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MAY
2021

Volume 34
Number 7

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



Memorial

• DAY •



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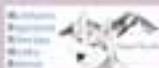


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OUR TOWN

— 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 **THURSDAY, JUNE 3, 2021 - 12 NOON.**

Distribution takes place on **Wednesday, June 16, 2021.**

Jared Caspe Physical Therapy

419 North Country Rd, St. James
631-656-9480
www.jaredcaspept.com

Hours:

Monday, Wednesday and

Thursday: 8am-6 pm

Tuesday and Friday: 8am-12 p.m

by *Debbi Spiegel*

Jared Caspe Physical Therapy has made St. James their home since January. After many years of developing other practices, Jared Caspe is excited to bring his independent, private practice to our town. His mission is to "Keep Moving Forward." Jared says that "the secret to excellent physical therapy care is a combination of knowledge, skill, trust, humor and a dedicated and friendly staff."

Jared Caspe Physical Therapy operates out of a 1,900 sq. ft. facility. This includes both cardio and strengthening equipment, equipment to improve balance, flexibility and modalities to reduce pain.

Jared Caspe, PT, DPT, graduated with his doctorate in physical therapy from Stony Brook in 2005. His focus is on orthopedics, pediatrics, geriatrics, aquatics, and fall prevention/vestibular issues as well as post-operative therapy. His patients range in age from five days old to 95+.

Do you suffer from low back pain; work related injury; relentless aches and pains – maybe PT is for you. Most insurance is accepted including Medicare, No-Fault, and Workers Comp.

Some of the many benefits of physical therapy include reducing pain in muscles and joints, improving mobility and flexibility, recovering properly from an injury, getting back to playing sports, avoiding surgery, preventing falls, and ensuring the proper



recovery after surgery.

The team at Jared Caspe PT is here to help you get back to living your life and feeling like yourself again. Physical Therapy doesn't have to be tedious. Jared and his staff strive to make your session as enjoyable as possible. They put the FUN in functional. Each patient's protocol is individualized for their specific needs.

Orthopedic therapy aims to improve weakened or injured bones, joints, tendons, ligaments, and muscles throughout the body.

Jared Caspe Physical Therapy is well equipped to help infants and children dealing with both orthopedic and neurological issues, as well as gross motor delays. Pediatric physical therapy can improve the developmental and motor skills critical to living a more confident and independent life.

The staff at Jared Caspe PT is ready to make you feel younger if dealing with chronic pain due to arthritis, or balance issues. Falling is not a natural part of getting older. Whether it's neuropathy, vertigo, MS, stroke, or any other reason, they are ready

to get you back on your feet and back to your normal activities.

Jared Caspe Physical Therapy prides itself on its post-surgical program. They work closely with your doctor to help you get back to the things that you love doing. Jared is currently overseeing a few physical therapy students on site doing their clinical rotations.

Keeping patients healthy during Covid is a top priority. Masks, temperature checks, and symptom questionnaires are required for entry. All surfaces are sanitized after any patient contact. Treatments are 6 feet apart.

Jared Caspe is proud to be raising his family in our community. He is committed to providing each patient with an exceptional experience that promotes healing and recovery in a safe, compassionate environment. Call 631-656-9480 or request an appointment online.



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FOR SALE



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PT. JEFFERSON STATION. Beautiful 3 BR Ranch style home in the Norwood section. Set on quiet midblock location. Updated throughout with newer bathroom. Gorgeous in ground salt water pool. **\$409,990.**

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ST. JAMES.
3 BR Ranch. **\$405,000.**



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How Big Can YOU Dream?

by Patricia Clark

Once there was a woman who loved her town and dreamed that it would be nice to teach everyone about its rich history of vaudeville, cultural arts, historic buildings and more. So, she told two friends, and together they dreamed of starting an organization to spread the word. The mission would be to preserve and celebrate St. James' rich history and inspire an appreciation and knowledge of the arts in our community – and that is how Celebrate St. James Past-Present-Future was born.

They then told all their friends about their dream, and many joined the fledgling organization to spread the word. Their first major endeavor was a keepsake calendar featuring beautiful photographs of some of St. James' historic buildings, thanks to Jack



Ader, photographer, and earlier pictures and history, thanks to Brad Harris, Town Historian. A museum was created for the display of memorabilia from the town's glory days, and various art gallery shows displayed the work of many talented local artists.

This passionate and talented group dreamed even bigger, and its leader wrote a musical show to tell the story of the vaudevillians and others who lived and performed here many years ago – and the townspeople filled the

auditorium at Nesaquake Middle School (twice) to watch the show, "99 Minutes from Broadway," and learn about the historic buildings and the people who once lived, worked, and performed here.

"Let's dream bigger," they said. And they worked with the town for the designation of the historic Lake Avenue Cultural and Arts District, and this honor was bestowed upon them on the day of the 2019 ART WALK, a day when over 50 artists and performers filled Lake Avenue with their creations to the delight of over one-thousand visitors.

Then, in the early fall, an annual Cottages to Castles Home tour was offered, giving visitors a look inside some of the most beautiful and unique homes in our area. But they knew they

continued on page 8

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A R O U N D T O W N

How Big Can YOU Dream?

continued from page 6 could dream bigger still. They planned and executed an amazing gala and hundreds of people came to help support their mission and to raise funds to build a clock tower kiosk on Lake Avenue, which was hoped to inspire local officials to help revitalize our town. And the people came and generously supported this dream – but Supervisor Wehrheim said – “Let’s dream bigger! – Let’s give this dedicated organization a place to build a park instead” – and more people will come to St. James to appreciate the history and experience our wonderful community. Now, Celebrate Park will be coming very soon, thanks to the work of



St. James Calvary Theatre

a community minded organization, a dedicated and caring town government, and the people – oh yes – **the people!**

What will come next? Yet another dream... What if there was a local theatre and cultural

arts center? What if it could become the “go to” place to bring folks together? The woman started dreaming of the small performances that would take place there, along with viewing silent films and classic movies, spaces for classrooms and meeting rooms, art and music classes, a recording studio. What if it created a place to get kids away from their computer screens and seniors away from the loneliness of isolation, and families to enjoy activities together?

That dream will be fulfilled in the coming months when Celebrate St. James plans to raise funds to purchase the former continued on page 18



Architecture P.C.

Architecture

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NISSEQUOGUE "HORSE LOVERS ESTATE"

Level 4.8 acres w/8 stall horse barn, corral & paddock, Backs to Nissequogue River Estuary. Mint 6 BR, 3.5 bath Colonial. Dramatic foyer, formal LR & DR. Large EIK, office, free form saltwater gunite IG Pool. Large covered bluestone patio. 2 car side entry garage. Must see!



\$1,235,000.

ST. JAMES "GORGEOUS POST MODERN"

North of 25A, cul-de-sac. Soaring ceilings, HW floors, Crown moldings, gourmet granite EIK, huge master suite, 3 full baths + 3 BRs & office. Country Club yard with heated IGP, patios, rockwalls. Full finished basement. 2 car side entry garage. A must see!
\$1,399,000.



NISSEQUOGUE "CUL-DE-SAC, WATERFRONT"

Soundfront Victorian w/117' sandy beachfront and spectacular sunsets on LI Sound. Dramatic 2 story EF, front & rear staircases, 9' ceilings on 1st floor, EIK/granite tops, HW floors, 3 frplcs, 4 BRs, 3 full baths. Heated freeform IGP, deck, extensive covered porches, circular paver driveway, 3 car side entry garage. Much more! **\$1,495,000.**



STRONGS NECK "CLOSE TO BEACH"

Open & airy sunshine filled Ranch w/deeded beach & mooring rights. 3 BR, 2.5 bath home features 5 skylights, Andersen thermo windows, wood burning frplc, sparkling oak floors, vaulted ceilings. Full finished basement w/ose, 2 car det. garage with attached carport, .60 acre level property. Low taxes. **\$685,000.**



ST. JAMES ESTATES "NEW TO MARKET"

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\$439,000.

OUR EXCLUSIVE "ST. JAMES CUSTOM RANCH"

Vaulted ceilings, LR with wood burning frplc, large den with wood burning stove. 3 BR, 2 bath. Unfinished basement, one car attached garage, Andersen thermo windows, fenced rear yard, generator hookup. **\$535,000.**



ST. JAMES PROPER "MINT FARM RANCH"

Large rooms thru-out, 1st floor master suite with vaulted ceilings & whirlpool tub. Large EIK. Formal LR & DR, FR with fieldstone fireplace, 3 additional BRs, 2.5 baths, 2nd floor loft/den, full finished basement with ose. CAC, CVAC, 2 car side entry garage. Parklike 1/2 acre. Heated kidney shaped IGP.



\$789,000.

PORT JEFFERSON VILLAGE "DIAMOND CONDO"

Stunning waterviews of Port Jeff. Harbor. Custom high end designer interior. Custom kitchen/granite. Luxurious master suite. Finished lower level walk out with entertainer's bar. Gas & radiant heat. 2 car garage. Rear deck with waterview, Must see.



\$879,000.

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A R O U N D T O W N

Nicholas Scieurca Earns Eagle Scout Rank

Congratulations are in order for Nicholas Scieurca of Smithtown, a member Boy Scout Troop 301 in St. James, for achieving the rank of Eagle Scout. The rank of Eagle Scout is the most prestigious rank in Scouting, a distinction achieved by only 8% of participants.

In order to achieve this top award, Nicholas earned the required merit badges plus many more, while demonstrating the necessary skills and leadership qualities required of an Eagle Scout.

For his Eagle Scout Community Service Project, Nicholas raised funds to build four live-stock scratching post structures for the sheep at the Smithtown Historical Society. He then completed the construction and installation of these in each of the paddocks on the grounds with



Nicholas Scieurca

the help of his Troop.

Nicholas is a senior at Smithtown High School West. He will graduate in June and plans to

attend Suffolk County Community College and Stony Brook University where he will study Computer Science.

LOOK WHAT PEOPLE ARE SAYING ABOUT DANIELLE:



Danielle Curti was my real estate agent who assisted me with the sale of my house. I had a very difficult house to sell as it was a higher priced home(500g) with fairly high taxes, in an area where the median home was about 300g. I loved her energy and tireless work ethic. Her dedication and professionalism helped me sell my home. I highly recommend her to anyone considering a real estate broker.

– Susan O.



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– Robert P.



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A R O U N D T O W N

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The St. James Fire Department and Suffolk County Fire Marshalls instructed the Cub Scouts of St. James Pack 228 in the use of fire extinguishers.



Fire Marshall Martinez also demonstrated his K-9 companion Sasha. Sasha is an accelerant detection dog. The Scouts all had a fun day learning about fire prevention and how to properly use a fire extinguisher, where they took turns putting out an actual fire. For more information on how to join the Cub Scouts, contact Cubmaster Mike Stencel at stjamespack228@gmail.com

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Pictured from left to right: Maureen Akerberg, Charley (Tommy's daughter) and Diane Gorecki, Councilman Tom Lohmann, Councilwoman Lisa Inzerillo, Tom Akerberg Sr., Karl Akerberg, Eric Akerberg, David Barnes, Assemblyman Michael Fitzpatrick.
Photo Credit: Town of Smithtown.

Town of Smithtown Hosts Arbor Day Tree Planting Ceremony in Memory of Bay Constable Thomas C. Akerberg, Jr., FDNY EMS BOT

Town of Smithtown elected leaders joined the department of Environment and Waterways, the Department of Public Safety and the Akerberg family to celebrate Arbor Day with a tree planting ceremony in memory of Smithtown Bay Constable Thomas C. Akerberg, Jr.

Each year, the department of Environment and Waterways hosts a ceremonial tree planting to mark the annual Arbor Day holiday. The memorial tree, a Magnolia Galaxy, was planted at the entrance of the Smithtown Department of Public Safety, where it will grow upwards of 30-40 feet high, and its magenta blooms will bud with the start of each Spring.

"Tommy had the gift of healing, which he passed on to anyone who crossed his path. On a hard day, he knew just how to make me laugh, until it hurt. He was a great friend, a proud father, a teacher, and a hero to the Smithtown and FDNY family. I can't think of a better way to remember such a bright light in our community than this tree, which will grow, blossom and thrive for generations to come." -

COUNCILWOMAN LISA INZERILLO

A Proclamation to the Akerberg family, in recognition of "Tommy" C. Akerberg, Jr.'s 20+ years of service to the community, was presented by Councilwoman Lisa Inzerillo and Councilman Tom Lohmann. Ad-

ditionally, David Barnes, Director of Environment and Waterways presented an Arbor Day Proclamation to the family, formally dedicating the Magnolia Galaxy tree in loving memory to Bay Constable Akerberg. Public Safety Director Tom Lohmann presented the family with a plaque which will rest on a pearl-like memorial stone. The engraved memorial plaque was funded through a private collection, courtesy of Tommy's co-workers at the Department of Public Safety.

"Tommy was a huge part of this department, and his passing left a tremendous hole in the Public Safety Family. We were
continued on page 16



St. James, NY – Historic Gem
Innisfallen, former Joel Smith Mansion on 2.4 acres. The 8 bedrooms in main house and separate 2-bedroom Apartment is perfect for multi-generational living. 2 horses permitted - special use permit for owner occupied bed & breakfast. MLS# 3307485. \$939,000.



St. James, NY – New Construction
Exquisite new construction of 5-bedroom, 4.5-bath Post-Modern home on a private court. Talented high-end builder has a fresh approach which delivers a finished product that goes beyond "cookie cutter" design. Perfectly sited on a flat half acre. MLS# 3270703. \$1,299,000.



Nissequogue, NY – Updated Farm Ranch
Enjoy magnificent sunsets from this updated Farm Ranch. The L.I. Sound is your backdrop to this luxurious waterfront home. This warm & welcoming 4-bedroom, 6-bath home is located on a private cul-de-sac on 5.5 acres in the pastoral Village of Nissequogue. MLS# 3298208. \$1,799,000.



St. James, NY – Custom Built Ranch
Gorgeous custom built French country brick home at the end of a cul-de-sac. Custom gourmet kitchen and updated baths. Stone fireplace, wood floors, new heat & central AC, finished basement. Rear yard is flat, fully fenced and screened with evergreen trees. MLS# 3294332. \$915,000.



St. James, NY – New Construction Commercial Building
Ideal location, high visibility - new shopping center just completed. Almost fully leased. The last space available is 1,200 sq. ft. and has 10 ft. ceilings, ample parking, triple net lease - tenant pays all utilities, taxes, and maintenance. MLS# 3248376. \$24-\$28/per sq. ft.



Smithtown, NY – Tranquil Acre
Tranquil acre of property in North Smithtown. Beautiful setting to build the home of your dreams. Department of Environmental Conservation permit approved. MLS# 3293736. \$425,000.



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Thomas C. Akerberg, Jr., FDNY EMS BOT

continued from page 14
extremely honored that David Barnes and the Department of Environment and Waterways chose our office as the location to plant this year's tree and dedicated it in Tommy's memory." - TOM LOHMANN, DIRECTOR SMITHTOWN DEPARTMENT OF PUBLIC SAFETY

Smithtown native Tommy Akerberg was an 18-year veteran of the FDNY and served the people of Smithtown as a Bay

Constable. For over two decades, Akerberg served the Department of Public Safety and the community, beginning his career as a Park Attendant II. Akerberg worked his way up to Dispatcher, ultimately attending the Basic Course for Peace Officers at the Suffolk County Sheriffs' Academy and was later assigned to the Waterways and Navigation Division as a Bay Constable. He was known as an

extremely capable boat handler with a tremendous knowledge of the Smithtown waterways. Bay Constable Akerberg, a teacher by nature, always shared his expertise with newer Bay Constables. Fondly remembered as a gentle giant, Bay Constable Akerberg cared deeply for his family, community, and his two young daughters. Thomas C. Akerberg, Jr. FDNY EMS BOT, Smithtown Department of Public Safety Bay Constable, died on February 02, 2021.

In 2020 the Town of Smithtown planted a Tree in loving memory of Urban Forrester James Cordray. This marks the second year in recent history that the town has dedicated the Arbor Day tree planting in memory of a town employee, who was taken from the world too soon.

Arbor Day is often celebrated as a day to promote education and awareness on the importance of trees in the community. The Town of Smithtown has maintained its reputation as Tree City, USA for over 34 years, in addition to recent efforts to begin a street tree census, and to identify invasive species.

The Smithtown Department of Public Safety Headquarters is located at 65 Maple Avenue, in Smithtown, NY.

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Colleen has been a professional designer for over a decade. She is a member of the American Society of Interior Designers (ASID). As a Senior Design Consultant, she has helped hundreds of families across Long Island with their home organizing needs. Colleen finds it most rewarding to help her neighbors in our town. She has lived in St. James since 1993 and raised her five children here.



Colleen Caemmerer,
owner.

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I N T H E N E W S

The Stony Brook University Hospital BLOOD BANK Needs Your Help!

Demand for blood has reached pre-COVID levels but blood product donations continue to be sluggish. During the summer months, blood product inventories decrease but the need increases.

Please help the Stony Brook community maintain a stable blood supply; schedule an appointment to donate blood or platelets at the Stony Brook University Hospital Blood Bank. Located on the 5th floor (main lobby level) of the Stony Brook University Hospital, the Blood Bank is not affiliated with the American Red Cross or New York Blood Center.

All of the blood products that are donated at Stony Brook University Hospital Blood Bank are used to treat patients at Stony Brook University Hospital.

Donating blood at The Stony Brook University Hospital Blood Bank is safe.

- The staff maintains strict adherence to policies instituted to



prevent the spread of infectious agents.

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For Appointments call: 631-444-DONATE

Register online at: donate-blood.stonybrookmedicine.edu
Blood Bank Hours are Monday-Friday, 8 a.m. to 8 p.m.; Saturday, from 9 a.m. to 4 p.m. Walk-ins welcome, but appointments are strongly encouraged.

On weekends, holidays and after 4 p.m. on weekdays please call 631-444-2634 as hours may vary.

While supplies last, as a way of saying thank you... Whole Blood Donors will receive a collapsible wire-frame utility tote. Platelet Donors will receive a fleece field blanket.

How Big Can YOU Dream?

continued from page 8
Vaudeville Theatre (aka former Calderone St. James movie theatre), on Second Street, and renovate it to turn a dream into reality for St. James, now and for the future. But it cannot be done without help from the people who will most benefit. A major fundraiser for this monumental project will soon begin, as well as major grant funding. Wow – that is a BIG dream – but we will make it happen – with your help!

PLEASE HELP US BUILD IT - IF WE BUILD IT - WE KNOW YOU WILL COME!

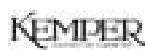
Check out our website at www.celebratestjames.org, and our Facebook Page for progress reports on this, as well as Celebrate Park and our other projects. Stay tuned.

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I N T H E N E W S

The Smithtown Historical Society Proudly Announces The 15th Annual Mildred Smith Historical Essay Contest

High School Junior students (2020-2021 school year) are invited to submit an essay for the 15th Annual Mildred Smith Historical Essay Contest. The author of the winning essay will receive a \$1,000 scholarship.

This Year's Topic: Tell the story of a school within the Smithtown Township that you have either attended in the past or currently



attend. Give a brief history of the school, and discuss either its traditions and/or what

makes your school special or unique.

The contest is open to any current high school junior attending any of the eligible schools.*

Final entries are due August 6, 2021 at the Smithtown Historical Society. The winner will be awarded the scholarship at the Society's Heritage Ball in November.

Rules and Guidelines

- Student must be a high school junior during the 2020-2021 school year.
- *Student must attend one of the following schools: Com-mack High School, Haup-pauge High School, Kings Park High School, The Knox School, Smithtown Christian School, Smithtown High School East or Smithtown High School West.
- Papers must be 4-6 pages in

length, typed, double-spaced, using Times New Roman 12 pt. font. Any photos included are in addition to the 4-6 typed pages and should be on a separate page.

- Papers must address subject and make use of historical research. Sources must be cited.
 - Papers will be judged on 3 criteria: quality of writing, quality of historical research and creativity.
 - Judging will be by a panel selected by the Historical Society. All judges' decisions are final.
 - Entries may be mailed to or dropped off at 239 E. Main St, Smithtown, NY 11787, or e-mailed to education@smithtownhistorical.org
- For additional information call 631-265-6768.

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Smithtown Animal Shelter is Looking for Short Term Foster Homes During the COVID-19 Pandemic

Smithtown's Pet of the Month, **Gavin**, is a seven year-old male Shepherd Mix who was picked up as a stray and never claimed. Gavin is house-trained and very well-behaved, with excellent manners. He knows his commands and walks well while on a leash. Some of his favorite things include snacks, belly rubs, and going on walks! Gavin is a gentle and shy pup who is slowly starting to come out of his shell. Due to his shy nature, he would prefer a quieter home without small children.

If you are interested in meeting Gavin, please call ahead to schedule an hour to properly interact with him in a domestic setting, which includes our Meet and Greet Room, the dog runs and our Dog Walk trail.

Currently, there are also a variety of male and female cats & kittens available to adopt or foster. If you are looking for a fun loving, yarn tossing ball of love, stop by the Kitten Nursery or the Cat Condos at the Smithtown Animal Shelter and find a PURR-fect soulmate or two!

Due to the COVID-19 outbreak, the Smithtown Animal Shelter has had to restrict public access, including our loyal volunteers. If you have no other pets or young children at home, and are looking for a way to serve



Gavin

your community in this time of crisis, please consider signing up to be a foster.

Foster parents provide temporary care for cats, kittens, and dogs in their own homes. Some animals need as little as two weeks of care, while others may need care for extended periods of time.

Download the Foster Application at: <https://www.smithtownny.gov/DocumentCenter/View/4325/Foster-Application>

Thinking About Adoption:

The Smithtown Animal Shelter's primary concern is finding the perfect home for each animal that finds his/her way to them. The Animal Control Officers and Kennel Attendants at the Smithtown Animal Shelter will go out of their way to ensure both the rescued and rescuer are made for one another.

Residents who have other pets can arrange to bring your four-legged family member to the shelter or set up an at home meet & greet to see how your prospective family member does with other family, pets and the household itself. Please allow yourself an hour minimum to meet with your potential new family member.

During the COVID-19 pandemic, public access is restricted to confirmed adoption appointments and wildlife/domestic animal rescue only. Hours at the Smithtown Animal Shelter are currently Monday - Saturday 10 a.m. - 3 p.m. (Sundays and Wednesday evenings: by appointment only).

For additional information call 631-360-7575 or email animalshelter@tosgov.com. The Smithtown Animal Shelter is located at 410 East Main Street, Smithtown.



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HISTORICALLY SPEAKING

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

Deciding to Build a New Schoolhouse in St. James in 1895

by Bradley Harris,
Smithtown Historian

I have been writing about the early history of St. James and the gradual transformation from a one horse town into a thriving country village. Last month's article was about the early school houses of St. James and this article takes a look at a new schoolhouse that the community decided to build in 1896. The article also offers some interesting insight into how the community made the decision to build the school, and how they made provisions to pay for the construction.

On January 21, 1895, a special meeting of the freeholders of the School District #3 of St.

James was convened at the little schoolhouse on Three Sisters Road. The meeting had been called for the express purpose of considering the advisability of constructing a new school building. The minutes of that meeting make no mention of the arguments presented in favor of this proposal, but after what must have been protracted debate, an "informal ballot was taken." A total of 35 votes were cast on the proposition of building a new school building, and when the "tellers" finished the count, it was discovered that 20 people had voted for a new school building, 14 people voted against the idea, and one person abstained. With this groundswell of support for a new school building, a resolution was passed

which authorized the appointment of a committee of three who were charged with the task of seeing "how much" money could be raised "by subscription" for a new school building. Mr. Archdeacon, Isaac Carman, and Livingston Smith were appointed to be the committee. The meeting then adjourned to reconvene a month later.

On February 18, 1895, the freeholders of School District #3 of St. James held another special night meeting to discuss the new school building for St. James. The "Committee on Subscriptions" reported that they needed more time. The freeholders then voted to drop Livingston Smith from the subscription committee and to add Edgar L. Smith in his
continued on facing page



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HISTORICALLY SPEAKING

continued place. The meeting then adjourned.

On March 5, 1895, the freeholders again assembled in a special night meeting to consider whether or not to build a new school. The community seems to have come out in force for this meeting. Those in favor of a new school building were well prepared to state their case. "School Commissioner Fordham was called and made a speech in favor of a new school house." A letter from Mrs. Prescott Hall Butler was read which indicated she would donate the "desks and chairs" for the new school building and would contribute an additional \$1,000 for the construction of the building. With such a generous donation, the opposition against the construction of a new building began to crumble. It seems to have folded completely when C.M. Smith "submitted the plans from Stanford White" for the new school building. Apparently Mr. White had been requested to design a new school building for the district and he had contributed his expertise willingly and at no cost to the district. The architectural renderings must have been impressive and yet modest, since cost of the new school was projected to be \$2,500. A formal vote was then taken to build a new school house "of the size and plans" submitted by Stanford White at a cost "not to exceed \$2,500." The motion carried when 44 people voted for the new school and 15 voted against the proposal. It had been decided, St. James would have a new schoolhouse.

Once the freeholders of the school district had determined that they would erect a school house, they now had to consider where to build the new school building and how to raise the money for its construction. This was all determined at subsequent

meetings of the School District freeholders. At a special meeting in the old schoolhouse on May 2, 1895, the freeholders gathered to decide where the school should be erected. A committee which had researched a number of possible sites was prepared to

present its findings. Before they made their report, a resolution was passed that called for a vote to be taken "separately for each piece" of land under consideration for a school site. The need for further debate ended with the
continued on page 26



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HISTORICALLY SPEAKING

A New Schoolhouse in St. James

continued from page 25
 first site considered. The first suggestion made by the committee was to retain the original site and acquire one additional acre at a cost of \$125.00. This proposal seemed so sensible that after a short discussion a vote was taken in which 57 votes were tallied, "37 for" and "20 nay." It was then moved that the other sites be dropped from consideration and the meeting was adjourned. So it was decided that the site of the existing schoolhouse, on the north side of Three Sisters Road, opposite Overton Pass, would be the site of the new schoolhouse.

The freeholders didn't consider the question of how to pay for the new school building until their annual meeting of August 6, 1895 when they gathered in the old schoolhouse. The freeholders had to decide how to raise the \$1,400 they needed to build the new school. It was proposed and then voted to "raise \$500 the first year" and "to raise \$900.00 on Bond and mortgage for three years." At the same time, the school trustees were "authorized



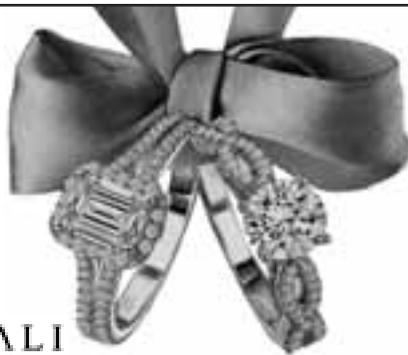
The St. James Schoolhouse on the north side of Three Sisters Road, opposite Overton Pass. Built in 1896, the school house was designed by Stanford White, and constructed at a cost of \$2400.00. This was the second schoolhouse built in St. James and was used for just 10 years before the School District had to build an even larger school.

to sell the old building by auction." It must have been shortly after this meeting that the old schoolhouse was purchased at auction by William Collier and then moved down the hill on Three Sisters Road to its present location in the hollow at the bottom of the hill on the south side of the road. Here the old school-

house would find a new use as "Liberty Hall" during the halcyon days of the actors' colony. The building is still standing today as a private residence.

The new schoolhouse seems to have been erected sometime in the spring of 1896, probably after the school session was over
 continued on page 28

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HISTORICALLY SPEAKING

A New Schoolhouse in St. James

continued from page 26 and summer vacation began. When the freeholders of the district met at their annual meeting on August 4, 1896, they authorized payment of some of the construction costs. This can be seen in the minutes of the School District meeting which recorded their budget allocations:

The total received \$3,539.59. Voted to raise for the ensuing year \$913.14.

For teachers salary	\$480.00
Janitor	\$ 40.00
Fuel	\$ 50.00
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Due Janitor	\$ 17.75
To Book Co.	\$ 18.15
Due Carpenter	\$ 53.24
Two closet	\$ 50.00
Cisterns	\$ 40.00

It was also moved that the "Collector" of taxes receive "54.00 or 3 percent" for the "handling and dispensing of money for the new school building." So it appears that by the time of this annual meeting, the carpenter had finished his work, closets and cisterns had been installed, a new furnace had been purchased, and the grading around the new school building had been completed.

Apparently the new school building was opened and ready for the students and their teacher to be proudly photographed in front of their new school, a school that had been designed by one of the foremost architects of the day. It was a beautiful school building but within ten years, the residents of St. James were forced to face the fact that the district had to build yet

another new building. Apparently enrollment in the district grew so rapidly in the ten years from 1896 to 1906, that the "new" schoolhouse no longer met the needs of the community and another larger building had to be built. (The references in this article come from the original minutes of the meetings of School District #3 of St. James. The Smithtown Historical Society has these minutes in the Caleb Smith House and they cover the period from 1863-1924.)

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 WINE DOWN

Celebrity Spirits

by Rick Masters

Recent generations of celebrities have become more involved in the "business" side of spirit production; here's some trivia to impress your friends.

In 2007, producer P. Diddy marketed Ciroc vodka to America and split profits with liquor behemoth Diageo; that same year, Saturday Night Live alumni Dan Aykroyd brought Crystal Head Vodka – sold in a skull-shaped bottle – to market. Actress Kate Hudson has recently released King St. a gluten-free vodka made using alkaline water.

The journey of Bethenny Frankel's SkinnyGirl brand low-calorie margarita was documented on the Real Housewives of New York reality TV show in 2009. Two years later, Frankel cut a \$100 million deal with Beam

Suntory to expand the line.

Van Halen frontman Sammy Hagar launched Cabo Wabo Tequila in the 1990s. He's also partnered with Maroon 5 frontman Adam Levine, and TV chef Guy Fieri on separate tequila projects.

Casamigos Tequila, co-founded in 2013 by actor George Clooney with entrepreneurs Rande Garber and Mike Medlman, was purchased by Diageo in 2017 for \$1 billion. [Incidentally, people constantly mistake me for George Clooney. True story].

More recent entrants into the Tequila market include wrestler / actor Dwayne "The Rock" Johnson's Teremana Tequila, and basketball legend Michael Jordan's Cincore. Pop star Nick Jonas – of the Jonas Brothers – continued on facing page

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T H E W I N E D O W N

continued and fashion designer John Varvatos produced Villa One, while "Breaking Bad" co-stars Bryan Cranston ("Walter White") and Aaron Paul ("Jesse Pinkman") put together Dos Hombres, a Mezcal.

What about gin, you ask? Deadpool star Ryan Reynolds added Portland-based Aviation Gin in 2018 to a portfolio which also includes Mint Mobile phone service and Maximum Effort, a guerrilla marketing company. Rapper Snoop Dogg also has a gin, named Indoggo, and lays claim to Cuca Freshca Cachaca, a liquor made from sugarcane. In addition, Snoop's partnered with 19 Crimes Wines.

Then there's Longbranch, a collaboration between Academy Award winner / Texas native Matthew McConaughey and Wild

Turkey master distiller Eddie Russell; the Bourbon is filtered using Texas mesquite wood charcoal, which gives the whiskey a distinct, smokey flavor.

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Editor's Note:

Rick Masters can be found perusing the shelves at Grape Culture Wine and Spirits, located at 248 Lake Avenue in St. James, 631-862-4727.

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ARTS & ENTERTAINMENT

Gallery North Presents 17th Annual Wet Paint Festival

Gallery North is pleased to announce the *WET PAINT FESTIVAL*, June 5-13, 2021. All participating artists will be featured in a pop-up exhibition at the Studio at Gallery North, 90 North Country Road in Setauket, on Friday, June 18, 2021 from 3-7 p.m. The public is invited to attend the exhibition in person in small groups. Artists will be on hand from 5-7 p.m. on June 18, outside the Studio in Gallery North's courtyard, to discuss their work, their experiences, and their approach, answering questions from the public. (Raindate: June 25, 2021.)

Now in its 17th year, this annual, outdoor event is a celebration of plein air painting. The Wet Paint Festival provides the community with the unique opportunity to observe some of



Long Island's top plein air painters as they capture the area's historic and natural beauty.

Like last year, Gallery North will slightly modify plans for the festival. In an effort to maintain both the goals of the event and continued social distancing

guidelines, the Gallery invites participating artists to create works in public or in solitude during the week of the festival.

Gallery staff will also visit featured locations to arrange a few, optional recorded "virtual visits." These "virtual visits" will then be posted on social media and on Gallery North's website to both promote the event and to allow the public to understand and experience the process of plein air painting.

Registration is required for the artists participating in the festival. The exhibition is FREE and open to the public.

Gallery North is a not-for-profit gallery promoting the region's finest contemporary regional art and craft. For additional information visit: www.gallerynorth.org/ or call 631-751-2676.



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ARTS & ENTERTAINMENT

Long Island Museum 2021 Calendar

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

HOURS:

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

ADMISSION:

\$10/adults, \$7/seniors 62+,
\$5/students 6-17 years and
college students with I.D.
Children under 6/Free

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call 631-751-0066 x246.

**SOMETHING TO
LOOK FORWARD TO!**

**Check out the new and exciting
exhibitions coming this year
to the Long Island Museum**

The museum complex is com-
prised of nine acres with three
modern exhibition buildings and
five historic structures. THE ART
MUSEUM houses a permanent col-
lection of American art and two
changing exhibition galleries. The
40,000-square-foot CARRIAGE
MUSEUM is home to the finest
collection of American horse-
drawn transportation artifacts in
the world, most on permanent
exhibition. THE HISTORY MUSEUM
offers changing exhibitions on a
wide variety of subjects. Among
the five historic structures on
museum grounds are a one-room
schoolhouse and a blacksmith
shop, both used extensively in

school programs.

EXHIBITIONS

***Twin Peeks: Scenes Seen Twice,
Paintings & Photographs***
Through August 1, 2021

ART MUSEUM, Main Gallery

Chosen entirely from LIM's art
collection, *Twin Peeks* will pre-
sent side-by-side views of nearly
60 paintings, from the 1830s to
the present, placed beside pho-
tographs of the same or similar
locations and buildings. Prima-
rily drawn from Long Island or
New York City artists and loca-
tions, this project has been an
adventure in discovery and docu-
mentation for LIM's Art Collec-
tion. Artists did not leave behind
GPS coordinates, titles can leave
vague and uneven clues, and the
Museum has only recently at-
tempted to more carefully track
continued on page 38



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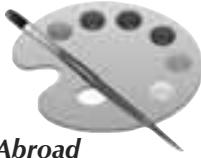
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Long Island Museum 2021 Calendar

continued from page 36
the locations of places represented in their collection.



Artists Abroad

Through August 1, 2021
ART MUSEUM, Costigan Gallery
Travel delights, challenges and educates us as we experience new places and meet new people. But the current pandemic has curbed our travel opportunities nationally and globally. While stuck at home we can find pleasure in seeing depictions of past experiences as we fantasize about future ones. The collection of the LIM has a small but compelling collection of works by artists who traveled abroad between the 1860s

and 1960s.

Tiffany Glass:
Painting with Color and Light
August 20 - December 27, 2021
ART MUSEUM, Main Gallery

LIM's exhibition, *Tiffany Glass: Painting with Color and Light*, is organized by the Neustadt Collection of Tiffany Glass in Queens, NY. The first exhibition of its kind at LIM, it includes five windows, 20 lamps, and several displays showing how Tiffany glass was manufactured, how Louis C. Tiffany's lamps were assembled, and how collectors today can distinguish between authentic lamps and forgeries. The exhibition features some of the most celebrated of Tiffany's works.

Fire & Form:
New Directions in Glass
August 20 - December 27, 2021

HISTORY MUSEUM

Organized by the Long Island Museum, *Fire and Form: New Directions in Glass* will feature nearly 50 works from eight contemporary artists, all proving that glass is a sculptural creation of near-infinite artistic and narrative variety. The artists chosen in this exhibition all illustrate a variety of approaches, methods, and inspirational starting points. And they include some of the most influential and important creators in this medium. This visually striking exhibition will sprawl over a total of 2,500 square feet in LIM's Visitor's Center. It will also be accompanied by a richly illustrated 30-page catalogue that will be printed as a takeaway for visitors.

See what's happening on Facebook and Instagram



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ARTS & ENTERTAINMENT

The Atelier at Flowerfield Happenings

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

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

The Atelier at Flowerfield studio is now open and currently teaching online, in-studio and plein-air classes. For additional info visit [www/theatelieratflowerfield.org](http://www.theatelieratflowerfield.org) or call 631-250-9009 or email: administrator@atelierflowerfield.org.

EVENTS

Atelier Gallery

“Lockdown and Beyond”

Through June 15, 9 a.m.-5 p.m.
Exhibition of works by students and their instructors
Gallery open Monday-Saturday

FREE Online Lecture Series

May 19, 7-8:30 p.m.

Instructor Elizabeth Fusco will be doing a lecture demonstration on Botanical Illustration.

June 17, 7-8:30 p.m.

Marc Fasanella will be giving a lecture, “Ecological Art & De-

sign – Embracing Biodiversity, Decay and Growth in a Human Environment”

ONLINE & IN-STUDIO

ART CLASSES

(Late registrations accepted)

SPRING SESSION III

May 24-JULY 3

Still Life and Portrait Drawing and Painting, Online w/Bill Graf

Mondays, 10 am.-1 p.m.

Fee: \$60/per class

Botanical Illustration

In-Studio w/Elizabeth Fusco

Mondays, 1:30-4:30 p.m.

Fee: \$60 per class

Portrait Drawing and Painting Self-Portrait or from photos In-Studio w/Tyler Hughes

Tuesdays, 10 a.m.-1 p.m.

Fee: \$60/per class

Still Life Painting

In-Studio w/Tyler Hughes

Tuesdays., 10 a.m.-1 p.m.

Fee: \$60/per class

Cast Drawing

In-Studio w/Tyler Hughes

Tuesdays, 10 a.m.-1 p.m.

Fee: \$60/per class

Conceptual Creations: Drawing & Painting from the Imagination, In-Studio w/Randal DiGiuseppe

Tuesdays, 10 a.m.-1 p.m.

Fee: \$60/per class | no class 6/22

Mastering Watercolor, In-Studio and Online, w/Bill Graf

Tuesdays, 2-5 p.m.

Fee: \$60/class

Master Drawing Foundation In-Studio w/Randall DiGiuseppe

Wednesdays, 10 a.m.-1 p.m.

Fee: \$60/per class | no class 6/23

Portrait Drawing and Painting Self-Portrait or from photos In-Studio and Online w/Bill Graf

Wed., 10 a.m.-1 p.m. | In-studio

Wed., 6-9 p.m. In-Studio

Online

Fee: \$60/per class

Still Life Painting w/Bill Graf In-Studio and Online

Wed., 10 a.m.-1 p.m. | In-Studio

Wed., 6-9 p.m. In-Studio

Online

Fee: \$60/per class

Cast Drawing w/Bill Graf In-Studio and Online

Wed., 10 a.m.-1 p.m. | In-Studio

Wed., 6-9 p.m. In Studio

Online

Fee: \$60/per class

Drawing for Beginners In-Studio and Online w/Bill Graf

Wednesdays, 2-5 p.m.

Fee: \$60/per class

continued on facing page



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If there is anyone you care about who might benefit from a second opinion, I would be happy to help.

ARTS & ENTERTAINMENT

continued

Painting w/Christian White In-Studio and Online Thursdays, 10 a.m.-1 p.m. Fee: \$60/per class

Introduction to Photoshop Online w/James Beihi Thursdays, 2-4 p.m. Fee: \$45 per class

Graphic Novel and Genre Illustration Online w/James Beihi Thursdays, 5-8 p.m. Fee: \$60/per class

Foundations of Master Painting, In-Studio w/Randall DiGiuseppe Fridays, 10 a.m.-1 p.m. Fee: \$60/per class | no class 6/25

Plein-Air Painting in Oils or Pastels Plein-Air w/Anthony Davis Fridays, 10 a.m.-1 p.m. Fee: \$60/per class

Digital Sci/Fi - Fantasy Environments | Online w/James Beihi Learn to paint Sci/Fi fantasy environments digitally on your computer using Photoshop (you will need to have this program on your computer to take this class). Fridays | 5:30-7:30 p.m. Fee: \$60 per class

Drawing and Painting In-Studio w/Tyler Hughes | All Ages Fridays, 6-8 p.m. This class is designed to teach the fundamentals of drawing and painting Fee: \$45/per class

Art and Art History for the Young In-Studio w/Linda Cattucci Ages 7-11 Saturdays, 10 a.m.-12 noon Fee: \$50/per class includes materials fee

Anime and Graphic Novel Creation In-Studio w/James Beihi Ages: 13-16 years Saturdays, 1-3 p.m. Fee: \$45/per class

Graphic Novel and Genre Illustration In-Studio w/James Beihi Saturdays, 3:30-6:30 p.m. Fee: \$60/per class

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ARTS & ENTERTAINMENT

Mills Pond Gallery Features Winners of Fine Art Showcase

The Smithtown Township Arts Council is pleased to highlight the talents of seven artists who were prize winners in 2019 and 2020 juried exhibitions. Winners Showcase will be on view through June 6, 2021 at the Mills Pond Gallery, 660 Route 25A, St. James, NY.

Artists exhibiting are Ron Becker (Deer Park) – *Celebrating Creativity*; Caryn Coville (Greenvale) – *Hand Drawn*; Lupe Galván (Idaho) – *Hand Drawn*; Yuke Li (New York) – *Transformations: Figures of Our Other Selves*; Joseph A. Miller (Buffalo) – *Contemporary Realism*; Holden Willard (Maine) – *Transformations: Figures of Our Other Selves*, Patty Yantz (Setauket) – *Water, Water Everywhere*.

Mills Pond Gallery hours are: Wed.-Fri. 10 a.m.-4 p.m. and Sat.-Sun. 12-4 p.m. Call 631-



Patty Yantz – pastel

862-6575 or visit www.millspondgallery.org for more info.

Social distancing and the use of masks required and limited numbers of visitors (25 allowed in the gallery at one time – 5 per gallery room). Enjoy the exhibit and experience Art's capacity to

bring joy and hope in challenging times. Admission to the gallery is always FREE.

STAC is a 501(c)(3) not-for-profit organization. Funding is provided by Town of Smithtown and private donations.

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Catering Package #2

\$329 + 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)

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Feeds 35-40 People

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- Half Tray Chicken Fingers
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2 Wallis Lane | Nissequogue | \$14,600,000 | Inspired by the Governor's Palace in Williamsburg, VA, this notable estate was completed in 1935. Commanding nearly 15 level, waterfront acres overlooking Long Island Sound, Somerset enjoys an unassuming approach that leads to the end of a long, private road adjacent to the lush David Weld Sanctuary; a tranquil, wooded nature preserve. The property, with its specimen plantings and exceptional privacy, boasts a staggering span of nearly 900-feet of unobstructed waterfrontage along the shoreline. **Web# 3262013**



30 Smith Lane | Nissequogue | \$2,495,000 | 5 BR, 4 BA | Built in 1687, with additions made between 1712 and 1742, Beachbend has been in the Smith family for nearly three centuries. Perched near the edge of Stony Brook Harbor, the estate is set on approx. 19 bucolic acres, and the main house retains many of its original details. This exquisite estate is listed on the National Register of Historic Places and protected by a conservation easement with the Peconic Land Trust. **Web# *1361981**

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— The New York Times

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Tom & Mickey
TOM POSTILIO & MICKEY CONLON TEAM
AT DOUGLAS ELLIMAN REAL ESTATE

Gallery North Features Darlene Charneco In *Evolving Perceptions*

Gallery North is pleased to present the work of artist Darlene Charneco in the exhibition, *Evolving Perceptions*, May 20, 2021 to July 3, 2021. Charneco will be participating in Gallery North's Virtual ArTalk series on Thursday, May 27, from 6 to 8 p.m.

How does our body make sense of our environment? How does this change across physical, digital, and spiritual planes? These are central questions to *Evolving Perceptions*, a retrospective of artworks by Darlene Charneco.

Working in mixed media,

resin, and found objects, Charneco gives form and structure to intangible memories and ethereal relationships.

Her *Perceptions* series refigures subtle information into rows of multicolored nailheads with varying arrays of nuanced color, forming different moods from memory.

Elsewhere, in her *Weaves and Prayers* series, we find up-tilted landscapes of nails, woven together as prayers for humanity.

The intricacy of these weaves is equally matched by the dispersal of feelings found within the mapping of her *Memory Pal-*

aces series.

This solo exhibition, Charneco's first at Gallery North, brings together works from all three series – *Prayers and Weaves*, *Perceptions*, and *Memory Palaces* – and features small, medium, and large-scale mixed media artworks.

Gallery North, located at 90 North Country Road in Setauket, is a not-for-profit gallery promoting the region's finest contemporary regional art and craft.

For more information visit: www.gallerynorth.org or call 631-751-2676.

Smithtown Historical Society Happenings

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

Their mission is carried out

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

The Historical Society maintains six houses and eight out-

buildings at three locations: Obadiah Smith House, Caleb Smith House and their 22-acre Village of the Branch Historic District Site.

The Smithtown Historical Society, holds a number of events during the year. For further information about any of their programs call 631-265-6768.

EVENTS

Hooked on Crochet

Mondays, 10 a.m.-12 noon

239 E. Main St. Pavilion

Smithtown | 631-265-6768

Every Monday you can join in with the Crochet Club to help beautify the grounds at the Historical Society. All levels are welcome.

Technology Savvy Seniors

Friday, May 21, 10 a.m. | FREE

239 E. Main St. | Smithtown

631-265-6768

Free technology workshop and help with cell phones, tablets, laptops and more. Meets every other Friday at 10 a.m. Topics vary. Reservations are suggested as there is limited seating – call 631-265-6768.

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ARTS & ENTERTAINMENT

Programs Offered at Your Library

SMITHTOWN LIBRARY DOORS ARE OPEN

The Smithtown Library is happy to announce that they are open to the public. All four buildings of The Smithtown Library will have limited hours and services.

They are committed to the health and safety of our community and have made several changes over the past few months to ensure that patrons will feel confident that they are in safe hands upon entering the doors.

The buildings will be open Mondays, Tuesdays, Wednesdays and Thursdays, 9:30 a.m.-9 p.m.; Fridays, 9:30 a.m.-6 p.m.; and Saturdays from 9:30 a.m.-5 p.m.; Sundays (Smithtown only), 1-5 p.m.

Some other changes you can expect include face mask

requirements for staff and patrons, computer by reservations only, reduced seating, clear protective shields at all service desks, no in-person programs, limited access to the Children's Department and returns in the book drops only. Curbside pickup service will continue for those who do not wish to enter the building.

Call 631-360-2480 for additional information; and for more details on the new guidelines and safety precautions, visit:
<https://bit.ly/SmithReopening>.

STAY CONNECTED

Follow social media for the latest updates from the Library and for virtual programs, activities, suggestions and fun.

Facebook:

@thesmithtownlibrary
@smithtownlibraryteens
@smithtownlibrarykids

Instagram:

@smithlibref
@smithtownlibraryteens
@smithtownlibrarykids

Pinterest:

@smithtownkids

Twitter:

@SmithLibRef

YouTube:

@SmithtownLibrary

Online: www.smithlib.org

Email: smithlib@smithlib.org

teens@smithlib.org

childrens@smithlib.org

BOOK DISCUSSION GROUPS

Tea-rrific Reads

Book Discussion Group

Tuesday, May 25 | 2-3 p.m.

From Scratch by Tembi Locke.

continued on page 50

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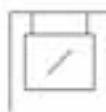
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ARTS & ENTERTAINMENT

Library Programs

continued from page 48
Registration required. This program will be available on Zoom.

Night Owl Cafe Book Discussion Group
 Thursday, May 27, 7-8 p.m.
Folly Beach by Dorothea Benton Frank. *Registration required.* This program will be available on Zoom.

ADULT

Take and Make Gingham Sunflower Jar
 Fee: \$5 per person

Take home a bag filled with all the supplies needed to paint and arrange a sunflower jar. *Registration required.* Online and in-person registration begins on May 19 and ends on May 28. Supply bags can be picked up from the building of your choice beginning

June 1. When registering online, please indicate pick up building.

Carl Reiner and Mel Brooks The Grandmasters of American Comedy
 Thursday, May 20, 7-8 p.m.

For more than seven decades, Carl Reiner and Mel Brooks made America laugh – either through their remarkable solo careers or their legendary partnership. This presentation will examine their extraordinary achievements. This program will be available on Zoom and shared on the Facebook page (<https://www.facebook.com/the-smithtownlibrary>). Zoom Information: <http://bit.ly/SmithLibCarlReinerandMelBrooks> Password: SmithLib
 Join Zoom program on your computer: Meeting ID: 827 1276

7307
 Password: SmithLib Join Zoom program by telephone: (646) 558-8656 Meeting ID: 827 1276 7307 Password: 54995470

Striking Out Strokes with Nutrition

Friday, May 21, 11 a.m.-12 p.m.
 Did you know that 80% of strokes are preventable? Join Alyssa Morando, a registered dietitian, to educate how proper nutrition can reduce the risks or having a stroke. This program will be available on Zoom and shared on the Facebook page (<https://www.facebook.com/the-smithtownlibrary>). Zoom Information: <http://bit.ly/SmithLibStrikingOutStrokes> Password: SmithLib Join Zoom program on your computer: continued on facing page



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Join Zoom program by telephone:
(646) 558-8656
Meeting ID: 822 1436 6453
Password: 45615202

Managing and Dealing with Stress During the Pandemic

Monday, May 24, 7-8 p.m.
This lecture focuses on providing participants with numerous, easily accessible skills for dealing with stress. Grounded in the principles of Cognitive Behavior Therapy, the skills introduced can be applied to a broad range of situations. *No registration required.* This program will be available on Zoom and shared on the Facebook page (<https://www.facebook.com/the-smithtownlibrary>). Zoom Information: <http://bit.ly/SmithLibManaging-andDealingwithStress> Password: SmithLib Join Zoom program on your computer: Meeting ID: 868 5306 0676 Password: SmithLib Join Zoom program by telephone: (646) 558-8656 Meeting ID: 868 5306 0676 Password: 46853376

**TEEN
Grades 6-12**

Check the Library's calendar or call 631-360-2480 for additional information on how to register for Teen programs.

Self-Care Saturday

NESCONSET BUILDING
Saturday, May 22,
2:30-3:30 p.m.

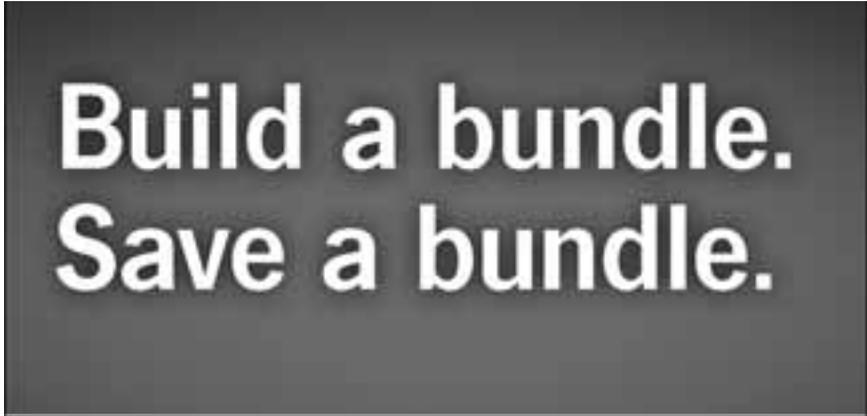
Treat yourself to an afternoon of homemade pampering. Kits will be available beginning May 14. *Registration required.* This program will be available on Zoom. Login information for Zoom will be sent to the email address associated with your Library card the day before the

event. *This program may not be suitable for those with allergies.*

Cactus Sugar Cookies

NESCONSET BUILDING
Tuesday, May 25 | 7-8 p.m.
Decorate your own cactus cookies. Pick up your pre-made

cookie kit on May 24 from 2-8 p.m. or May 25 from 9:30 a.m.-6 p.m. We will meet on Zoom to create our cookies together. *Registration required.* This program will be available on Zoom. Login information for Zoom will be continued on following page



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Library Programs

continued from page 51 sent to the email address associated with your Library card the day before the event. *This program may not be suitable for those with food allergies.*

Escape the Room

Wednesday, May 26 | 7-8 p.m.

Work together as a team to solve puzzles, find hidden keys and piece together clues to... escape the room. *Registration required.* This program will be available on Zoom. Login information for Zoom will be sent to the email address associated with your Library card on the day before the event.

VOLUNTEER OPPORTUNITIES

Instagram Teen Takeover

Earn community service by creating social media posts for the Library that promote Library services and resources. Check out the Teen section of the Library's homepage for more information.

CHILDREN

FUN ACTIVITIES TO DO AT HOME

Besides fun programming, the Children's Librarians have been compiling lots of activities for children and families to do at continued on facing page continued home. Follow Children's social media pages or go to the website (www.smithlib.org) to discover these activities.

Take and Make | Preschool Packs

NESCONSET BUILDING

Learn, play, create and grow. Craft kits will allow your preschooler to exercise their fine motor skills, creativity and imagi-

nation. A new craft kit will be available every Monday in May. *No registration required.* Supplies are available on a first come, first served basis.

Take and Make | Create It Kits NESCONSET BUILDING

Imagine, design and discover. Craft kits will allow your school age child to grow creatively. A new craft kit will be available every Monday in May. *No registration required.* Supplies are available on a first come, first served basis.



Take and Make | Fun with Fish SMITHTOWN BUILDING

Learn all about fish with this interactive kit, which includes a CD fish craft, coloring sheet, a maze, a suggested reading bookmark and a link to *World Book Kids: All About Fish*. Kits will be available beginning May 12. *No registration required.* Supplies are available on a first come, first served basis.

Take and Make | Cards for Troops SMITHTOWN BUILDING

Give back this Memorial Day by decorating cards and writing letters that will be sent to troops stationed overseas. Kits will be available beginning May 17. *No*

registration required. Supplies are available on a first come, first served basis. Completed cards must be returned to the Smithtown Building by June 1.

Take and Make | Spring Has Sprung SMITHTOWN BUILDING

Celebrate spring with seasonal stories, activities and crafts. Kits will be available beginning May 21, then follow the instructions included to access the video. *No registration required.* Supplies are available on a first come, first served basis.

Amazing Axolotls

Monday, May 24, 11 a.m.

Have you ever heard of an axolotl? Join Miss Jessie to learn about these unique amphibians and then read a silly story. *No registration required.* This program will be shared on the Children's Facebook page (<https://www.facebook.com/SmithtownLibraryKids>) scheduled to expire on May 31.

Little Builders

COMMACK BUILDING

Friday, May 28, 11 a.m.

Welcome to the construction zone. Little builders will enjoy hearing construction stories and creating construction themed crafts. This program is designed for children ages 4-6. Craft kits for the program will be available for pick up beginning May 26. *No registration required.* Supplies are available on a first come, first served basis. This program will be shared on the Children's Facebook page (<https://www.facebook.com/SmithtownLibraryKids>) and YouTube channel (<https://bit.ly/SmithLibYouTube>) scheduled to expire on June 4.

Read all about what's happening in Saint James at

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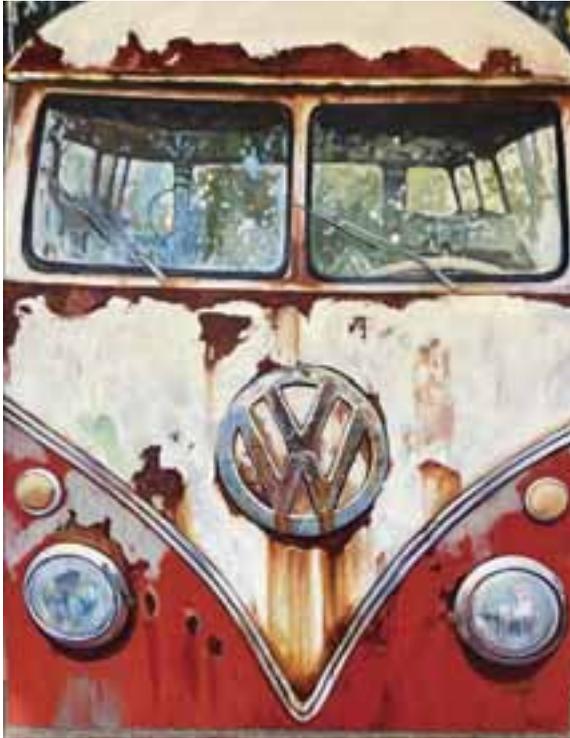


**Honoring Their Sacrifice.
Remembering Their Lives.
Celebrating Their Memories.**

On Memorial Day, we pause to honor and remember the brave men and women of our military who made the ultimate sacrifice in service to the United States of America. Their patriotism, courage, sacrifice and immeasurable contribution to our nation will never be forgotten.



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Painting of VW Bus by artist Scott Hewett of Sag Harbor.

The Reboli Center is “Shifting Gears” With Its New Exciting Exhibit on Motor Vehicles

Come explore the art & beauty of cars and motorcycles, on canvas and on the pavement. The Reboli Center is shifting gears in more ways than one with its newest exhibit focusing on motor vehicles. The exhibit “Shifting Gears” will run now through July 18, 2021 and includes artworks of various modes of transportation, as well as two 1928 BMW motorcycles on loan from the Nettesheim Museum in Huntington. This theme continues in the History Room where an account of the Vanderbilt Motor Parkway is explored, courtesy of historian Howard Kroplick.

In addition, weather permitting, the Center’s parking lot will feature exotic car collections from 10 a.m. until 2 p.m. on Sunday, May 30 (German) and Sunday, June 13 (British).

“We have spectacular motor themed paintings by such noted artists as Alan Bull, Scott Hewett, Nelson Medina, Jim Molloy, Doug Reina and Joseph Reboli, as well as exquisitely crafted model cars by Marshall Buck, and two continued on facing page

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L to R: Theodore Blaszczyk, MD, FACOG, Polly Kanganis, MD, FACOG and Nicholas Kleopoulos, MD, FACOG

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ARTS & ENTERTAINMENT



Two 1928 BMW Motorcycles are framed by paintings of gas pumps by Joseph Reboli and the green truck on the right is by Jim Molloy and the truck on the left by Scott Hewett.

continued

1928 BMW motorcycles on display," said Lois Reboli, a founder of the Reboli Center for Art & History.

This show offers something for everyone – art lovers, car aficio-

nados and history buffs.

The Reboli Center is open Tuesday-Saturday from 11 a.m.- 5 p.m. and Sunday from 1-5 p.m. except during the car displays when it will open at 10 a.m. The Center is FREE and open to the

public and masks must be worn inside. The Reboli Center for Art & History is located at 64 Main Street in Stony Brook. For more information call 631-751-7707.

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ARTS & ENTERTAINMENT

Gallery North to Host Maker's Markets in June

Gallery North is pleased to announce the Maker's Markets, a series of FREE, outdoor art shows held from 3-7 p.m. on Fridays in June outside on the grounds of Gallery North, 90 North Country Road in Setauket.

The Three Village Artisan Farmer's Market will occur simultaneously outside the Three Village Historical Society, located at 93 North Country Road in Setauket. Working together, Gallery North and the Farmer's Market will provide this series of wonderful, community events.

The Maker's Markets will take place on Gallery North's campus on June 4, 11, 18, and 25, and will be FREE to the public. Visitors will be required to wear masks or face coverings and respect social distancing guide-



lines. Parking is along North Country Road and Ridgeway Avenue.

The Maker's Markets will showcase the works of regional, Long Island artists and makers and will offer an excellent opportunity to support local artists and local businesses. Shoppers will find a diverse selection of affordable, exciting, original paintings, prints, photography,

ceramics, pottery, woodwork, glassware, artisan created jewelry, handmade crafts, decorations, clothing, and so much more!

Gallery North is a not-for-profit gallery promoting the region's finest contemporary art and craft. Exhibits explore the diversity and vitality of the arts on Long Island, while classes, workshops, talks, and annual festivals in-

volve community members in the lively process of art making. Next door, in The Studio at Gallery North, the community is provided with a diverse selection of educational programming, including classes and workshops.

For more information, visit www.gallerynorth.org or call 631-751-2676.

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EMERGENCY APPOINTMENTS TAKEN



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

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

Walk Into Better Back and Spine Health

The Benefits of Walking for Your Back

Do you frequently experience back pain or stiffness? Back pain is a common complaint, particularly among people whose jobs require lifting, sitting, or standing for long periods. Fortunately, taking regular walks may offer a simple way to relieve your pain.

Walking Helps You Avoid Stiffness

Do you feel a little stiff at the end of the workday or after you finish a marathon gaming session? Your muscles and joints are bound to become a little tight when you sit or remain in the same position for hours.

Walking stretches the muscles in your back, hips, and buttocks and also eases tension in your tendons and ligaments. Making time for a daily walk can decrease stiffness and make it easier to bend to pick up a laundry basket or stretch to reach the top shelf.

Your Muscles Will Become Stronger When You Walk

The muscles in your back help support your spine and keep it properly aligned. If your muscles become weak, you're more likely to experience pain, stiffness, and decreased range of motion. Weak muscles may also pull on your spine, causing some of the vertebrae to move out of alignment.

Misalignments, called "subluxations" by chiropractors, are painful and can lead

to other issues. Subluxations may affect muscles, tendons, and ligaments, causing these structures to tighten and become less flexible. Walking strengthens your muscles and reduces your risk of developing subluxations.

Circulation Improves When You Walk

Any kind of movement, including walking, improves blood flow throughout your body. Blood carries oxygen to the cells in your body and is essential for the normal function of muscles, tissues, and nerves. Improving circulation may also make it easier for your body to remove toxins that can contribute to back pain.

Walking May Improve Joint and Disc Function

Improving your circulation also benefits the discs in your spine. Rubbery, fluid-filled discs between each vertebra cushion your spine, act as shock absorbers, and help you move easily.

The discs work best when they're full of fluid. Fluid naturally moves in and out of the discs during the day and may decrease depending on your movements. Walking makes it easier for fluid to flow into the discs, which can mean less pain and stiffness for you.

A regular walk can also help ensure that the cartilage at the end of the bones in your back receives a constant supply of oxygen and nutrients.

Adding Walking to Your Daily Exercise Routine Can Relieve Your Pain

If you're in pain, a leisurely walk through the neighborhood may be the last thing you feel like doing. Although moving may not seem like a good idea when you have a backache, a walk may actually ease your pain.

In a study published in the *Annals of Rehabilitation Medicine*, study participants who walked regularly reported less back pain. Another study explored whether walking worked as well as other methods of reducing back pain. Participants with chronic low back pain were assigned to one of three groups: walking, physical therapy, or group exercises. Those in the walking group improved just as much as the physical therapy and exercise groups, according to the study, which was published in *American Family Physician*.

Walking, in addition to chiropractic treatment, can help you keep your back flexible and reduce pain. Have you been struggling with back pain? Contact our office to schedule an appointment.

Sources:

Annals of Rehabilitation Medicine: Association Between Walking and Low Back Pain in the Korean Population: A Cross-Sectional Study, 10/31/17

American Family Physician: Walking Program Effective for Chronic Low Back Pain, 8/1/15

SPINEHealth: 2 Reasons Why Walking Is Good for Your Lower Back, 9/23/19

Arthritis Foundation: 12 Benefits of Walking

Member:

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

GENTLE EFFECTIVE TREATMENT OF:

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

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

IN THE SCHOOLS

THREE SMITHTOWN EAST STUDENTS HONORED FOR CIVIL EFFORTS...

Three Smithtown H.S. East students – Olivia Scioscia, Genevieve Talento, Kylie Williams – were honored with JCRC-L.I.’s Students Building Bridges Award. These award recipients were recognized at the countywide virtual Yom HaShoah (Holocaust Remembrance Day) commemoration on April 15, 2021. These students are working to create a more civil society. Pictured (from left): Smithtown H.S. East social studies teacher Nicholas Galucci, students Genevieve Talento and Olivia Scioscia and Smithtown H.S. East Principal Dr. Kevin Simmons. Not pictured: Kylie Williams.



Photo courtesy of Smithtown Central School District.



SURPRISE VISIT AT ST. JAMES ELEMENTARY...

Kindergarten teacher Melissa Biangazzo from St. James Elementary School was surprised by an unexpected visit from her son, who is a U.S. Marine. Robert Biangazzo surprised his mom and her kindergartners outside of her classroom. Robert was stationed in North Carolina and hasn’t been home to see his parents since October 2020. He’s now at home and serving in the Marine Reserves.

Photo courtesy of Smithtown Central School District.

ARTISTS SHOW OFF THEIR SWEET SIDE AT ST. JAMES ELEMENTARY...



Inspired by the paintings of Wayne Thiebaud, who is known for works of art that replicate sweets, desserts and bakery items, the fourth graders in Ms. Fleming’s class at St. James Elementary School showed off their sweet side with artistic replications of desserts. The lesson taught students about composition, focusing on light sources and using shadowing in their paintings. Students chose a dessert item to sketch in pencil and then used oil pastels to shade, layer and blend their colors.

Photos courtesy of Smithtown Central School District.



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

VIRTUAL ENTERPRISE WINS E-COMMERCE COMP FOR WEB DESIGN...



The Smithtown High School East virtual enterprise company, SeasonALL, won an award for the E-Commerce competition from the School District's School of Business. SeasonALL's website, designed by the students in the virtual enterprise class, was entered into the contest through the virtual enterprise hub. Overall, the company placed in the top 10%. Congratulations to co-CEOs Dianna Johnson and Jordan Romano, CFO Ava Hinteman and technology department members Ashley Prevet and Mia DiGennaro.^P

hoto courtesy of Smithtown Central School District.

SMITHTOWN HS EAST SENIOR NAMED SCHOLARSHIP WINNER...

Smithtown High School East's Sarah Moll was selected as a finalist in the Daughters of the American Revolution Good Citizen Award and Scholarship for the Anna Smith Strong Chapter. This yearly award goes to a senior who exhibits leadership, patriotism, service and dependability in their homes, schools and communities. She was nominated by her social studies teacher. Sarah is pictured with Smithtown High School East social studies teacher Nicholas Gallucci (left) and Smithtown High School East Principal Dr. Kevin Simmons.

Photo courtesy of Smithtown Central School District.



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SMITHTOWN EAST SENIOR PUTS THE 'A' IN STEAM...



Combining her love of art and science, Smithtown High School East senior Nethmi Withanage recently earned a first place finish in the Long Island Science and Engineering Fair. Withanage's project, "The Analysis of the Use of Color in Pandemic Artwork Using Digital Quantifications," pursued the behavioral science topic of the role of color in pandemic artwork. She is pictured with Smithtown High School East research coordinator Maria Zeitlin and Smithtown High School East Principal Dr. Kevin Simmons.

Photo courtesy of Smithtown Central School District.

SMITHTOWN EAST JUNIOR NAMED WINNER IN NATIONAL ESSAY CONTEST...



Smithtown High School East junior Jonathan Chung was selected as one of 10 honorable mentions for his essay in this year's DNA essay contest, sponsored by the American Society of Human Genetics. He is pictured with Maria Zeitlin, ThINK research coordinator at Smithtown High School East.

Photo courtesy of Smithtown Central School District.

MILE-LONG WALK FOR WATER AT NESAQUAKE ...



Seventh graders at Nesaquaque Middle School participated in a walk to raise awareness about the water crisis in South Sudan. The seventh graders recently read the novel "A Long Walk to Water." The main character, Nya, is one of the many girls in South Sudan who walks from morning to night gathering water from ponds and lakes to bring back to their families. Most times, the water is muddy and filled with contaminants. The book inspired students to help raise money for Water for South Sudan, which builds wells in villages so the girls can go to school instead of walking for water every day and helps eliminate diseases from drinking contaminated water as well. The students walked a mile, raising more than \$1,700.

Photo courtesy of Smithtown Central School District.

COOK'S CORNER

Burger Season Gets Fired-Up

As the mercury rises, the opportunities to cook a greater number of meals on the grill increases. For many people, there's nothing like the smoke-kissed flavor of meats, poultry and vegetables seared over an open flame.

Hamburgers are a grilling staple in many households. Burger flavors and toppings are only limited by a home cook's imagination.

For those who may need a little burger inspiration, this recipe for "Barbecue Chipotle Burgers" courtesy of the Iowa Beef Council features a beer-based homemade barbecue sauce and is best served on Texas Toast for an extra burst of flavor.

Barbecue Chipotle Burgers Serves 4

- 1 lb. ground beef (93 percent lean or leaner)
- 1/2 cup beer
- 2 tbsp brown sugar
- 2 tbsp ketchup
- 1 tbsp minced chipotle peppers in adobo sauce
- 1 tbsp Worcestershire sauce
- 4 slices frozen Texas Toast
- 2 spears pickled okra, sliced

To prepare barbecue sauce, combine beer, brown sugar, ketchup, chipotle peppers, and Worcestershire sauce in saucepan; bring to a boil. Simmer 8 to 10 minutes until sauce is thickened; set aside.

Lightly shape ground beef into four 1/2-inch thick patties. Place patties on grid over medium, ash-covered coals. Grill, covered, 8 to 10 minutes (over medium heat on preheated gas grill, covered, 7 to 9 minutes) until instant-read thermometer inserted horizontally into center registers 160 F, turning occasionally. (Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160

F. Color is not a reliable indicator of ground beef doneness.) Meanwhile, prepare Texas Toast according to package directions. Cut each piece of toast in half. Fresh Texas toast, buttered, may be used instead of frozen product.

For each sandwich, spread 1 tablespoon barbecue sauce over one toast half. Top with burger, another tablespoon sauce and okra slices. Close sandwich. Cook's Tip: Dill pickle chips or pickled jalapeño peppers may be substituted for pickled okra.

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Help Protect Your Family's Inheritance

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

You might contribute to your IRA for decades to help pay for your retirement. But if you don't need all the money, you may want to leave what's left to your children or grandchildren. However, if you want to ensure they get the most from this inheritance, you'll need to do some planning.

Here's a little background: Up until a couple of years ago, when you left the proceeds of your IRA to your beneficiaries, they could choose to "stretch" required withdrawals over a long period, based on their life expectancies. These required withdrawals were generally taxable, so this "stretch IRA" allowed your beneficiaries



to greatly reduce the annual taxes due, while benefiting from longer tax-deferred growth potential. And the younger the beneficiary, the longer the life expectancy and the lower the withdrawals, so this technique would have been especially valuable for your grandchildren

or even great-grandchildren.

Changes in laws affecting retirement accounts have significantly limited the stretch IRA strategy. Now, most non-spouse beneficiaries must withdraw all assets from the IRA within 10 years of the IRA owner's death. The beneficiary generally does not have to take out any money during that 10-year period, but at the end of it, the entire balance must be withdrawn – and that could result in a pretty big tax bill.

The stretch IRA strategy can still be used for surviving spouses, beneficiaries who are no more than 10 years younger
continued on facing page



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FINANCIAL FOCUS

continued than the deceased IRA owner, and beneficiaries who are chronically ill or disabled. Minor children of the original account owner are also eligible for a stretch IRA – but only until they reach the age of majority, at which time the 10-year rule applies.

So, if you want to leave your IRA to family members who don't meet any of the above exceptions, what can you do?

One possibility is a Roth IRA conversion. You could convert a traditional IRA to a Roth IRA over your lifetime, so your heirs would receive the Roth IRA. They would still be required to withdraw the assets within 10 years, but unlike with a traditional IRA, Roth IRA withdrawals are generally tax-free. These conversions are taxable, so you'll

want to consult your tax professional in addition to your financial advisor, to determine if this strategy can help you achieve your legacy goals.

Another option is to purchase life insurance, which can provide a specific dollar amount to your heirs or be used to help cover additional taxes. This may be especially advantageous if you are 72 or older, in good health, and taking withdrawals – technically called required minimum distributions – from your retirement accounts, such as your traditional IRA and your 401(k). If you don't really need the money, you can use these withdrawals to pay for some or all of the insurance premiums. Life insurance can't replace an IRA as a means to save for retirement, though, so you should consult with your financial advi-

sor to make sure you are working toward all your goals.

In any case, if you have a sizable IRA or you don't need the funds that you're required to take from your retirement accounts, you may want to start thinking about what you want to do with the money. The more thorough your legacy planning, the better your chances of meeting your legacy 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 future columns, call 631-862-2020.



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MAKING SENSE OF INVESTING



by Natalie Weinstein.
Allied ASID, IDS

Throughout the seemingly endless year or more of a pandemic,

the now summer-like weather and the easing up of restrictions on our lives have given us hope for a full return to normalcy. Not so much is the world of design! While folks were homebound – work, school and outdoor activities – ceased and the good, the bad, and the ugly in their homes faced them daily. At the same time, production of furniture was curtailed or halted completely, along with the trucking pipeline. Overseas manufactured furniture and its shipping to the states fell to a similar fate. “Pseudo-shopping at home” however, became a welcome pastime and when things started easing up, “Wow!” - An explosion!

If I had stock in Home Depot or Lowe’s, I wouldn’t retire, but I surely would have a permanent smile on my face. Since I didn’t, I settled for remote consultations on Zoom and Face time, getting homes ready for actual in-house work when permitted, providing floor plans, color consultations and budget estimates which were based on costs of materials before the pandemic. Anyone

The Summer After

who has already ventured out into the real world of decorating and remodeling today has not only gotten sticker shock when they see the “new” price structure but also the delivery time. Once clients were uncomfortable hearing that after finally making the decision to purchase their new sofa, it would take 6 - 8 weeks for delivery, imagine their consternation (and mine) when the wait time is now 22 weeks!

So what’s a homeowner or designer to do? Or not to do? I have often, in my seminars, cautioned against impulse buying for that will cause a chain of unwanted results that you may have to live with (and look at) for a very long time. It seems, however, we are in the desperation mode. We want it, we need it, and even that which we really didn’t choose in the first place may be gone if we don’t buy it now!

Fortunately, as a designer for many years and with an arsenal of sources with whom I’ve gone through the “decorating wars” for over 40 years, I have been able to keep the wolves at bay. My sources have parted with their precious floor samples (who knows when they will get their next delivery) to please me and my clients – but for those of you who want it now, you have read my words of caution.

I’ve learned a few things dur-

ing my long career.

- Your Home matters - It can empower you or diminish you so treat it well and it will do the same for you and your family.
- Good decorating is not spending a lot of money on things, but putting value where it counts.
- It’s better to wait for what is right (and there are many ways to get there) than yield to instant gratification or trends because people never redecorate as often as they think they will.

Professional advice is always useful to help you make intelligent decisions, and despite the misconception that interior designers are *too expensive*, they will save you money, time and stress.

Best wishes to you and your home as summer approaches.

–Natalie

Editor’s Note:

Natalie Weinstein, Allied ASID, IDS, is an accredited designer, acknowledged business leader, entrepreneur, author, media personality and motivational speaker. Her interior design firm, Natalie Weinstein Design Associates, has been creating lifestyle changes in homes and public spaces, decorating for countless clients since 1973. Meet Natalie Weinstein through Online Design, a new service that can take you from inception to completion for your home and patio. Call 631-862-6198 or email info@natalieweinstein.com for decorating or outdoor living ideas. Visit www.natalieweinstein.com.

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The F.B.I.

by Sally Wellinger

For most of us, if we think about what we think is the most important organism in our community, we might think of plants because they convert light energy to chemical energy or that they release oxygen as a product of photosynthesis. We might think the most important are the pollinators, without the pollinators, many plants would not survive. We might think the birds are most important because they have adapted in so many ways to survive on Long Island. The predators are also pretty important keeping all of the other populations from overproducing. One could argue that our deer population problem is due to our removal of predators. Still others might say we (humans) are the most important, because we are always trying to help.

Not many of us think of decomposers when we think of the most important organisms in our ecological community. It is true, without decomposers, Long Island would look quite different. Decomposers are the organisms



that break down all living matter back into a usable nutrient form. Without the FBI (aka fungus, bacteria and insects), we would be walking around a lot of dead matter including dead animals and plants. That would be quite gross. The soils would be missing essential nutrients that plants need to survive and grow. Much of our soil consists of decomposed leaves, animals, and other organic material that is broken down by fungus, bacteria, and insects. These organisms often have a bad rap, but many of them are quite good.

As far as fungi, mycelium and mycorrhizae have become popular with gardeners. Some fungi break down organic matter to reintroduce the nutrients in the matter back into the soil. Other fungi, like mycelium and mycorrhizae actually have a symbiotic relationship with plants and help the plants obtain water and nutrients into their roots. There are some fungi that are harmful to soil, but before removing any mushrooms or other fungus from your yard, make sure it is a harmful fungus and
continued on facing page

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continued
not a beneficial one.

Bacteria also tends to have a bad reputation. Many times, when we feel sick, it might be caused by a type of bacteria, but there are many other types of bacteria that are actually quite good. In fact, we have bacteria in our bodies that help out our digestive system. In soil, bacteria break down organic matter to its smallest parts. Often times, we cannot even see it at work, but bacteria are quite busy in our forests and back yards. The fallen tree that is starting to crumble is being broken down by bacteria. Some types of bacteria are considered nitrogen fixing bacteria and help make nitrogen usable for the plants. Without nitrogen, plants would not be able to make chlorophyll which is the part of the plant cell that turns

light energy into food or chemical energy. Nitrogen is also important in making protein, so neither plants nor animals would have the right stuff to build all of the protein they need.

Insects come in all shapes and sizes. Some are beneficial and some not. When we spray chemicals in our yard to remove harmful insects, the chemicals do not pick between the harmful and the helpful insects. In fact, many of the insects we find in the ground are working extremely hard to create healthy soil. By digging tunnels, they aerate and keep the soil from packing too tightly. By munching on dead plants, they start the process of digestion, turning the plants into soil. They also help with moving seeds around or seed dispersal. There are only a few that are harmful to us and

other organisms, but they tend to be the ones we notice the most.

Next time we think of these smallest critters, the fungus, bacteria, and insects, let's try to remember all the good they do. It is easy to notice the harmful ones, especially when we have mosquito bites or if a fungus is destroying a plant in our garden, but with every harmful one, there are many more that are helpful. Let's hear it for the F.B.I.

Editor's Note:

Sally Wellinger is a St. James resident for over 30 years. She is the Executive Director for the Center of Environmental Education and Discovery (CEED) along with working as a part-time Biology AIS instructor for Smithtown School District. In addition to her experience as an outdoor education instructor, Sally is a certified NYS teacher in Elementary Education, Biology, and General Science. Sally loves sharing her interest in nature each month with a nature inspired article.

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Money in Envelope

by June Capossela Kempf

When Rosie couldn't find a parking spot near the stationery store, she parked by the dumpster at the far end of the strip mall. As she exited her car, she noticed a creepy guy slinking against the wall, but scurried past him, because she was feeling lucky today and just had to buy a lotto ticket – on her birthday. When she returned from the store, the creep was gone, but her car was covered with debris from the dumpster.

As she struggled to remove the trash off her car, she found a large manila envelope. Donning a pair of surgical gloves, she picked the envelope up and tossed it into the car; and sped off. When she got home, she parked in her garage and tore open the filthy envelope. Inside, she found a clear plastic bundle, full of money. She couldn't believe her eyes. She started yelling to her husband who was working at his workbench.

"Sam, look at this!"

Before Sam could say, "Where did this come from?" Rosie began making plans – none of which included finding the real owner.

"We're rich!" she hollered "I knew this was my lucky day."

Sam looked the envelope over: "What are these spots splattered all over it?"

"Who cares?" Rosie said. "Our troubles are over. Look, all the bills are hundreds."

The couple took the cache to the kitchen and spread 20 packs of hundreds on the table. Each thin pack held \$1,000.

"OMG! Where did this all come from?" Sam asked.

"Never mind that," Rosie said. "The question is how we shall spend it?"

"Don't even think about it," Sam warned. "If you found it, someone is missing it and they will be looking for it."

"What do you mean?" Rosie

stood up, grabbed the bundle of money and clutched it to her heart: "This is mine – ours. It's a gift – an answer to our prayers. We are blessed with good fortune for once, and you want to spoil it all by saying scary things."

"Well," Sam asked, "What do we do with it? We just can't start spending money – willy nilly. People will get suspicious."

"We won the lotto. That's what we say."

She plopped the cash on the table.

"Let's hold onto it for a while – to see what happens."

"How long?"

"Six months," she said. Sam agreed and stashed the bundles into a strong box under his workshop, which now made him an accomplice. But before he locked it up, Rosie slipped out one pack of bills:

"Let's use a little of it and go out to dinner tonight to celebrate our good fortune and my birthday."

Sam immediately made reservations at the most expensive restaurant in town.

They feasted heartily while planning how they will use the money once they felt it was safe to spend.

When the bill came, Sam presented four hundred dollars to the waiter saying, "Keep the change," But the waiter promptly asked Sam for his license, explaining that too many counterfeit bills had been passed in the establishment. Sam paid with his credit card,

"This is not working out," he growled. "We just can't go around

flashing hundred dollar bills to everyone."

Rosie then suggested putting the money in the bank.

"Are you crazy? How do you know it isn't part of a bank heist? Look at the straps on the money. They are stamped and dated.

What if a robber dumped it while being pursued? He continued lobbing one scenario after another at her.

"What was that goop all over the envelope? What if it belongs to the mob? What about that character you saw? Did you look in the dumpster to see if he was in it? What if it was a sting operation gone sour? The police might be looking for the money right now and for you too."

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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 six 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 it has 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 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 research by the Better Hearing Institute shows.

4. You love living life.

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 instruments, 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 thought 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, workers 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 better and more fulfilling life with better hearing. With professionally fit hearing instruments, you will.... "Hear the Difference."*

Take care of yourself; eating healthy, exercise, annual health checkups including, blood work and other tests your physician may suggest. Don't overlook a hearing test, call us or your hearing health provider to schedule; its quick, easy and most affordable.

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.

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HEALTH NOTES

Ask Ron Villano



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

in your personal and professional life.

Dear Ron

I have a friend who always seems to skip out when it comes to paying his fair share of expenses. We have a group of friends who agree to go out to dinner and he just either forgot his wallet, has no cash, has no credit card – the list of excuses are crazy! Other than this issue, he's a great friend who is always there when I need him. I don't really

want to end my friendship with him over this issues but "El Cheapo" has got to stop. LOL What are some good tips to get him to pay up?

– Tired of paying for it

Dear Tired

Sounds like your friend needs a good old fashion sit down talk to make some new ground rules. But these rules have to be well thought out and agreed upon ahead of time, with the consequences well defined. Here's some examples: Decide on which place you are going to ahead of time which allows for planning a budget. Ask your friend to pay up front by either giving cash or set sending an on-line instant payment (Zelle, Venmo, etc.) to someone who will then take care of paying his share for him. Doing it ahead of time may give your buddy a chance to make sure he's got the money on hand. Perhaps he would be OK with him to just enjoying the evening out and not eating/drinking. This would require making that type of deal ahead of time and the whole group has to see him as just enjoying the time out. With that agreement comes the boundary of not eating/drinking or in the future he may only be invited after the main bill has been settled. Finally you can take a look at gathering with him in ways that don't cost any money – like playing ball at a park or a bring-your-own-food/drink gathering to watch sports on TV, so you can enjoy his company without this concern. Take a bold step and open up a conversation and see how you can make this problem work out for everyone.

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 appearances on the Verizon FiOS1 network. With offices in St. James, Bohemia, East Islip, Levittown and Maspeth 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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by Terri Pace

There's an oil for that! We know that through the process of photosynthesis, plants use the energy from sunlight

to convert carbon dioxide and water into sugar and oxygen. The plant uses the sugar for food, and it releases the oxygen into the atmosphere – good for us, right?!

This process takes place in the leaves of the plant. "Look closely at...any leaf (or, for that matter, the surface of any green plant, even a blade of grass) with a magnifying glass. You'll find little breathing tubes called stomata. That's "mouth" in Greek, because, like mouths, they're openings that allow outside air in. I think of them more like lungs, often with squeezable openings. That's where the carbon dioxide gets in and the oxygen slips out."

~by Robert Krulwich, *The Earth Has Lungs. Watch Them Breathe*, published in *National Geographic* March 9, 2016.

So, it should not surprise you that essential oils made from the leaves of a plant help to support our respiratory system. Simply breathe in Eucalyptus, Wintergreen, Peppermint, or Rosemary essential oils to feel invigorated, as oxygen floods your airways!

Peppermint essential oil is well known and extremely versatile. Let's explore the multitude of uses with this crowd pleaser!

Health Benefits of Peppermint Essential Oil

- Easy breathing is as simple as taking the cap off and inhaling in the vapors of your Peppermint essential oil.
- Dilute and apply Peppermint topically to the chest to support clear breathing.*

Breathe Easy

- For a humidifying experience, add a drop of Peppermint oil to a steaming cup of hot water and inhale deeply for a few minutes.*
- I love to combine with a drop of Lemon and Black Pepper essential oils as a natural way to safeguard against seasonal and environmental threats. Add a few drops to your diffuser to blanket the room with protection!*
- Are you open to using essential oils internally? When ingested, Peppermint essential oil promotes healthy respiratory function and clear breathing.*
- Place a drop on your thumb and apply your thumb to the roof of your mouth. This will quickly open your sinuses and leave you feeling more alert too!
- Did you know that Peppermint can also act as an appetite suppressant? Put a drop under your tongue to reduce snacking before a meal.
- You can also inhale after a meal to trigger the brain to tell you that you are finished eating.* This really works.
- And that drop under your tongue is also a fantastic way to freshen your breath...naturally.
- Peppermint oil also helps alleviate occasional stomach upset. You can also apply to the abdomen or add to tea to promote digestive comfort.*

Novel Ways to Enjoy the Gifts of Peppermint Essential Oil

- This invigorating aroma is great to flavor foods like ice cream, juice drinks, and more. Add a drop of peppermint essential oil to your favorite smoothie recipe for a refreshing twist. I also highly recommend adding a drop or two to your favorite

brownie recipe. Yummy.

- Place one drop of Peppermint essential oil in the palm of hand with one drop of each Wild Orange and Frankincense oil. Breathe in deeply for a mid-day pick-me-up.
- Diffuse this stimulating aroma in your home or car to freshen the air.
- Combine two drops of each Lavender and Peppermint; apply topically to quickly relieve itchy skin.
- Peppermint is cooling to the skin. Add a few drops to a spray bottle with water and spray your skin:
~ to bring cooling relief while outside on a hot summer day
~after a day in the sun

~before/after exercise to promote a good workout
~anytime your body feels hot and/or flashy

Gardening & Outdoor Protection

- Did you know this oil naturally repel insects too? Peppermint can help to deter mice, ants and other unwanted pests. Sprinkle Peppermint at the point of entry, or place cotton balls with a drop of Peppermint on them.
- You can keep gardens or houseplants free from pests. Simply spray plants with Peppermint in a bottle of distilled water.
- Peppermint is an effective way to keep tiny guests off you when outdoors. Apply topically to exposed areas or on clothing. Did a sneaky one come home with you? Put a drop of Peppermint essential oil on a Q-tip and touch it to the protruding rear of this unwanted guest!

continued on facing page

HEALTH NOTES

continued

What other therapeutic benefits does Peppermint offer?

- The discomfort we feel after standing for extended periods or wearing uncomfortable shoes has an easy remedy. Apply a few drops to the soles of the feet and massage gently!
- This can help with other occasional aches and pains too. Apply topically to the back of your neck or on the temples when your head is pounding!
- Enjoy the relief you'll feel when you massage this oil on tired, overworked muscles.
- Apply to your wrists and navel for motion sickness.*
- Diffuse while studying. Inhale the aroma for improved memory recall.*

Did You Know?

When taken internally, Peppermint essential oil has clinically demonstrated its ability to help ease and relax gastrointestinal muscles and to calm both the



stomach and intestinal tract.*

Not all essential oils are created equal. Be an educated consumer and use only the best essential oils for your family.

*These statements have not been evaluated by the Food and Drug Administration. The products mentioned are not intended to diagnose, treat, cure, or prevent any disease. These therapeutic benefits are available to you and me when the underlying chemistry is 1.) present in the bottle, and 2.) is natural, pure, and potent. Synthetic and/or other unnatural compounds often don't deliver the same therapeutic outcomes.

Editor's Note:

Terri Pace 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. Watch and learn about many different health topics on Vimeo: <https://vimeo.com/simplynatural> including how to manage pain, increase energy, breathe easier, reduce stress, and conquer the blues...naturally – or call Terri at 631-487-1627 – no purchase necessary to attend.

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3. Feeling Centered & Calm
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Our Bravest

by John Taratunio
1928 - 2018

*What does it take to be a firefighter
To be on call anytime of the day or nite
To be called for any emergency
However important or trite
Have you ever wondered what it takes
To enter a building engulfed in fire
Never thinking of the danger
Just doing the job they desire*

*Doing this job are special people
Some are family, some neighbors and some friends
So from me, to all you special people
May I say Thank You and God Bless you all
For when those of us who may need you know
You will always be there to answer our call*

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Deadline & Publication Dates

= Copy & Ad Deadline

= Publication Date

In the **JUNE** edition advertise for:

- Fourth of July
- Summer Yard & Pool Care
- Graduations



JUNE						
S	M	T	W	T	F	S
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6	7	8	9	10	11	12
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JULY						
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AUGUST						
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CELEBRATIONS

New Arrival

Alyson and Christopher and big sister Haley Lucia Hernandez of Stony Brook are very happy to announce the birth of Laila Kelly on December 8, 2020 at St. Catherine of Siena Medical

Center. The little treasure came into this world weighing 7 lbs. 15 oz. and measuring 20 inches long.

Proud grandparents are Neila and Carlos Hernandez of Stony Brook and Kelly and Joseph Bollhofer of Head of the Harbor;

great grandparents are Louise and Cliff Bollhofer of Smithtown and Carlos and the late Estela Hernandez, who is smiling from heaven. The Hernandez girls are keeping many members of their extended family busy, with big smiles!



Laila Kelly Hernandez



BIG sister Haley hugging Laila Kelly

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SHORT STORY

Money in Envelope

continued from page 70

"For both of us," she snarled. Remember, you were the one passing hundred dollar bills this evening.

When the half year passed and nothing happened, Rosie decided to go shopping by herself, so she headed for the mall. As she pulled out of her driveway she noticed a car parked across the street. The driver started his engine and followed her long enough to create a panic attack. She parked in the lot by Sears and called Sam on her cell.

"I was followed. Get down here. Bring the money."

Sam thought the worst:

When he pulled up in front of her car, Rosie jumped out of her car and jumped into Sam's

"You got the money?" she gasped.

"Who followed you?"

"I don't know – just go somewhere we can dump this money."

Sam drove to the next town, while Rosie kept watch out the rear window.

"I don't see him now," Rosie cried. So Sam pulled up by the community church

"Why are we stopping?"

"This is why," he said.

He grabbed the money and bolted to the side entrance of the church, where a collection niche was built into the wall. He tried jamming the envelope into the slot, but it didn't fit, so Rosie tore it apart and started feeding each pack of bills through the opening. One pack broke open and several C notes fell to the ground. They were in the midst of scooping them up - just as a squad car arrived in answer to a call that a suspicious couple was tampering with the church's poor box.

It took a lot of explaining, but Rosie and Sam managed to win the sympathy of the judge, who in the end sentenced them to community service – performing litter removal for the next six months.

How lucky can you get?

Editor's Note:

June Capossela Kempf, of St. James, is the author of Yo God Jay's Story – a unique spin about raising a special needs child and Lady of the Dollhouse published by KeithPublications.com. She also writes essays and is the facilitator for the Adult Writers Group at the Smithtown Library.



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O B I T U A R I E S

Karen O'Connell

May 31, 1958 - April 9, 2021

Karen O'Connell passed away on April 9, 2021 from multiple medical issues. She is survived by her four siblings: Brian O'Connell (Grace), Bob O'Connell (Karen), Kelly Cruz (Paul), Shawn (Amanda) and 10 nieces and nephews as well as four grand nieces and nephews.

A private cremation is planned.



Karen O'Connell



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

PRAYER TO THE BLESSED VIRGIN (NEVER KNOWN TO FAIL) Oh, most beautiful flower of Mt. Carmel, fruitful vine, splendor of heaven, blessed mother of the Son of God, immaculate virgin, assist me in my necessity. Oh star of the sea, help me and show me herein, you are my mother. Oh Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none who can withstand your power. Oh show me herein you are my mother. Oh Mary conceived without sin pray for us who have recourse to thee. (3 times). Oh Holy Mary I place this cause in your hands. (3 times). Holy Spirit, you who solve all problems, light all roads so that I can obtain my goals. You gave me the divine gift to forgive and forget all evil against me, and that in all instances of my life, you are with me. I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days, the request will be granted. This prayer must be published after the favor has been granted. K.B. 6/21

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PRAYER TO THE BLESSED VIRGIN (NEVER KNOWN TO FAIL) Oh, most beautiful flower of Mt. Carmel, fruitful vine, splendor of heaven, blessed mother of the Son of God, immaculate virgin, assist me in my necessity. Oh star of the sea, help me and show me herein, you are my mother. Oh Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none who can withstand your power. Oh show me herein you are my mother. Oh Mary conceived without sin pray for us who have recourse to thee. (3 times). Oh Holy Mary I place this cause in your hands. (3 times). Holy Spirit, you who solve all problems, light all roads so that I can obtain my goals. You gave me the divine gift to forgive and forget all evil against me, and that in all instances of my life, you are with me. I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. Amen. The person must say this prayer 3 consecutive days. After 3 days the request will be granted. This prayer must be published after the favor has been granted. J.C. 5/21

“UPCYCLED” SALE – Painted Furniture, Refurbished Items, Costume Jewelry, Dining Set. 3 Storyland Rd., St. James. Saturday, May 29, 2021, 9 a.m.; raindate: May 30. 5/21

PRAYER TO THE BLESSED VIRGIN (NEVER KNOWN TO FAIL) Oh, most beautiful flower of Mt. Carmel, fruitful vine, splendor of heaven, blessed mother of the Son of God, immaculate virgin, assist me in my necessity. Oh star of the sea, help me and show me herein, you are my mother. Oh Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none who can withstand your power. Oh show me herein you are my mother. Oh Mary conceived without sin pray for us who have recourse to thee. (3 times). Oh Holy Mary I place this cause in your hands. (3 times). Holy Spirit, you who solve all problems, light all roads so that I can obtain my goals. You gave me the divine gift to forgive and forget all evil against me, and that in all instances of my life, you are with me. I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days, the request will be granted. This prayer must be published after the favor has been granted. E.K. 5/21

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For advertising information please call 631-862-9849

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

WANTED: Volunteers – Join the Smithtown Historical Society's Volunteer Corps. Looking for committed, long-term volunteers to join in preserving our shared local history. INTERESTED??? They need help in buildings and grounds keeping, beautification/decorating; children's programming; special events... and much more. For more information call 631-265-6768 or visit info@smithtownhistorical.org.

LOOKING FOR HELP? Place a classified ad in Our Town and reach over 6,500 families and businesses for only \$5 for the first 20 words and .10¢ for each additional word. Call 631-862-9849 for information or mail a check to: Our Town, 359 Lake Avenue, St. James, NY 11780.

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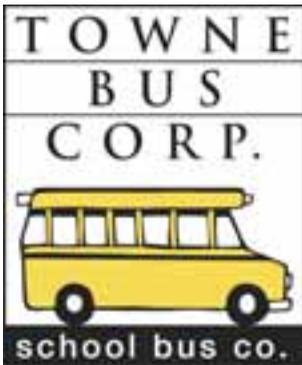
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