event, safely disposing toxic items not permitted in regular curbside waste pickups. The biggest turnout yet resulted in over 20 tons of hazardous materials collected.

“Residents are beginning to be more proactive in safely removing old toxic products from their homes while at the same time, paying more attention to labels, avoiding the environmentally dangerous or toxic products at the store. This event is a great reminder to residents to be cognizant of our environment... the turnout and sheer weight of this collection is proof positive that our team of Environmental experts are doing a great job at keeping residents informed.” - SUPERVISOR ED WEHRHEIM

DID YOU KNOW...
...Residents can also dispose of electronic waste, FREE OF CHARGE, at the Town Recycling Center. Electronic waste such as computers, printers, TV’s, monitors, automotive and household batteries can be dropped off during regular hours for proper recycling. This is a FREE service. Proof of residency is required. The Town of Smithtown Municipal Services Facility, is located at 85 Old Northport Road in Kings Park. Mulch is now available FREE OF CHARGE to residents. Smithtown residents can line up for continued on page 63

One-Stop Recycling
SATURDAY, JUNE 1, 2019 • 9 A.M.-1 P.M.
SMITHTOWN LIBRARY PARKING LOT

The Smithtown Library, Leg. Leslie Kennedy’s office and the Suffolk County Sheriff’s Office invite you to finish your spring cleaning at the Smithtown Library Building parking lot. shredding of personal papers and documents, e-waste removal and Shed the Meds proper prescription drug disposal will take place. So come on down. No registration required.
NISSEQUOGUE | $5,399,000
New construction to be completed this summer! Reminiscent of an English Manor Estate, this masterpiece residence features a unique floorplan with exquisite custom millwork, grand entry foyer, 6 BRs, 7.5 baths, stunning great room, gourmet kitchen, home theater, wet bar, gym, loggia and more! Set on 4 acres with panoramic views of Nissequogue River.

NISSEQUOGUE | $2,690,000
Chic modern style and sophistication is captured in this stunning 8000 sf Hamptons style colonial. Grand entry foyer, spectacular great room with fp, gourmet kitchen with statuary marble, ebonized white oak wood floors, coffered ceilings throughout, infinity pool with granite patios. Total interior/exterior masterful construction.

NISSEQUOGUE | $1,999,000
Hamptons alternative! Unique architecturally designed custom built 5 BR residence that sits across from the Long Island Sound. Stunning modern embellishments and chic décor make this home an exceptional alternative to Hamptons living. Perfect for the year-round resident or summer/weekend home.

NISSEQUOGUE | $1,950,000
Breathtaking waterfront residence with 207 ft of water frontage with panoramic views of the Long Island Sound. Updated kitchen, bathrooms, cherry Brazilian floors, large great room with fp, master BR suite, 4 extra BRs and finished basement with outside entrance. Stunning views from every area of the home!

HEAD OF HARBOR | $1,650,000
Gated brick masterpiece residence situated on 2 acres of property on a pristine cul-de-sac. This luxurious one level residence integrated classic amenities with detailed custom millwork and is perfect for family gatherings or elegant entertaining. 12 foot ceilings, 5 BRs, bar room with coffered ceilings, finished basement, ig pool, pool house with full bath, golf & putting green, outdoor kitchen.

HEAD OF HARBOR | $799,000
Pristine updated ranch located on 2.36 acres of wooded property on cul-de-sac. Updated gourmet kitchen, 4 BRs, 3.5 baths, family room, library, formal dining room and finished basement. Deck with gunite pool and detached 6 car garage. This residence has a very private setting in the heart of Head of Harbor. Steps to Stony Brook Harbor. Low taxes.

OUR TOWN • MAY 2019
I N  T H E  N E W S

Smithtown Food Pantry Donations Still Needed

by William J. Garthe

Once again I would like to thank the very generous residents of St. James on behalf of the Smithtown Food Pantry. Each week you have really come through with your donations which are greatly appreciated by the Pantry and those who found themselves in need at this time of year. The Food Pantry, which has been in existence for more than 30 years, is supported by contributions from people like you. Canned goods, pasta, toothbrushes, toothpaste, rolls of toilet paper, school supplies, pets food/treats 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.

**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 – all non-perishable food items.

**Other Items:**
- Soaps - hand & shower, shampoo, toothpaste, toothbrushes, toilet paper, paper towels, baby/adult diapers and baby wipes, feminine hygiene products.

**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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Pets For Adoption at the Smithtown Animal Shelter

submitted by the Smithtown Animal Shelter

The Town of Smithtown Animal Shelter and Adoption Center, located at 410 East Main Street in Smithtown, has pets in need of adoption. The Center is open Monday through Friday from 8 a.m. to 5 p.m., Saturday from 8 a.m. to 4 p.m.; Sunday by appointment only.

The Smithtown Animal and Adoption Center is proud to introduce this month’s Special Pet of the month. Stripes is a handsome 2 year old male who was rescued due to a hoarding situation. He can be a little cautious at first, but quickly warms up to all he meets. Stripes is neutered, current on vaccinations; dewormed; monthly flea & tick prevention applied, microchipped and FeLV/FIV negative.

Stripes currently lives in a Kitty Condo with his roommate, Daphne. He’s very sweet and affectionate, good with other cats and kids. He’s looking for a loving family to love and snuggle up to for cat naps and movie nights for the rest of his nine lives.

All dogs and cats at the shelter are up-to-date on current vaccines and have received full workups by a board certified Veterinarian.

If you are interested in meeting any of the wonderful dogs and cats at the Smithtown Animal & Adoption Center, please call ahead to book an hour to properly interact with them in a domestic setting.

Kittens Kittens & More Kittens:

There is certainly no short supply of kittens. Currently there are a variety of male and female kittens available to adopt or foster, from red-headed to cobalt blue, calico and tortoise shell domestic short-hair... If you are looking for a fun-loving, yarn-tossing ball of love, stop in at the Smithtown Animal Shelter today and find your Purr-fect soulmate or two!

All kittens (and cats) are continued on page 63
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LIVES, LOVES, AND LAMENTS OF THE PEOPLE OF ST. JAMES...
The Emmets Contribute to the Founding and Creation of the Incorporated Village of Head-of-the-Harbor

by Bradley Harris, Smithtown Historian

Last month’s article was about the Christopher Temple Emmets and the estate known as the “Mallows” that they built on the east side of Stony Brook Harbor on 165 acres of land they had purchased from The Devereux Emmets. This purchase gave them ownership of a contiguous swath of land that stretched from Hitherbrook Road eastward to the Stony Brook. As far as Ella was concerned this was the land of the Smiths, and not to be sold to outsiders. So it was a surprise when in 1905, Ella sold 165 acres of property to Devereux’s brother, Christopher Temple Emmet. Although Christopher Emmet was not a Smith, he was Ella’s brother-in-law, and therefore part of the family, and this made the sale acceptable. This article tells more about the Emmets, the two brothers and their wives, who made their homes in St. James.

When Christopher Temple Emmet and his wife, Alida Beekman Chanler, moved to St. James in 1905, they moved into the “old Caleb Davis House which was included in the purchase” of the 165 acres of land that the Temple Emmets bought from the Devereux Emmets. They lived in this house while their new home, “The Malls,” was being completed. “They had what is now Rhododendron Road laid out, so they could ride to the harbor or to the construction site” where their new home was being built. They did this quite frequently since Temple “Emmet liked to talk with the men working on the house” and Alida, “with her fierce-looking wall-eye,” could make sure that work on the house was proceeding as planned. The architect who designed their home was Charles A. Platt and not Stanford White, even though both the Emmets and Chanlers knew and revered Stanford White. The Emmets hired Platt because “Platt had designed a house for Alida’s sister Elizabeth and her husband John Jay Chapman,” and it was a house that “Alida particularly admired.” If Stanford White was annoyed that they didn’t ask him to continued on page 28
Let's **SPRING** Into Action!

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**935 Corey Creek Lane, Southold. $249,000.**
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**N/C Willis Ave., Ronkonkoma. $379,990.**
Great opportunity to customize your own home. Whether you’re downsizing or just starting out you can make this home suit all of your needs. A three bedroom, 2 full bath is planned with wood floors and stainless steel appliances, crown molding, your choice of a wood burning fireplace or an 8x10 shed. This could be your forever home.

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**144 S Jackson Ave., St. James. $489,000.**
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continued from page 26

In 1906, Temple and Alida Emmet and their four children, Elizabeth (8), Margaret (6), Christopher (5) and Hester (3), moved into their new home overlooking Stony Brook harbor. As the years passed, Temple and Alida would have four more children: Jane (1908), Winthrop (1910), William (1911), and Thomas (1915). All of these children grew up in the Mallows under Alida’s watchful eye, and they never lacked anything. Many years later, Thomas Emmet, Temple and Alida’s youngest son, would recall being in their home (the Mallows) during the winter months and skating on the pond below the chicken coop, or “being bundled into a sleigh” and “driven along Shore Road for lunch with his Emmet cousins. As an old man he could still visualize the mountains of snow towering above the road and snowflakes swirling so thickly around the sleigh that any view of the road was obliterated.” (Barbara Van Liew, Head-of-the-Harbor: A Journey Through Time, op. cit., p. 68.)

The Devereux Emmets and the Temple Emmets were together a lot in their land of the Smiths and on their trips to Europe with their horses in tow. “Keeping up with his brother Temple and his wife’s Astor resources seems to have strained the Devereux Emmets’ budget. By 1910, they had begun to sell land” out of the... continued on page 30

Devereux and Ella Smith Emmet.
‘cottages’ in Newport, Rhode Island.” When they travelled, “the Emmets traveled everywhere together. They might take some or all of their children along, with governesses for the four girls and tutors for the four boys ... or park them in exclusive Swiss or English boarding schools. There were long visits to Newport in the summer and innumerable tours of Europe. They rented a castle in Ireland for the hunting season, transporting not only their horses, but their grooms and trainers, and of course Mrs. Emmet always had her lady’s maid. There was skiing in Switzerland and Norway and golf in Bermuda or Nassau.” If nothing else, the Emmets were properly rich and knew how to live royally. (Barbara Van Liew, Head-of-the-Harbor: A Journey Through Time, op. cit., p. 68.)

The Emmets Contribute

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continued from page 28
land of the Smiths. “The first sale to a complete outsider was that of East Farm to architect Archibald M. Brown. A short time later,” in 1912, “Ella sold Thatch Meadow Farm to George W. Bacon. He immediately confirmed Ella’s worst prejudice against outsiders by cutting a grand driveway (now Bacon Road) from the farm all the way up to North Country Road and barring the Emmets and their friends from the horse trails through his woods.” (Barbara Van Liew, Head-of-the-Harbor: A Journey Through Time, op. cit., pp. 53-54.)

George Wood Bacon purchased Thatch Meadow Farm in 1912, “eventually purchasing some three hundred acres” to the east of Ella’s home of Sherewog. A gentleman farmer, like his chief local competitors (Winthrop Taylor at Deepwells Farm and Charles Stewart Butler, with 120 cows at his Brangelbrink Farm in Nissequogue) Bacon sold and bottled milk until well after World War II.” The Thatch Meadow farmhouse that he purchased “had been built in about 1750 by Adam Smith’s great-grandson Floyd (1717-1812).” The house, which Ella had used to house her estate’s superintendent “was a wreck” when George Bacon bought it, and “he hired his East Farm neighbor, architect Archibald Brown, to remodel the house and to design a group of farm buildings around a dairy barn.” Archibald Brown, to remodel the house and to design a group of farm buildings around a dairy barn.” Archibald Brown “maintained the simple lines of the old farmhouse while greatly enlarging existing spaces and supplying needed features like pantries, bathrooms and closets. He added a semi-circular entrance porch with decorative columns and a balcony above a sunroom. He converted an old stone dairy into a summer kitchen, which was two stories high with a balcony connecting it to the main house.” (These features can be seen in the photograph of the Thatch Meadow farmhouse as it looks today.) “For livestock, the architect designed” a barn, that was “an airy structure with stanchions for forty cows and stalls for twelve horses. Attached to the barn” were sheds and smaller barns that formed a courtyard. And towering over the barn complex was the silo with its clock and bell that “toll the hours for the farm laborers and could be heard for miles around.” (Barbara Van Liew, Head-of-the-Harbor: A Journey Through Time, op. cit., pp. 58-60.)

While Ella fretted about the changes that George Bacon was making to the landscape bordering Sherewog, Devereux Emmet was busy making a living as a golf course architect. In 1924, Devereux was in such demand to design golf courses that he hired Alfred H. Tull, as a design associate, to help him complete his many commissions. Alfred Tull was an Englishman who migrated to America in 1914 to work with his brother in a firm that supervised the construction of golf courses, some that had been designed by Devereux Emmet. With Tull’s assistance, Devereux stepped up the number of golf courses he created. After employing Tull In 1924, Devereux designed, or re-designed the following clubs: Belmont Hills Country Club, St. Clairsville, Ohio, 1924; Congressional Country Club (Blue), Bethesda, Maryland, 1924; Country Club of Farmington, Farmington, Conn., 1924; Rockville Links Club, Rockville Centre, N.Y., 1924; St. Mary’s Country Club, St. Mary’s, Pennsylvania, 1924; Brentwood Country Club, Brentwood, N.Y., 1925; Edison Club, Ruxford, N.Y., 1925; Dudley Hill Golf Club (9 holes), Dudley, Mass., 1926; Hampshire Country Club, Mamaroneck, N.Y., 1927; Mahopac Golf Club, Mahopac, N.Y., redesigned by Devereux and Tull, 1927; Manchester continued on page...
continued
Cathedral of the Incarnation in
months. he was 73 years old.
wife Ella through the winter
hotel where he lived with his
Died in the Garden City
Year's Eve, December 30, 1934.
pneumonia on Sunday, New
suddenly after a week's illness with
Griffith, "Devereux Emmett: His
1927, February 2005, p.11.)
a new incorporated village, and
was elected a trustee of the
meant that Devereux could de-
gave him that opportunity and it
meant that Devereux could de-
vote more of his time to commu-
nity affairs. “In 1927, Emmett was
one of the founders of the Incor-
rporated Village of Head of the
Harbor. On October 1, 1928, he
was elected a Trustee of the
newly incorporated village, and
he remained a Trustee until No-
November 23, 1934.” (Philip A.
Griffith, “Devereux Emmett: His
Influence on Garden City, Se-
tauket, Belle Terre, and Smith-
town,” article appearing in a
publication produced by The
Historical Society of Greater Port
Jefferson, February 2005, p.11.)
Devereux Emmet died sud-
denly after a week's illness with
pneumonia on Sunday, New
Year's Eve, December 30, 1934.
He died in the Garden City
Hotel where he lived with his
wife Ella through the winter
months. He was 73 years old.
His funeral was held at the
Cathedral of the Incarnation in
prominent in the annual horse
shows. He was a life-long lover
of horses, and had frequently
hunted in Ireland.” Barbara Van
Liew added the following in her
book on Head-of-the-Harbor:
“He was highly regarded in our
continued on following page

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The Emmets Contribute

continued from page 31

village particularly for his sensi-
tivity to the woodlands, the pas-
tures, the ponds, the harbor, and
his knowledge about our historic
roads — in short all the unique
assets with which our village is
endowed.” (Barbara Van Liew,
Head-of-the-Harbor: A Journey
Through Time, op. cit., p. 57.)

Ella Smith Emmet lived an-
other nine years after Devereux’s
death. In 1935, she sold her an-
cestral Smith home, Sherewog,
and its remaining fifteen acres of
land to Francis McNeil Bacon
and Antoinette (Toni) Frissell.
This sale marked the first time
since Sherewog was built in
1688 that the house and lands
surrounding it passed out of the
Smith family’s possession. “Ella
moved into her sister Bessie
White’s guest cottage near Cord-
wood Beach.” Here “Mrs. Emmet
could frequently be observed in
the summer under her parasol in
the stern of a small boat, her
chauffeur in livery at the oars.
She also kept her cook, a house-
keeper, and a maid. She was ‘a
big, strongly built woman,’” her
granddaughter “Sheila Emmet re-
called, but walked with a cane.
She had tripped over a dog’s
leash and broken her hip. Be-
cause the hip set badly, she had
to give up riding and other cus-
tomary pursuits. Her independ-
ent, imperious temperament
remained, although her great-
nephew Robert White remem-
bered too, her great sweetness
and her delicious teas. She died
in 1943 in Garden City.” She was
buried beside her husband in the
family plot behind the St. James
Episcopal Church.

Ella’s passing in the midst of
World War II marked the end of
an era. She was one of the last of
Judge John Lawrence Smith’s
daughters to have enjoyed the
legacy left to her by her mother,
had used that legacy to purchase
an immense holding of land, to
build a palatial estate, and to
create a land of the Smiths, for
the Smiths. But by the end of her
life, Ella could only look back
upon the world she had known
and wonder: What happened to
it all?

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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The Long Island Symphonic Choral Association (LISCA) is happy to present AN EVENING with MOZART on Saturday, May 18, 2019 at 8 p.m. at the St. James R.C. Church, Route 25A in Setauket. The program, under the direction of Eric Stewart, conductor and Richard Foley, assistant conductor, will be Missa in C minor and the Motet, Ave Verum Corpus by Wolfgang Amadeus Mozart with orchestra and guest soloists. Refreshments to follow. General Admission/$25; Seniors/$20; Students/Free. Tickets are available online at www.lisca.org and at the door.

For additional information, or to be added to their mailing list, call 631-751-2743.

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

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

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

2019 SEASON PERFORMANCE SCHEDULE

**Evita**
Through June 23, 2019
Evita charts the young and ambitious Eva Peron’s meteoric rise to sainthood. Lyrics by Tim Rice
Music by Andrew Lloyd Webber

**Les Miserables Teen Edition**
Theater ForKIDS
May 18-June 2, 2019
Presented by the ‘Youth Experiencing Art Project’

**Beach Bums**
Saturday, June 29 | 8 p.m.
Tickets: $40
The “Beach party,” the cars, the sun, free love, surfin’, the endless summer… This is what The Beach Boys music is.

**42nd Street**
July 6-August 18, 2019
One of show business’s most classic and beloved tales, 42nd Street tells the story of Peggy Sawyer, a talented young performer with stars in her eyes who gets her big break on Broadway.

**The Emperor’s New Clothes**
Theater ForKIDS
July 13-August 18, 2019
Tickets: $18

**Cast of Beatlemania**
Saturday, August 31 | 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.

**The Godfathers of Comedy**
Saturday, October 12 | 8 p.m.
Tickets: $40
Get a belly full of laughter with some of the best Italian comedians Long Island has to offer.

**Forever Motown**
Saturday, October 26 | 8 p.m.
Tickets: $50
A non-stop, high energy trip down memory lane! Featuring the songs America grew up on.

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

Become a member and save with additional benefits. Annual membership is $75 and a lifetime membership is $300. Benefits include additional 10% discount on the purchase of tickets to any performance or subscription package, preferred status for seating, and much more.
OUR TOWN • MAY 2019

429 North Country Road, St. James, NY
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WWW.ROCCOSOFSTJAMES.COM

Think Rocco’s for GRADUATION PARTY CATERING
CALL TODAY TO BOOK YOUR PARTY!

Catering Package #1
$219 + tax
Feeds 15-20 People
All Items Are Half Tray
• Tossed or Caesar Salad
• Baked Ziti or Penne ala Vodka
• Eggplant Parm or Eggplant Rollatini
• Sausage & Peppers or Meatballs
• Chicken Francese, Marsala or Parmigiana

FREE Tray of Garlic Knots WITH ANY PACKAGE PURCHASE

Catering Package #2
$319 + tax
Feeds 25-30 People
All Items Are Half Tray
• Tossed or Caesar Salad
• Baked Ziti or Penne ala Vodka
• Eggplant Parm or Eggplant Rollatini
• Sausage & Peppers or Meatballs
• Chicken Francese, Marsala or Parmigiana
• Buffalo Wings
• Chicken Fingers
• One 3 ft. Hero of your choice (American & Italian only)

Catering Package #3
$419 + tax
Feeds 35-40 People
• Full tray Tossed or Caesar Salad
• Full tray Baked Ziti or Penne ala Vodka
• Full tray Eggplant Parm or Eggplant Rollatini
• Full tray Chicken Francese, Marsala or Parmigiana
• Half tray Buffalo wings
• Half tray Chicken Fingers
• One 3 ft. Hero of your choice (American & Italian only)

FREE tray of Garlic knots WITH ANY PACKAGE PURCHASE

TRY OUR SPECIALTY WINGS!!!
Over 30 Gourmet Pizzas Available

FAMILY COMBO SPECIAL
1 Large Pie
1 Platter Chicken Parmesan
12 Garlic Knots
1 Tossed Salad
1 2 Liter Soda
With coupon. Cannot be combined. Exp. 6/18/19

$33.99

Everything prepared daily using only the Finest Homemade & Imported Ingredients
HOURS: Sunday–Thursday 11 AM–10 PM • Friday & Saturday 11 AM–11 PM
• We Accept All Major Credit Cards •
The Ballet Education and Scholarship Fund, Inc. (BESFI) announced that its 40th annual benefit performances will be held Friday, May 17, 2019 at 7 p.m. and Saturday, May 18 at 2 p.m. at the Staller Center for the Arts, Stony Brook University. The program will feature two noted guest artists: Alvin Tovstogray who is appearing courtesy of Oklahoma City Ballet and Daniel Wagner formerly with the Cincinnati Ballet. They will be paired with Seiskaya Ballet principal dancers Diana Atoian, Jenna Lee, Brianna Jimenez, Graciela Carrero-Sagona and Lara Caraiani and with 1st soloists Eva Pyrros, Julia Virnelli and Jordan Jaramillo in a series of exciting pas de deux.

The tragic love story of Nikiya and Solor, embodied in a one-act divertissement of the ballet La Bayadère, will round out an outstanding evening of classical pas.

Choreographer Vaso Kikna’s staging of La Bayadère Divertissement captures the verve, anguish and pathos of the full-length version. Guest artist Alvin Tovstogray imbues the male lead role of Solor with passion opposite the seductive Nikiya and the regal Gamzitti alternately danced by Diana Atoian and Jenna Lee. The Flower Festival en Genzano Pas, La Esmeralda Pas, Raymonda Pas, Giselle Peasant Pas and Grand Pas Classique will provide a wide breadth of styles from jaunty to bravura to ebullient.

As always, a sprinkling of contemporary works and a character ballet also are on the program. Choreographed especially for BESFI by Helena Sgouramani, Alteralena is a new contemporary work that highlights the dancers range. The ever popular and joyful Kazachok will occupy the character ballet spot.

Noted for the consistent high quality of its presentations, the BESFI Benefit is always a highlight of the dance season. Colorful costumes, noted professional guest artists and riveting choreography make for exciting performances. Tickets are on sale now through the BESFI Box Office at 631-584-0192 or at the door with adults/$30, children and seniors/$24 and groups of 20 or more/$20.
UNDER CONTRACT In Just 3 Weeks!

30 HEIDE COURT SOUTH, ST. JAMES.
Stunning 4 BR, 2.5 bath Farm Ranch on flat half acre in the heart of town.
Completely and beautifully renovated.

NEW TO MARKET

336 LAKE AVE. S., NESCONSET
Rebuilt 3 BR, 2 bath home.
Gorgeous! Smithtown School District.

UNDER CONTRACT

5 KRISTIN LA., HAUPPAUGE
Gorgeous 2 BR, 2.5 bath condo in The Lakes at Honey Hollow.
Wood burning fireplace, garage, overlooking lake.

I can sell your home and help you find a new one!
Call for appointment or ask a question
516-316-2000.

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

JILL MCDOWELL
Licensed Real Estate Salesperson
Douglas Elliman Real Estate
200 West Main Street
Smithtown, NY 11787
0-631-543-9400
C-516-316-2000
jill.mcdowell@elliman.com
View Local Artists at Work on LIM Grounds

On Saturday, May 18, 2019, from 10 a.m. to 5 p.m. the Long Island Museum, located at 1200 Route 25A in Stony Brook, will invite members of its LIMArts collaborative arts group to participate in a plein air painting and sketching opportunity on the grounds and inside galleries.

Plein air painting is about leaving the four walls of the studio behind and experiencing painting and drawing in the landscape. It’s a technique that was made popular by French Impressionists (think Monet’s Garden at Giverny) in the 19th century. Visitors will enjoy seeing artists at work, taking inspiration from the museum’s beautiful gardens and world-class exhibitions. Their creations will be on display throughout the day and from 5-6 p.m., the museum will host a reception where participating artists will have an opportunity to sell their work to the general public. Light refreshments will be served.

In case of rain on Saturday, May 18, the event will be held on Sunday, May 19.

Regular museum hours are Thursday through Saturday from 10 a.m.-5 p.m. and Sunday from 12 noon to 5 p.m. For additional information visit www.longislandmuseum.org.

Enjoy Dancing? Then You’re Invited!

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 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.

On Saturday, June 1, 2019 there will be dancing to live music featuring Tom Manuel and His Hot Peppers.

Come alone or bring a friend – no partner needed.

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.

Liquorium
Wine & Liquor

Choose from our large selection of Fine Wines, World Class Champagnes & Spirits from around the world

WINE TASTINGS
EVERY FRI & SAT 4-7 PM

WE CARRY
KOSHER WINE

WE HAVE
SCRATCH-OFFS

Restock Your Wine Cellar!
10% CASE DISCOUNTS

Stags Leap
Pinot Noir
$18.99
750ml

Melomi
Cash & Carry Only
Coupon must be presented at checkout. Cannot be Combined. Expires 6/18/19.

Vodka

Cash & Carry Only
Coupon must be presented at checkout. Cannot be Combined. Expires 6/18/19.

20% Off
Any 1 Bottle of Wine

Stags Leap Cabernet Sauvignon
$44.99
750ml

Cash & Carry Only
Coupon must be presented at checkout. Cannot be Combined. Expires 6/18/19.

Absolute
Cash & Carry Only
Coupon must be presented at checkout. Cannot be Combined. Expires 6/18/19.

M boss

WINE DISCOUNTS

Senior Wine Discounts

430-04 North Country Road (Rte. 25A), St. James
(St. James Colonial Shopping Plaza)
631-862-7020

HOURS: Mon.-Thurs. 9AM-8PM • Fri.-Sat. 9AM-9PM • Sun. 12-6PM

An Evening With Mozart

Long Island Symphonic Choral Association
Eric Stewart, Conductor
Richard Foley, Assistant, Conductor

Present

Missa in C minor and the Motet, Ave Verum Corpus
by Wolfgang Amadeus Mozart
with orchestra and guest soloists

Saturday, May 18, 2019 • 8:00 p.m.
Saint James Roman Catholic Church
Route 25A, Setauket, New York

Refreshments to follow

Admission:
$25 General • $20 Seniors • Students Free
Tickets available at: www.lisca.org,
and at the door

By credit card online go to www.lisca.org

For information
or to be added to our mailing list
call 631-751-2743
From Montauk to Manhattan, from renovation through decoration, our firm has been the go-to destination since 1973.

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

Integrity - Quality - Mindful of Your Time & Budget
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 to purchase tickets visit www.thejazzloft.org or call 631-751-1895. Subject to availability, tickets can be purchased at the door before the event.

Event Schedule

Thursday, May 16, 7 p.m.
The Bad Little Big Band is a 12-piece big band directed by pianist, composer and arranger Rich Iacona. Madeline Kole accompanies on vocals. Tickets: $25/adults, $20/seniors, $15/students, $10/children, children under 5 free

Saturday, May 18, 6 p.m.
Young Artist Program Concert
A partnership between SBU’s Pre-College divisions and the Jazz Loft which gives talented young players the opportunity to study with world class musicians. FREE

Wednesday, May 22
The Jazz Loft Trio and Jam and The Art of Jazz
The Jazz Loft Trio performs at 7 p.m. followed by an open jam at 8 pm. While the music plays artists from Th Atelier sketch a live clothed model.
Tickets: 7 p.m./$10; 8 p.m./$5

Thursday, May 23, 7 p.m.
Jazz Loft Double Header: Rich DeRosa Trio and Tom Manuel’s New Directions Nonet.
Tickets: $25/adults, $20/seniors, $15/students, $10/children, children under 5/free

Saturday, May 25, 2 p.m.
Clem DeRosa Jazz Institute Legacy Ensemble. Tickets: $25/adults, $20/seniors, $15/students, $10/children, children under 5/free

Saturday, May 25, 7 p.m.
Eli Yamin Trio
Q&A Book Discussion – So You Want To Sing the Blues: A Guide For Performers by Eli Yamin at 6 p.m. Tickets: $25/adults, $20/seniors, $15/students, $10/children, children under 5/free

Saturday, May 29
Jazz Loft Trio and Jam
The Jazz Loft Trio performs at 7 p.m. followed by an open jam at 8 pm. Tickets: 7 p.m./$10; 8 p.m./$5

Thursday, May 30, 7 p.m.
Interplay Jazz Orchestra
17-piece jazz big band performs original compositions.
Tickets: $25/adults, $20/seniors, $15/students, $10/children, children under 5/free

Friday, May 31, 7-10 p.m.
Havana Night in the Count Basie Garden
- Manuel Thomas and His Cuban Troubadours perform an evening of Cuban music.
Tickets include hors d’oeuvres from BLISS, a Cuban cocktail and cigars from FLAME in Port Jefferson.
Tickets: $100

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

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Lessons & Studio

Private Drum Lessons
with John Miceli

For more information and scheduling, contact: teachingdrums@yahoo.com

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continued on facing page

Lessons & Studio

Private Drum Lessons
with John Miceli

For more information and scheduling, contact: teachingdrums@yahoo.com
continued

Thurs. & Fri., June 6 & 7, 7 p.m.
Duke Ellington’s Far East Suite
17 piece big band performs a composition that earned Ellington a Grammy. Tickets: $30/adults, $25/seniors, $20/students, $15/children, children under 5/free

Saturday, June 8, 7 p.m.
Daniel Meron Quartet
Tickets: $25/adults, $20/seniors, $15/students, $10/children, children under 5/free

Wednesday, June 12
The Jazz Loft Trio and Jam
and The Art of Jazz
The Jazz Loft Trio performs at 7 p.m. followed by an open jam at 8 pm. While the music plays artists from The Atelier sketch a live clothed model.
Tickets: 7 p.m./$10; 8 p.m./$5

Wednesday, June 12, 1 p.m.
Young at Heart: Jazz In the Movies
The Jazz Loft Trio will perform jazz heard in films in this monthly afternoon series.
Tickets: $10

Thursday, June 13, 7 p.m.
Alea 4. Trombonist Justin Comito leads this quartet.
Tickets: $25/adults, $20/seniors, $15/students, $10/children, children under 5/free

Wednesday, June 19
Jazz Loft Trio and Jam
The Jazz Loft Trio performs at 7 p.m. followed by an open jam at 8 pm. Tickets: 7 p.m./$10; 8 p.m./$5

Thursday, June 20, 7 p.m.
The Bad Little Big Band is a 12-piece big band directed by pianist, composer and arranger Rich Iacona. Madeline Kole accompanies on vocals. Tickets: $25/adults, $20/seniors, $15/students, $10/children, children under 5/free

Friday, June 21, 7 p.m.
Three Village Historical Society Prohibition Night. The Hot Club of Stony Brook, a 1920’s era jazz band performs for the annual Prohibition Night. Tickets: $25/adults, $20/seniors, $15/students, $10/children, children under 5/free

Saturday, June 22, 7 p.m.
Harry Allen Quartet. Tickets: $30/adults, $25/seniors, $20/students, $15/children, children under 5/free
The Atelier at Flowerfield Happenings

**EXHIBITIONS**

**Masterworks 2019**
May 16-Sept. 30, 9 a.m.-5 p.m.
Opening Reception
May 16 | 5:30-7:30 p.m.
Third annual exhibition of work by Atelier instructors, Workshop guest instructors.

**EVENTS**

**Free Lecture Series, 7-8:30 p.m.**
Alternate Thursdays
May 30, lecture by Atelier Director Kevin McEvoy on the history of the Atelier movement on Italian painter Bernini. Coffee and cookies will be served. Suggested donation of $10 which supports scholarship students and community programming.

**Art of Jazz** | $10
at the Jazz Loft of Stony Brook
Wednesday, May 22, 7-8:30 p.m.
With Atelier Director Kevin McEvoy, portrait demonstration with live jazz. Artists are welcome to draw along. Materials not included.

**Open House**
Thurs., June 6, 2-5 p.m.
Live art demos, tours, refreshments and introductions to instructors. This is a FREE event and is family friendly.

**GUEST INSTRUCTOR WORKSHOP**

**Sight-Size Plein Air Painting**
May 24, 25, 26 | $475
Learn to paint landscape using the sight-size method at different locations around the local area. continued on facing page
continued

STUDIO ART CLASSES

Friday Night Open Figure
Fridays, 6-9 p.m. | 18 years & up
Fee: $20/person, per class
May 17, 24, 31, June 7, 14
Work with a live nude model for a 3-hour, uninstructed session of short and long poses. Easels and drawing boards are provided.

Cast Drawing for Beginners
OR
Still Life Drawing and Painting
OR
Portrait Drawing & Painting w/live model
10 a.m.-1 p.m.
Mondays thru June 24
Tuesdays thru June 25
Wednesdays thru June 26
Thursdays thru June 27
Fridays thru June 28

6-9 p.m.
Wednesdays thru June 26
Fee: $55/class

Plein Air Painting
Tuesdays | thru June 25, 3-6 p.m.
Fee: 55/class

Classical Art Foundations for Middle & High School Students
Mondays | thru June 24, 6-9 p.m.
Fee: $40/class + $25 materials fee

Drawing for Beginners
Wed. | thru June 26, 2-5 p.m.
Fee: $55/class

Watercolor Painting
Tuesdays | thru June 25, 2-5 p.m.
Fee: $55/class

Intro to Painting
Tuesdays thru June 25, 6-8 p.m.
Fee: $40/class

Plein Air Painting With Pastels
Thurs. thru June 27, 2-5 p.m.
Fee: $55/class

Figure Drawing & Painting
Fridays thru June 28, 2-5 p.m.
Fee: $72.50/class, (includes model fee)

Classical Art for the Young
Ages 7-11
Sat. thru June 29, 10-12 noon
beginning May 4
Fee: $40/class + $25 materials fee

Fundamentals of Graphic Novel Creation
Sat. thru June 29, 2-5 p.m.
Fee: $60/class (includes model fee)

MATT’S PIZZA
348 Lake Ave., St. James • 631-862-6161
SPECIAL PRICING FOR SCHOOLS, CHURCHES & NON PROFITS

Sicilian Pie
1 Dozen Garlic Knots
1 – 2 Liter Soda
$20.99 + Tax
Must present coupon with order. Cannot be combined. Exp. 6/18/19

MONDAY & WEDNESDAY
SPECIAL
2 Large Cheese Pies
1 Baked Ziti or Salad,
2 Liter Soda
1 Doz. Garlic Knots
$31.99 + Tax
Must present coupon with order. Cannot be combined. Exp. 6/18/19

ANY 2 BAKED DISHES
$19.95 + Tax
Baked Ziti, Ravioli, Manicotti, Eggplant Parm, Stuffed Shells, Spaghetti with Meatballs or Sausage
Must present coupon with order. Cannot be combined. Exp. 6/18/19

BUY ANY 2 HEROS
Get 1 FREE
Meatball, Sausage, Chicken, Eggplant, Sausage & Peppers, Italian Delight, Peppers & Egg
50¢ Extra for Parmigiana
Must present coupon with order. Cannot be combined. Exp. 6/18/19

SPECIAL
1 Large Pizza
$21.99 + Tax
1 Baked Ziti
2 Liter Soda
1/2 Doz. Garlic Knots
Must present coupon with order. Cannot be combined. Exp. 6/18/19

$2.00 OFF REGULAR OR SICILIAN PIE
Must present coupon with order. Cannot be combined. Exp. 6/18/19

All Coupons Must Be Presented at Purchase.

DELIVERY TO ST. JAMES, NESCONSET & STONY BROOK
Before placing your order, please inform your server if a person in your party has a food allergy.
The Art League of Long Island 2019 Happenings

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

Gallery Admission is FREE

Gallery Hours:
Mon-Thurs: 9 a.m.-9 p.m.
Fri: 9 a.m.-4 p.m.
Sat-Sun: 11 a.m.-4 p.m.

EXHIBITS

Critique Group of Long Island:
Conversations in Art
Through May 19
A group of local artists who support one another in monthly meetings to discuss their work and art, whose styles push beyond traditional norms of representational art, delving into the abstract are showing their work.

Diversity in Our Lives
May 25-June 23
Reception: FREE
Sunday, June 9, 1-3 p.m.
Artwork representing the artist's interpretations of diversity.

WORKSHOPS, LECTURES, EVENTS

To register, call the Art League of Long Island at 631-462-5400 x222 or visit www.artleagueli.org. All programs take place at the Art League Center 107 E. Deer Park Road, Dix Hills unless otherwise noted.

May 17, 9:30 a.m.-12 p.m.
60 Minute Red Chalk Portraits: Conquer Portrait Drawing!
Fee: $75 + $15 materials fee
Learn to see and draw using both brush and red chalk. Artist Larry Aarons will share his “Speed Viewing” techniques.

May 19, 2-3:30 p.m.
Story Time! For Ages 4-6 | $8
Artist and author, Helen Murdock-Prep, will read from her book, Rainy Day Friend. Wear your paj’s and bring a favorite stuffed animal, too. Stay for singing and a craft.

May 31, 9:30-3 p.m. | $35
Adobe Photoshop Crash Course
This one-day class will give you the basic, skills to get you up and running.

June 1 & 2 | 10 a.m.-5 p.m.
ART IN THE PARK | FREE
Heckscher Park in Huntington
More than 85 artists and craftspeople will show and sell original works of art and handmade crafts such as paintings, photographs, ceramics, jewelry, sculpture, woodwork, glasswork, wearable art, and more. The event also features live art demonstrations by Art League instructors, family-friendly hands-on activities, and live music.

continued on facing page

CELEBRATING A BIRTHDAY?

Email Your Birthday Announcement & Photo to OurTown@optonline.net
or mail to Our Town • St. James
359 Lake Avenue, St. James, NY 11780
There is no charge for this service & photos will be returned if requested.
continued

June 3, 11 a.m.-12 noon | $10
From the Dab of Paint Lecture Series: Architectural Models
A variety of architectural study models will be presented to explain the function and construction of different types of models. Learn about the materials and methods needed to create these useful tools of the design process.

June 9, 1-3 p.m. | $35
My Companion and Me! Fine Art Partner Inclusion Workshop
Enjoy the unique opportunity for bonding through artistic expression during this series of Fine Craft Inclusion Workshops. Each child will go home with a beautiful completed craft project at the end of every workshop.

June 14, 9:30 a.m.-3 p.m. | $135
Adobe Photoshop: Digital Illustration Crash Course
This one-day class will give you the basic, necessary skills to help get you started creating amazing illustrations for books, magazines, web sites, web-toons, and so much more.

Summer Art Adventure 
Ages 5-14
Looking for fun and creative activities for your child this summer? The Art League offers themed sessions led by Certified Instructors in a fun and relaxed environment. Sessions begin the week of July 8 and take place at Paumanok Elementary School, 1 Seaman Neck Road in Dix Hills. Register online at www.artleagueiregistration.org/summer-art-adventure or call 631-462-5400 x222.

Summer Pre-College Portfolio 
Ages 15-18
The Art League is offering two 3-week sessions for high school students to fully immerse themselves in the creative process and build their portfolios for college. Sessions begin the week of July 8. Register online at https://www.artleagueiregistration.org/catalog/summer-pre-college-program or call 631-462-5400 x222.

Ongoing | $65/per hour
One-on-One Computer Graphics Training
Lisa Cohen, a professional graphic designer and instructor for 25+ years, will teach individualized sessions in Adobe InDesign, Photoshop, Illustrator or Dreamweaver.
ARTS & ENTERTAINMENT

Smithtown Historical Society Happenings

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

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

The Historical Society maintains six houses and eight 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

Instant Pot Class
Friday, May 17, 7 p.m.
239 Middle Country Road, Smithtown
631-265-6768
Fee: $25

Enjoy a fun evening of learning and tasting with pressure cooker enthusiast and expert Aidan Bouchelle. He will familiarize you with the Instant Pot and its functions, and create a 3-course tasting menu. Space is limited - register early.

Civil War Encampment
Friday, May 17, 10 a.m.-2 p.m.
Fee: $10, children under 12/$5
Parking across the street at 222 Middle Country Road, Smithtown only.

Join students and teachers from all over L.I. at this Annual Civil War Encampment. Come and experience the sights and sounds of the past in conjunction with LI Civil War reenactors. Talk to soldiers and civilians from the North and South, visit a battlefield doctor and observe artillery, cavalry and infantry demonstrations. Historic homes will be open for guided viewing as well. There is a gift shop and the grounds are available for a picnic lunch.

TALES FOR TOTS
631-360-2480
Smithtown Historical Society's Roseneath Cottage
239 Middle Country Road, Smithtown
FREE

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

Discover a new theme through reading each continued on facing page
Bruce Lieberman 2019 at Gallery North

Gallery North, located at 90 North Country Road in Setu-aket, is pleased to present the work of artist Bruce Lieberman who paints on Long Island where he and his family have lived for many years. A solo exhibition featuring a full array of work includes every nuance of his garden, home and personal surroundings. This exhibition, which runs through May 24, 2019, exposes the viewer to the energy and rhythm of living close to ocean and beach where colors, lines and shapes are continually changing.

For additional information call 631-751-2676 or visit www.gallerynorth.org. Gallery hours are Wed.-Sat. 10 a.m.-5 p.m. Sunday 12-5 p.m. Closed Monday and Tuesday

Whitefish with Times. Acrylic on Canvas

Bruce Lieberman 2019

Tales For Tots continued from previous page

Month. Register by calling the Main Branch of the Smithtown Library - 631-360-2480.

June 14 – Celebrating Dad

July 12 – Beach

August 9 – Summer

September 13 – Back to School

October 11 – Fall

November 9 – Thankful

December 13 – Winter

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ryandittmar@allstate.com

# Programs Offered at the Library

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

For more information visit the library website at [www.smithlib.org](http://www.smithlib.org).

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

## REGISTRATION INFORMATION

In-person, online and telephone registration for all programs is required and begins one month prior to program date unless otherwise noted. Programs that require fees can be paid by credit card, cash, check or money order to the Smithtown Library. To pay by credit card, use the online payment option. For more information about paying by credit card, see the library website [www.smithlib.org](http://www.smithlib.org). If paying in cash, please bring exact change only. Program fees are non-refundable and non-transferable. Check the Library’s calendar or contact your local building for availability. Out of district residents should call the Library for program availability.

## MOVIES AT THE LIBRARY

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<th>Smithtown</th>
<th>Nesconset</th>
<th>Commack</th>
<th>Kings Park</th>
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<td><strong>Friday, May 17, 2 p.m.</strong></td>
<td><strong>Friday, May 24, 2 p.m. &amp; 6:15 p.m.</strong></td>
<td><strong>Friday, May 31, 2 p.m.</strong></td>
<td><strong>Green Book</strong></td>
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<td><strong>Tea-rrific Reads Book Discussion</strong></td>
<td><strong>Nesconset</strong></td>
<td><strong>Tues., May 28, 2:15-3:15 p.m.</strong></td>
<td><strong>Saints for All Occasions by</strong></td>
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## BOOK DISCUSSION GROUPS

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continued on page 52
ST. JAMES. Custom built young Colonial set on private 2 acres. Immaculate condition. Large spacious rooms with high ceilings. Master bedroom suite is on first floor with full bathroom. Incredible walk out basement perfect for additional living space. $689,000.

ST. JAMES. Fairfield 55 plus Community. End unit with garage. 3 BR Town Home, with master on 1st floor. 2 1/2 bathrooms. Great location with beautiful views. $419,990.

NESCONSET. Country Point North. 3 BR, 2 1/2 bath Condo with master bedroom on 1st floor. Open floor plan with cathedral ceilings. 2 car garage, full basement. Private location. $659,990.

HAUPPAUGE. Hamlet Windwatch Villa. A 1st floor Condo. 2 BRs. 2 1/2 baths. Large spacious rooms, 1 car garage. Fabulous location with private patio with views of the ponds and the golf course. $529,990.

HEAD OF THE HARBOR. Steps from Cordwood Beach. Sprawling 5 BR, 2 bath Farm Ranch with panoramic water views architecturally designed to make this home open and full of natural light. Hardwood floors, cathedral ceilings, basement, 2 car garage. Set on over 2 acres. $765,000.

COMMACK. Totally Candy section. 3 BR, 2 bath renovated home. Updated kitchen with granite and stainless appliances. New bathrooms tiled throughout. Set on 1/2 acre with IGP. Great location! $549,990.

Rowena Nedvin
David Nedvin, LAREBS
Rowena’s Cell: 631.767.5221
David’s Cell: 631.767.5220
rowena@nedvinhometime.com

Cathy Jusino,
LRESP

Thomas Aurrichio,
LRESP
continued from page 50
J. Courtney Sullivan. Registration encouraged.

Sports Pages
Book Discussion Group
SMITH TOWN
Mon., June 3, 10:30-12:30 p.m.
Lou by Lou Piniella. No registration required.

Night Owl Cafe Book Discussion
AT THE NESCONSET STARBUCKS
Thurs., May 23, 7:15-8:15 p.m.
The Summer I Met Jack by Michelle Gable. Registration encouraged.

SMITH TOWN
Thurs., May 16, 10:15-12:15 p.m.
The Shell Seekers by Rosamunde Pilcher. No registration required.

Library Programs

TRIPS
MOHONK MOUNTAIN HOUSE
BUS TRIP
SMITH TOWN BUILDING
Wed., June 12, 6:45 a.m.-7 p.m.
Fee: $140 per person includes all expenses and gratuities.
Mohonk Mountain House is an historic resort located on the shore of Lake Mohonk. The main structure was designated a National Historic Landmark in 1986 and was built by Quaker twin brothers Albert and Alfred Smiley between 1869 and 1910. Take a guided tour of the Greenhouse, then enjoy a buffet lunch in the main dining room. After lunch, enjoy free time in the Mohonk Museum, beautiful gardens and nature trails.

ADULT PROGRAMS
FOR THE LOVE OF POETRY
SMITH TOWN
Mon., May 20, 10 a.m.-12 noon
This monthly workshop on the art and craft of writing poems is conducted by Gladys Henderson, Suffolk County Poet Laureate 2017-2019. This is a safe place for you to bring your poetry and receive positive critique on your work.

THOMAS JEFFERSON – AN AMERICAN FOUNDING FATHER
SMITH TOWN
Thurs., May 23, 7-8 p.m.
Sean P. Harvey professor, of continued on facing page

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GIFT CERTIFICATES AVAILABLE for all occasions
continued early American history at Seton Hall University will talk about the life of Thomas Jefferson.

**EVENING PIANO CONCERT**

**SMITHTOWN**
Friday, May 31, 7-8 p.m.
A student from Rock-n-Roll U will be performing classical tunes in the Periodicals Room. Grab a book, get cozy and enjoy some relaxing background music.

**FILM AND DISCUSSION**

**SMITHTOWN**
Friday, June 7, 6:30-8:30 p.m.
Join Joyann Cirigliano of the Four Harbors Audubon Society for a film viewing and light discussion of topics related to our environment. This month’s movie will be *An Inconvenient Sequel - Truth to Power*, that shows us just how close we are to a real energy revolution.

**RECOGNIZING RISK FACTORS IN BREAST CANCER**

**NESCONSET**
Mon., June 3, 7-8 p.m.
Dr. Joyce Au will address not only the average risk in the population, but will also highlight some major factors that increase an individual woman’s risk for breast cancer.

**HURRICANE AND EMERGENCY PREPAREDNESS**

**NESCONSET**
Sat., June 8, 11 a.m.-12 noon
A representative of the Suffolk County Office of Emergency Management will give information on hurricanes and other storms as well as discuss the need to be prepared for these emergencies. Learn strategies to help you prepare as well as some of the services and resources available to help you do so.

**ONGOING ADULT PROGRAMS**

**Adult Game Day**

**SMITHTOWN**
Fridays, 11 a.m.-1:30 p.m.

**Adult Writers Group**

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

prior to the program, when, space permitting, all individuals are welcome to register. Open to all adult drivers regardless of age. Bring your license to class. Must have a library card to register; one registration per library card.

**AARP Classes**

**SmiHToWN**

Thursday, June 6 or July 11
9:30 a.m.-4 p.m.

**NEsCONSET**

Saturday, June 1,
9:30 a.m.-4 p.m.

**KINGS PARK**

Call for dates and times
Fee: $20 with an AARP membership card; $25 without. Only checks or money orders will be accepted.

**TEEN PROGRAMS**

**GRADES 6-12**

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

**VOLUNTEER OPPORTUNITIES**

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

**Book Sale Room Volunteers**

**NEsCONSET**

Tuesday, May 28, 6:30-7:30pm
Teen volunteers are needed to assist collecting and sorting donations and help with book sale.

**Bookmark Volunteers**

**NEsCONSET**

Thursday, May 23, 7-8 p.m.
Teen volunteers are needed to design and make bookmarks. Bookmarks will be sent to patrons who are enjoying the Library’s Homebound Mail Service.

**REGENTS REVIEW CLASSES**

Fee: $10 per person, per class.
Prepare for this year’s regents exams at your Library. Review continued on page 56

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Library Programs

will hang together to create a unified picture.

**TEEN MOVIE AND PIZZA NIGHT**

SMITHTOWN
Friday, May 31, 6:30-8:30 p.m.
Rated PG, runtime 117 minutes.
Watch Spider-Man: Into the Spider-Verse on the big screen while stuffing your face with delicious pizza.

**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.

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

**FAMILY BINGO**

SMITHTOWN
(Families w/children under 12)
Wed., May 22, 4:30-5:15 p.m.
Come to the Library and enjoy bingo card fun for the whole family.

continued on page 58
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### Library Programs

**TINY TOT PROM**  
**Nesconset** (2-4 years w/adult)  
Thursday, May 23  
11-11:45 a.m. OR  
2:30-3:15 p.m.  
Enjoy a dress-up dance party catering to your little one. Dress your best while enjoying music, games, snacks and prizes.

**SPRING FLING**  
**Smithtown** (3-5 years w/adult)  
Saturday, May 18, 11-11:30 a.m.  
Come to the Library for this fun storytime celebrating the return of showers and flowers. Create a colorful seasonal craft.

**LET’S ROLL**  
**Smithtown** (3-5 years w/adult)  
Monday, May 20, 10-10:45 a.m.  
Read some fun stories and create a cool bicycle craft to celebrate National Biking Month.

**PRESCHOOL DANCE PARTY**  
**Nesconset** (3-5 years w/adult)  
Wednesday, May 22, 2:30-3 p.m.  
Put on your dancing shoes for an afternoon of music and dancing fun.

**HUFF AND PUFF**  
**Smithtown** (5-7 years)  
Thursday, May 23, 4:30-5:15 p.m.  
Build a house for the Three Little Pigs and compete to see whose house is safest from the wolf.

**BOTTLE PRINT FLOWER ART**  
**Nesconset** (5-7 years)  
Friday, May 24, 4:30-5 p.m.  
Listen to wonderful stories and make a craft using recycled bottles and paint to make colorful springtime flower prints.

**PATRIOTIC BEADS**  
**Smithtown** (8-12 years)  
Saturday, May 25, 11-11:45 a.m.  
Create your own beaded American flag pins perfect for wearing or handing out during your Memorial Day festivities.

**YOUNG AT ART**  
**Nesconset**  
(12-30 months w/adult)  
Tues., May 28  
10-10:45 a.m. OR  
11:15-12 noon  
Explore and discover art with your toddler through hands-on activities and fine motor fun.

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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.

Postural Effects From Imbalances in the Feet

Most do not realize that the condition “flat feet”, which is a term used to describe the flattening of the foot’s inner arch, has more of an effect on the entire structure and stability of the body rather than the foot alone. A flattened arch causes the individual to put more stress and pressure on the inner part of the foot, causing the rest of the body to mold to its imperfection. As a result the body becomes off centered and awkwardly balanced. When the foot imbalance is present, there is a negative impact on the knees, hips, pelvis and spine. Some patients must have these abnormal forces reduced before they can achieve improved spinal function.

Pronation is the rotation of a body part either inward or downward. The foot naturally presses downward or inward when walking or running. However, over-pronation causes a decrease in arch height, which can cause discomfort not only to the foot, but also to the entire body. Pronation is associated with the loss of arch height that causes the foot to rest unsettled and off balanced. Pronation may become permanent if not treated, and will become progressively worse with time. One may ask, “How do I know if I have pronated feet?” Although it is best to determine one’s medical stance by consulting a doctor, generally a pronated foot flares outward during standing. Also, the Achilles tendons and kneecaps may be pushed inward from the midline of the legs. If any of these problems are present, shoe orthotics may be a healthy choice!

Patients who suffer from this anatomical imbalance can find relief in custom fit shoe orthotics. Shoe orthotics, also known as Spinal Pelvic Stabilizers, are shoe inserts that cause the foot to remain centered, helping the body to realign itself to equilibrium. One beneficial aspect of using shoe orthotics is that they are able to correct an existing arch problem for long-term relief. Overall, orthotics contribute to full body wellness. For example, if one were to suffer from severe neck pain, it does not necessarily mean that the pain is concentrated in the neck region. In fact, the pain could be from excess stress to the lower back of the legs.

Shoe orthotics can fit into most shoe wear with ease. Using the latest orthotics technology, doctors have the ability to take precise measurements of the foot to ensure maximum comfort.

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

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• Scoliosis • Headaches

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continued from page 58

FLUTTERBY BUTTERFLY
Nesconset (3-5 years w/adult)
Thursday, May 30, 11-11:45 a.m.
Come to the Library for crafts, stories and movement activities that will transform you into a beautiful butterfly.

DRAGONS LOVE TACOS
Smithtown (4-5 years)
Thursday, May 30, 11-11:30 a.m.
Enjoy a storytime featuring Dragons Love Tacos and make a fun craft to take home.

SPEED RACER CHALLENGE
Smithtown (8-12 years)
Thursday, May 30, 4:30-5:15 p.m.
Compete to see who can build the fastest car that’s propelled by air alone.

PIXEL ART
Nesconset (8-12 years)
Friday, May 31, 4:30-5 p.m.
Craft it 8-bit style when you make DIY accessories using Perler beads.

Library Programs

ONGOING PROGRAMS

Art Starts
Nesconset (2-4 years w/adult)
Friday, May 31, 11-11:45 a.m.
Children will explore a variety of materials while developing eye-hand coordination and gross and fine motor skills; includes storytime.

Creation Station
(Families w/children under 12)
Smithtown
Saturday, 10 a.m.-3 p.m.
Come to the Library during these hours and complete some cool crafts. No registration required.

LEGO League
Smithtown (5-12 years)
Saturday, May 18, 3-3:45 p.m.
Bring your imagination to this block party and construct your own creations using the Library’s LEGO bricks.

Little Craft Buddies
Smithtown (4-7 years)
Call for dates and times.
A child is paired with a teen as they work together to create a craft for the child to take home.

Nursery Rhyme Time
(birth-35 months w/adult)
Smithtown
Sat., May 18, 25, 10-10:30 a.m.
Nesconset
Thurs., May 16, 6:30-7 p.m.
Mon., May 20, 10:30-11 a.m.
Sat., May 25, 10-10:30 a.m.
A time of nursery rhymes and songs for baby. Siblings are welcome.

Pajama Storytime
Smithtown (3-6 years w/adult)
Wed., May 22, 7-7:30 p.m.
Come to the Library in your pajamas for stories and songs. Bring a favorite stuffed animal if you’d like. Siblings are welcome.

Terrific Threes
Smithtown
(36-47 months w/adult)
Tuesday, May 28, 10-10:45 a.m.
Enjoy free play, stories, crafts and circle time. Siblings are welcome.

Time for Twos
Nesconset
(24-35 months w/adult)
Fri., May 24, 11-11:45 a.m.
Smithtown
Wed., May 29 | 10-10:45 a.m.
Enjoy building social skills in a relaxed, environment; includes free play, songs, stories and a craft.

Wonderful Ones
Smithtown
(12-23 months w/adult)
Thurs., May 23, 10-10:45 a.m.
Nesconset
Wed., May 22 | 11-11:45 a.m.
Engage little ones in language based activities; includes free play and stories. Siblings are welcome.
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The 24th Stony Brook Film Festival, held July 19-28, 2019, will celebrate the best in independent film premieres. Many films will have directors, cast and crew for question and answer sessions after the screenings. Film Passes and Gold Passes are available for purchase.

Film Passes are the best way to enjoy the Festival. A film pass, at $90, is good for all 10 days of films and full of perks. With discounts from local sponsors and restaurants, entry into all films, and other benefits, a film pass is your ticket to the movies this summer! Early Bird Passes are available on May 25, 2019.

Gold Passes, at $250, are your ticket to the VIP experience. With reserved seating in the VIP section, you can mingle with filmmakers. In addition, entry to the Opening and Closing Night Parties are included as part of your gold pass.

Opening & Closing Night Party tickets are extremely limited. Buy early.

The Festival is produced by Staller Center for the Arts at Stony Brook University. 15,000 film lovers attend the festival each year. Typically, each Festival feature is paired with a short film (shorts are usually no more than 29 minutes long). Two features and two shorts are screened each evening.

2019 FESTIVAL FILMS:

**July 19 | Opening Night**
- Shelter

**July 20**
- The Bookshop, Seven, Growing Up, Take Me to the Waves

**July 21**
- Dean Darling, Unnatural; Octav, Hunter Gatherer, The Etruscan Smile, The Lightkeeper

**July 22**
- Abducted in Plain Sight, Rammat Gammat, My Brother Simple, Internet Gangsters, Thrasher Road, In the Field

**July 23**
- The Unseen, Open Your Eyes, The Guilty, Deserted

**July 24**
- Outdoors, Intercept, Trauma, Lost in the Middle

**July 25**
- A Dysfunctional Cat, Every Other Weekend, Funny Story, A Foreman

**July 26**
- Symphone for Ana, Love & Spirit, A Boy, A Girl, A Dream, Miscreant

**July 27**
- The Tale, Man Divided

**July 28 | Closing Night**
- Aurora Borealis: Észak fény.

To order passes visit www.stonybrookfilmfestival.com or call 631-632-ARTS.

For advertising information and rates please call 631-862-9849 or email us at ourtown@optonline.net
IN THE NEWS

Kayak/Canoe and Ramp Permits Now Available Online
AN EASY AND CONVENIENT WAY TO PURCHASE PERMITS

The Town of Smithtown Town Clerk’s office is pleased to offer residents the option of purchasing Ramp, Canoe or Kayak permits online via www.smithtownny.gov.

Residents have the opportunity to securely pay for the permits online using a credit card (Mastercard, Visa, Discover) or a Debit Card or Electronic Check.

“I am so pleased to announce this convenient service for our residents in time for the Summer season. It is part of a greater effort to reduce the time residents have to spend waiting on lines for permits, and allows them the ease of access of filing for permits from the comfort of home.” - Vincent Puleo, Town Clerk

The online process includes filling out a simple required information field and uploading any necessary documents, (i.e. proof of residency, current boat registration in the name and address of the Smithtown resident.) There is a $1.75 convenience fee added to allow for online processing. Once the order is complete, the Town Clerk’s office processes the request and the permit is mailed directly to the resident.

A Boat Ramp Permit costs $45.00 and allows the holder to use any of the three boat ramps located in Smithtown (two ramps at Long Beach, and one ramp at the Kings Park Bluff). To obtain a permit, one must show a current boat registration in the name and address of the Smithtown resident. Permits are issued for the registered vessel.

A Kayak/Canoe Permit costs $7.00. Permits are required for small crafts such as canoes, kayaks, dinghies, paddle boards and rubber rafts, that are walked down to the water.

Proof of residency is required.

Residents are still able to come to the Town Clerk’s office and purchase permits in person. To Apply Online, visit the Town Clerk’s Town of Smithtown Recreation Portal at SmithtownNY.gov or by typing “Recreational Permits & Licenses” in the search bar on the town home page. For questions or assistance about online permits contact the Town Clerk’s office at (631) 360-7620.

FREE Disposal
continued from page 20
pre-packaged bags of mulch with a maximum of ten (10) bags per visit. The Town also offers FREE loading of loose mulch into your pick-up or dump truck (cover required).

Animal Shelter
continued from page 24
animal Shelter has a variety of kittens available for adoption (or to foster) in addition to older, wiser and loving cats.

Thinking About Adoption:
The Smithtown Animal &

Adoption Center’s primary concern is finding the perfect home for each animal that finds his/her way to the shelter. The Animal Control Officers at the Smithtown Animal & Adoption Center will go out of their way to ensure both the rescued and rescuer are made for one another. If you have other pets, you can arrange to bring your four-legged family member into the shelter or we can set up an at home Meet & Greet to see how your prospective family member does with other family members, pets or the household itself.

To Inquire about the pet of the month or to meet your potential soulmate, please call the Smithtown Animal & Adoption Center at 631-360-7575.

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

Blood Needed
continued from page 18
are currently at a low level. Where you decide to donate is not nearly as important as the act of donating itself. Nevertheless, the Stony Brook University Hospital Blood Bank hopes that you will consider donating with them in the future. Please support our community and help a friend or neighbor; call 631-444-DONATE (631-444-3662), or go online to donateblood.stonybrookmedicine.edu and schedule an appointment to donate blood or platelets and help the Stony Brook University Hospital Blood Bank save lives.

FREE Disposal
continued from page 20
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The Smithtown Animal &

Adoption Center’s primary concern is finding the perfect home for each animal that finds his/her way to the shelter. The Animal Control Officers at the Smithtown Animal & Adoption Center will go out of their way to ensure both the rescued and rescuer are made for one another. If you have other pets, you can arrange to bring your four-legged family member into the shelter or we can set up an at home Meet & Greet to see how your prospective family member does with other family members, pets or the household itself.

To Inquire about the pet of the month or to meet your potential soulmate, please call the Smithtown Animal & Adoption Center at 631-360-7575.

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

Blood Needed
continued from page 18
are currently at a low level. Where you decide to donate is not nearly as important as the act of donating itself. Nevertheless, the Stony Brook University Hospital Blood Bank hopes that you will consider donating with them in the future. Please support our community and help a friend or neighbor; call 631-444-DONATE (631-444-3662), or go online to donateblood.stonybrookmedicine.edu and schedule an appointment to donate blood or platelets and help the Stony Brook University Hospital Blood Bank save lives.

FREE Disposal
continued from page 20
pre-packaged bags of mulch with a maximum of ten (10) bags per visit. The Town also offers FREE loading of loose mulch into your pick-up or dump truck (cover required).

Animal Shelter
continued from page 24
animal Shelter has a variety of kittens available for adoption (or to foster) in addition to older, wiser and loving cats.

Thinking About Adoption:
The Smithtown Animal &

Adoption Center’s primary concern is finding the perfect home for each animal that finds his/her way to the shelter. The Animal Control Officers at the Smithtown Animal & Adoption Center will go out of their way to ensure both the rescued and rescuer are made for one another. If you have other pets, you can arrange to bring your four-legged family member into the shelter or we can set up an at home Meet & Greet to see how your prospective family member does with other family members, pets or the household itself.

To Inquire about the pet of the month or to meet your potential soulmate, please call the Smithtown Animal & Adoption Center at 631-360-7575.
And Now it Begins...

by Natalie Weinstein, Allied ASID, IDS

The May flowers are in bloom and we can look forward to a three-day Memorial Day weekend, Father's Day, and graduations in June. Usually, I would write about – are you “house ready” or “backyard ready” for company, but now let’s talk about the garage – the place where rarely a car is parked. It is that nether region that is too gross to conquer, where everything will eventually turn up after you need it, and you bought more of it.

It should be so easy to declutter and organize this space. Just open up the garage door(s), put everything out on the driveway, moving your car(s) first, of course, and put only the 20% back that you really need! So, here’s a good way to get there:

- Get garbage pails or bags ready for discards right after your stuff hits the pavement.
- Now start sorting into groups – re: garden tools, automotive, sports equipment by category, winter weather supplies, pool supplies, “work bench” tools, house supplies like light bulbs, batteries, etc., cleaning supplies, holiday decorations and whatever else your garage has been designated to hold.
- Utilize walls with slat board or hanging units for additional storage, easy access and viewing. (If you’ve recently installed a new kitchen, old kitchen cabinets can be good repositories for items if they can be reused or refunged. Be sure to label on the outside what’s inside.)
- Add a ceiling bike rack and other storage devices so you can clear the floor and leave space for your car.
- Note: With summer approaching you might want to get a “goodie bag” ready for travel in your car with sports equipment or games for a picnic or outdoor family get together (do the same in the garage for backyard parties).

In short, if you organize now it will mean a more enjoyable summer without the stress of looking for your “stuff” when you need it – and what a great feeling to walk in to a broom clean and organized garage! If you’re really friendly with your neighbors, why not ask everyone to have a garage cleaning party all on the same day with the added bonus of a “finally finished” block party at the end – when you’ve finally found your lawn chairs.

Maybe a garage clean-out could actually be “FUN” – or not. But once it’s done, it will be worth it. Who knows – maybe it will even spur you on to do the same for your attic, basement, shed, closet – OK – now I’ve gone too far. But if you love your garage – great things really might happen!

Editor’s Note:
Natalie Weinstein is an Allied ASID, IDS interior designer, media personality, author, speaker, and president of Natalie Weinstein Design Associates, a full service interior design firm (www.natalieweinstein.com). She is also owner of Uniquely Natalie, a quality consignment furniture and accessory shop in St. James. Join www.nataliesclub.com for FREE seminars, tips, and discounts. For more information about Natalie Weinstein Design Associates, call 631-862-6198 or email at info@natalieweinstein.com. For more information about Uniquely Natalie Quality Consignment, call 631-686-5644 or visit www.uniquelynatalie.com
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Victorian Fence
Villa Sorrento
Watermark Galleries
WBR Plumbing & Heating Enterprises
Winters Bros. Waste Systems
Wright Distributors
Patricia Ann Parsons Acello

Patricia Ann Parsons Acello, 81, of St. James NY, passed away on February 21, 2019 at her home in the loving care of her daughter, Christine and her home care companion, Veronica. Pat was born to the late Leland and Beatrice Parsons, June 27, 1937 in Sharon Springs, NY. Pat graduated from Sharon Springs Central School and received a bachelor's degree in teaching from the State University of New York at Oneonta.

Pat married the late Salvatore J. Acello, also of Sharon Springs NY, in 1959. They started their life together in Ballston Spa, NY, moved to North Adams, Massachusetts, followed by Wichita Falls, Texas, and eventually settled in St. James NY. In her younger years, Pat taught high school home economics. After settling in St. James, she was very active in the St. James Lutheran Church, including teaching at the St. James Lutheran Preschool and was a lifetime member in the quilting group.

Pat and Sal lived in St. James for over 40 years, raising their three children, and enjoyed the balance of their life together in the community they loved. She will be remembered for her devotion to family life and community, and her strong faith. Pat is survived by her brother, Jeremy Parsons, of Sharon Springs NY, and her three loving children: Stephen J. Acello of Cumberland RI, JoAnn A. Cohen of Weston CT, and Christine M. Mandleur of Wading River, NY. She is also survived by her six grandchildren, and one great-granddaughter.

A Funeral Service was held on March 18, 2019 at St. James Lutheran Church. Donations can be made in Pat’s memory to the St. James Lutheran Church, St. James, NY.

Alvera Irene Baldwin

Alvera Irene Baldwin, 83 of Stony Brook, NY, passed away on Thursday, March 21, 2019 after a brief illness. Alvera was born in Brooklyn, NY in 1936 the daughter of Henrietta and Ralph Green. She was the loving wife of the late Rodney Baldwin and cherished mother of Robert K. Baldwin (Marguerite), Kenneth R. Baldwin (Louise), Perry L. Baldwin, Craig V. Baldwin, Allison K. Seward (the late Rick), Gwendolyn S. Coady (Rick), and Diane Bello. Beloved grandmother of Renee Pahel (Jay), Kelly Pacello (Ryan), the late Robert S. Baldwin, Meghan Vasquez (Victor), Suzanne Greenridge (Jerome), Kenneth Baldwin Jr., Jenny Baldwin, Denise Baldwin, Tracy Davis (Jeff), Melissa Brant, Danielle Brant, Bryan Baldwin, Blair Baldwin, Bonnie Rosario (Nick), Chase Baldwin, Scott Baldwin, Richard Seward (Deena), Ryan Seward (Mackenzie), Russell Seward (Tina), Amanda Seward, Nicholas Coady (Jessica), Kristy Brown (Evan), Kim Hernandez (Thomas), Gregory Coady, Michael Bello and Jacquelyn Bello. Also survived by 23 great grandchildren with two more babies due this spring. Alvera is also survived by her sisters, Barbara Impalilaria, Cathy Galvin (Kevin), Dale Shewchuk (Robert), and her brother Ralph Green (Kathy). Alvera also leaves behind many nieces and nephews and cousins too numerous to mention. Alvera will always be remembered by all who loved her for her sweet spirit, generosity to all, and most of all for all the fun, joy and happiness she brought to her family. We will all miss her tremendously until that day when we see her again in glory.

A Funeral Mass was held at Sts. Philip and James R.C. Church on April 5, 2019. Interment followed at Holy Sepulchre Cemetery, Coram, NY.

Funeral arrangements were professionally supervised by the Maher family and staff of the St. James Funeral Home.

Pasquale Ballaro

Pasquale “Pat” J. Ballaro, of St. James, NY, passed away on April 2, 2019 at the age of 76 surrounded by family. Loving husband of Mary Ann. Beloved father of Samantha Huxtable, Sherrie Laimo and Beverly Ballaro. Cherished grandfather of seven.

A Funeral Mass was held at Sts. Philip and James R.C. Church on April 6, 2019.

Mr. Ballaro’s funeral arrangements were professionally supervised by the Maher family and staff of the St. James Funeral Home.
Eileen F. Bayard

Eileen F. Bayard passed away on March 30, 2019 at the age of 93. Beloved wife of the late Edward. Loving mother of Michael (Peggy), Thomas, and Steven. Cherished grandmother to Jed (Amy) Bayard and great grandmother to Hannah Grace and Ethan Cooper.

A Funeral Mass was held at The Assumption of the blessed virgin Mary R.C. Church, Centereach, NY on April 4, 2019. Interment followed at Calverton National Cemetery.

Funeral arrangements were professionally supervised by the Maher family and staff of the St. James Funeral Home.

Ray Belfiore


A Funeral Mass was held at St. Patrick’s Church, Smithtown. Interment followed at St. Charles Cemetery, Farmingdale, NY.

Funeral arrangements were professionally supervised by the Maher family and staff of the St. James Funeral Home.

Frank A. Bono

Frank A. Bono, of Smithtown, NY, passed away on April 6, 2019, at the age of 89. They Shall Not Be Forgotten. Proud Veteran United States Air Force. He was the beloved husband of Annie “Jean” Bono. Cherished father of Stephen Bono and Gary Bono. Loving grandfather of Nicholas Bono, Michael Bono and the late Stephen A. Bono, Cara Bono, Mitchell Bono and Karissa Bono Vickers.

Frank A. Bono

A Funeral Mass was celebrated at Sts. Philips & James R.C. Church, St. James, NY. Interment with Military Honors followed at Calverton National Cemetery. Memorial donations may be made to: Good Shepherd Hospice In Memory of Frank A. Bono, 200 Belle Terre Road, Port Jefferson, NY 11777.

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

Margaret Calise

Margaret E. Calise, of St. James, passed away on March 19, 2019 at the age of 87. Loving mother of Jill Kaplon and Lori Loscalzo.

A funeral service was held at the St. James Funeral Home on March 21, 2019. Interment followed at Pinelawn Memorial Park.

Funeral arrangements were professionally supervised by the Maher family and staff of the St. James Funeral Home.

Richard Corenlius

Richard H. Cornelius, of Nesconset, passed away on March 30, 2019 at the age of 89. Beloved husband of the late Patricia. Loving father of Craig and David.

A Funeral Mass was held at Sts. Philip and James R.C. Church, St. James, NY on April 5, 2019. Interment followed at Calverton National Cemetery with Military Honors.

Funeral arrangements were professionally supervised by the Maher family and staff of the St. James Funeral Home.

Gerard Duffy

Gerard Duffy, of St. James, NY, passed away on March 21, 2019 at the age of 49 surrounded by family. Beloved wife of Tina Maria for 24 years. Loving father of James, Trevor, Austin, and Jordan.

Cherished son to Pamela and the late James. Devoted son-in-law to Mary and John Lopresto.

A funeral service was held at the St. James Funeral Home on March 24, 2019.

Mr. Duffy’s funeral arrangements were professionally supervised by the Maher family and staff of the St. James Funeral Home.
Eugene George Danner

Eugene George Danner, of St. James, NY, passed away on March 28, 2019 at the age of 92. They Shall Not Be Forgotten. Proud Veteran United States Army, World War II. He was the beloved husband of Josephine. Cherished father of Catherine Danner, Michael Danner and Rosemarie Danner. Loving grandmother of Julia, Michael, Olivia, Peter and Emilia. Eugene is survived by his dear sister Renate (the late Karl) Bayha and many other family members and friends.

A religious service was celebrated at St. James Episcopal Church, St. James, NY. Interment with Military Honors followed at St. James Episcopal Cemetery, St. James.

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

Joan A. Gasparik

Joan A. Gasparik of St. James, NY, passed away on February 10, 2019 at the age of 79. Beloved mother of Rudy, Dale, Keith and daughter in-law Bridgete. Cherished grandmother of nine and great grandmother of six.

A Funeral Service was held on February 14, 2019 at the St. James United Methodist Church, St. James, NY. Interment followed at the St. James United Methodist Cemetery.

Funeral arrangements were professionally supervised by the Maher family and staff of the St. James Funeral Home.

Kim Hardwick-Honor

Kim Hardwick-Honor, of Nesconset, passed away unexpectedly on Monday, April 15, 2019 at the age of 50. Kim was born on March 14, 1969 to parents, Iris Ryan and Donald Hardwick. Kim married the love of her life, Chris Honor, on March 29, 2002. Kim was a devoted wife, mother, daughter, sister, and friend who will be remembered for her endless kindness, loving heart, and positivity.

Kim is survived by her husband Chris, her four children; Emma, Hannah, Korrey and Jourdian; her siblings, Donna and Donald Jr. and her parents, Iris Ryan and Susan Hardwick. She is predeceased by her father, Donald Hardwick.

Kim was a go-get-ter. She was known to go after what she wanted and worked hard to manifest a variety of amazing experiences to ensure she was living her best life everyday. She was extremely passionate about her work in education and inspired many and brought life and fun to the classroom.

Kim is also known for her dedication in working with the organization, LEAP, which works to expand educational opportunities through literacy and school improvement. Kim also had a vivacious spirit which was matched by her compassion for others that often brought people together, specifically for karaoke. Kim was fiercely independent and strong and was a role model for many. She loved everything she did, but nothing was more important to her than her family. As a mother, she was empowering and she gave everything she had to her girls and her husband.

Kim worked to be a positive person and believed in the power of the universe. Oprah Winfrey once said, “The biggest adventure you can ever take is to live the life of your dreams,” and Kim certainly tried her best to live the life of her dreams as much as possible.

In lieu of flowers, in honor of Kim, please make a donation to LEAP (Literacy Empowerment Action Project) for Ghana by visiting leapglobal.com. After making your donation in honor of Kim please send her name to leap@marthabeck.com.

A Funeral Service was celebrated at the Branch Funeral Home. Cremation was private.

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

Frances Kananowicz

Frances M. Kananowicz, of St. James, NY, passed away on March 26, 2019 at the age of 97. Loving wife on the late Alexander. Beloved aunt of Barbara Durante.

A Funeral Mass was held at Sts. Philip and James R.C. Church on March 28, 2019. Interment followed at Calverton National Cemetery.

Funeral arrangements were professionally supervised by the Maher family and staff of the St. James Funeral Home.
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OUR TOWN • MAY 2019
Carol R. Hauser

Carol R. Hauser, of Smithtown, passed away on April 2, 2019 at the age of 82. Loving mother of Mark (Pam) and Tammy (Joseph). Beloved grandmother of five. Cherished sister of the late Dawn.

A Funeral Mass was held at Sts. Philip and James R.C. Church, St. James, NY on April 5, 2019. Interment followed at Holy Sepulchre Cemetery.

Funeral arrangements were professionally supervised by the Maher family and staff of the St. James Funeral Home.

Florence Maningo


A religious service was celebrated at Hawkins & Davis Funeral Home. Interment followed at Smithtown Cemetery. In lieu of flowers; memorial donations may be made to www.alz.org in memory of Florence.

Arrangements were entrusted to the professional care of Hawkins & Davis Funeral Home of Smithtown.

Norma Montalto

Norma Montalto, of St. James, NY, a devoted wife, mother, grandmother and great grandmother, passed away on April 25, 2019 at the age of 94. Born, September 8, 1924 in Manhattan, daughter of the late Luis and Rosemarie Marrero Clavell. Beloved wife of 63 years to the late Paul J. Montalto. Loving mother of Nanette (Nicholas Furio), Paul John, Jr. (Cheryl) and Frank (Linda). Devoted grandmother of Kristin (Nicholas Marrone), Steven (Christina), Paul John III (Sarah), Katherine, Frank Jr., Carly and great-grandmother to Dominic.

Norma was a graduate of LIU, an employee of Hazeltine Corp., Gyrodyne, and retired from the St. James Nursing Home. Norma was a past Regent and a member of the Catholic Daughters of the Americas for over 50 years, Court Anna Theresa #1074.


JoAnn Mastriano

JoAnn Mastriano, of Stony Brook, passed away on March 22, 2019 at the age of 72. Beloved wife of the late Joseph Mastriano. Cherished mother of Joseph and Nicholas. Also survived by daughter-in-laws Laura and Danielle, and grandchildren Maddie, Joseph and Zoie.

A funeral service was held at the St. James Funeral Home on March 25. In lieu of flowers, please consider making a donation in her name to Save A Pet.

Funeral arrangements were professionally supervised by the Maher family and staff of the St. James Funeral Home.

Herbert Mills

Herbert Mills, formerly of St. James, passed away on April 12, 2019. Herbert was born on September 11, 1931 in Brooklyn, NY. He was a veteran of the Korean War in the Air Force. He is survived by his daughters Jennifer Munno and Virginia Augugliaro (Dominick), along with his three grandchildren, Savannah, Christina and Sofia. He will be missed by all who knew him.

Cremation was private.
OBITUARIES

John T. Moore


Funeral arrangements were professionally supervised by the Maher family and staff of the St. James Funeral Home.

Thomas Swenson

Thomas Swenson, long time resident of St. James, passed away on April 20, 2019 at the age of 91. WWII and Korean War Veteran. Former Post commander and life member of American Legion Sherwood Brothers Post 1152 of St. James. Member of D.A.V. Loving husband of the late Gloria. Cherished father of Karen (Bill), Mark (Maureen), Eric (Laura), Thomas (Janine), and the late Evelyn. Adored grandpa of Kristine, Johanna, Jon, Samantha, Tommy and Theresa. Great grandfather of four.

A Funeral Service was held on April 24, 2019 at the St. James Funeral Home. Interment followed at Calverton National Cemetery with Military Honors.

Funeral arrangements were professionally supervised by the Maher family and staff of the St. James Funeral Home.

William Sherlock

Willie has joined his loving parents, Nan and Ted Sherlock, in eternity. Willie lives in the memories of his siblings Mike, Larry, Meg, Susan, Louise, Teddy, Liz, Martin, Geri and David, his many nieces and nephews, and the so many friends whose lives he touched. A Memorial Visitation was held at the St. James Funeral Home, on April 6, 2019.

Funeral arrangements were professionally supervised by the Maher family and staff of the St. James Funeral Home.

Anthony J. Trozzo


A Funeral Mass was held at St. Joseph’s R.C. Church, Kings Park, NY on March 11, 2019. Entombment followed at St. Charles Cemetery.

Funeral arrangements were professionally supervised by the Maher family and staff of the St. James Funeral Home.

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F I N A N C I A L  F O C U S

Time to ‘Cycle’ Through Some Investment Ideas

by Scott Posner, CFP, AAMS, CRPC

If you’ve noticed an increase in bicycle-related events lately, it may be because May is recognized as “Bike Month” – and some cities even observe a specific Bike Week. Of course, bicycling is good exercise and an environmentally friendly method of transportation, but it can also teach us some lessons about investing.

Here are a few to consider:

Put the brakes on risky moves.

To keep themselves safe, experienced cyclists regularly do two things: They keep their brakes in good shape and they don’t take unnecessary risks, such as whipping around blind curves. As an investor, you can combine these two actions by putting your own “brakes” on risky moves. For example, if you’re tempted to buy some hot investment you heard about, you may want to think twice before acting. Why? In the first place, most “hot” investments don’t stay hot for too long, and may be cooling off by the time you hear of them. And even more important, they might not be appropriate for either your risk tolerance or your need to diversify your portfolio. When you invest, you can’t eliminate all risks, but you can reduce them by avoiding impulsive moves and sticking with a disciplined, long-term strategy based on your needs and goals.

Get regular financial tune-ups.

Avid cyclists keep their bikes in good shape through regular maintenance. When you invest, you usually don’t need to make a lot of drastic moves, but you should periodically “tune up” your investment portfolio, possibly with the help of a financial professional, during regular reviews. Such a tune-up may involve any number of steps, but the main goal is to update your portfolio so it reflects where you’re at in life – your goals, risk tolerance, earnings and family situation.

Protect yourself from bumps in the road.

All serious bicyclists – and all bicyclists serious about keeping their heads intact – wear helmets when they are riding, because they know the dangers of rough terrain. Likewise, you need to protect yourself from the bumps in the road that could impede your progress toward your objectives. For starters, life insurance continued on facing page
continued

can help your family meet some
essential needs – pay the mort-
gage, educate children, and so
on – in case something were to
happen to you. And you may
need disability insurance to re-
place your income temporarily if
you became injured or ill and
can’t work for a while. Also, you
might want long-term care insur-
ance, which can help you guard
against the potentially cata-
strophic costs of an extended
stay in a nursing home or the
services of a home health care
worker.

*Don’t stop pedaling.*

When going long distances,
bicyclists ride through rain,
wind, sun and mosquitoes. They
elude angry motorists and they
change flat tires. In short, they
persist in reaching their destina-
tions. As an investor, you will
pursue some goals that you
may not reach until far in the
future, such as a comfortable
retirement, so you too need
to demonstrate determination
and persistence by continu-
ing to invest, in good markets
and bad, through unsettling
political and global events –
and even despite your own
occasional doubts.

Whether you’re an avid cy-
cclist or not, following these
principles can help keep your
financial wheels moving
along the road to your goals.

**Editor’s Note:**
Financial Focus is a monthly feature
written by Scott Posner, CFP, CRPC,
A.A.M.S., an investment representative
with Edward Jones Investments. This
130-year-old firm has over 10,000 offices
around the world with one here in town
at 542 North Country Road in the Old
St. James School House. Mr. Posner has
serviced both personal and institutional
investors for over 32 years. For more
information, or to request topics for
Beautiful Blooms and Healthy Herbs.... It's Almost June

by June A. Liardi

“It is the month of June, the month of leaves and roses when pleasant sights salute the eyes, and pleasant scents the noses.” – N.P. Willis

With June not far away, in addition to all those beautiful blooms, we also look forward to Father’s Day on the June 16, the Full Strawberry Moon on the 17 and the Summer Solstice on the 21.

This may be the year for you to plant an herb garden. Herb plants/ seeds are available everywhere and there are hundreds of different types. You can grow your own herbs with just a container or two or have a nice garden bed. Not all herbs require the same growing condition, so take note. You may not even notice, but there are probably herbs growing right outside your door or driveway.

The study of herbs is interesting. They have been used for centuries for medical treatment, nutritional value, food seasoning, fragrance, coloring and dyeing and for ornamental use.

Once your herb garden is flourishing, check out all the recipes and uses for your herbs, and make sure you dry plenty to use during the winter months.

Recipe for lemon butter
1 cup unsalted butter, softened
1/4 cup fresh lemon juice
2 lbs powdered sugar
Grated peel of 1 lemon
3-4 lbs very finely minced leaves of any of the lemon herbs.

Combine all ingredients and puree until smooth, cover and refrigerate until chilled. Try on pancakes or scones. (Maybe for Father’s Day breakfast!)

An easy lemon potpourri recipe to try. In a large glass bowl, combine lemon balm leaves, lemon thyme leaves, rose geranium leaves, slivers of orange and lemon peel and rose petals. Then mix with 10 drops of lemon essential oil. Store in a lidded container for 2 to 4 weeks, stir periodically. To display, add a few dried citrus slices.

Keep thinking the 3 W's, weeding, watering and watching. Those weeds seem to grow back overnight and they are a lot easier to remove when they are young. As the temperature heats up, your plants and especially container plantings, will need more water. Watch your plants, look out for pests before they do damage. Take a walk around and dead head, tie up or prune where needed.

Plant some sunflowers, cosmos and zinnia outside. In your vegetable bed, sow beets, carrots, beans and lettuce seeds for some late summer harvests.

Keep adding to, turning and watering the compost pile.

Here are a few tips to keep your flower cutting garden happy. Try to weed on a regular basis, kind of keeping an appointment with your garden! Add a nice layer of mulch which will help to keep weeds at bay and will help to retain moisture. Feed your flowers with a liquid fertilizer during the growing season. When watering, it is better to water at the root base.

Cut your flowers in the early morning or late in the day. Cut the stems on an angle to help them absorb the water. To lessen the dead heading chore, choose those flowers to harvest. Take a pail of water with you into the garden to put the cut stems in. So nice to have fresh flowers all over the house.

“I should like to enjoy this summer flower by flower, as if it were to be the last one for me.”

– ANDRE GIDE JOURNALS

Editor’s Note:
June Liardi, a St. James resident for over 30 years, is a wife and mother of three sons. June will be writing articles on gardening, nature related craft projects and family activities.
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by Sally Wellinger

Have you ever wondered why honey is sweet but flowers are not? This past month, I decided to investigate and here is what I learned. There are over 3,500 different types of bees in the United States. Some bees collect just pollen and others collect both pollen and nectar. The bees that collect both pollen and nectar are often called honey bees. Just like us, bees have certain nutritional needs to keep them healthy. In fact, they pretty much need the same nutrients we need: protein, carbohydrates (sugar), lipids (fats), vitamins, minerals and water.

Pollen is the part of the flower that helps to make new plants. Bees and other pollinators help plants by moving the pollen from one flower to another. Pollen is also a good source of protein for bees and bees like to eat it. Bees have little sacs, like shopping bags, on their body that help them collect pollen. Bees use pollen for immediate nutritional needs, but also combine it with saliva and other proteins called enzymes to make “bee bread.” This bee bread provides protein for bees throughout the colder months. Pollen is never turned into honey, but is an important source of protein for bees.

Nectar is a sweet liquid that plants make to attract pollinators. Nectar is a source of carbohydrates and nutrients for bees. The reason flowers are not sweet is because they have very little nectar and the carbohydrate in nectar is a complex sugar. Foraging honey bees have a long tube-like proboscis, just like butterflies which they use to drink nectar. Honey bees also have a storage area in their body which is like a second stomach, but functions like a storage “bag” for nectar. When foraging honey bees drink nectar, it goes into the special storage area. In the storage area, there are special proteins that break down the complex carbohydrate into simple sugars, like fructose and glucose. This nectar is also watery and consists of about 80% water.

The amount of nectar a bee collects from a flower is very small. In fact, bees must collect nectar from about two million flowers to make one pound of honey. Foraging honey bees only live for a few weeks and in their lifetime, they make less than a quarter teaspoon of honey. Once they have collected nectar, the foraging honey bees fly back to the hive and give the “house working” honey bees the nectar. These house bees drink the nectar, which goes into their storage “stomach” and the nectar reduces from 80% water to about 20% water. Once the nectar is mostly simple sugar and 20% water, the bees put the honey in the honey comb. Then the bees flap their wings rapidly to help the water evaporate a little more. Some of the honey that the bees make is moved to another part of its body and turned into wax. Once the honey is put in the honeycomb and the water is mostly evaporated, the house bee puts a little wax over the opening to seal it in. This keeps the honey from getting wet and contaminated.

Bees have to work pretty hard to make just a bit of honey. The process is so complex, that scientists have been unable to replicate it exactly. I know the next time I have some honey, I am going to be very careful not to spill or waste any of it.

If you are interested in learning more about honey bees, check out the box on the next page. My favorite honey bee resource is the book by Thomas Seeley, “Honeybees.” He provides fascinating information about the lives of honey bees. He also gives a lot of pointers about how to attract bees to your yard and garden. If you are interested in learning about beekeeping, check out his other book, “Beekind.”
SMITHTOWN HS EAST WRITER NAMED SCHOLASTIC WINNER...

Smithtown High School East junior Alexis Yang has been awarded a silver key in the 2019 Scholastic Art and Writing Awards for her flash fiction, “Bubble Gum.” Yang, a 2018 national gold medal winner in the Scholastic competition, is the co-editor of Solstice, Smithtown HS East’s literary magazine, a member of the National English Honor Society and Habitat for Humanity. Last summer, Yang attended the Juniper Summer Writing Institute at University of Massachusetts at Amherst. She is pictured with Smithtown HS East librarian and Solstice adviser Jean Marie Kliiphuis and Smithtown HS East Principal Dr. Kevin Simmons.

Photo courtesy of Smithtown Central School District

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LEADING BY EXAMPLE...

Smihtown High School East students enrolled in the leadership class visited with classes at Mills Pond Elementary School on April 15, 2019 as part of a class project. The high school students worked on designing a program to teach to the elementary classes. The leadership students visited a kindergarten, second grade and two fifth-grade classes, where they worked on activities related to the topic of how to be a leader. The high school students read stories and made crafts during the visit. The goal of their project was to teach the younger students leadership qualities while also having fun.

Photos courtesy of Smithtown Central School District

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Branch Manager

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How to Avoid Overtraining Injuries

by Richard 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

- **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 levels 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 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 activity level.
continued
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 indi-
cate 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 ed-
ucated 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 your next course of action for your health.

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

Editor’s Note:
Rich Greco, PT, ATC, CSCS, is a St. James resident and licensed
Physical Therapist. He is the Director of Motion Sports Medicine, lo-
cated at 430-7 North Country Road in St. James. For more informa-
tion on injuries caused by overtraining or general injury
rehabilitation, contact his office at 631-686-6600.
GET READY…MAY IS BETTER HEARING MONTH

TREATING HEARING LOSS. WHAT DOES THAT SAY ABOUT YOU?

by William Kent

Are you brushing off a hearing problem because you’re afraid it might say the wrong thing about you, well think again. Research shows that people with hearing loss who use hearing instruments enjoy a better overall quality of life. In fact, you just may be surprised and inspired by these 6 things that treating hearing loss says about you.

1. You’re a Go Getter.
Research has found that people with hearing loss who use hearing instruments are more likely to tackle problems actively. Addressing hearing loss shows self assurance and a willingness to deal with issues head on. Most hearing instrument users in the workforce even say it has helped their performance on the job.

2. You Value Your Relationships.
Healthy relationships rest largely on good communication. Treating hearing loss lets close family and friends know that you want to stay connected and involved in your relationships with them. Most individuals who currently wear hearing instruments say its not only helped their overall ability to communicate effectively in most situations, but it also has had a positive effect on their relationships; they’re more likely to have a strong social network.

3. You Like to be Active.
If you enjoy an active lifestyle, you’re not going to let an untreated hearing loss stop you. Treating it means you have every intention of keeping up the pace of a fulfilling life. In fact, people with hearing difficulty that use hearing instruments get more pleasure in doing things, and are more likely to exercise and meet up with friends to socialize.

The more exuberance you have for life, the less likely it is you’ll let untreated hearing issues get in your way. When you address it, you let the world know that you enjoy and love life and you’re going to live it with gusto. Research has shown that people with hearing loss, who use hearing instruments, are more likely to be optimistic and feel engaged in life.

5. You’re Tech Savvy and make the most of what modern life has to offer.
Sleek and cutting edge, today’s wireless digital hearing instruments are a front runner in personal consumer electronics. Believe this? Today’s advanced technology offers solutions, enriches life and makes us more efficient. I’m sure most of us do. Well, today’s modern hearing instrument’s, accomplish all three of these. When you invest in your hearing health and utilize this state of the art technology, you make a clear statement that you’re a present day leader ready to step up and reap the rewards that modern technology has to offer. It also signals that you’re up to date on technology and not apprehensive to take advantage of it for your own personal enhancement.

6. Your next and final step to success.
GET A HEARING TEST. Most health insurance plans (including Medicare) cover all, or most of the cost for an annual hearing evaluation. If hearing help is recommended, there might be benefits for hearing instruments available through health, union, workmen’s compensation, or other benefit sources. No cost, or low cost, financing is available through certain providers as well. Speak with your hearing health care provider for more information. Step up to a better and more fulfilling life with better hearing. With professionally fit hearing instruments, you will...

Hear the Difference™

Editor’s Note:
William Kent is the Director of Long Island Hearing, an Audiology and Hearing Instrument Dispensing Practice. With offices in Nassau and Suffolk County they can be reached at 1-800-698-5200 for more information and to schedule a complimentary consultation. “Hear the Difference” is a registered trade mark of Long Island Hearing, Inc.
Ask Ron Villano

Ron Villano, M.S., LMHC, ASAC, CCH is the leading expert in working through change. As a father who lost his 17-year-old son in an auto accident, he always speaks from the heart. As a licensed mental health counselor, he guides others on how to work through difficult times. As a national speaker and author of The Zing, Ron has appeared on TV and radio throughout the world. He will help you to Embrace the Power of Change in your personal and professional life.

Dear Ron,

I am a recently divorced woman who comes from divorced parents. My parents split up when I was 8 years old and it wasn’t easy. They could never agree on anything and would barely speak to one another, leaving me in the middle of the chaos. I have two children of my own, ages 5 and 9, and I am so worried that they will end up having the same traumatic childhood that I had. I want things to be different between my ex-husband and I than they were between my parents. Any tips on keeping the peace?

–Keeping the Peace

Dear Keeping the Peace,

It sounds like you have given a lot of thought to what you would have changed about your parents’ divorce. Use that insight to help you make decisions while parenting your two children. Avoid placing your kids in the middle of you and your ex-husband. Let your ex-husband know that having a healthy relationship with him is a priority. Remind him every once in a while that if he has any concerns about your children or your parenting decisions that he should bring them directly to you and bypass making your children “messengers.” As long as the children do not end up taking on the roles meant for the adults, your family should have a very different experience than you did. It is when the children become responsible for keeping the peace that you should begin to worry.

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

by Terri Pace

Digest This!
“All diseases begin in the gut.” – Hippocrates

Our daily experiences give us clues as to how well our digestive system is functioning. According to the American Nutrition Association, “70 million people every day suffer from some form of digestive issues.” And if the digestive system is not functioning optimally, this just may be connected to other health issues.

Discomfort is an expression of the body designed to get our attention. Which system wants your attention?
• Digestive system? Nutrition? Elimination?
• Immune system?
• Heart and/or circulatory system?
• Respiratory system?
• Neurological or Mental health?

• Neurotransmitters or hormone balance?
• Health of your skin?

No matter which system is talking the loudest, when you improve your gut, you concurrently improve the function of many other organs and systems.

Every organ and system in your body is directly (or indirectly) impacted by how well the digestive system functions. As its function improves, the body can better absorb key vitamins and nutrients – critical resources used to make the cells of every organ/system of your body.

For example, a healthy gut = healthy immune function. According to NCBI, Pubmed.gov, “The gut immune system has 70-80% of the body’s immune cells.” Since the gastrointestinal (GI) system plays a key role in the proper function of our immune system, one of the most effective ways to enhance immunity is to create a daily routine that promotes a healthy digestive system.

The gut-brain connection cannot be overstated. More than one-third of the types of neurotransmitters are produced in the gut. Nearly every brain-controlling chemical is generated in the gut and is also home to 100 million neurons (more than what the spinal cord has). 50% of Dopamine (reward motivated behavior) and 95% of Serotonin (mood stabilization) are from the gut. No wonder mood is easily affected when nutrition and the digestive system are compromised!

Simply Natural Gut Health

Now that we realize just how important gut health is, what can we do about it?

1. First and foremost, nourish the body with the right nutrients to keep your digestive system functioning at optimal levels. Make sure your diet includes whole foods, micronutrients and enzymes to support metabolic processes; add more fresh, organic vegetables and decrease sugar, caffeine, and processed food fruits. This is the simplest and most impactful way to sustain gut health!

2. A probiotic supplement is an excellent choice to populate the GI tract with important microflora, especially one that also delivers a prebiotic fiber directly into the intestines.

3. Make sure you are well-hydrated (minimum of 50-60% of your body weight in ounces of water).

There are many essential oils to support optimal digestive function. Use these essential oils in your favorite recipes to support a healthy digestive tract and for a cleansing and detoxifying effect. After all, these essential oils are simply food...in another form!

4. Ginger and Fennel essential oils...
HEALTH NOTES

continued

4. Oils are well known for their support of overall digestive health. Ginger is my go-to oil to reduce occasional nausea, and to help reduce bloating, gas or indigestion.* Fennel may help to promote healthy metabolism, liver function, and circulation, as well as the health of the lungs and respiratory tract.* Simply apply a few drops to your abdomen or place a drop under the tongue daily.

5. During the body’s stress response, we may experience occasional stomach discomfort along with an increase of cortisol, one of our stress hormones. Cilantro and Coriander essential oils are derived from the leaf and seed of the same plant (respectively); both contain high concentrations of Linalool which helps the body maintain healthy cortisol levels. 1-2 drops (topical or internal) can help manage your body’s stress response naturally and reduce that stomach discomfort.*

6. Juniper Berry essential oil supports the digestive system but also does a great deal to support other organs/systems too: Kidneys, urinary tract function, cardiovascular system, liver, nervous system (calming), and is a natural skin toner.* In the diffuser, on your skin, or taken internally, there are many benefits to this oil when it’s at your fingertips!

Want to delve deeper into this topic? You are invited to attend: Happy Brain, Happy Colon… and the rest of you! with guest speaker, Dr. Susan Lawton, on June 1, 2019 for this wellness workshop which will cover how to eat, exercise, hydrate, oil, think and speak to help keep your colon and brain happy. Call Terri at 631-487-1627 or visit http://simplynaturalseminars.eventbrite.com

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

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

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23rd Annual Spring Egg Hunt Was A Hopping Success

The St. James Chamber of Commerce's 23rd annual Spring Egg Hunt was EGG-citing with children hopping down to Deepwells Farm County Park in St. James on Saturday, April 13, 2019. The sun came out in full force with over 300 children along with their families, for this annual event. 3,000 eggs were scattered in the field at Deepwells. Each child upon leaving the field got a special prize egg. The Easter Bunny was on hand to greet all the children with candy and posed for pictures.

Megan Shutka-Vlk, while working towards her Girl Scout Gold Award, initiated the idea of the Spring Egg Hunt for children 1 to 10 years of age. In the past she has come back from college and the U.S. Navy to officiate over the event. Megan was unable to make an appearance this year, but thanks the Chamber for keeping up the tradition.

Chamber Vice President Denise Davis, MC'd the event.

A Special Thank You...

...goes out to the Chamber Spring Egg Hunt Committee – Denise Davis (Artpix Studio), Ruth Garthe (Our Town / Graphics du jour), William Garthe (Reliance Real Estate), Debby Posner (DR Property), Scott Posner (Edward Jones Investments), Laurie Robedee (WBR Plumbing & Heating), Meg Shutka (Eddie's Power Equipment), Kathy Weber, Anthony Eckhard and Christine Cahill (Teachers Federal Credit Union), Denise Wladyka (Deepwells Board Member) – for all their hard work. And let's not forget our junior helpers... Jacqueline Davis, Deandra Wladyka, Mariella Jacobson and Liana Calabrese for manning the Prize Corral and to Aimee Ronzetti and the staff at Saf-t-Swim for helping to stuff the prize eggs. Special thanks to all our bunny helpers – Kyra Weber, Natalie Ryan, Keeley O'Malley, Amanda Sinclair and Matthew Pickow, who were just outstanding – with the set-up and take-down and parking throughout the entire event. We also can't forget to thank our Smithtown Highway Department for supplying the much needed barricades.

Also setting up tables and displays were the following Chamber members: David Keller of Mister Softee (yummy treats), Bounce Long Island (the kids had a ball bouncing around), Teachers Federal Credit Union (with lots of giveaways), Pure Mammography, Safe Haven Animal Rescue, Suffolk Speech, My Gym Children's Fitness and the Brick Clay Studio (with lots of info), Lite it Up and Wright Distributors (with tons of toys).

The eggs were stuffed with toys and special eggs held prize slips for a bicycle, gift baskets, gift certificates, toys and merchandise.

Thank you to the following businesses who donated special prizes to make this year's Egg Hunt even more spectacular.
SPRING EGG HUNT

PLEASE SUPPORT THESE BUSINESSES:

Ron Villano of Family & Personal Counseling for the Grand Prize (bicycle)
David Keller from Mister Softee for donating all the prizes at the Prize Corral

Allstate - Ryan Dittmar Agency
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Shaggy Dog Couture
St. James Fire Department
St. James Funeral Home
St. James Pasta & Pork
T J E Dance Force
Teachers Federal Credit Union

photos by William J. Garthe (Reliance Real Estate)
**Dodd / Fauchon Engaged**

Nicholas Alexander Dodd and Erin Rose Fauchon were engaged on March 16, 2019. Nicholas is the son of Jim and Denise Dodd of St. James. Erin Rose is the daughter of Mary Fauchon of St. James and Raymond Fauchon.

Nicholas and Erin are both graduates of Smithtown High School East. A summer 2020 wedding is planned. The couple will reside in southern Delaware.

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

---

**Dear Ole Dad**

*by John Taratunio*

1928 - 2018

Pa Pa, Father, Dear Ole Dad  
Those titles add up to Sir Galahad

When I was just a little tyke  
He ran alongside me as I rode my bike

He showed me how to stand up tall  
How to hold a bat and catch a ball

How to protect my sister and my brother  
And to always, always respect my mother

He taught me when to be strong and when to be meek  
When to be quiet and when to speak

His arms were strong yet very gentle  
He could be strict or sentimental

He never claimed to know it all  
When giving me advice

It wasn’t that he had a crystal ball  
Just the same problems once or twice

Pa Pa, Father, or just plain Dad  
It all became quite evident

When I wore his shoes, with each child I had  
I realized what the word “Father” meant.

---

**ST. JAMES Art Walk**

**May 19, 2019 • 10 a.m.-6 p.m.**

Please join us and stroll down Lake Avenue, enjoy the art, meet over 75 artists, attend performances, see demonstrations and indulge in delicious food from our acclaimed restaurants and relax while dining outdoors in the wonderful (hopefully second time is the charm) Spring weather!
Christopher Casa and Brittney Cuillo

Casa / Cuillo

Engaged

Albert and Diane Cuillo, of St. James, NY, proudly announce the engagement of their daughter, Brittney Elizabeth Cuillo to Christopher Anthony Casa, son of James and Marylynn Casa of St. James, NY.

Brittney is a 2009 graduate of Smithtown High School East, a 2012 graduate of Delaware University and received her Master’s Degree in Forensic Mental Health Counseling in 2016 from John Jay College. She is a mental health counselor at Woodward’s Children’s Center in Freeport, NY.

Christopher is a 2009 graduate of Smithtown High School East and a 2013 graduate of the University of Rhode Island with a degree in Economics. He is an operations and finance analyst at Broadcom, Inc. in Islandia, NY.

A November 2019 wedding is planned. Congratulations and best wishes to the happy couple from your friends and family.

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Makers of Honey continued from page 76

ing more about beekeeping, the Long Island Beekeepers club meets once a month at the Brush Barn in Smithtown. They are also offering a Beekeeping 101 class the end of June. You can follow them on Facebook or check out their website at www.longislandbeekeepers.org/ if you are interested in learning more.

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.

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

VOICE / PIANO LESSONS with Dr. Melanie Birnbaum - All Ages / All Levels / NYSSMA Preparation. Call 631-522-2921.

LEADERSHIP OPPORTUNITY – Looking for 2 experienced salespersons to join our dynamic, local real estate team. Mentoring and coaching program will bring your business to the next level. Reply in confidence to Manager – 917-745-1674.


RECEPTION / MEETING HALL AVAILABLE FOR USE – St. James United Methodist Church, offers a spacious meeting hall with commercial kitchen for civic and support groups, receptions, clubs, workshops and seminars. The 35’x60’ meeting room has tables, chairs, rest rooms and a grand piano. The Church is located at 532 Moriches Road in Head of the Harbor. Expansive parking and handicapped access is provided. Contact the Office at 631-584-5340 for available dates and suggested donations.

For advertising rates and information please call 631-862-9849
CLASSIFIED ADVERTISING FORM

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

We are direct-mailed to each & every residence and business in the 11780 zip code area each month... and are guaranteed to reach your market! AT ONLY $5.00 for the first 20 words & 10¢ for each additional word we’re the best bargain around!

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

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

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<td>Joseph A. Bollhofer, Esq.</td>
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<td>Scruples ‘Head to Toe’</td>
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<td>Cleaning Service</td>
<td>Fresh Start Cleaning</td>
<td>631-512-7377</td>
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<td>Shaolin Self Defense Centers</td>
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<td>Simply Natural Solutions Wellness Consultations</td>
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<td>Home Improvement</td>
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<td>Debus Painting &amp; Wallpapering</td>
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<td>Inside-Out Kitchens, Baths &amp; More</td>
<td>367A Lake Avenue</td>
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<td>M &amp; M Construction of St. James</td>
<td>516-459-9143</td>
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<td>Morecraft Construction</td>
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<td>P. DeBlasio Builders</td>
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<td>Scootty’s Masonry</td>
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<td>Vazac Contracting</td>
<td>333 First Avenue - Suite 1</td>
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### INSURANCE
- **Allstate Insurance**
  Ryan Dittmar Agency
  462 Moriches Road
  631-668-5177
- **State Farm Insurance**
  Jim Winter Agency
  320 Lake Avenue
  631-584-5929

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  347 Lake Avenue
  631-366-0212
- **Natalie Weinstein Design Associates**
  455 Lake Avenue
  631-493-8446

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  631-250-9489
- **St. James Jewelry Shoppe**
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  631-862-6775

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  631-862-6198 | Fax: 862-7834
- **DeBarbier Associates**
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  631-862-7447
- **Henrietta Homes & Properties**
  328 Lake Avenue
  631-862-6999

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

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- **Natural Hounds**
  359 Lake Avenue
  631-862-9849
- **Impact Plus Signs & Graphics**
  30 Doyle Street
  631-265-8195
- **DeBarbier Associates**
  406 North Country Road
  631-862-7447

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  631-862-9849
- **Impact Plus Signs & Graphics**
  30 Doyle Street
  631-265-8195

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  81 Route 111, Smithtown
  631-584-6600, Ext. 1615 | 1610
- **Marianne Koke, CBR**
  Daniel Gale | Sotheby’s
  81 Route 111, Smithtown
  631-584-6600 | 631-335-7111
- **Jill McDowell**
  Douglas Elliman Real Estate
  996 Jericho Tpke., Smithtown
  631-543-9400 | 516-316-2000

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- **B.L.T. Cafe**
  521 Lake Avenue
  631-584-4229
- **Spuntino Brick Oven • Pizza • Restaurant • Bar**
  420 North Country Road
  631-686-6700

### SCHOOL / CONSULTING
- **Bridge College Consultants**
  PO Box 685, St. James
  516-662-1612

### SWIMMING POOLS
- **Bella Vista Pools**
  631-406-0184
- **Sundance Swimming Pools**
  631-862-1900

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

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  Private Jet Charters
  800-533-3363

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  631-862-4727
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WE ARE DANCING BECAUSE
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Jazz ★ Hip Hop ★ Ballet ★ Tap ★ Lyrical ★ Character ★ Acro
Open/Contemporary ★ Jumps & Turns Technique ★ Intro to Dance ★ Combo
Music & Movement ★ Break Dance ★ Boys Hip Hop ★ Special Needs

Summer Classes – 5 week program!
Monday, July 15th thru Saturday, August 17th

Experience 25 years worth of the finest, most talented, creative, award winning staff who will motivate your child to do the best they can! The benefits your children will receive while dancing at TJE are the qualities every child needs to succeed -- focus, concentration, self-confidence and self-esteem, plus they'll make a ton of new friends and most of all ... they will be having fun while learning the many forms of dance!

Plus, sign up for TJE Summer Camp at our Holbrook Location!!

Girls and Boys 4 years old and up!
Monday thru Thursday 9:30 am - 12:30 pm
Games * Dance * Crafts
5 Week Program
Monday, July 15th thru Thursday, August 15th
Pick any or all weeks you want!

St. James
556 North Country Road
631-584-6888

Holbrook
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631-585-6900

Competition Center
1150-5 Lincoln Ave., Holbrook
631-256-3050