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Our Town

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OCTOBER
2025

Volume 38
Number 5

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



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Our Town gears up for frightful fun and fall festivities!
Learn about St. James' Haunted History, page 14.



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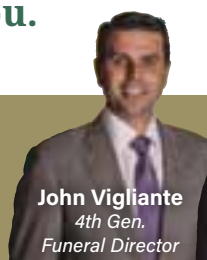
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OUR TOWN

— ST. JAMES —

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PLEASE NOTE:

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OUR TOWN • OCTOBER 2025



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

St. James Jewelry Shoppe

Take a nostalgic stroll with me down Lake Avenue, across from King Kullen, to #483 – the home of St. James Jewelry Shoppe. Ring the bell and, if you're lucky, you'll be greeted by Maya and Bosco, the incredibly friendly Rhodesian Ridgebacks pups who have often helped me with my selections! If they happen to have the day off, you'll still be fortunate to meet with Lenny and Cheryl Piskorz.

The store has been in its current location since 2008, but Lenny's roots in jewelry go back to 1975, when his father, Ben, opened a store in Smithtown. As a young man, Lenny worked there on Saturdays, and that early experience led him to become a primary on-site jeweler for shops in the Smith Haven Mall by the age of 17. There, he gained invaluable experience and eventually went on to open a store of his own.

Lenny grew up in Commack and then went to college at C.W. Post, where he met his future wife Cheryl. Together, they raised three wonderful children – Morgan (35), Gabrielle (30), and Ross (28). They remain a close-knit family, and having their kids live locally is an added blessing.

I have known Lenny's father, Ben, for over 25 years. When he retired, I clearly remember him saying how confident he was that the community would remain in good hands. His son's shop wasn't far from his own, and Ben proudly boasted about Lenny's superior talent. Much like Ben and his wife, Regina, who ran their shop in Smithtown for decades, Lenny and Cheryl now carry on that same tradition in St. James.

Lenny and Cheryl have built an amazing clientele who appreciate both their service and artistry. Lenny is a true craftsman. While I usually pick from the display cases (lacking imagination myself), Lenny excels at creating or recreating anything you can envision. See a picture of a piece you love? Bring it to Lenny, and watch the magic happen.

Lenny's workshop is a fascinating blend of 19th-century tradition and 21st-century innovation. Sitting right next to his very well used bench is a state-of-the-art laser welder. Much has changed in the jewelry business since Lenny began in the '70s, such as the rise of lab-grown diamonds, but much has also remained the same. Today's extremely high cost of precious metals presents new challenges, but creativity is often the solution.

This past year, Lenny and Cheryl's store was named the Smithtown Business of the Year by the Suffolk County Legislature. Congratulations on this very well-deserved honor! Stop by and see how this true gem of a shop can help you.

Visit their website at www.stjamesjewelry.com





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697 Short Beach Road, Nissequogue | Available – \$7,200,000
Soundview Haven is situated on 11.2 acres of verdant lawn, lush plant life and mature trees in the picturesque Village of Nissequogue. Perfectly nestled on the property with magical views of the Long Island Sound and 332 ft. of beachfront, this stunning Estate is truly one-of-a-kind. MLS# L3587428.



295 5th Street, Saint James | Available – \$729,000
This Expanded Ranch offers comfort, style and convenience with 4 bedrooms and 2 full baths. The inviting den is a true centerpiece, showcasing custom built-in shelving, a wood burning brick fireplace, and a sunlit picture window with window seat that overlooks the serene yard. MLS# 906507.



9 Holly Lane, Nissequogue | Pending – \$1,300,000
Elegant and classic 4-bedroom, 4-bath Colonial located on a serene cul-de-sac. Throughout the home, rich wood floors and solid wood doors exude quality and character. Relax and unwind on the charming covered rear porch or the front veranda that both overlook expansive lush lawns. MLS# 899595.



2 The Spout, Smithtown | Pending – \$1,200,000
Tucked away on a beautifully landscaped acre of flowering trees and carefully planned gardens, this Yablonski-built Farm Ranch is near both Hamlets of Smithtown and Saint James. This home merges character with modern updates to offer a space that's both stylish and welcoming. MLS# 875664.



17 Verbena Court, Hicksville | Pending – \$859,000
Spacious 4-bedroom, 2-bath Split Level home showcases a light-filled living room with vaulted ceiling and a large picture window that enhances the open, airy feel. The comfortable den highlights a wood-burning fireplace and bay window, offering an inviting space to gather or unwind. MLS# 886891.



32 Kings Park Road, Commack | Pending – \$739,000
Charming and well-maintained Split Level home featuring a bright living room with wood floors and crown molding, a remodeled kitchen, and a cozy den with a wood-burning fireplace. Includes 3 bedrooms, a partial basement, new gas heating and central air, and a new cesspool. MLS# 895767.



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Haunted House at Deepwells Mansion: A Volunteer-Driven Community Tradition

by Denise Davis

As the autumn leaves begin to fall and the crisp air signals the approach of Halloween, the historic Deepwells Mansion transforms

into a spine-chilling haunted house, attracting visitors from all over Long Island, and even as far as New Jersey and Connecticut.

But beyond the eerie decorations and haunted thrills lies a heartwarming story of community spirit and dedication.

The Deepwells Haunted Mansion is proudly 100% volunteer-run. Every year, the Deepwells Farm Historical Society Board of Directors, along with a passionate group of local volunteers from St. James, Smithtown, and

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Haunted House



continued from page 6
nearby towns, come together to design, build and operate the haunted attraction. Their tireless efforts create an immersive experience that both entertains and keeps the spirit of the

mansion alive.

What makes this haunted mansion truly special is its purpose. All the money raised from ticket sales and donations goes directly towards the
continued on page 10

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ST. JAMES FARM RANCH "DIAMOND"

Lovely diamond 4 BR, 3 bath Farm Ranch, 2 car side entry garage. BB lined blacktop driveway. Covered bluestone front porch, arch. roof, paver walkway, IGS, Vinyl Perfection siding, Andersen windows, EIK/white cabinetry, granite tops, SS appls. Oil HW 3 zone heat & 2 zone CAC. HW floors, full bsmt, part fin w/OSE. Trex deck, generator hook up only. Hot tub, landscaped yard, .58 level acre. Must see! **\$925,000.**



ST. JAMES "CUSTOM QUALITY NEW CONSTRUCTION"

Custom quality new construction. Post Modern Hampton style Colonial features: 9' ceilings, wide plank white oak floors, coffered ceiling, custom large open EIK, white Shaker cabinets, quartz tops, oversized waterfall center island. Electric frplc in LR. Stunning primary BR & custom private bath. 3 add'l BRs & 2 full baths. Garage, 9' bsmnt w/OSE. Too much to list! Must see! **\$1,299,000.**



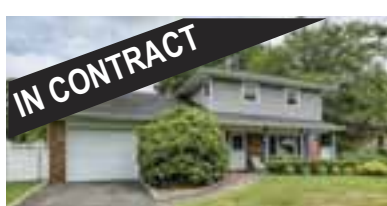
SMITHTOWN VILLAGE OF THE BRANCH "CUSTOM CONTEMPORIZED COLONIAL"

Two story entrance foyer, vaulted ceilings, 2 car side entry garage & 3/4 unfinished bsmt. This 3 BR, 2 1/2 bath home has a den w/wood burning frplc & large EIK. 2 zone Burham furnace w/Riello head, CAC, 200 Amp electric, public water. Arch roof +/- 5 years old, in-ground sprinklers, cedar wood & fieldstone siding, blacktop half circular driveway, Large bi level rear deck & level private evergreen screened rear yard, cul-de-sac. **\$885,000.**



SMITHTOWN "SPLANCH"

Lovely 5 BR, 3 full bath Splanch home on a level .23 acre. Arch roof (10 yr +/-). Covered front porch, fenced rear yard, one car attached garage. Rear paver patio, blacktop BB lined driveway. The home has some oak floors, partial bsmt, 100 amp electric, public water, thermopane windows, vinyl/asb & brick siding. Oil HW heat, 275 gal. oil tank in bsmt. **\$699,000.**



FORT SALONGA

"MID-CENTURY MODERN RANCH"

3 BR, 3 bath Mid-Century Modern Ranch w/vaulted ceilings, HW floors, lower level walkout, decks. one car att. garage. Kitchen, roof, some windows & HW floors updated 2015. LR with HW floors, built-ins & wood burning frplc, eat in galley kitchen w/granite tops. 200 amp electric, oil forced HA heat, thru wall AC units, primary BR w/att. bath, private balcony. Sliders to rear deck in kitchen & LR. 1+/- private acres, R-43 zoning, sold as-is. Cul-de-sac location. Blacktop driveway, Kings Park schools, Northport PO. 275 gal. oil tank in garage. No FHA financing. **\$699,000.**



ST. JAMES

"CUSTOM VICTORIAN STYLE"

6 BR, 5 bath Colonial. Custom mahogany front door. FDR/HW floors. 9' ceilings. Updated open Chefs EIK w/granite tops, Viking cooktop, double convection ovens. Central air, central vac, 200+ amp electric. Bsmnt. 3 car det. garage. Bucolic level fenced rear yard.64 acre. Covered Lanai, Trex decking. Nat. Grid gas heat. So much more! Potential M/D w/proper permits. Must see! **\$1,275,000.**



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RENTALS

ST. JAMES. Whole house rental. Lovely maintained Victorian style Colonial, large EIK, 5 BRs, 3 full baths, wall-to-wall carpet, HW floors, stackable washer/dryer. No pets & no smoking. Landlord maintains grass, tenant responsible for snow removal. Detached garage not included. **\$5,000 mo. + utils**

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References required.

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Haunted House



continued from page 8
upkeep and preservation of the historic Deepwells Mansion. This beloved landmark, with its rich history and architectural beauty, depends on the generosity and commitment of the community to maintain its grounds and structure for future generations.

The volunteers' dedication en-



ures that the mansion remains a cultural centerpiece of Saint James. Their work not only brings a thrilling Halloween experience to life, but also supports the ongoing care of this historic site, making the haunted house an event that gives back to the community in more ways than one.

Whether you're a local looking for a seasonal adventure, or a history enthusiast interested in supporting a meaningful cause, the haunted house at Deepwells Mansion offers a unique opportunity to enjoy the spooky season while helping preserve a piece of our shared past.

Deepwells Haunted Mansion is open the last three weekends in October on Friday and Saturday nights from 7-10:00 p.m. Presale tickets are available, so be sure to secure your spot for a hauntingly good time.



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118 Harbor Road, Head of the Harbor



Charming farmhouse on 2 acres in the picturesque village of Head of the Harbor, backing to expansive wooded land. The spacious country kitchen offers a breakfast island with granite countertops, built-in wall grill, and a large picture window. Featuring 3 first-floor bedrooms, including 1 of 2 primary suites, plus a full bath. Additional highlights include an unfinished attic with potential for extra living space, central air, a 20' x 40' gunite in-ground pool, and a large pool house — an exceptional find in a serene, rustic setting. MLS# 900527. \$1,199,000.

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AROUND TOWN

CELEBRATE ST. JAMES – PAST-PRESENT-FUTURE News From the St. James Community Cultural Arts Center

by Natalie Weinstein, President

So many of you have noticed changes at the Calderone Theatre building. The original old and leaking roof has now been replaced by a new copper one which can accommodate solar panels in the future. While the building was closed to the public, the demolition and stabilization of the stage has been accomplished, as well. Both projects have occurred thanks to a matching grant from the Robert David Lion Foundation and two wonderful donors. A most memorable day in this progress was one in which the workmen removed the wall blocking the stage from view to reveal the original proscenium. It was an awesome look back in history!

Celebrate St. James has been looking back but also looking forward to so many wonderful community events – from our fall children's theatre workshop, featuring Frozen Jr. culminating in their performance on December 6, to kids' art classes, to monthly meet and events featuring our local business partners, to line dancing, art shows, game nights, teen nights and so much more. The focus in October is to bring you the most exciting, fun Gala on Wednesday, October 15 at Flowerfield Celebrations. The attire is "Jeans & Jewels," the honorees are the amazing visionaries who are making our dream of a St. James Community Cultural Arts Center a reality and the theme of the evening is aptly

named "Building the Dream."

M.C. Tony Chiofalo is bringing his talented Lighthouse Repertoire Theatre group to entertain and put us in the "giving mood". Giving is the goal of Celebrate St. James – giving a community center for the cultural arts to our town and beyond and creating an interactive repository for the history of theatre in St. James.

We want to get all of you involved in this new community center because it brings an added dimension and location to gather, learn, and be entertained, while fostering community pride and helping local business.

Check out our website – www.celebratestjames.org. Our calendar is filled with something for all of you and your family. Join us as we make this dream come true. Our new marquee will bring you to our doors!



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Occasions

BY JULIA TERESA

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Ghosts and Spirits Around St. James

by Joe Giaquinto,
Psychic Medium and
Paranormal Investigator

On All Hallows' Eve, as the moon rises and shadows lengthen, we gather around blazing fireplaces to share ghostly tales. Every creak of wood or sudden cold spot in the room feels like a sign from beyond. Even those who don't believe in the Great Pumpkin might entertain the possibility of seeing it arise at midnight.

After 45 years of ghost hunting, mediumship, and spiritual exploration, I've collected countless experiences – moments where the veil between the physical and the ethereal seemed to join. They are special occurrences, touches of awe from otherworldly people who broke through the dimensional space that separates us.

Beautiful St. James is no exception. It is a spiritually vibrant place where the voices of the past still

continued on page 16



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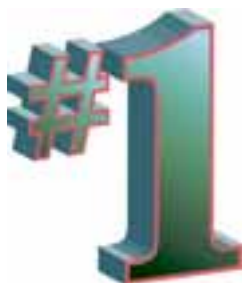
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FOR SALE



ROCKY POINT. Spectacular water views close to the beach. 3 BR Ranch on level property, hard wood floors throughout. Full basement with outside entrance. 1 car garage. **\$475,000.**

FOR SALE



SMITHTOWN. Tanglewood Hauppauge schools. Diamond 1 BR with office, hardwood floors throughout. Bright and light new bathroom. Sliding patio doors leading to patio. **\$250,000.**

PENDING



ST. JAMES. Fairfield 55 plus community. 3 BR, 2 1/2 baths, a garage. Designer show-place. Totally updated throughout. Primary BR on the first floor with an en suite bathroom. **\$619,990.**

PENDING



SMITHTOWN. Village of the Branch. Beautiful 3 BR 2 1/2 bath Colonial. This home was originally a carriage house and has been totally rebuilt. Still retains some unique features. Hardwood floors with an open floor plan, 2 car garage. **\$779,000.**

PENDING



ST JAMES. 4 BR, 2 bath expanded Colonial with huge primary bedroom. Hardwood floors throughout, spacious rooms. Basement. Quiet mid block location. **\$749,990.**



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Ghosts and Spirits Around St. James

continued from page 14
linger – their souls alive and well, though their bodies are no more. Without physical form, the departed find creative ways to send signs and messages.

Ghosts and spirits, though often spoken of together, are not the same. Ghosts are remnants of energy, like old films playing again and again. Peter Underwood, in his book, *Ghosts: And How to See Them*, lists ten different types of ghosts. They are atmospheric memories, locked into replaying the same scene whenever triggered. Ghosts don't follow us home or acknowledge us – they simply appear and vanish.

Every year, Deepwells Farm in St. James hosts a haunted mansion tour, complete with scary themed rooms to frighten and surprise all who dare enter. Built in 1845, this Greek Revival mansion has seen many owners, including the mayor of New York City in the early 1900s. But the ghosts of Deepwells are not merely Halloween props – the place is really haunted. I witnessed one of their apparitions during an event I hosted there one evening. As I walked the second-floor hallway, I felt someone watching me. As I turned my head to look down the hallway, I saw the shadowy figure of a man. The figure glanced back, then vanished.

Ghosts remain imprinted in the places where the energy was left.



That is why some old European structures show apparitions seemingly hovering above the ground – floors and foundations may have crumbled, but the ghost remained locked at its original height.

Spirits are different from ghosts. Spirits are people – without, as I like to say, their rental car bodies. Our body is like a car: it carries us through life, lets us work, travel, and experience the world. Eventually however, the car breaks down, but the driver lives on. Like the car, our souls continue long after the body has died. Spirits often seek out loved ones, to give them signs and messages, making their presence known in creative and often humorous ways. They hold the experiences of their past lives and the memories of those they loved; the fullness of their personalities intact.

Last year, I shared these ideas during a presentation called “Ghosts Around St. James” at the St. James Cultural Arts Center – the old Calderone Theater on Second Street. Built in 1929, the theater it-

self is haunted by decades of performers and patrons. During the talk, I played recordings captured with EVP recorders and a spirit box. EVPs – Electronic Voice Phenomena – are voices imprinted on ambient noise. A spirit box (also called a ghost box) scans radio frequencies to let spirits communicate. The EVPs I played were diverse and included spirits talking and even musical instruments playing.

After my presentation, it was decided we'd follow up with a live ghost investigation event for those interested in participating. The goal was to confirm the theater's restless history of spooky goings on. During that investigation, we documented orbs – translucent balls of light – photographed by several witnesses. A well-dressed man in a top hat appeared to more than one investigator. Equipment registered energy fluctuations, and unexplained cold spots marked rooms that were otherwise warm.

In addition to the St. James Calderone Theater and Deepwells Farm, there is the St. James General Store. Ebenezer Smith built the store in 1857, and it served the community by providing goods and services to the local farmers of that time. Like Calderone and Deepwells, the General Store has had its share of ghostly activity as well. One employee at the store saw the apparition of a little girl with long brown hair in old-fashioned clothing. She appeared frightened before vanishing. Another worker heard a child crying when no one else was present at the store. Cold spots also occur with no apparent explanation.

Ghosts generally make silent appearances while spirits are more vocal, interacting with us.

William Sidney Mount, born in Setauket in 1807, remains one of the area's most intriguing spirits. Mount was a musician, writer, inventor, and a painter of genre scenes often filled with humor and social commentary. He also be-

continued on page 18





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Ghosts and Spirits Around St. James

continued from page 16
lieved deeply in Spiritualism, holding séances at the Haddaway House – today's Country House Restaurant. Mount's presence has persisted, even 'haunting' local historian Kerriann Flanagan Brosky during her research for the *Ghosts of Long Island* book series. Mount kept urging Kerriann to use a book cover he preferred, even though the cover didn't align with the publisher's expectations!

Kerriann's experience with William Sidney Mount's spirit prompted her to ask me if I could have William give her a direct message. I cleared my mind and wrote verbatim what I heard him tell me through my clairaudience, a type of mediumship where you hear messages spoken by spirit.

Kerriann had William's personal journals – he wrote about his daily life experiences in them. Kerriann had a good sense of what things William would say and how they'd be phrased. I had finished William's message, handwritten on a legal pad. It talked about our first visit to his home, a screen door to the summer kitchen that mysteriously opened and closed before our eyes, and a pair of red-tailed hawks that showed up and circled above our heads.

The message read, *"Joseph, why did your legion leave the property so quickly after the hawks appeared? We had really wanted you to stay with a good heart. Kerriann is all despondent about your little episode with the door opening and frustrated about the 'apparent' problem... and lack of respect for my house. This will be a frightful experience for her to quote my commentary and persuade others to my cause. Like you, it will be evident in the long term – but not now."*

I emailed the message to Kerriann, which prompted a quick response from her. She told me the message matched exactly the tone, word



style, and vocabulary contained in his personal journals.

At the Country House Restaurant in Stony Brook, you can have fine dining and maybe get a glimpse of the property's longest residing ghost – Annette Williamson, a young girl who during the Revolutionary War was murdered by the townspeople who thought she was a British Loyalist. Annette makes herself known to patrons by creating a light flash in the dining rooms like the old-style flash lamps, where photographers ignited flash powder for a brilliant burst of light. Others have seen Annette's face in the window or even her entire form in various places on the property.

Sometimes spirits manifest in other ways... At Deepwells Farm, a ghostly cello was heard playing when no musician was in the music room. At Strong's Neck where it's said Anna Smith Strong hung clothes on a line to send secret messages to George Washington's Culper Spy Ring, Kerriann and I recorded the sounds of guns and canons being fired from warships.

Spirits can also utilize nature such as birds, butterflies, or animals. In East Setauket, Kerriann and I spoke with Chief Gail Joyce Revis (Happiness of Running Water) of the Setalcott Indian Nation. Sitting with her on a medicine wheel blanket near her ancestral cemetery, the chief shared the story of her people.

When she spoke of their journey across Long Island Sound in canoes, a red-tailed hawk circling above the crest of the nearby bluff cried out. The Chief smiled and told us, "I hold the hawk – the Thunderbird."

St. James and its neighboring towns are filled with paranormal energies in each corner of their carefully maintained landmark properties, woodlands and waterways that date back hundreds of years; energies

left by Native Americans, pioneering settlers, and people of the Revolutionary and Civil War eras. These otherworldly visitors want to be acknowledged and not forgotten.

Next time you visit St. James and happen to pass its old buildings and dark woods on a moonlit night, listen closely. You may hear the whispers of those from time long past.



COMPASS



33 Bacon Road, Head Of The Harbor | 6 BD | 6 BA | 4,900 SF | \$2,750,000

This Georgian colonial, built in 2012, sits on 3.5 private acres. It blends classic elegance with modern convenience. Gourmet kitchen with a breakfast area. Family room with a gas fireplace. Primary suite on the first floor with a luxurious bath and French doors to the backyard. Three-car garage, a carriage house and a saltwater pool. Minutes from Long Island Sound beaches, Avalon Nature Preserve, Stony Brook Village, vineyards, and is only 60 miles from Manhattan.



35 Monterrey Drive, Saint James | 5 BD | 4 BA | 4,960 SF | \$1,499,000

This colonial features a two-story great room with a fireplace, dining room, office, gourmet chef's kitchen, and a den. The home also boasts an elegant entry foyer with a sweeping staircase, high ceilings, ample storage, a finished basement, and a three-car garage. The Hamlet is a 24-hour attended gated community with resort-style amenities and a 9,300 SF clubhouse. Don't miss this rare opportunity to own a timeless colonial in one of Long Island's premier communities.



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Welcome to Our Newest Chamber of Commerce Members



St. James Chamber of Commerce welcomes Metro Physical Therapy located at 556 North Country Road. The ribbon cutting was a wonderful celebration for the business community. Many VIPs from the town and community attended including Smithtown Supervisor Edward Wehrheim, Suffolk County Clerk Vincent Puleo, Town Council members Lisa Inzerillo and Tom Lohmann, Town Clerk Thomas McCarthy, Chamber President Kathy Weber, and Chamber Board Member Meg Shutka.

Best of luck to physical therapists Joseph Giuliani, Nicole Evan's and the team.



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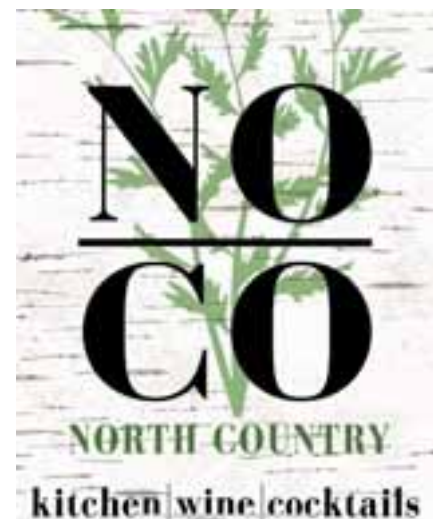
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Saint James Native Honors His Country – and Receives a Piece of Home at Fort Carson

Connor John Ricciardi, born in 2001 at Saint Catherine's Hospital, has always called Saint James home. From the hallways of Mills Pond Elementary and Nesaquake Middle School to his graduation from Smithtown High School East,

Connor's roots run deep in this close-knit Long Island community.

Fueling a lifelong desire to serve his country, Connor pursued both education and military service. While studying aerospace engineering at the University at Buffalo, he



joined the ROTC Golden Griffin Battalion. Upon graduation, he was commissioned as a Second Lieutenant in the United States Army.

Now stationed at Fort Carson in Colorado Springs, Colorado, First Lieutenant Connor Ricciardi serves in the 3rd Armored Corps, 4th Infantry Division, 36th Engineer Brigade, 4th Engineer Battalion, Headquarters Company. His dedication and leadership have already earned him a promotion to First Lieutenant.

Among his proudest accomplishments, Connor recently graduated from the Army's elite Sapper Leader Course – one of the most demanding leadership schools in the military. Sappers are specially trained combat engineers who excel in mobility, demolitions, and infantry tactics. The course is known for pushing even the toughest soldiers to their limits. Earning the Sapper Tab is a rare honor, signifying that a soldier is among the Army's most disciplined, skilled, and mentally resilient.

Even 2,000 miles from Saint
continued on page 24

An advertisement for Alpine Pastry Shoppe. The ad features a variety of Halloween-themed pastries and cakes. At the top, there are "Cheesecake Pops!" and "Apple Cider Donuts". The central focus is a "LARGE SELECTION OF Spooky Treats" which includes an "Apple Cider Cake", a "Pumpkin Cheesecake", and a "Custom Cakes and Favors for Every Occasion" section. Below this, there are "Candy Apples" and "Caramel Apples". A large yellow banner at the bottom left offers a "20% OFF ANY PURCHASE \$5 MAXIMUM DISCOUNT" with terms and conditions. The ad also includes the shop's address (59 Rt. 111, Smithtown (Village Center)), phone number (631-265-5610), website (alpinepastryshop.com), and social media icons for Visa, Mastercard, and Facebook.

Alpine Pastry Shoppe

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A festive Halloween-themed poster for a community event. The background is a light orange grid. At the top, two circular logos for '11780' are flanking the text 'COMMUNITY ASSOCIATION OF GREATER ST JAMES PRESENTS'. Halloween icons like spiders, a witch hat, and bats are scattered around. The main title 'HALLOWEEN PARADE & FESTIVAL' is in large, stylized orange and purple letters. Below it, a group of children in various costumes (ghost, witch, dinosaur, superhero, etc.) are shown, some holding jack-o'-lanterns. A speech bubble on the right says 'COSTUME CONTEST & PRIZES'. At the bottom, two purple boxes provide event details: 'PARADE | LIVE MUSIC | VENDORS | CANDY | CRAFTS' followed by 'SUNDAY OCTOBER 26', and 'FESTIVAL 1-5 PM CELEBRATE PARK'. The location and timing for the parade are listed in a purple box: 'St. James Gazebo @ Railroad Station', '12noon Line up', 'step off @12:45', and 'Parade to Celebrate Park'. Decorative stars and pumpkins are also present.

11780

COMMUNITY ASSOCIATION OF GREATER ST JAMES
PRESENTS

11780

**HALLOWEEN
PARADE
& FESTIVAL**

COSTUME
CONTEST
&
PRIZES

PARADE | LIVE MUSIC | VENDORS | CANDY | CRAFTS

SUNDAY OCTOBER 26

St. James Gazebo @ Railroad Station
12noon Line up
step off @12:45
Parade to Celebrate Park

**FESTIVAL 1-5 PM
CELEBRATE PARK**

Saint James Native Receives a Piece of Home

continued from page 22
James, Connor was reminded of the community that raised him. During a recent visit to Fort Carson, his parents, Karen and Jerry Ricciardi, hand-delivered a beautifully crafted wooden American flag – a gift made by local Saint James woodworker Tom Mady of Fourth and Fourth Woodwork. Every star on the flag was carefully hand-carved, a deeply personal gesture that carried more meaning than words could express.

Tom Mady's woodworking journey began close to home. His first flag was created for his son-in-law, a disabled Army veteran, and sent to Montana. Then came a flag for his daughter-in-law when she became a U.S. citizen.

Soon after, another flag was made for his nephew, who joined the Marines. From these beginnings, his work has become a symbol of pride, patriotism, and personal connection.

The flag presented to Connor is the latest in that growing tradition – a work of art that carries with it the heart of Saint James.

As Connor continues his path of service and leadership in the Army, the people of Saint James stand behind him with deep pride and gratitude. His story is a powerful reminder that the spirit of service begins at home – and that even across the country, Saint James continues to show up for its own.



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St. James, NY

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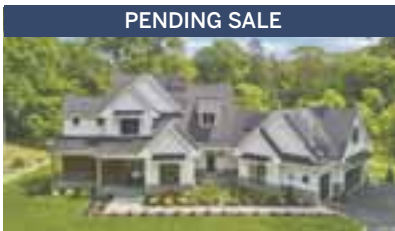
Head of Harbor, NY

Sprawling Ranch on 2.6 acres near Stony Brook Harbor with vaulted ceilings, granite kitchen, great room with fireplace, finished basement, and private estate like grounds. MLS# 874712. \$1,439,000.



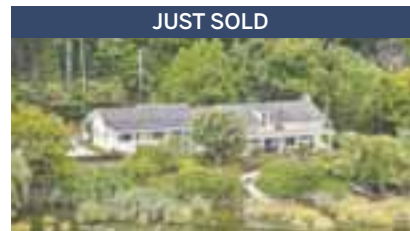
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Made in St. James - The Danielle (Marullo) Sepsy Story of The Hungry Gnome

by Scott Posner

The anticipation builds as we fill our cart with the irresistible treats from thehungrygnome.com site. An assortment of scones, muffins, banana bread, cookies, and biscuits are ordered with mouth-watering excitement. Daniel Levy, host of competition show "The Big Brunch" on HBO, after sampling a Danielle creation, famously said: "This is one of the greatest things I have ever put in my mouth." It was a huge endorsement from someone who knows food. His comment resulted in a 5,000% increase in online sales! The anticipation quickly turns to excitement when the very attractive box arrives. The excitement instantly turns to concern as the negotiations begin with my wife Debby regarding my desire to heat-it and eat-it, all versus her more



sane desire to dole out reasonable amounts over a longer period of time. She wins.

Today The Hungry Gnome produces 13,000 to 15,000 items per day that are distributed to over 300 locations and shipped via their website across the US and Canada. They are housed in a 5,000 square foot facility in Long Island City where 30 people work multiple shifts everyday. Danielle has been on Good Morning America five times, baked with Michael Strahan, appeared on the Drew Barrymore Show, Tamara Hall, Good Day New York, Inside Edition, Pix 11 and now a new highlight... The Our Town newspaper! Well, it's a new highlight for me. Her cookbook, "The Scone Queen Bakes," comes out in March and is available for preorder now on Amazon and Barnes & Noble. Mine is ordered!

Now that you know a bit more
continued on page 28

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The Danielle Sepsy Story of The Hungry Gnome

continued from page 26
about Danielle and The Hungry Gnome, let's dive into the background of this baking industry legend. Danielle (Marullo) Sepsy grew up in Nissequogue with her dad Peter, an attorney, her mother Doreen, a teacher in the Port Jefferson School District, and sisters Christiana and Julia. Her family has always been a great source of strength and inspiration for Danielle. Her father supplied her with incredibly insightful guidance and support. She shared that she is amazed at the breadth and depth of his knowledge in so many areas. Danielle credits her Dad with helping her to understand the challenges and skills necessary to build a successful business. He taught her about managing people, understanding a profit and loss statement, and other important information
continued on page 30



Danielle starring as Dorothy in the St. James Elementary School production of *The Wizard of Oz*.

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The Danielle Sepsy Story of The Hungry Gnome

continued from page 28
needed to be successful. Danielle's mom, Doreen, was a "super hands-on mom". Just one of many wonderful memories, Danielle remembers making play-dough with her mom. And, on every school snow day, they baked "snow-day bread." There were always fun-filled family traditions to experience. Doreen was not just a super-mom, she was also one of the most requested teachers in her district. She was known for her teaching creativity, effectiveness and her amazing way of connecting with students. Her mom also continues to be a tremendous supporter of Danielle's business. Her sisters, Christiana and Julia, are her most important and diligent testers of Danielle's new ideas. They are honest and direct in their assessments of each new creation and her toughest critiques.

Danielle attended St. James Elementary School. She shared that she is still very close to her 3rd grade teacher, Mrs. Maryanne Marquart, and her 5th grade teacher, Mr. Ron Parmegiani. At elementary school Danielle had a transformative experience thanks to her incredible teachers. She portrayed Dorothy in the 5th grade performance of *The Wizard of Oz*. She remembers there was not a dry eye in the house. She felt incredible fulfillment being able to touch the audience and has always cherished this incredible memory. For weeks after the show, her parents were stopped in King Kullen by people commenting on her performance. Her parents were as shocked as everyone else about Danielle's hidden talent. Some of those same people still stop her parents in King Kullen after one of her many TV appearances.

Tradition and family were always important in the Marullo family. Doreen's parents, Grandma Anita and Grandpa Vincent, lived in Smithtown and were a very integral part of their upbringing. Peter's parents, Grandma Rosemarie and Grandpa Carmine hosted huge Sun-



day dinners. While developing her love of the culinary arts, Danielle cooked by Rosemarie's side. She got great satisfaction from the pleasure her family received from the meals they provided. Just like the 5th grade play, Danielle strove to make a lasting and positive impact with her creations. When Danielle was 8 years old, seeing her passion for cooking, her Grandmother gave her a KitchenAid stand mixer and a Martha Stewart magazine subscription. This is when a very young Danielle discovered her love of

baking.

In middle school while other kids wore t-shirts featuring their favorite bands, Danielle proudly sported a shirt that read, "Martha is My Home Girl!" in reference to her passion for Martha Stewart.

Danielle fondly remembers St. James as a wonderful place to grow up and cherishes the memories of her youth. She enjoyed many walks at David Weld Sanctuary, visits to the General Store to buy chocolate truffles and loved the amazing res-

continued on page 32

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AROUND TOWN

The Hungry Gnome

continued from page 30
taurants and food spots we are still fortunate to have.

Maureen's Kitchen remains one of her absolute favorites having gone there since she was 7.

At the age of 13, Danielle baked her first scone and her parents were amazed. With their encouragement she decided to

start a home business selling the scones around town. She would wake up everyday between 3 a.m. and 4 a.m. to bake and then deliver her scones to St. James locations. By the time she got home, there were messages on her parents' answering machine saying they were the best scones ever! The thrill she got knowing people loved her creations was immense.

She managed to blend her scone business with her demanding schedule. She was a member of the Smithtown Varsity Kickline, V.P. of the Student Council, President of the Italian Honor Society, and even found time to play on the East Badminton team. Danielle was also in the high school DECA business club and won the state wide competition in the public speaking category.

After high school she attended Penn State University's School for Hospitality Management. It was there that she met her future husband, Dan Sepsy. She shares that they are complete opposites and how wonderfully he keeps her balanced.

Upon graduation she went to work at the Waldorf Astoria and The Plaza where she learned about managing people, building relationships and extreme customer care, but there was something missing... The kitchen was where her passion truly lived. While working at the Plaza she went to culinary school at night, working toward the goal of getting back in the kitchen.

Fast forward to February 2020, a fateful day when she was laid off from a corporate meetings and events company job. With tears in her eyes over the news, it was her husband Dan who encouraged her to embrace
continued on page 36



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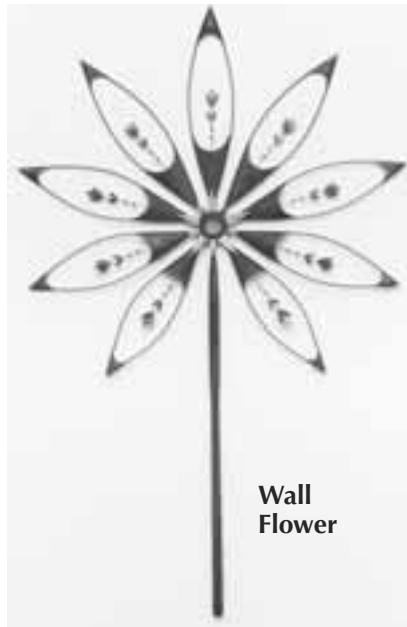




Gallery North Features Pam Brown in *Patterns of Attachment*

Gallery North is pleased to present *Patterns of Attachment: Sculptures by Pam Brown*, on view from October 2 to November 9, 2025. An opening reception will be held Saturday, October 4, from 5-7 p.m. As a complement to the exhibition, Gallery North will host an ArTalk on Saturday, November 1 from 3:30-5:30 p.m. The exhibition, reception, and ArTalk will be free and open to the public.

Patterns of Attachment: Sculptures by Pam Brown features small and large scale works by Pam Brown. Inspired by wildlife and American history, Brown's sculptures explore themes of extinction, the human condition, and the interplay between nature and industry. Using wire, sheet metal and other salvaged materials from abandoned sites, she constructs skeletal, artifact-like forms that blur boundaries between the organic and man-made, familiar and uncanny. In a deliberate, painstaking approach that is evocative of craft traditions and domestic labor, Brown cuts the materials by hand with scissors, assembles and darns them together. Sheet metal and wire replace the



Wall Flower

fabric and thread of needlework alluding to both "women's work" and early industrial manufacturing. Brown places gendered practices in new contexts and develops them as signifying elements.

Pam Brown received a B.F.A. from Alfred School of Ceramics, NY, and an M.F.A. from Mason Gross School of Art, Rutgers University,



Pot of Tears

NJ. She is the recipient of two National Endowment for the Arts awards and a NJ State Individual Artist Grant. She served as

faculty, director and curator of the Anthony Giordano Gallery at Dowling College for 17 years. Brown's work has been exhibited in numerous local and regional galleries, museums and sculpture parks. She currently resides in Stony Brook.

This exhibition is generously sponsored by Nancy Buetti-Randall, the Field Family, Jefferson's Ferry, Pet ER 24/7, Printers 3 and Suffolk County's Department of Economic Development and Planning. The exhibition, and reception, and ArTalk will be free and open to the public.

Gallery North is a public, not-for-profit, fine art gallery promoting the region's finest contemporary regional art and craft. Established in 1965, Gallery North is located at 90 North Country Road, Setauket, and focuses on contemporary art in a variety of disciplines, including painting, drawing, printmaking, ceramics, and sculpture. Exhibits explore the diversity and vitality of the arts on Long Island, while classes, workshops, talks, and annual festivals involve 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 in a variety of mediums, such as watercolor, life drawing, papermaking, as well as printmaking, done in house on our printing press. For more information, visit gallerynorth.org or find us on Facebook, Instagram, YouTube, TikTok, or Twitter (@gallerynorthli).

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The Hungry Gnome



continued from page 34
this opportunity to start the business she always dreamed about. Danielle started The Hungry Gnome in a cramped apartment on the upper west side of Manhattan. The baking left little room for anything else. Her dream began taking root with the support and encouragement of Dan and her family.

Danielle's first big break came from a courageous call she made to the CEO of Joe's Coffee, a large chain of high end coffee shops in New York. She offered to drop off some samples of her goods. She was told they were very happy with their suppliers but she could drop them off if she wanted. The feedback was immediate and powerful. It was the best thing the CEO ever tasted! Just like that, the business was born.

Just five years later, The Hungry Gnome is quickly becoming a legend. Danielle now lives in the former home of her grandmother, Rosemarie, where they used to prepare those Sunday dinners. The memories of their times cooking together in that kitchen are still very present. From her memorable experience on the stage at St. James Elementary as Dorothy to now, her passion has always been creating works of art for others to enjoy. Seeing that enjoyment is her ultimate goal.

One more thing I personally want to see in the interest of coming full circle is for Martha Stewart to wear a shirt saying: "Danielle Is My Scone Queen!"

For more information: www.thehungrygnome.com.
Instagram - [chefdaniellesepsy](#)
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Smithtown Rotary Honorees Named

The Smithtown Rotary Club proudly presented Paul Harris Fellow awards to (from left to right), Frank Mangione, Nick Mangione, Ron Rothman (presenter and Rotary President), Susan Buroker and Bob Jacoutot.

The Paul Harris Fellow recognition, one of the highest honors given by Rotary International, acknowledges individuals who have made significant contributions to the Humanitarian Grants Program of the Rotary Foundation. Honorees embody the high professional and personal standards established by Rotary founder, Paul Harris, who organized the first Rotary Club in 1905. Notably, this recognition is not limited to Rotarians, but extends to community members who demonstrate outstanding commitment to service and humanitarian



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The Smithtown Rotary Club extends its sincere congratulations to

this year's honorees for their dedication to advancing Rotary's mission of "Service Above Self."

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Something Wicked This Way Comes...

Across

- 2. Flattery
- 4. Destructive
- 6. Breakdown
- 7. Black Sea locale
- 10. Relay responsibility
- 11. Riot
- 14. Lightning in the lab
- 15. Three-sided blade
- 16. Laundry woe
- 17. Phooey
- 20. Idle threat
- 21. Big bird
- 24. Mr. Hyde, for one
- 26. Poe's Gold Bug
- 27. Fortune Tellers Tools
- 29. 1931 Dracula
- 31. Ghostly appearing figure
- 33. Exhibits fear
- 34. Harold of "Ghost Busters"
- 35. Irk
- 36. Gilda of SNL
- 37. Missing Link

Down

- 1. Pale and gaunt
- 3. Spite
- 5. Griffin
- 8. Grocery Area
- 9. Baneful
- 12. Dormant
- 13. Horror in other words
- 18. Elixir
- 19. Their bitten and banged
- 22. Kind of sale
- 23. Pyrite and Pitchblende

25. Evil spirits

- 27. Charisse of Brigadoon
- 28. Ran against
- 30. Scar
- 32. Church VIP
- 33. Whip

Solution on page 58

Happy Haunting...

This issue contains
13 Hidden Halloween Frights
within these pages...

Can you find them all?



SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
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| 6 | | | | | | | 7 | |
| | | 5 | | | 6 | 3 | 9 | |
| | | 8 | | | | | | 2 |
| | | | | | 9 | | | |
| | | | 5 | | 8 | | 1 | |
| 3 | | | 6 | | | | | |
| | | | | 4 | | 6 | | 5 |

Solution on page 58



RIDDLES & TEASERS

Easy as 1, 2, 3!

1. What three numbers give the same result when multiplied as they do when added together?
2. "My parents have 6 sons, including you. Each son has a sister. How many people in the family?"
3. When my father was 31 I was 8. Now he is twice as old as me. How old am I?



Answers on page 50

Have a Happy & Safe Halloween!

Halloween Parade
& Festival

Sunday, October 26

See page 23 for details

Deepwells
Haunted Mansion

Fridays & Saturdays

October 17, 18, 24, 25, 31

and November 1

See page 53 for details





ASK AUNT MEME

Aunt Meme's Wise Words

"After 55 years of marriage, we have often talked about "success," and interestingly (and inevitably) the definition has changed as the years have passed. Once upon a time, when we were young, it had everything to do with material

gains. Now we clearly understand it has everything to do with treasured relationships with your family and your friends."

A clear message from the amazing Aunt Meme showing that our meaning of the word "rich" changes



with time. This also is a great reminder to invest time, effort and energy into those relationships that will nourish us for decades to come.

We all need an Aunt Meme in our lives to help guide us with their love, concern, kindness and experience. While we lost Aunt Meme some years ago, her words continue to live on and her knowledge is still being shared by those who knew her best. If you have a question for Aunt Meme feel free to email us at info@ourtownstjames.com and your questions will be answered by the Aunt Meme trained panel of experts.

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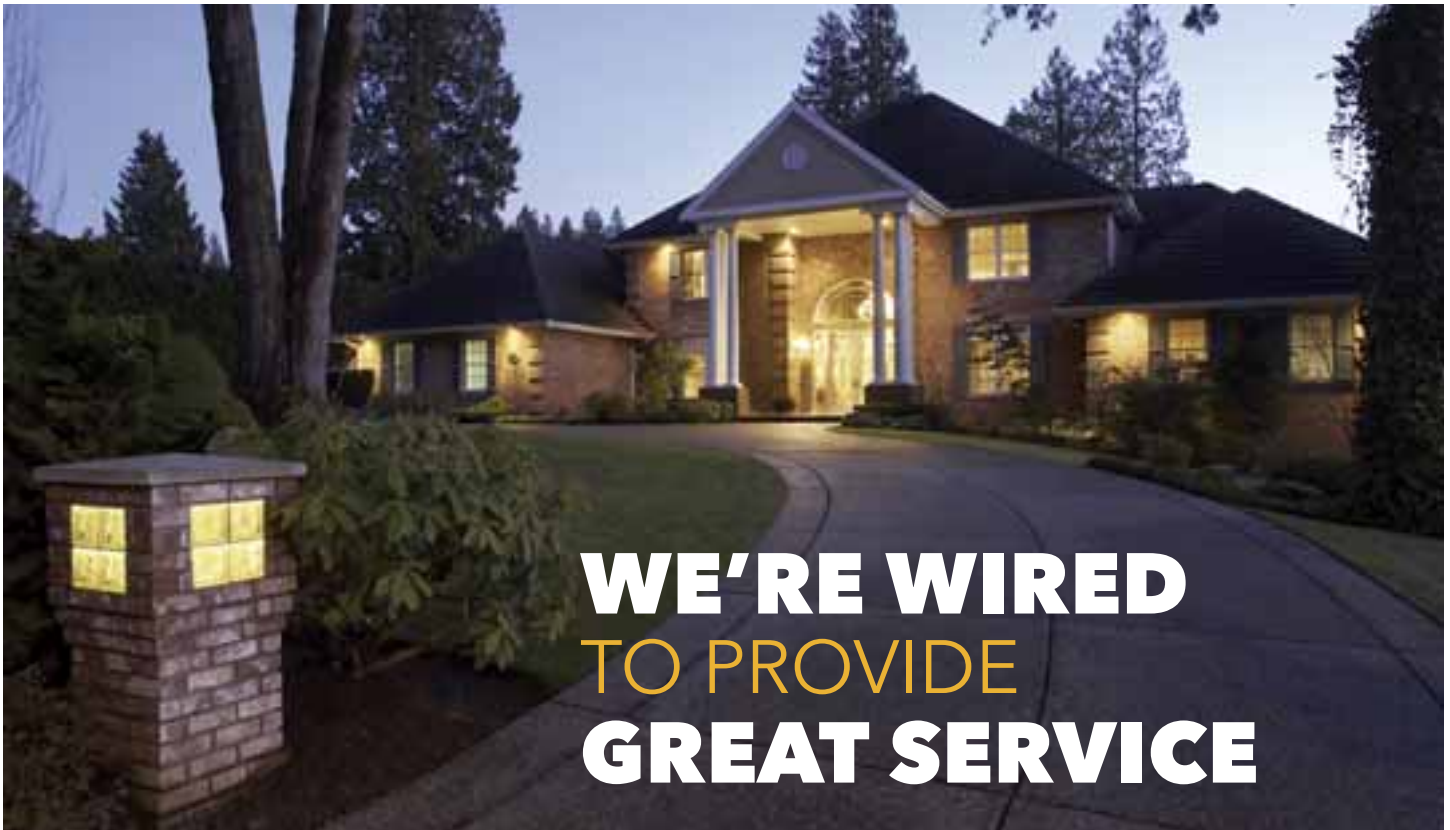


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Colonial Mexico – Ole!!!



by Irma Gurman

Close your eyes and visualize Mexico. What do you see? Bright colors? Sombreros? Pinatas? Mariachi bands? Margueritas?

Yes, you're correct, but will you also see wide boulevards, beautiful buildings, women sweeping spotless streets and world class museums? That is also Mexico City, a huge surprise for my husband and me.

We walked to the central square and visited the huge cathedral.

Then to the Palacio de Bellas Artes which contains many murals by Diego Rivera, the great controversial muralist. The building itself is a work of art.

The city features several ancient sites hidden in its historic center. Our imagination soared as we circled the area and watched the ar-



cheologists digging through the ruins.

We had watched the Eva Longoria series, *Searching for Mexico*.

Her episode on Mexico City whetted our appetite, so we decided to hop across the Rio Grande and investigate for ourselves. We were particularly fascinated by her segment on Xochimilco which is a system of agricultural canals and islands called chinampas that were created by the Aztecs. We rode in colorful boats called trajineras and were surrounded by vendors of various paraphernalia and mariachi bands, one of which came on our boat to serenade us.



continued on page 46

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Colonial Mexico

continued from page 44

Not far from Mexico City is Teotihuacan, site of two Mesoamerican pyramids which predates the Aztec empire by many centuries. It once had a population of over 25,000 people being the largest city in the Americas from the 2nd to the 6th century. The Pyramid of the Sun towers above the other ruins at 216 feet high .

170 miles from Mexico City is lovely San Miguel de Allende. Because of the beauty of the surroundings and lovely architecture, it attracts thousands of tourists and new residents every year. We walked its quaint streets, lined with markets selling colorful handicrafts, then ate in a rooftop restaurant and watched the sunset over the steeples.

On to Guanejuato which is known for its Baroque architecture and its ornate churches with intricate facades. We visited its magnificent opera house which has been the concert venue for many world class singers. It is also famous for being the birthplace of Diego Rivera.

Guadelejara is the second largest city in Mexico and is a center of business, arts, technology and culture. It has 22 museums. Because of this, the city was named an American Capital of Culture in 2005.



Originally a seminary, the Museum of Fine Arts contains 16 halls of paintings and ceiling and wall murals telling the history of Mexico. We wandered through its beautiful inner courtyard, then visited the San Juan de Dios Market which is the largest indoor market in Latin America.

Watching tequila being made in

its namesake city topped off our lively and interesting itinerary. The tequila plant is ubiquitous in the desert and there were huge piles of the cactus-like plant. After a few samples of the different strengths of this popular brew, we were dancing in the streets.

A fun time was had by all. Salud!



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Pieces of a Loving Heart

When someone you love dies, you don't just lose their physical presence—you grieve the everyday moments and interactions that once filled your life. There are so many pieces of a long love that vanish with the death of a spouse. The presence of his life in the house made everything feel alive. And when he was gone, there was a darkness and a quiet I had never realized existed before. Was that stillness always there, waiting to come out? How blind we are to what the future can bring when we feel so secure in the present.

It's the little things you suddenly notice—the things he always did that I took for granted. I never once took out the garbage during our whole marriage. That was always his chore, and I never thought to thank him. Now it's mine, and I realize how annoying it can be—especially at night when I'm settled in my chair, already in my pajamas,

and remember it still has to be done.

We had a wood-burning fireplace, and there was always wood stacked and ready, keeping us warm in the family room. That was his "job," too. We were never cold on winter days. He did everything with a quiet resolve, always getting the job done without a single complaint—unlike me!

I miss his smile and his optimism when I was feeling pessimistic. Negativity never seemed to take hold of him. I believe that strength came from his faith. He never imposed it on me, knowing how I felt about Catholicism. He was simply a man who led by example. Every Sunday, without fanfare, he dressed in his suit and went to the 7:30 Mass at St. Matthew's in Dix Hills—for 53 years. I admired his steadfast faith and his equal respect for my lack of it.

There are so many things I miss,

especially the beautiful cards he gave me on birthdays and anniversaries. When we were engaged, he gave me a charm inscribed with the words, *You are Always in my Heart*. That became our saying. I had it engraved on his headstone, and I will share it with him again when I die. He signed every card with that phrase. My daughter knew how much it meant to me. After he passed, she took one of his cards with those words in his handwriting and had it engraved on a plaque. She gave it to me as a Christmas gift, and it hangs by my bed. Every morning, when I open my eyes, I see his words.

There is no expiration date for grief. But there are small ways to hold onto the heart you once shared. And in that, there is comfort—a reminder of how extraordinary life can be when you are blessed to share it with someone so special. — Carol Giuliani

Lasting Mementos

by June Capossela Kempf

It's funny how something seemingly insignificant will trigger off recollections of people and events from long ago. It could be a song, a painting, an aroma, a sound, or a mundane object like a bedspread. Every time I make the beds in the morning, I think of my friend Isabelle who was with me years ago when I bought the cover that I drape over the bed every day. I met Isabelle in the hospital when we both gave birth to our youngest children. We shared many playdates together while the kids were growing up and loved to go shopping together. We found the comforter at a flea market in Smithtown.

Then, a life-changing event moved Isabelle out to the West Coast. Now I see her only once or

twice a year. But I still have that bedspread. So, as I make the bed every morning, I always say a little prayer for Isabelle.

Objects like a punch bowl my mother-in-law gave me when she was downsizing in her retirement make me think of my in-house piano recitals. Every year, I filled it with fruit juice and sherbet that my students could enjoy after their performances. It's a pure joy to reminisce about teaching little fingers how to play. And now I am so proud at how much they all accomplished as they grew up.

There's that African violet that has been taking up space for 55 years on my windowsill. Every time I water it, I remember my Aunt Jean who gave it to me when she was splitting the plants up for the sea-

son. I can picture her working and teaching me fundamental gardening skills in her beautiful indoor sunroom. Our conversations were priceless.

Certain sounds I hear whipping through my ears also bring tears to my eyes – like the sound of the back screen door slamming closed when my father came home from work.

Most everything I find around the house now, as I conduct my own form of downsizing, bring back pleasant memories. But when I decided to rummage through a cardboard box in the attic, I discovered old pictures, some certificates and an envelope containing all my grade school report cards. These did not conjure up happy moments for me. continued on facing page

Do you have a story to tell?

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SHORT STORY

Lasting Mementos

continued

All through my elementary school days, a rivalry existed between me and a classmate, Fran. Every year Fran would score a higher grade than me – only by a point or two. It didn't bother me that much. I had high enough grades. But Fran's were higher, and that did bother my mother – a lot. Fran's mom, Evelyn, called my mother every semester to brag about her daughter. "Well Fran came out first again. She got a 98.7 average this time. How did June do?"

"What's the matter with you? You are smarter than Fran," Mom would yell "If you spent more time studying... blah, blah, blah." I wound up in the doghouse at the end of every semester – until the 7th grade. That's when I fell from the doghouse to the outhouse. I did score a little higher than usual and I wanted some positive approval, so I came home from school waving my report card at my competitive parent without thinking about the possible consequences. For one brief moment of glory, I announced, "I beat Fran!"

It was so heartwarming to see Mom's reaction. She was overjoyed. Who would have thought that she'd instantly grab the phone and call Fran's mom to crow about it? Not me.

"Evelyn," she shouted, "June got 98.4 on her report card."

For a moment there was a dead silence. The next name I heard Mom shriek was mine. "JUNE!!!" For the next two weeks, I was confined to my room after school – to study. Mom gave up when she discovered that I spent the time reading comic books.



As I slid the pack of report cards back in the box and surveyed the moldy contents within, I realized I had enough memorabilia to keep me happy. The only thing I would cherish now was the sound of these mementos grinding their gloomy way through my sharp and trusty

shredder.

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 Keith Publications.com. She also writes essays and is the facilitator for the Adult Writers Group at the Smithtown Library.



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Keep Pets Safe This Halloween

Halloween is an annual celebration that many children and adults look forward to each October. From the mysterious and the macabre to the goofy and gregarious, Halloween speaks to people in many different ways. And with the opportunity to accumulate several

pounds of sugary treasure after a few hours of trick-or-treating, is it any wonder celebrants love Halloween?

While Halloween hijinks may be ideal fun for plenty of ghosts and ghouls, companion animals may not be so enthusiastic come

October 31. In fact, Halloween can be a source of stress and even dangerous for many pets. Here are some things pet parents should keep in mind prior to Halloween.

Costumes

Pet costumes are popular and can help owners and their pets coordinate for Halloween. Some pets may find costumes uncomfortable or frightening. For those with a mind toward creative costume coordination, introducing the costume to the pet slowly and gradually can help ease the transition. Allow the pet to sniff the costume and put treats nearby to indicate it is no threat. If the pet simply will not warm to the idea of a costume, it's best not to force the issue.

Glow sticks

Glow sticks are a safe way for children to enjoy some spooky fun on Halloween night and become more visible when the sun sets. But those glow sticks may be attractive to pets and they can bite them, ingesting the liquid. The ASPCA Animal Poison Control Center says typically pets experience a mild and self-limiting taste reaction to glow stick liquid. Wiping off the excess with a damp cloth to help prevent the pet from licking again and having another reaction can help.

Accessibility to candy

One of the biggest Halloween dangers for pets is the accessibility of candy, especially chocolate.

continued on page 54

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Riddles & Teasers Answers

from page 41

- 1, 2, and 3 ($1 + 2 + 3 = 6$ and $1 \times 2 \times 3 = 6$).
- There are 9 people in the family. All the brothers share the same sister.
- The child's current age is 23 years old.

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October

Art: Tues & Fri, 12-5pm, and Sat & Sun 11:00am-5:00pm, Wendy Klemperer: Wrought Taxonomies – Animal Sculptures, Suffolk County Vanderbilt Museum: 180 Little Neck Road, Centerport, NY 11721, www.vanderbiltmuseum.org 631-854-5579

Art: Until Oct 19, Gatsby at 100, Celebrating the centennial year of F. Scott Fitzgerald's The Great Gatsby, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790. www.longislandmuseum.org 631-751-0066

Art: Until Oct 25, Fri and Sat 10am-4pm, Sculpture in the Garden: Sarah Sze at Landcraft Gardens Landcraft Garden Foundation, 4342 Grand Avenue, Mattituck, NY 11952, www.landcraftgardenfoundation.org/on-view-now/ 631-298-7216

Music: Until Oct 26, Sat & Sun, 2-4pm, Music Throughout The Village – Port Jeff, Musicians will be placed in multiple different locations throughout Port Jeff Village, Port Jefferson, NY, 11777, www.PortJeffChamber.com 631-473-1414

Art: Until Oct 27, Mon-Thu 10am-4pm, Visual Art Faculty Exhibition

Flecker Gallery, Suffolk County Community College, Southampton building of Ammerman Campus, 533 College Road, Selden, NY 11784, 631-451-4093

Art: Until Dec 21, Giants and Gems: The Largest and Smallest from LIM's Collection, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790. www.longislandmuseum.org 631-751-0066

Music: Wed Oct 1, 1pm, Young at Heart: Ella Fitzgerald- Great Women in Jazz, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.



Music: Wed Oct 1, 7pm, Jam Session, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Music: Thu Oct 2, 7pm, Put Up Your Dukes! T.J.L. Big Band Presents Duke Ellington, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Art/Exhibit: Fri Oct 3, 6:30-8:30pm, ArtABILITY Masquerade Opening Reception, Spirit of Huntington Art Center, 2 Melville Road N., Huntington Station, NY 11746, www.spiritofhuntington.com/spooktacular, 631-470-9620

Music: Fri Oct 3, 7pm, Put Up Your

Dukes! T.J.L. Big Band Presents Duke Ellington, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Music: Fri Oct 3, 8-10pm, The Machine Performs Pink Floyd, Suffolk Theater, 118 E. Main Street, Riverhead, NY 11901, www.thesuffolk.org 631-727-4343

Art: Sat Oct 4, 10am-1pm, Painting on Fabric, The Atelier at Flowerfield, 2 Flowerfield, Suite 6 & 9, St. James, NY 11780, www.theatelier-atflowerfield.org/workshops, 631-250-9009

Craft Fair: Sat Oct 4, 10am-5pm, Smithtown Fall Craft Fair, Smithtown Village Historical Society, 211 East Main Street, Smithtown, NY 11787, www.islandfairs.com, 631-885-1267

Craft Fair: Sat Oct 4, 10am-4pm, Fall Artisan Market, Classic Car Show and Pumpkin Patch, St Thomas of Canterbury Church Lot, 29 Brookside Drive, Smithtown, NY 11767, 516-220-8217

Art: Sat Oct 4-Oct 19, 12-4pm, BAFFA Art Gallery presents Big Works, BAFFA Gallery, 47 Gillette Avenue, Sayville, NY 11782, www.baffa.org 631-589-7343

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Suffolk County North Shore Artisans CALENDAR OF EVENTS

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Theater: Sat Oct 4, 3-5pm, NFAC: The Pearl in the Oyster: An Evening of Baroque Masterpieces, North Fork Arts Center, 211 Front Street, Greenport, NY 11944, www.north-fork-artscenter.org/events/libe, 631-477-8600

Art Opening/Reception: Sat Oct 4, 5-7pm, Patterns of Attachment: Sculptures by Pam Brown Opening Reception, Gallery North, 90 N Country Road, Setauket, NY 11733, <https://gallerynorth.org/pages/patterns-of-attachment-recent-works-by-pam-brown>, 631-751-2676

Art Class: Sat Oct 4, 6-8pm, Sacred Affirmations with Pam Varacek, Gallery North, 90 N Country Road, Setauket, NY 11733, <https://gallerynorth.org/products/sacred-affirmations-w-pam-varacek>, 631-751-2676

Music: Sat Oct 4, 7pm, Put Up Your Dukes! TJL Big Band Presents Duke Ellington, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org 631-751-1895.

Music: Sat Oct 4, 8-10pm, Hollywood Nights - The Bob Seger Experience, Suffolk Theater, 118 E. Main Street, Riverhead, NY 11901, www.thesuffolk.org 631-727-4343



Craft Fair: Sat Oct 4 (rain date Oct 5), 9am-4pm, Fine Arts and Crafts Fair on Cutchogue Village Green, 28265 Main Road (Route 25), Cutchogue, NY, 11735 www.oldtownartsguild.org 631-734-6382

Art Class: Sun Oct 5, 7-10am, Plein Air Collective, Gallery North, 90 N Country Rd, Setauket, NY 11733, <https://gallerynorth.org/products/plein-air-collective>, 631-751-2676

Music: Sun Oct 5, 5pm, Emerson Legacy Concert - Goerke/Watkins, Staller Center for the Arts Stony Brook, 100 Nicolls Road, Stony Brook, NY 11794, www.stallercenter.com, 631-632-2787

Street Fair: Sun Oct 5, 10am-5pm, Bethpage Street Fair, 356 Broadway, Bethpage, NY 11714, NY 11780 <https://nassaucountyfairs.com> 516-442-6000

Craft Fair: Sun Oct 5, 11am-5pm, St James Day, Lake Avenue, St James, NY 11780, 631-563-8551

Theater: Sun Oct 5, 2-4pm, Funny Women of a Certain Age, Suffolk Theater, 118 E. Main Street, Riverhead, NY 11901, www.thesuffolk.org 631-727-4343

Exhibition Sign Up Deadline: Mon

Oct 6, Deadline to submit to our Annual Holiday exhibition: Deck the Halls, Gallery North, 90 N Country Rd, Setauket, NY 11733, <https://gallerynorth.org/pages/deckthehalls> 631-751-2676

Art: Tues Oct 7, 8-10pm, Suburban Art League presents Free Art Demo, Syosset Woodbury Community Center, 7800 Jericho Tpke, Woodbury, NY 11797, www.oysterbaytown.com

Music: Wed Oct 8, 7pm, Jam Session, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Craft Fair: Thu Oct 9, 11am-6pm, Women's Expo, Middle Country Public Library, 101 Eastwood Blvd., Centereach, NY 11720, www.womensexpoli.org, 631-585-9393

Festival: Thu Oct 9 6-8pm, Adriana Devers presents Latinx Arts Festival & Book Fair, Westbury Library, Nassau Community College, NY 631-697-9478

Seasonal: Thu Oct 9, 6:30-8pm, Crafts & Cocktails: Haunted House Luminaries, The Whaling Museum & Education Center, 301 Main Street, Cold Spring Harbor, NY 11724. www.cshwhalingmuseum.org, 631-367-3418

continued on page 54



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ALL proceeds to benefit
Deepwells Farm Historical Society for the Maintenance,
Restoration & Preservation of Deepwells Farm.

www.deepwellshauntedmansion.com



Suffolk County North Shore CALENDAR OF EVENTS

Artisans



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Charity Benefit: Thu Oct 9, 6-10pm, A World of Imagination: ACLD Foundation's Annual Envi-able Life Ball, The Garden City Hotel, 45 7th Street, Garden City, NY 11530, www.aclfd.org/support-us/enviable-life-ball, 516-822-0028

Seasonal/Craft: Thu Oct 9, 7-9pm, Hocus Pocus Cookie Decorating, Let's Craft, 1500 Old Country Road, Westbury, NY 11590, www.events.letscraft.org/event/2025-oct9/, 516-206-2509

Music: Thu Oct 9, 8pm, KT Tunstall, Suffolk Theater, 118 E. Main Street, Riverhead, NY 11901, www.thesuffolk.org 631-727-4343

Seasonal/Food Festival: Fri Oct 10, 11am-8pm, Famous Food Festival "Taste the World", Tanger Outlets Deer Park, 152 The Arches Circle, Deer Park, NY 11729, www.famousfoodfestival.com, 516-416-5607

Art Class: Fri Oct 10, 6-7:30pm, Basic Drawing with Julia Jane Moore, Gallery North, 90 N Country Road, Setauket, NY 11733, <https://gallerynorth.org/products/00-08-basic-drawing-painting-with-julia-jane-moore>, 631-751-2676

Music: Fri Oct 10, 8pm, Stanley Jordan Trio, Staller Center for the

Arts Stony Brook, 100 Nicolls Road, Stony Brook, NY 11794, www.stallercenter.com, 631-632-2787

Music: Fri Oct 10, 8pm, Eric Johnson, Suffolk Theater, 118 E. Main Street, Riverhead, NY 11901, www.thesuffolk.org 631-727-4343

Music: Sat Oct 11, 7:30pm, Stony Brook Symphony Orchestra, Staller Center for the Arts Stony Brook, 100 Nicolls Road, Stony Brook, NY 11794, www.stallercenter.com, 631-632-2787

Music: Sat Oct 11, 8-10pm, Zepplin Reimagined, Suffolk Theater, 118 E. Main Street, Riverhead, NY 11901, www.thesuffolk.org 631-727-4343



Theater and Music: Mon Oct 13, 4pm, Disney's Moana - Live-to-Film Concert, Staller Center for the Arts Stony Brook, 100 Nicolls Road, Stony Brook, NY 11794, www.stallercenter.com, 631-632-2787

Seasonal/Educational: Wed Oct 15, 7-9pm, The Devil in New York - The Witchcraft Trial of Goody Garklick, 71 Monell Avenue, Islip, NY 11751, www.isliphamlethistory.org, 631-559-2915

Music: Wed Oct 15, 7pm, Jam Session, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org



631-751-1895.

Music: Thu Oct 16, 7pm, The Bad Little Big Band, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org 631-751-1895.

Seasonal: Fri Oct 17, 5-7pm, Lights Out at the Museum!, The Whaling Museum & Education Center, 301 Main Street, Cold Spring Harbor, NY 11724, www.cshwhalingmuseum.org, 631-367-3418

Art Class: Fri Oct 17, 7-8:30pm, Mandala Water Color Play with Pam Varacek, Gallery North, 90 N Country Road, Setauket, NY 11733, <https://gallerynorth.org/products/mandala-wc-play>, 631-751-2676

Halloween/Performance: Fri Oct 17 & Sat 18, 7-10pm, The Freakshow, Deepwells Farm County Park, 2 Taylor Lane, Saint James, NY 11780, www.deepwellshaunted-mansion.com,

Music: Fri Oct 17, 7pm, Alexis Cole Trio, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org 631-751-1895.

Music: Fri Oct 17, 8-10pm, Up-town, Suffolk Theater, 118 E. Main Street, Riverhead, NY 11901,

continued on facing page





Suffolk County North Shore

Artisans

CALENDAR OF EVENTS



continued

www.thesuffolk.org 631-727-4343

Children's Art: Sat Oct 18, 9:30-10:30am (English); 11am-12pm (Spanish), Art Explorers The Heckscher Museum of Art, 2 Prime Avenue, Huntington, NY 11743, www.heckscher.org 631-380-3230

Craft Fair: Sat Oct 18 & Sun 19, 9am-4pm, Art @ Darts Barn, 2355 Main Bayview, Southold, NY www.oldtownartsguild.org 631-734-6382

Art Workshop: Sat Oct 18 & Sun Oct 19, 10am-4pm, 2-Day Workshop with Dino Rinaldi "The Art of Still Life", The Atelier at Flowerfield, 2 Flowerfield, Suite 6 & 9, St. James, NY 11780, www.theatelier-atflowerfield.org/workshops, 631-250-9009

Craft Fair: Sat Oct 18, 10am-2pm, Middle Island UCC Fall Craft/Yard Sale, 271 Middle Country Road, Middle Island, NY 11953, www.miucc.org, 631-698-6761

Music: Sat Oct 18, 2pm, BB&B (Blues, BBQ and Beer), The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790

Art Class: Sat Oct 18, 7-9pm, Drag BINGO!! With Ivy Stalls, Gallery North, 90 N Country Road, Setauket, NY 11733, <https://gallerynorth.org/products/10-18-drag-bingo-with-ivy-stalls>,

631-751-2676

Seasonal/Beer Fest: Sat Oct 18, 7-11pm, Bats & Brews Benefit, 550 S Bay Avenue, Islip, NY 11751, <https://seatuck.org/bats-and-brews/> 631-581-6908 ext 7

Performance: Sat Oct 18 & Sun Oct 19, Arsenic and Old Lace, The Minstrel Players Northport, Houghton Hall, Trinity Episcopal Church, 130 Main Street, Northport Village, NY 11768. www.theminstrelplayersinc.org www.thejazzloft.org 631-751-1895.

Music: Sun Oct 19, 1pm, La Son-nambula, Staller Center for the Arts Stony Brook, 100 Nicolls Road, Stony Brook, NY 11794, www.stallercenter.com, 631-632-2787

Music: Sun Oct 19, 8pm, Jessica Kirson, Staller Center for the Arts Stony Brook, 100 Nicolls Road, Stony Brook, NY 11794, www.stallercenter.com, 631-632-2787

Seasonal/Culinary Arts: Tues Oct 21, 6pm, Taste of Fall Cooking Class with Chef Eric LeVine, 317 Main Street, Farmingdale, NY 11735, www.317MainStreet.com, 516-512-5317

Educational: Wed Oct 22, 5-7pm, Beyond the Book: The Perfect Storm, The Whaling Museum &



Education Center, 301 Main Street, Cold Spring Harbor, NY 11724, www.cshwhalingmuseum.org, 631-367-3418

Music: Wed Oct 22, 7pm, Jam Session, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Music: Thu Oct 23, 6pm, Round Midnight film screening, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Halloween/Performance: Fri Oct 24 & Sat 25, 7-10pm, The Freakshow, Deepwells Farm County Park, 2 Taylor Lane, Saint James, NY 11780. www.deepwellshaunted-mansion.com

Theater and Art: Fri Oct 24, 8-10pm, Artrageous: The Interactive Art & Music Experience, Suffolk Theater, 118 E. Main Street, Riverhead, NY 11901, www.thesuffolk.org 631-727-4343

Fair: Sat Oct 25, 12-4pm, Spook-tacular Trunk or Treat & Vendor Fair, Messiah Lutheran Church, 465 Pond Path, East Setauket, NY 11733, www.messiahny.org, 631-751-1775

Art Class: Sat Oct 25, 3-4:30pm,

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Suffolk County North Shore Artisans CALENDAR OF EVENTS



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Intro To Beading a Necklace with Julia Moore, Gallery North, 90 N Country Road, Setauket, NY 11733, <https://gallerynorth.org/products/01-18-intro-to-beading-a-necklace-w-julia-moore>, 631-751-2676

Music: Sat Oct 25, 8pm, Compagnie Herve KOUBI in Sol Invictus, Staller Center for the Arts Stony Brook, 100 Nicolls Road, Stony Brook, NY 11794, www.stallercenter.com, 631-632-2787

Theater and Art: Sat Oct 25, 8-10pm and 12-2am, Rocky Horror Picture Show, Suffolk Theater, 118 E. Main Street, Riverhead, NY 11901, www.thesuffolk.org 631-727-4343

Performance: Oct 25 & Oct 26, Arsenic and Old Lace, The Minstrel Players Northport, Houghton Hall, Trinity Episcopal Church, 130 Main Street, Northport Village, NY 11768. www.theminstrelplayersinc.org

Seasonal/Fall Festival: Sat Oct 25, 11am-4pm, ELIJA Farm's Fall Festival, 43 Foxhurst Road, Huntington Station, NY 11746, www.elijafarm.org, 631-231-2379

Seasonal/Craft Fair: Sat Oct 25, 12-4pm, Spooktacular Trunk or Treat & Vendor Fair, Messiah Lutheran Church, 465 Pond Path,

East Setauket, NY 11733, www.messiahny.org

Theater & Art: Sat Oct 25, 8pm, Compagnie Herve KOUBI in Sol Invictus, Staller Center for the Arts Stony Brook, 100 Nicolls Road, Stony Brook, NY 11794, www.stallercenter.com, 631-632-2787

Music: Wed Oct 29, 7pm, Jam Session, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.



Seasonal/Craft: Thu Oct 30, 7-9pm, Halloween Cookie Decorating, Let's Craft, 1500 Old Country Road, Westbury, NY 11590, www.events.letscraft.org/event/2025-oct9/, 516-206-2509

Music: Thu Oct 30, 7pm, Interplay Jazz Orchestra, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Halloween/Performance: Fri Oct 31 & Sat Nov 1, 7-10pm, The Freakshow, Deepwells Farm County Park, 2 Taylor Lane, Saint James, NY 11780. www.deepwell-shauntedmansion.com

Music: Fri Oct 31, 8-10pm, Ozzmosis, Suffolk Theater, 118 E. Main Street, Riverhead, NY 11901, www.thesuffolk.org 631-727-4343

November

Art Event: Sat Nov 1, 3:30-5:30pm, Patterns of Attachment: Sculptures by Pam Brown ArTalk, Gallery North, 90 N Country Road, Setauket, NY 11733, <https://gallerynorth.org/pages/patterns-of-attachment-recent-works-by-pam-brown>, 631-751-2676

Gala: Sat Nov 1, 6:30pm, Annual Winter Gala, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790. www.longislandmuseum.org 631-751-0066

Music: Sat Nov 1, 7pm, Chiara Izzi Quartet: Bossa Nova Project, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Performance: Sun Nov 2, 2 pm - 4 pm, SUNY Suffolk presents Canine Circus, Van Nostrand Theater at Suffolk County Community College Brentwood, NY,

Music: Sun Nov 2, 8pm, An Evening with Kelli O'Hara, Staller Center for the Arts Stony Brook, 100 Nicolls Road, Stony Brook, NY 11794, www.stallercenter.com, 631-632-2787

Music: Mon Nov 3, 8pm - 10 pm, Suburban Art League presents Free Demo with Christine Greene, Syosset Woodbury Community Center 7800 Jericho Tpke, Woodbury, NY, United States



Visit
ourtownstjames.com
to see a
complete listing of
2025 North Shore
Art events

The Blackboard Bulletin



Smithtown Central School District Students Return to School

The hallways are buzzing again in the Smithtown Central School District as the 2025-26 school year began on Sept 2. Doors opened at the district's 12 schools and students walked in with their fresh sneakers and new school supplies.

For some, it was their first day at a new school. For high school seniors, it was their last "first day" of high school.

Kindergartners will have many people to look up to as they become acclimated to school life, including the elder statesmen of the elementary school – fifth graders. Harper Seidenstein, who is starting her final year at Lockhart Elementary School, said it is important to be good role models for the younger students. She is looking to take on a leadership role this year as a member of student council.

"I'm sad that summer's over, but I'm excited that it's the first day of school," Harper said, summarizing the bittersweet back-to-school feelings felt by many on a day that felt like summer was in full swing.

SCSD administration was at several schools Tues-



The 2025-26 school year began for the Smithtown Central School District with students of all ages returning on Sept. 2

day morning, ensuring that students had a great transition back to school.



A Bright Start To A New School Year at Harbor Country Day School



Head of School, Mr. Sperling, welcomes students to the start of the 2025-2026 academic year at Harbor Country Day School

The 2025–2026 school year is officially underway at Harbor Country Day School, and what a beautiful day it was to welcome our students back to campus! From our youngest learners in PK2 to our soon-to-be graduates in 8th grade, the energy, laughter, and excitement were felt across the entire school.

It was a joy to see familiar faces return and new

ones join our school community, all ready to begin another year of growth, learning, and discovery. Classrooms were buzzing with curiosity, and the playgrounds echoed with the sounds of joyful reunions and new friendships forming.

Adding to the excitement this year is the visible progress on the construction of the new addition to our building, Tulip Knoll. Students arrived eager to catch a glimpse of the latest developments—and they were not disappointed! Hard hats and scaffolding may be temporary fixtures, but the anticipation of the enhanced learning spaces they represent is already fueling excitement across all grades.

We're proud of the work being done and grateful to those who are turning our vision into a reality. As the addition takes shape, it serves as a tangible sign of our school's continued commitment to providing the very best environment for our students to learn, grow, and thrive.

Here's to a wonderful year ahead—full of discovery, connection, and progress both inside the classroom and beyond!

To learn more about Harbor Country Day School, visit our website at www.hcdsny.org or call (631) 584-5555!

The Blackboard Bulletin



The Knox School Pays Tribute to Alumnus Christopher Lunder on Patriot Day



Each year on Patriot Day, the Knox School community pauses to remember the tragedy of September 11, 2001, and to honor the lives lost. For Knox, this day carries a deeply personal meaning as the school reflects on the life of alumnus Christopher Lunder, Class of 1985, who was killed in the terrorist attacks while working at Cantor Fitzgerald in the World Trade Center.

Christopher's presence at Knox was defined by leadership, talent, and a deep connection to his school community. He served as Student Council President, team captain, and was a competitive multi-sport athlete, leaving a lasting impression on his classmates, teammates, teachers and coaches. His energy and spirit remain part of the school's story, linking today's students with the generations who

came before them. Though current students never met Christopher, they walk the same halls, learn in the same classrooms, and compete on the same fields where he once thrived.

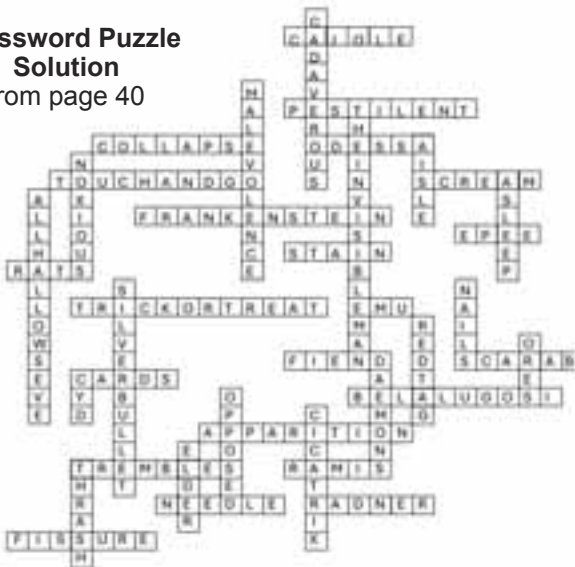
On Patriot Day, students and faculty gather at Christopher's memorial, placing flowers as a symbol of remembrance and unity. This tradition reflects the school's belief that although Knox is filled with passing people, as echoed in a cherished school song, they remain connected through the shared values and bonds that define Knox.

As a close-knit global learning community, The Knox School continues to uphold compassion, trust, and belonging as central to its mission. Honoring Christopher each year serves as a reminder that Knox is not just a place of learning, but a supportive family that grows stronger together.

To experience the Knox community firsthand, please join us for our Fall Open House event on Saturday, October 18 (10am-1pm). Call 631-686-1600 or email admissions@knoxschool.org to register.



Crossword Puzzle Solution from page 40



Sudoku Solution from page 41

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|---|---|---|---|---|---|---|---|---|
| 4 | 2 | 3 | 1 | 6 | 7 | 9 | 5 | 8 |
| 5 | 9 | 7 | 8 | 2 | 3 | 1 | 6 | 4 |
| 6 | 8 | 1 | 9 | 5 | 4 | 2 | 7 | 3 |
| 7 | 4 | 5 | 2 | 8 | 6 | 3 | 9 | 1 |
| 9 | 6 | 8 | 3 | 1 | 5 | 7 | 4 | 2 |
| 1 | 3 | 2 | 4 | 7 | 9 | 5 | 8 | 6 |
| 2 | 7 | 6 | 5 | 3 | 8 | 4 | 1 | 9 |
| 3 | 5 | 4 | 6 | 9 | 1 | 8 | 2 | 7 |
| 8 | 1 | 9 | 7 | 4 | 2 | 6 | 3 | 5 |



The Blackboard Bulletin



SS. PHILIP
& JAMES
CATHOLIC SCHOOL

Saints Philip & James Catholic School is Shaping the Future

Established in 1922, Saints Philip & James Catholic School (SSPJ) has been a cornerstone of private Catholic Education in Suffolk for more than a hundred years and continues to thrive today as a place where tradition meets innovation, and where faith inspires action.

Nestled in the heart of Saint James, SSPJ has earned a reputation for cultivating confident, compassionate students who excel both in and out of the classroom. With leadership woven into daily life, SSPJ students are actively engaged in their communities. From student-led community service missions to peer mentoring programs, children are encouraged to take initiative, collaborate and to make a positive impact.

In Nursery through Grade 8, a defining feature of SSPJ is its fierce commitment to small class sizes. This personalized approach allows educators to truly know each student – enabling them to tailor instruction, nurture strengths, and address challenges with care and precision. In turn students feel seen, heard and supported - allowing them to build self-con-

fidence and to discover the power of their own voice. Combining that with a strong emphasis on Catholic values, cooperative learning, global awareness and 21st century skills, students are not only graduating with strong academic skills but are equipped to take on the world with integrity and purpose – confident to face the challenges of secondary school, college and beyond.

The results speak for themselves. SSPJ's 8th Graders



have been awarded over \$3,000,000 in scholarships to high schools of their choice – which is a testament to their own academic achievements and character. Additionally, SSPJ students have finished in the top three of the i-Ready diagnostics in both Math and English – successfully showcasing SSPJ's high standards and effective education.

Come see how SSPJ is shaping the future. Visit www.sspjschool.net or call 631-584-7896 to learn more or to schedule a tour now!



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by Natalie Weinstein,
ASID Allied

Compromising in Decorating & Life

There is an old Yiddish expression I learned from my grandmother when I was a little girl. Roughly translated, it means, "Nobody has it all." And then she would, in her broken English, tell me that you can't always have what you want – and what do most of us want? Everything! As I grew older, I learned from life what my "Bubby" was trying to teach me as a child.

While life rarely gives us everything – we can learn to compromise and be happy. In my long decorating career, I have seen my clients struggle with compromising – often because of budget, but many times over disagreements on taste, style, color, etc. The "he and she" can't agree on what to buy and how much they should spend. Sound familiar? In truth, very few couples do agree on everything, at which point, it's up to someone to act as a mediator as well as advisor (not sure AI

can do that as well as an in-person interior designer).

There are some things, however, that should never be compromised. The basic floor plan is one. Perhaps the sofa you purchase is not the one you loved and couldn't afford, but the sofa stays in the plan where it belongs! Maybe it becomes the placeholder for the future because sofas are replaceable, but other decorating decisions come with a much longer term contract.



Your bathroom renovation is a good example of where compromising might not be such a good idea. When making decisions in renovating as well as decorating, especially spaces like bathrooms and kitchens, you need to think about longevity – not yours – but your home's! Those are spaces that require you to make careful deci-

sions that will affect not only the time you are living in your home, but the time you might want to sell it. (That's when that all purple bathroom you dreamed about might not be such a good idea!) Here you might not want to compromise quality, but you might want to settle for purple towels in a more neutral space.

It's also important to remember that your budget should not control you. It should help you to make good decisions. Perhaps your compromise is to do less of a project and wait for the rest. Perhaps you need to agree to stay within your budget but are willing to accept certain compromises – paint instead of wallpaper – skip the renovation and use the space you have – keep some of what you have and just renew with a new paint job and accessories. Perhaps you can't have everything, but doing something for your home means doing something for you – and you are worth it!

Last month, I shared my dilemma with you – to design and help build the St. James Community Cultural Arts Center (a full time job) or continue my full time job as an interior designer. I now have decided on a compromise (or at least, a decision). While I will be leaving my office on Lake Avenue, I will continue to welcome new clients and see the community center to fruition at 176 Second Street, as well. After almost 53 years as a designer, what I do is who I am, but giving back to the St. James I love is also part of me. So, like the old Calderone, I'm still here!

Editor's Note:

Now offering – Fall master classes for students & homeowners!

Learn, have fun, and meet people just like you who LOVE decorating!

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**For more information contact:
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Planning Your Business Exit: Start With the End in Mind

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

If you own a business, you've probably spent countless hours thinking about how to grow it, manage daily operations and serve your customers. But have you thought about how you'll eventually step away from it? While it might seem premature, planning your successful exit from your business is one of the smartest moves you can make as an owner.

The reality is that most business owners have 80% to 90% of their net worth tied up in their companies, according to the Exit Planning Institute. That's a significant investment that deserves careful planning to protect. Unfortunately, 70% to 80% of businesses put on the market don't sell, and about half of all business exits are involuntary due to unexpected circumstances like health issues, family emergencies, management disputes or economic downturns.

Exit planning is more than preparing for retirement. It's taking control of your future and ensuring you can transition away from your business when and how you choose. You can start with the end in mind – a proactive approach that can inform your current business decisions and help increase your company's value and marketability.

Begin by articulating your personal goals for both the transaction and your life afterward. Maybe you want to sell only a portion of your business, stay on as a paid consultant or use the proceeds to start your next venture. Understanding your vision helps shape everything else. You'll want to calculate how much money you'll need to fund your desired retirement lifestyle, accounting for expenses that may be



currently covered by the business, like your cellphone, vehicles, travel and health care. Don't forget about your legacy goals too – what you want to leave for your family or charitable causes.

Getting started requires building a strong professional team. At the center should be a financial advisor who can help you through the planning, execution and post-sale phases. You'll likely also need a tax professional, legal advisor, commercial banker and business valuation expert. Depending on your exit strategy, you might later add specialists like business brokers, investment bankers or employee stock ownership plan advisors.

Understanding your business's current value is crucial. It's a good idea to get a calculation of value at least three to five years before your planned exit. This isn't as formal or

expensive as a qualified appraisal, but it gives you a realistic range of what your business might be worth.

This step may reveal a gap between what you need financially and what your business could sell for. If so, don't panic. You have several options: work longer, adjust your spending expectations, save more outside the business or focus on increasing your company's value. You can boost value by increasing profits through higher market share, new products, better pricing or reduced costs. You can also improve intangible assets like employee expertise, operational systems and customer relationships.

Finally, consider who your successor might be. Selling your interest to family members, business partners or employees often provide more control over timing and lower

transaction costs, though they may result in lower sale prices. Selling the business to third parties typically bring higher proceeds but less control over the process.

The key message is simple: It's never too early to start planning your exit. Whether you're thinking about stepping away next year or in the next decade, taking proactive steps now puts you in control of your business's future and your own financial security.

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 optics for future columns, call 631-862-2020.



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Guard Your Happiness, Treat Hearing Loss

by William Kent

Long Island Hearing and the Better Hearing Institute are raising awareness to the link between unaddressed hearing loss and depression. Both are urging adults of all ages to get their hearing tested to help protect their mental health. Studies have shown how people with hearing loss, who use hearing aids, often have fewer depressive symptoms, greater social engagement, and improved quality of life.

Hearing loss affects people of all ages, and so do the associated emotional and mental health issues that can come with leaving hearing loss unaddressed. In fact, a recent study indicated that hearing loss is associated with an increased risk of depression in adults of all ages, but is most pronounced in 18 to 69 year olds.

Another study, conducted in Italy, looked at working adults, 35 to 55 years of age – with untreated mild to moderate age-related hearing loss and found that they were more prone to depression, anxiety, and interpersonal sensitivity than those with no hearing problems.

The good news is that for the vast majority of people with hearing loss, hearing instruments can be most beneficial; research showed that the use of hearing instruments can help reduce depressive symptoms, and eight out of 10 hearing



instrument users say they're satisfied with the changes that have occurred in their lives due to their instruments being used.

3 Mental Health-Minded Reasons to Get Your Hearing Tested

There's a lot more to hearing loss than just sound. Getting a hearing test and using professionally fitted Prescriptive Hearing Instruments, when recommended by a hearing healthcare professional, is an important way for people with hearing loss to safeguard their mental health and quality of life. Here's why:

- Ignoring hearing loss hurts quality of life.
- Addressing hearing loss boosts mood.
- Using hearing instruments can help bolster self-confidence.

Today's hearing instruments are better than ever and virtually invisible. Dramatic new technological advances have revolutionized hearing aids in recent years. Many are virtually invisible, sitting discreetly and comfortably inside the ear canal; some are even waterproof or rechargeable, but best of all, they're wireless. That means they're able to stream sound from Smartphones, iPhones, iPods, iPads, home entertainment systems, and other

electronics directly into your hearing instrument(s) at volumes just right for you. The new Circa hearing instruments can even be located, if lost or misplaced with GPS. Simply put, today's hearing instruments help people of all ages maintain active, healthy lifestyles, some of them with fun technology included.

"Call your Hearing Healthcare Provider; schedule your hearing test now rather than 'maybe' in the future. Most health insurances cover annual hearing tests with little or no out of pocket expense. The worse thing you can do if you even suspect hearing loss is... nothing."

Editor's Note:

William Kent is the Director of Long Island Hearing, an Audiology and Hearing Instrument Practice with offices in both Nassau and Suffolk since 1985. He can be reached at 1-800-698-5200.

Keep Pets Safe This Halloween

continued from page 50

Chocolate is toxic and particularly dangerous to dogs. Chocolate with high amounts of cacao is especially dangerous. Raisins and gum with the artificial sweetener xylitol also are problematic. Candy wrappers can get stuck in the intestinal tract and cause a life-threatening blockage. Lock candy away so pets can't get into it.

Nerves

Many youngsters will ring the door bell on Halloween. Anxious pets, and even those that normally aren't nervous with visitors, may be overwhelmed. Keep pets in a dark, calm room away from the door to reduce anxiety and make it less likely skittish pets will escape the home and get lost.

Understanding common Halloween dangers can help keep pets safe on this fun-filled holiday.



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HEALTH NOTES

Ask Ron



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,

Since I retired, I love to do volunteer work. I have worked with animal rescue, animal training, activities at my place of worship, and even for larger national groups with local chapters. The reason I have worked at so many places is that I encounter that same type of personality at these groups... people who are in "authority" who are just so rude and demanding. I get that things need to get done, but let's face facts. I'm giving my time in support of

a cause. I only have so much to give. This cause is just one part of my life. I resent when someone says or strongly suggests that I could do more. My husband says to ignore it and just do what I can because what's the worst that will happen? I need some tips on how to let these people just roll off my back so I can continue to embrace the charity rather than quit... again.

– Helping Hands with Bruises.

Dear Helping Hands,

For point of clarity: If anyone is verbally or physically abusive at any time, tell someone in authority at the charity. If the person remains there, then you may want to step out. However, if you enjoy your volunteer tasks and only have a single person who makes it relationally difficult, I think your husband is on the right track. Make sure you have properly portioned out your volunteer time vs. other time so your volunteering time stays in balance. It will allow you to feel confident and empowered when you answer, "I have given all the time I have planned, if asked to do more. And if the disappointment is more about how others speak and act, then it's time to build up a new layer of skin and remember that your presence, your time, and your skills are the real reason YOU are there. Your goal then would be to refocus your thinking in these awkward moments on the giving of yourself rather than how someone else is telling you how to give.

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 Masspeth 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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Essential Oils... A Natural Solution



by Terri Pace

Are you sick and tired of being sick and tired? Are you looking for safer, cheaper, more effective health-care?

Have you considered the use of

nature's solutions in answer to these questions?

Plants have been used for therapeutic benefits since the beginning of human civilization. For example, both the Chinese and Egyptians used herbs, aromatic plants and plant extracts to help the body stay healthy and function normally, for general wellbeing, cosmetic and religious purposes.

Today we find ourselves in a place where perhaps people have some unmet needs. Synthetically produced products address symptoms, sometimes masking the root cause of the issue. These products have lots of known (and sometimes unknown) side effects and can be expensive in both our time and our money.

Essential oils are natural aromatic compounds found in the seeds,

bark, rind and leaves of plants, extracted and distilled for health benefits. When grown, harvested and distilled with purity and potency in mind, essential oils are safe and effective, with therapeutic benefits. They work with the body to address issues and root causes on a cellular level. They have hundreds of different compounds that provide complex and versatile ability to combat threats, without building up resistance.

The Basics

Here are some basic properties of essential oils:

- These *aromatic compounds* tend to evaporate quickly (change from liquid to gas at room temperature), so they are considered *volatile*.
- Essential oils are *lipid (fat) soluble*. This makes it easy for the it to penetrate through the different membranes and barriers throughout the body (e.g., tissue barriers, cell membrane, blood/brain barrier, skin).
- Essential oils have a *small molecular size and weight*; one single drop contains around 40 million trillion molecules. (That number is a 4 with 19 zeros after it!!) This incredibly small size makes it ubiquitous...it can move quickly

throughout the body and easily penetrate barriers and membranes.

- Essential oils are *messenger molecules* and are *biologically active*! They have direct interaction with cell receptors and with enzymes providing information and knowledge to the cells. They are active on the surface of the cells (receptor sites) as well as specific cellular targets (DNA).

- Essential oils are *selective*. The message they bring can have differentiated outcomes, either to *protect/support* or to *disrupt*. For example, it can be self-sustaining and supportive of good healthy cell function; and/or with a compromised or damaged cell, the body's own process of apoptosis (cellular death) can be stimulated by that same essential oil.

Combine these properties – intelligent molecules, a dynamic ability to influence body chemistry, and an “all access security pass” – and you can easily see why essential oils can create such profound effects in the body.

Understanding Essential Oil Chemistry

Let's explore WHY essential oils can have such a profound impact
continued on facing page

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continued on our bodies!

Everything is chemistry and to understand how an essential oil influences the body, we must look to its underlying chemical makeup. *The therapeutic outcomes offered by an essential oil are determined by its chemical constituents:*

- **Rosemary** and **Eucalyptus** oils are high in ethers and oxides which promote mental alertness, protect against environmental and seasonal threats, and support respiratory health.

- **Spearmint** and **Peppermint** oils are high in ketones which can help us to feel energized, repel insects, and promote healthy looking skin.

- **Arborvitae** and **Roman Chamomile** oils are high in esters which promote feelings of relaxation and calmness, improve sleep, and are soothing to tissues.

- **Cassia** and **Cinnamon** oils are high in aldehydes which support healthy metabolic function, digestive function, and improved immune function!

- **Patchouli** and **Cedarwood** oils are high in sesquiterpene alcohols which uplift mood, calm the nervous system and support the circulatory system.

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.

Living and Loving Natural Solutions

Understanding the chemistry of essential oils might be challenging, BUT... it is really easy to start using essential oils.

Aromatically, essential oils elevate mood, clean the air and support the body's airways. Diffusing citrus oils like **Wild Orange**, **Lemon** or **Bergamot** can instantly lift your mood and cleanse the air at the same time! Eucalyptus and Peppermint essential oils are great essential oils to support the

respiratory system.

Topically, you can apply your essential oils on or near the area you want to affect... your back, shoulders, head, chest, stomach, back of the neck... for relief from occasional pain and discomfort. You can also apply a few drops on your ears or the bottom of your feet to work with the body's reflex points and impact many systems of the body.

Topical and Aromatic use offer great benefits and are the most common ways we use essential oils. However, we can unlock even more benefits when we choose to take them internally.

While many people may be initially hesitant to use this method, several clinical studies support the safety and effectiveness of ingesting essential oils. Many essential oils are sourced from plants which are regularly part of our diet, like spices, herbs, and fruits, so our bodies are already familiar with metabolizing them.

Research also shows that internal use offers unique effects that other methods do not. Here's just a short list: Promote healthy cell function,

provide antioxidant support, assist with healthy cardiovascular system function, maintain healthy immune function, and aid gut health*.

Whichever way you choose to use essential oils, I invite you to make them part of your daily routine to enjoy the expansive list of health benefits!

There is a lot of scientific research being done regarding the use of essential oils for health and therapeutic benefits. There are many who now consider the use of nature's solutions as a philosophy of life... as a way of achieving safer, cheaper, more effective healthcare.

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CELEBRATIONS

Celebrating 30 Years of Wedded Bliss

Debby and Scott Posner of St. James, recently celebrated 30 years of marriage. They were married on September 9, 1995. Debby grew up in St. James. Scott grew up in East Northport, relocating to St. James in 1994. Scott originally thought that he wanted to move to Northport but Debby insisted on St. James. He happily admits to Debby being very right in that decision. They have raised 2 daughters, Rebecca and Julie, and, have enjoyed every minute of life in this very unique town. Scott said: "At first I did not understand why so many of Debby's high school friends still live in town. Now I completely understand. St. James has so much to offer. The beauty of the town, the proximity to everything, the incredible restaurants and the small town feel."

Debby and Scott are very involved in local activities. Both are founding board members of the Deepwells Farm Historical Society, St. James Chamber of Commerce board members, Long Island Adolescent & Family Services board members, volunteer for the Our Town paper, and Scott has been a member of the Smithtown Rotary for 25 years. Scott is a Financial Planner at the St. James office of Edward Jones Investments since 1998.

They enjoy special time with family, friends and traveling. Debby and Scott have participated in the Empire State Ride, a 546 mile one week bike ride from Staten Island to Niagara Falls to raise money for cancer research. They are also active with the Alzheimer Association, providing event support for the annual walks in Yaphank and Greenport.

They celebrated their anniversary



quarantining together with Covid! Fortunately, Villa Sorrento delivered an incredible dinner. They share that 30 wonderful years went by incredibly fast and look forward to

many more joyous ones in St. James.

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Safe Trick-or-Treating

Halloween is enjoyed by people of all ages, but few get a bigger kick out of the holiday than children. There are costumes to be worn, time spent with friends and the opportunity to collect free candy and other treats. Although Halloween can be a fun time, the Children's Safety Network

warns that it's also a time when accidents can happen. According to the CSN, the most dangerous day for child pedestrians is Halloween, with two times as many child pedestrians dying on Halloween compared to other days. It is essential to prioritize safety on Halloween, and following

these guidelines can help.

- Make sure costumes are short. Costumes that drag on the floor are tripping hazards, which can lead to injury. Be sure that costumes do not cover the feet or drag on the ground.
- Trick-or-treat in groups. Children are safer in numbers due to the increased visibility of a crowd and because, if something happens, others can call for help. Parents can use their discretion on what age they feel is mature enough to let children go out alone. Until then, children should be accompanied by adults.
- Improve visibility. It's important to be seen while trick-or-treating, and that can be achieved by making sure costumes and trick-or-treat bags feature reflective tape. Trick-or-treaters also can carry flashlights or glow sticks to improve visibility, and stick to areas with streetlights if going out after dark.
- Stay on sidewalks. Whenever possible, trick-or-treaters should stick to the sidewalks and avoid walking on the roads. This may not always be possible in neighborhoods without sidewalks, where parents and youngsters must be especially careful.
- Eat before trick-or-treating. A meal or snack before trick-or-treating can reduce the tendency to fill up on candy while out and about. All candy and other treats should be inspected by an adult before it is eaten.
- Keep pets locked away. Animals can become skittish when there are many people loitering outside of homes or ringing doorbells.
- Avoid masks that obstruct vision. It can be hard to see peripherally with a mask on, so avoid costumes with masks that compromise vision.
- Test out makeup beforehand. All makeup used for costumes should be tested for allergic reactions prior to use. Heed the warnings on packaging and avoid putting makeup too close to the eyes or lips.

These are some safety strategies designed to keep Halloween fun and incident-free this year.

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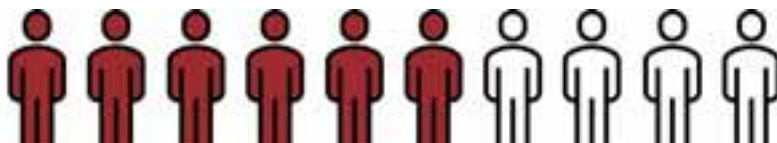
JOIN THE SMITHTOWN GARDEN CLUB - Learn about gardening and meet new people. Club meets the 2nd Tuesday of the month at the Brush Barn on Middle Country Road in Smithtown. Call Sarah at 516-672-9971 for more info.

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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.

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Friday & Saturday, 7-10 p.m.
Oct. 17 & 18, 24 & 25, 31 & Nov. 1
Intersection of 25A & Moriches Rd.

Halloween Parade & Festival **October 26**

Parade Line up 12 noon
Festival 1-5 p.m. at Celebrate Park

NOCTURNES:

A Collaboration of the Cosmos
October 10-31
The Atelier at Flowerfield
2 Flowerfield, Suite 6&9
631-250-9009

Occasions Event Planning **& Design**

occasionsbyjt@gmail.com

SS. Philip & James **Fall Festival**

September 28, 1-4 PM
359 Clinton Avenue
631-584-7896 www.sspjschool.net

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631-265-5252 X5

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631-862-2020

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FamilyAndPersonalCounseling.com

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simply.natural@optimum.net

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