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OCTOBER
2026

Volume 39
Number 5

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



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OUR TOWN

— ST. JAMES —

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PLEASE NOTE:

Advertising & Editorial Deadline
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Paris Electrical

by Scott Posner

Mark Parris has been a “fixture,” pun intended, in the St James/Smithtown community for over 20 years as an experienced licensed and insured master electrician with over 40 years in the field. As the founding owner of Paris Electrical, he is not only the guy who you can call for that chandelier installation, but he is also your neighbor who values our town’s wellbeing as much as his business.

Mark is deeply committed to helping our area thrive by working as a board member of the Chamber of Commerce, serving as an EMT with the St. James Fire Department and performing magic shows for groups such as the boy scouts. Yes, he is not only a magician in the electrical arts but also a lifelong member of the International Brotherhood of Magicians.

Service to the community is Paris Electrical’s original north star. To Mark, this service is not business, it’s personal because he values his neighbors, community and company reputation. Every encounter is not transactional but predicated on mutual respect, professionalism and quality work.

“I know how stressful an electrical emergency can be. Many people have half the electricity out in their home and need urgent attention. There is also the underlying concern about whether there is risk for arcing and fire. Troubleshooting is something I do extremely well and take pride in being able to find and fix the problem quickly,” said Mark.

A customer who Mark helped over the phone had this to say on a Yelp review site:

“I can’t recommend Mark Parris enough. A couple of months ago he upgraded my electrical panel, and just the other day when I lost power, I called him to ask what I can do. He told me to call PSEG to see if it was a fault on the line which it was. To my amazement he followed up with me today and asked if the problem was resolved.



He really cares about his customers and he is professional in every way. He is the only electrician for me and if you need one, you will not be disappointed.”

The issue with many trades is the unreliability with calling back or following through on completion of the job. Also, there is the mess left behind and sloppy workmanship. As a homeowner, you also want to understand what your options are, how much it will cost and if what is being done is safe and up to standard. Mark and his crew understand the value of your time, being reliable and standing behind the quality of their work. Paris Electrical is affordable without compromising safety or quality. Mark and his crew are methodical, neat and uncompromising in high standards in approaching all of their customer’s electrical needs.

Mark has undergone extensive certification and training to keep up with the everchanging residential/commercial national electrical codes and has expertise and certification in trouble shooting, low voltage systems (security, networking

and smart home tech), holiday/landscape lighting, generators, pool wiring and ac/heating hook ups.

One customer review on the Home advisor site states:

“Mark and his team consistently deliver. They show up when they say they will, complete the work efficiently and always leave the job site clean and spotless. Their pricing is fair, and the quality of their workmanship is truly second to none.”

Another review on Google is succinct:

“Mark is by far the best electrician on the planet! Clean and affordable! Very trustworthy and respectable!”

Paris Electrical is your neighborhood electrician who cares about your home or business. Mark Parris knows that serving the community is more than just getting the job done – it’s about helping families feel safe, making homes shine, and keeping St James connected and strong. He has proven that Paris Electric isn’t just a service to call, but a business to trust.



7 Preston Lane East Setauket, NY

4 BD | 4 BA | 1 HB | \$4,799,000

Exceptional harborfront residence in Setauket's Strong's Neck enclave. Rebuilt in 2022, this 5,600 SF home features 10-foot ceilings, a gourmet kitchen with a 14-foot quartz island, and four en-suite bedrooms, including a primary suite with radiant heated floors. The property offers significant expansion potential via an unfinished 850 SF third floor with a widow's walk and a lower level with 12-foot ceilings. Amenities include a saltwater pool, professional landscaping, a full-house generator, and an approved NYSDEC permit for a private deep water dock accommodating a 40-foot boat with direct access to Port Jefferson Harbor.

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What's Happening at the St. James General Store?

by Arline Goldstein

Opening the heavy wooden doors of the St. James General Store, you can smell the sweet scent of chocolate and other delicious aromas coming from the oversized, old-fashioned jars of candy displayed on the counters and shelves of the candy department. You can also sense that something special is going on, especially when the display windows outside the building are filled with gigantic replicas of Necco candy, Whirly Pops, Turkish Taffy, and more.

It's October, it's fall, and that means it must be time for trick-or-treating!

Being curious, I wanted to meet the person who created these wonderful works of Pop Art. Knocking on the office door, I found Kiersten Gerard, our artist in residence, knee-deep in yards of brown packing paper, with glue in her hand and scissors nearby.

Kiersten is a 2021 graduate of Wagner College in Staten Island, where she majored in Art Administration. I wanted to know more about her and her talent, so I asked if we could do an interview. She agreed.

You live in the Patchogue area. How did you find the St. James General Store?

I'm interested in local history, and I love the Big Duck. When I visited the Duck, there was a flyer with "Help Wanted" on it. It was for



Kiersten Gerard

a shopkeeper at the St. James General Store, and my love of history brought me here. I love being here among all the old artifacts.

What was your first window display?

It was Valentine's Day. Stephanie was very busy and needed help. She trusted me, and I helped her out.

Were you influenced or inspired by someone to create?

For as long as I can remember, I have been inspired and encouraged to create by my mom and my grandmothers. So much of my childhood was spent learning to draw, paint, sew, knit, or work in any medium under the sun. We always used what we had around us. Any situation could be an opportunity to create. It was always presented to me as a valuable way to spend my time, and I'm very grateful to the women in my life who instilled in me the importance of creativity.

Do you consider yourself a hunter or gatherer of objects?

I'd definitely consider myself more of a gatherer. The materials just seem to find me, ha ha! Sustainability is very important to me, so often when I come upon something you'd typically just toss, I think, "But could I use this for something?" This can get me into trouble sometimes, when all of a sudden the trunk of my car is filled with cardboard and bubble wrap, but I almost always find a use for what I've collected.

How do you decide what is an art supply and what is just garbage?

This is something I think about often. I have an innate desire to save as much as I can, but it's

continued on page 8



Saint James Lutheran Church Chartering an **ALL NEW Cub Scout Pack in Saint James** **PACK 301**



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What's Happening at the St. James General Store?

continued from page 6
important for me to recognize when I'm maybe collecting too much. I usually stick to cardboard, paper, and single-use plastic that hasn't had contact with food, which isn't hard to come by at the General Store. We receive weekly shipments of all sorts of products that come boxed up in cardboard and wrapped in plastic, giving me ample materials to work with!



Do you make a sketch first and then hunt for materials?

It's rare that I'll start with a sketch. Typically, I'll know that I have a bunch of cardboard and soft plastic, so I'll sort of create the pieces without a laid-out plan and make it up as I go along. It's a never-ending learning process for me, and I love that!

What is the tool or adhesive that holds these very different materials together?

Hot glue and masking tape are my best friends. After I have the form built out, I'll cover it with a layer of white paint and tissue paper, like a very light paper mâché.

Where do you get your recyclables?

All of my recyclables are from shipments we receive at the store.

Thank you, Kiersten, for talking with me. It was a pleasure, and I look forward to seeing all your next creations. Wishing you the best of luck!

Something Sweet for Halloween

Sweets were certainly on my mind, so I wanted to see what was being offered at the candy counter. I found a great assortment of treats wrapped in quarter-pound bags that you can divide up for the trick-or-treaters who come to your door.

There are old-fashioned malted milk balls, licorice of all kinds, fireballs, spearmint leaves, gummy bears, and gummy worms. In individual bags, Halls popcorn and pretzels are sure to provide a tasty treat for those special trick-or-treaters.

The Whirly Pops are almost too pretty to eat, but once you indulge, continued on page 10

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451 River Road, Nissequogue | \$1,150,000

Recently remodeled 5-bedroom, 3-bath Colonial on 2.5 acres of property, overlooking the Nissequogue River. MLS# 1011636.



29 Avery Court, Nesconset | \$739,000

2-bedroom, 2.5-bath Townhouse in the Country Pointe community with a stand alone patio overlooking lush green space. MLS# 1044542.



143 Paddington Circle, Smithtown | \$719,000

Enjoy country-club living in this fabulous 3-bedroom, 2.5-bath Townhouse in the gated community of Windcrest in Smithtown. MLS# 1051895.



403 Cabot Court E., Saint James | \$425,000

This 1st floor Condominium is located a short distance from the clubhouse in the Fairfield 55+ community in St. James. MLS# 1049800.



Marianne Koke

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What's Happening at the St. James General Store?

continued from page 8
your taste buds will have a party. Flavors of grape, cherry, lime, and orange are all combined in one Whirly Pop for \$4.95.

The History of Trick-or-Treating

The tradition of trick-or-treating may feel like a modern American candy tradition, but its roots reach



back thousands of years to the ancient Celtic festival of Samhain. It was celebrated in Ireland, Scotland, and the Isle of Man and marked the end of the harvest season and the beginning of the long, dark, cold winter.

The Celts believed this was the time when the veil between the physical and spiritual worlds was lifted and spirits could freely cross over. People would dress in costumes and disguises so the spirits wouldn't recognize them. Homeowners would also leave treats for the spirits in hopes that their homes would be spared from mischief.

The custom was carried on through the ages, with various modifications along the way. If the homeowner was generous, the house would be blessed. If not, they might face the wrath of the make-



believe spirits at their door!

You may remember the "poison candy panic" of the 1970s. Since then, candy has generally come in sealed packages. Some of the most popular candies with youngsters include candy corn, Reese's Peanut Butter Cups, Snickers, Milky Way, and M&M's.

More Than Candy

Looking for a baby gift? It's hard to choose just one when there is a wall stocked with toys and other gift

ideas. The toys are mostly wooden and are made to last, making them perfect for passing down to future siblings, grandchildren, and even future generations. No plastic toys here!

If you are looking for a special card to send to a special person celebrating a special event, you don't have to look any further than the display at the General Store. You will find a card for every occasion, or simply to say, "Thinking of you."

continued on page 12

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What's Happening at the St. James General Store?

continued from page 10

There are cards for birthdays, anniversaries, new babies, get-well wishes, encouragement, sympathy, and retirement. Did I miss one? Oh yes, cards for sending hugs to someone who needs one.

You can still find the fabulous mugs, plates, serving dishes, and platters that Ms. Potts chose for fall and beyond. Mugs start at \$13.95, and platters start at \$24.95. I was particularly interested in the whale pitcher (\$35.95) and the lobster platter (\$24.95), all in unbreakable Melamine.

When you're visiting the St. James General Store, don't forget to check out the Clearance Table and the Book Loft, where you are sure to find interesting reading. Whether you are curious about the history of your town or surrounding towns, bird watching, or astronomy, you'll find something of interest at the



Book Loft.
AND... be generous to those

trick-or-treaters, or the spirits will getcha!

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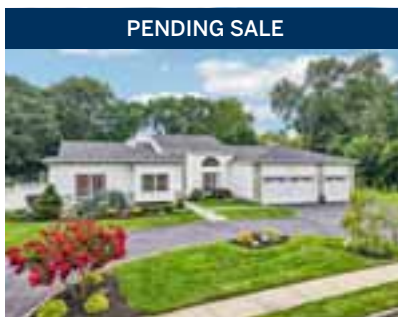




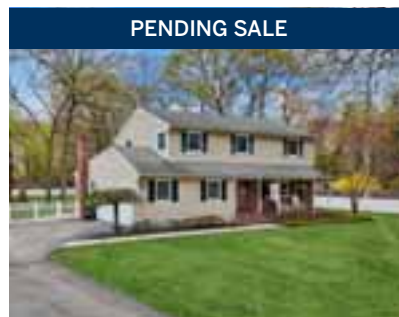
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274 River Rd. | St. James, NY
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Sale Pending within 1 month on the market.



PENDING SALE
75 Arbor Field Way | Lake Grove, NY
\$969,000
Sale Pending in 2 weeks.



PENDING SALE
14 Hillside Ave. | St. James, NY
\$999,900.
Rare equestrian property.



JUST SOLD
76 Harbor Rd. | Head of Harbor, NY
\$1,630,000
Sold over asking price.



JUST SOLD
193 Cambon Ave. | St. James, NY
\$886,000
Sold over asking price.



JUST SOLD
54 Strathmore Gate Rd. | Stony Brook, NY
\$380,000
Sale Pending in 6 days.

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"Christa & Bonnie Glenn are amazing! They treat you like family and it doesn't get much better than that! We have worked with them on both sides- buying and selling (at least 5 times). Working with them is like a godsend. There is constant communication, updates and progress. They have been in the business a long time and know what they are talking about and how to get things done. They also have many contacts for all aspects of the process. They are there for you anytime for advice or assistance. Going through the whole process of buying our home was a breeze and so much less stressful because they were on our side. We wouldn't choose or want anyone else to help with this huge event in our lives. We are forever grateful for them! You would be missing out if you didn't choose to work with them!" - Christine Vatter

Experience Counts. Results Matter.



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Christa Glenn

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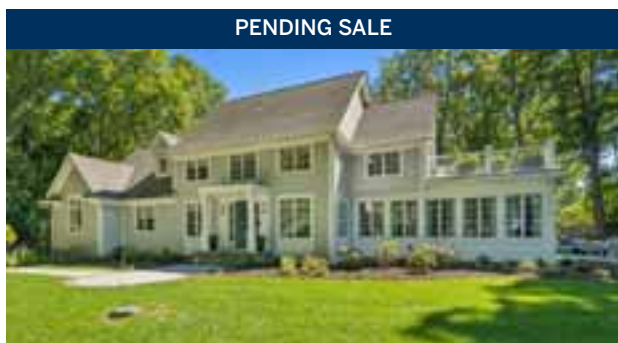
6 Pheasant Run | Nissequogue, NY

Waterfront, 243 ft. of pristine Long Island Sound frontage with sweeping unobstructed views, spectacular sunsets and direct access to a sandy beach. A magnificent 7,000+ sq. ft. custom Estate on 2 private acres, crafted with uncompromising quality, exquisite finishes and exceptional attention to detail.
MLS# 000034. \$6,400,000.



588 E. Long Beach Road | Nissequogue, NY

A coastal setting that makes every day feel like an escape. 1.74 private acres extending to Stony Brook Harbor with a 4-bedroom, 3-bath home, harbor views and walls of glass. Rare gunite pool, expansive Trex deck and beautiful natural grounds in a private beach community near town beaches and marina.
MLS# 1038256. \$1,395,000.



PENDING SALE

31 Thompson Lane | Head of Harbor, NY

Listed and sale pending in under 1 week with multiple offers over asking price. Waterfront on Stony Brook Harbor, this exceptional residence offers captivating water views, remarkable privacy and extraordinary custom craftsmanship. Every detail reflects sophisticated design and exceptional quality. MLS# 1048653. \$2,199,000.



PENDING SALE

2 Penny Lane | Nissequogue, NY

Rare Long Island Sound waterfront with 75 ft. of frontage and private steps to the beach. Traditional 5-bedroom, 3-bath Center Hall Colonial set on a beautifully landscaped acre. An entertainer's dream with a waterfront bluestone patio and expansive Sound views, your own year-round waterfront oasis.
MLS# 1038110. \$1,999,000.

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AROUND TOWN

Sisters

A BIG SHOUT-OUT to the charitable donors who attended Arline's Art For A Cure. Following a two-week online auction, where donors bid on paintings of their choice, donors and new bidders had the opportunity to outbid one another and win a painting at the event held at The Knox School.

The funds raised, supported by Memorial Sloan Kettering, will go toward continued research, with the hope that melanoma will no longer be a terminal disease, but one that can be cured.

My sister Linda participated in an experimental clinical trial that gave her 19 wonderful years of life, until her immune system could no longer sustain her. New research now treats patients with personalized protocols, recognizing that everyone's immune system is different. Linda was fortunate to be part of this groundbreaking research. It

gifted her 19 years, and for that, we are incredibly grateful.

A BIG SHOUT-OUT, too, to the local restaurants who so generously donated trays of gourmet delicacies that delighted our guests. Much gratitude to Aldo's Coffee for their tasty biscotti, Alpine Pastry Shop, Casa Rustica, Mykonos Greek Restaurant, Pindar Winery, and Schnitzels for their support, for sharing what they do best, and for donating to Arline's Art For A Cure.

To my family, Lorry, Fred, Robyn, Christian, and Jody: planning this fundraiser took over your lives. I love you all!

To all the donors: Your generosity



and compassion made Arline's Art For A Cure a success.

To the restaurateurs: Your generosity is greatly appreciated.

Arline Goldstein

Arline's Art For A Cure

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Miracles Can Happen in St. James!

by Natalie Weinstein, President

CSJ reopened its doors on Friday, September 18, after having been closed since August 1. In just a little over six weeks, our Center for the Arts has been transformed – though not yet finished – into a space that is livable, exciting, and inviting.

The race had been on since day one, when our unbelievable contractor, Brian McCann, who has worked tirelessly for us, took us right to the finish line as our first fall main-stage show, *The Addams Family*, opened on Friday night, September 18, to laughter and cheers! It was a journey that required teamwork, fortitude, and a good bit of faith, but the results were so worth it.

Now, the building is alive with artists arriving to provide new work for display in our opening art show on October 11 and children arriving for our theater workshops and rehearsals for *The Wizard of Oz Jr.*, debuting December 12 and 13. Meanwhile, rehearsals are gearing up elsewhere for *Oliver!*, coming to our stage November 20 through December 6 for three weekends.

The transformation at 176 Second



Street is so great that incoming crowds stop in amazement as they enter. We may not yet have decorated theater walls, honoree plaques for our lobby, or our permanent theater seats, but we've got a great heating and air-conditioning system, brand-new bathrooms, new

flooring, and a larger theater seating capacity for our always sold-out shows.

All this – for you, St. James – to have the best possible gathering place for our very special community. Our incredible executive continued on page 20

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\$665,000.



SMITHTOWN "BROOKFIELD COLONIAL"

4 BB, 2.5 bath Colonial, FLR, FDR, updated EIK w/granite tops & SS appliances, Den w/frplc. HW & tile floors & w/w carpeting. 2 car att. garage, 150 amp electric. Natural gas heat. Fenced rear yard, level .25 acre w/IGP, paver patio, gazebo. Front & rear IGS. Belgium block lined blacktop driveway. Mint condition.

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NESCONSET "LOVELY RANCH"

Lovely vinyl sided Ranch Home with partial unfinished basement, architectural roof, EIK with white cabinets & propane gas cooking with vaulted ceiling. Full bathroom with skylight & shower-tub combo. LR, 1 BR & front sitting room. Luxury vinyl plank flooring thru-out, 275 gallon oil tank in basement & 150 amp electric. Burham oil furnace with Riello head & separate HW tank. Flat level .30 property with expansion potential on quiet street in heart of Nesconset. Detached oversize one car garage & storage shed. Sold as is.

\$499,000.



Miracles Can Happen in St. James

continued from page 18
board, amazing program director, and most generous donors have given you a cultural home that embraces our past, present, and future, with something for everyone.

Our gala at Flowerfield on October 21st, *An American Overture*, honors six honorees who have helped us to where we are today. As we thank them for their support, we celebrate our story and the story of America through live performances by our Lighthouse production players, our Broadway performing peers, and our talented children. What a night – a night to celebrate and remember!

Visit CelebrateStJames.org for tickets, program details, and the latest additions to our growing calendar of events.

And this is just the beginning of our season! Here's a bit of what's in store for you in 2026-2027:

October 9, 8 p.m. – Italian Night with Dave Setteducati.

Join us for an evening of Italian music and storytelling.

October 11 – Opening Art Show.

Celebrate the creativity of our local artists as new work fills our gallery.

October 17, 8 PM – Stars, Songs & a Grand Reopening!

Join cast members from Jersey Boys and their Broadway friends for a grand reopening fundraiser featuring songs from *Wicked*, *Beautiful*, *Dear Evan Hansen* and more! All proceeds support the completion of our historic theater.

October 21, 6-10 p.m. – An American Overture Gala at Flowerfield Celebrations.

Join us as we honor our community supporters and celebrate with dinner, live entertainment, raf-



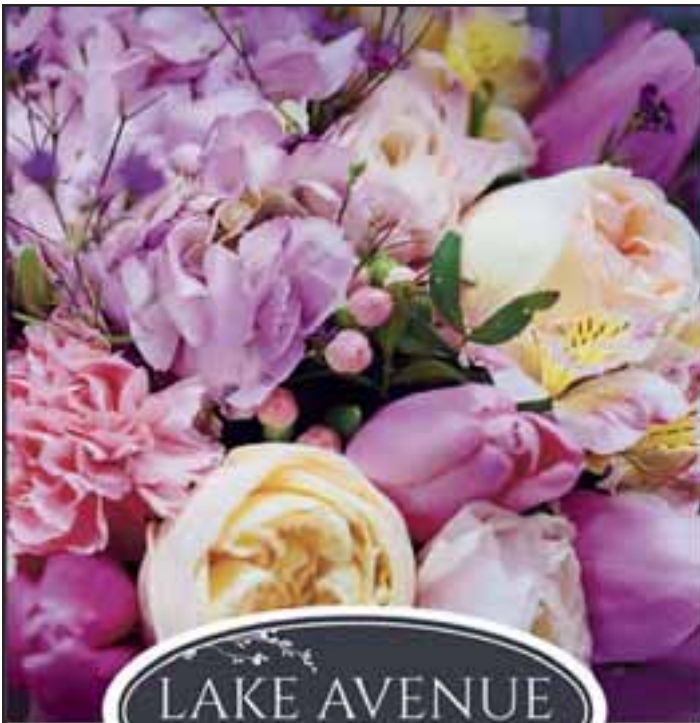
fles, and fundraising to support the future of Celebrate St. James.

October 30, 6-8 p.m. – Halloween Glow-in-the-Dark Paint Night.

Children ages 6–12 can create a glowing Halloween masterpiece, enjoy games and activities, and share snacks and treats. Costumes are optional!

November 6, 7-10 p.m. – Christmas at the Interlaken Movie Premiere & Paws of War Fundraiser.

Enjoy the screening, meet the
continued on page 22



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ST. JAMES, LONG ISLAND OCTOBER 1913

MISSING

FROM THE DEEPWELLS MASQUERADE BALL



ALDRIC THORNTON

Age: 52
Height: 6'1"
Hair: Grey
Eyes: Blue
Distinguishing Mark:
Wears a silver pocket watch
with a stag engraving.

Mr. Thornton was last seen at
the Deepwells Masquerade Ball
on the evening of October 11, 1913.
He is a respected member of the
Deepwells community, known for
his philanthropy, strong leadership,
and dedication to local charities.
His family and friends are suffering
great concern for his whereabouts.

HAVE YOU SEEN THIS MAN?

ANY INFORMATION PLEASE CONTACT
THE DEEPWELLS ESTATE OR LOCAL AUTHORITIES.

His Family Awaits His Safe Return.

THE LAST MASQUERADE OF 1913...The Ball That Never Ended
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Miracles Can Happen in St. James

continued from page 20
cast, pose for red-carpet photographs, and share refreshments and small plates, with a 50/50 raffle benefiting Paws of War.

November 7, 8 p.m. – A Life in Music with Fabio Mittino & Bert Lams.

Enjoy this acoustic guitar duo celebrating the music of Thomas de Hartmann. The evening includes a concert, Q&A, and CD signing, with an optional VIP artist reception before the performance.

November 11, 9 a.m.-noon – Parade of Imagination Art Workshop.

Children ages 6-12 will create a colorful New York City parade scene and a three-dimensional foil balloon while exploring perspective, sculpture, scale, and mixed media.

November 20-December 6 – Oliver!

Lighthouse Repertory brings this beloved musical to our stage for three weekends.

December 6 – Art Show with Wine, Cheese, and Live Music.

Enjoy local art, refreshments, music, and community.

December 12 & 13 – The Wizard of Oz Jr.

Our talented youth theater performers bring this classic adventure to life on our stage.

December 14, 8 p.m. – Nic & Desi's Holiday Special.

Dazzling vocals, high-energy dancing, holiday favorites, and timeless music come to our stage in a special fundraiser for the theater.



October 18, November 8, and December 20 – Celebrate Connections.

Our welcoming socials for community members with special needs offer opportunities to connect and enjoy time together. All abilities welcome!

Monthly – Free Tuesdays at 2 with Carolyn Benson.

Enjoy music and community at our free afternoon concerts, held once a month on a Tuesday at 2 p.m.

With art, music, theater, film, and opportunities to connect, there is so much to look forward to – and we can't wait to share it with you!



Visit CelebrateStJames.org for tickets, details & upcoming events

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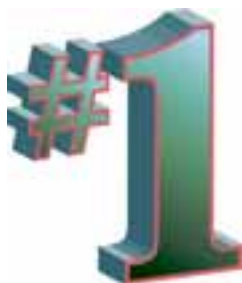
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AROUND TOWN

Congratulations to St. James Chamber Board Member Mady Pisano



Congratulations to St. James Chamber Board Member Mady Pisano on the ribbon cutting of Body Bar Pilates, located at 381C Nesconset Highway, Unit 9B, in Hauppauge.

See why Pilates has continued to

grow in popularity for more than 100 years! Learn about its fascinating history and visit this brand-new, state-of-the-art location.

Mady is committed to making her community as healthy as possible. Body Bar Pilates is the perfect com-



panion business to her other venture, Rely Pharmacy.

Go meet Mady and her expert team, or call them at 631-600-0133.

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AROUND TOWN



The Cipher Room – A Secret Worth Sharing

by Scott Posner

Local distillery Spy Trail Distillery recently opened the Cipher Room at 52 North Country Road, just east of the Smithtown Library. Paying homage to the very active and effective Revolutionary War spies who traversed our area, the Cipher Room is an experience worth sharing!

First, there's the distillery: grain-to-glass crafting, where small batches are hand-milled, distilled and bottled on-site. The result is a premium selection of spirits that el-

evates each and every drink.

Next, bring those handcrafted spirits to the Cipher Room, where expert mixologists go to work creating truly unique and memorable cocktails. Why use ice to chill a glass when liquid nitrogen can do the job so much better? We tried the hummus and chips, along with the pretzel bites, and were very impressed with both.

The space itself is spacious, welcoming and truly unique. In addition to the bar, there are multiple seating options, making it a perfect

place to host a gathering of any type.

We were welcomed with a drink from their expansive craft cocktail menu, and both my wife and I loved it.

The Cipher Room is open Thursdays at 5 p.m., Fridays at 4 p.m., Saturdays at 3 p.m. and Sundays at 4 p.m., and stays open until "late."

For more information, visit www.thecipherroomny.com.

You will not regret the visit!



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Blissful Beauty Wellness Spa Welcomes New Estheticians and Celebrates Community Wellness in St. James

Community wellness took center stage this September as local businesses came together to celebrate healthy living, self-care, and connection in St. James.

On Saturday, September 26, Blissful Beauty Wellness Spa joined Energy Fitness St. James for the gym's annual Open House, welcoming community members to enjoy a morning of fitness, wellness, giveaways, and opportunities to connect with local businesses.

For Blissful Beauty Wellness Spa, the event also provided a special opportunity to introduce three new members of its growing team: Maureen and Daniella, who join the spa's team of skilled wellness professionals as estheticians.

Guests had the opportunity to meet the new estheticians, learn more about their approach to skin-care, and discover the customized facial and wellness services available at Blissful Beauty Wellness Spa.

"Each person's skin is different, and our goal is to create a personalized experience that helps every



client feel comfortable, cared for, and confident in their skin," said the team at Blissful Beauty Wellness Spa. "We are so excited to welcome Maureen and Daniella to the Blissful Beauty family and introduce them to our St. James community."

The spa offers customized facials designed around individual skin

needs, along with therapeutic massage, Reiki, red light therapy, and other holistic wellness services. Its approach is centered on the belief that wellness encompasses more than physical fitness – it also includes relaxation, recovery, skin-care, stress reduction, and taking time for yourself.

The partnership with Energy Fitness was a natural fit. Located just a short distance apart, the neighboring businesses share a commitment to helping people feel their best.

While exercise strengthens the body, recovery and self-care help support the body and mind along the way. Events like the Energy Fitness Open House provide an opportunity for local businesses to come together and remind the community that wellness can take many forms.

The morning featured fitness classes, demonstrations, tours, giveaways, and opportunities to meet local wellness providers. Blissful Beauty Wellness Spa also contributed a special raffle basket as part

continued on page 46



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Just a little
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issue of Our Town
is Thursday,
October 15,
12 noon



Keep The Holidays Joyful and Peaceful

by Fran Posner

Meme wondered how families and friends could be expected to get along if entire countries could not!



With the holidays approaching, Meme was determined to keep the celebrations joyful and peaceful.

Meme said: "Guests who bring their old resentments to the party along with ancient arguments – even if they can't remember how they started – makes everyone truly uncomfortable. Many times, gentle and individual coaching before the event can help things run smoothly."

The following are Meme's favorite tips for navigating tough family and friend dynamics during the holidays:

- Be KIND. Family members don't have to agree. Everyone is different and has their own ideas and personalities. Agree to disagree.

- You may have grown up in the same house, however, everyone has "their own place on the shelf." This depends on the place you were born in the family lineup and your experiences during the particular years you were growing up. You may all have had very different experiences. So be empathetic to your siblings and relatives.

- Declare a truce for the holidays. Leave your arguments and hurt feelings outside.

- Take the high road in the name of peace and move on. It's healthier for everyone!

- Control your reactions. You cannot change how your relatives behave but you can control your own thoughts, words and responses..

- Adjust your "shoulds." Let go of being judgmental and controlling. "It's not your circus and it's not your monkeys." Therefore, try not to

"should" on anyone!

- Make certain discussions off limit. Obviously, politics, religion, money and gossip. Good luck trying to find something else to talk about. (Just kidding.) Be interested in the people at the celebration. Make them feel good about them-

selves by sincerely listening to them talk about their experiences. You'll feel good about yourself too.

- Start new traditions at celebrations instead of reverting to old patterns which could lead to

continued on page 46

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THE LAST MASQUERADE OF 1913

The Ball That Never Ended — A Deepwells Mansion Legend

AN ORIGINAL FICTIONAL LEGEND INSPIRED BY THE DOCUMENTED HISTORY OF DEEPWELLS MANSION



Long before the screams, there was history.

Deepwells Mansion has stood along North Country Road in St. James since 1845. Built for Joel L.G. Smith, a descendant of Smithtown founder Richard "Bull" Smith, the stately home would pass through generations before becoming the country retreat of one of its most notable residents — New York City Mayor William J. Gaynor.

During the years Gaynor served as Mayor, Deepwells offered an escape from the noise and turmoil of New York City. Here, among the fields and quiet roads of St. James, stood the grand old mansion that had already watched nearly seventy years of history pass through its doors. That much is history. What follows is legend. And every old mansion has one.

THE AUTUMN OF 1913

The story begins on a cold autumn evening in 1913. Summer had ended. The evenings had grown darker. A chill had settled over the fields surrounding Deepwells. Before closing the country home for the season, it is said that one final celebration was planned: A grand masquerade ball.

Invitations arrived bearing instructions that were strangely specific. • Formal attire. • Masks required. And beneath them, a single handwritten request:

The mask must remain in place until midnight.

Carriages arrived after sunset. Ladies swept through the doors in elaborate gowns. Gentlemen gathered beneath the glow of the mansion lights. Champagne flowed. Silver filled the dining table. Cigars burned in the adjoining parlor. And from the ballroom came the sound of a waltz.

Outside, however, something was changing. A storm was moving across the North Shore. The wind rose. Trees bent across the grounds. Rain struck the windows with such force that servants began fastening them shut. Then came the thunder. The great doors of Deepwells were closed against the storm. The guests continued dancing.

At first, no one noticed that several people had disappeared. A woman searched for her husband.

A servant was sent upstairs and did not return. Someone discovered a mask lying at the foot of the staircase. -Then another. -And another.

Inside the cigar room, frightened voices argued about opening the doors. But the storm had become violent. And somewhere upstairs... someone began screaming. The orchestra continued playing.

Perhaps they had been ordered to. Perhaps they were simply too frightened to stop. Then the

clock began to strike midnight. One -Two. -Three. -Four. -Five. -Six. -Seven. -Eight. -The dancers slowed. -Nine. -Ten. -Eleven. And then... -Twelve.

The mansion went black.

What happened next has never been explained. There are stories of screams coming from the second floor. Of footsteps running through the servants' corridor. Of masked figures standing perfectly still in the ballroom while everyone around them fled. One account claims guests tore desperately at their masks... only to discover that some would no longer come off.

Another tells of a servant escaping down the back staircase and running into the fields, only to hear the waltz following her through the darkness.

And then there are the stories about the land.

Those who claim to have escaped speak of it first:

The corn maze, where paths seem to loop back on themselves until you are no longer sure you are moving forward at all. They say it does not trap you... it simply makes you forget which direction is out.

The graveyard, where the gates are never quite where you left them. Some say you can walk in easily enough — but leaving requires passing through places that no longer match the way you entered.

And the wooded trails, where the trees grow too close together and the darkness feels layered, as if something is walking just beyond your sight line.

Many who tried to flee into the darkness were never seen again. It is said the house does not need walls to keep its guests. The land does it for it.

By morning, the storm was gone. The ballroom was silent. Candles had burned to their ends. Half-eaten food remained upon the dining table. Glasses stood untouched. And masks were scattered throughout the mansion. Some guests were said to have escaped. Others... were never seen again.

No explanation was ever given for what happened inside the mansion that night. Because, of course... none of it appears in the history books.

BUT OLD HOUSES REMEMBER.

More than a century has passed. Yet legend says Deepwells never forgot that night. There are those who claim that when autumn returns and cold winds move across the grounds, the mansion begins to change.

First comes the music. A faint waltz heard in an empty ballroom.

Then the candles. Then footsteps on the stair-

case. And finally...

The masks.

They appear throughout the house. On tables. Beside beds. In mirrors. Sometimes... on faces.

The ballroom remembers the dancing. The dining room remembers the feast. The cigar room remembers the men who realized too late that something was terribly wrong. But the second floor remembers something else. Perhaps whatever entered the mansion that night never left. Perhaps, over the decades that followed, the old house continued to collect the fears of everyone who passed through its doors — every nightmare, every whispered story, every terrible thing imagined in the darkness. And upstairs, those memories have had more than a century to decay. They have twisted together.

- A child's laughter echoes from a room where no child remains. - Carnival music plays somewhere it could never have played. - Doctors continue experiments on patients who should have been dead generations ago. - Webs cover rooms as though something has been waiting undisturbed for a hundred years. Mirrors reveal figures standing behind you. The dead speak. The possessed scream. And behind hundreds of pale, expressionless faces... something waits. Perhaps they are ghosts. Perhaps they are the nightmares of those who came before us.

Or perhaps, on that autumn night in 1913, something awakened inside Deepwells — something that has spent the last century feeding on fear. Because the most frightening part of the legend isn't that something terrible happened at Deepwells that night. It's that it may still be happening.

Every October. Again. And again. And again. The dancers take their places. The table is set. The candles are lit. The masks return.

And the mansion remembers.

This October... the doors will open again. The spirits request your presence at...

THE LAST MASQUERADE OF 1913

The Ball That Never Ended.

Some guests left. Some stayed forever. And should you accept the invitation remember the warning supposedly written upon those invitations more than a century ago:

Whatever happens... do not remove your mask before midnight.

Historical Note: Deepwells Mansion, its 1845 origins, and the historical figures referenced above are part of the documented history of the property. The events surrounding "The Last Masquerade of 1913" are an original fictional legend created by the Deepwells Farm Historical Society for this year's Haunted Mansion experience. They are intended to bring the history and atmosphere of this remarkable property to life while preserving and celebrating its very real past.

The Spirits Request Your Presence At
THE MAYOR'S
LAST MASQUERADE
OF 1913

The ball that never ended.

A DEEPWELLS MANSION
LEGEND

*Some guests left
-some stayed
Forever.*



TICKETS



THIS OCTOBER

The storm returns, the doors will lock! ... And the dance resumes.

DEEPWELLS HAUNTED MANSION

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A R O U N D T O W N



Long Beach served as the setting for the 25th anniversary remembrance of the horrific attacks of September 11, 2001. Fifty-three Smithtown residents and three St. James residents lost their lives that day. Much has changed in the world since then, but the passage of time has not diminished the memory of those we lost. We remember them, we honor them, and we will never forget.



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AROUND TOWN



Heroes Training Heroes

by Scott Posner

A multi-agency, two-day training session recently took place at Long Beach. It is not every day that you see an Army National Guard UH-60 Black Hawk helicopter, piloted by Smithtown resident Bob Hansen, land in the parking lot.

The drills involved participants from the St. James Fire Department, Nissequogue Fire Department, Smithtown Fire Department,

Smithtown Harbormasters, Suffolk County Marine Bureau, the U.S. Coast Guard, and the Army National Guard.

They honed their rescue skills and interagency capabilities by conducting a variety of rescue and emergency response drills.

Interested in learning how you can become a local hero? Call the St. James Fire Department at 631-584-5760 or the Nissequogue Fire Department at 631-862-7410.



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THEY NEVER CAME HOME. WILL YOU?**

ST. JAMES, LONG ISLAND OCTOBER 1913

MISSING

FROM THE DEEPWELLS MASQUERADE BALL



BEATRICE VALE

Age: 24
Height: 5'3"
Hair: Auburn
Eyes: Brown
Distinguishing Mark:
Small crescent-shaped
scar on left cheek

Miss Beatrice Vale was last seen
at the Deepwells Masquerade Ball
on the evening of October 17, 1913.
She is the daughter of Lord and
Lady Vale and is known for her
love of art, poetry, and adventure.
Her family and friends are
desperately seeking any information
regarding her whereabouts.

HAVE YOU SEEN HER?

ANY INFORMATION PLEASE CONTACT
THE DEEPWELLS ESTATE OR LOCAL AUTHORITIES.

Her Family Awaits Her Safe Return.

THE LAST MASQUERADE OF 1913...The Ball That Never Ended

DEEPWELLS HAUNTED MANSION





Keeping It Beautiful

The Smithtown Parks Department works hard to ensure that Long Beach remains beautiful. It's easy to take the beautifully manicured gardens for granted, but keeping them looking their best takes a great deal of time, care, and effort.

Deepwells Mansion Macabre: A Thriller & Horror Film Festival

The Screams Are Only the Beginning

Saturday, October 31, 2026
7:00-10:00 p.m.
Deepwells Mansion
Saint James, NY

www.DeepwellsMansionMacabre.com

Step into an evening where independent horror cinema meets haunted history.

Join filmmakers, actors, artists, and horror enthusiasts for the inaugural **Deepwells Mansion Macabre**, a red carpet thriller and horror film festival set against the atmospheric backdrop of historic Deepwells Mansion.

Experience an unforgettable night of:

- Award-winning horror & thriller films
- Red carpet arrivals
- Filmmaker Q&As
- Guest appearances
- Immersive Halloween atmosphere
- A celebration of independent



filmmaking

Whether you love a great scare, appreciate cinematic storytelling, or are looking for a truly memorable Halloween evening, Deepwells Mansion Macabre is where the magic – and the macabre, come to life.

DEEPWELLS MANSION MACABRE TICKETS:

Tickets available now!

Visit www.DeepwellsMansionMacabre.com

Come for the films. Stay for the frights.

A new Halloween tradition begins at Deepwells Mansion.

– If you dare.

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For the legendary Deepwells Haunted House, visit www.deepwells-hauntedmansion.com





Historic Philadelphia

by Irma Gorman

Are you in the mood for some history? How about a bit of brotherly love? Then come spend a weekend in Philadelphia and enjoy a helping of both.

Philadelphia is the sixth-most-populous city in the United States,

known for its culture and history. We have Quaker William Penn to thank for founding the city in 1682, which went on to become one of the most important sites of the American Revolution and Revolutionary War.

Both the First and Second Con-



tinental Congresses met here, and Independence Hall is where the Declaration of Independence and the U.S. Constitution were debated and adopted. You can see the rooms where history happened and imagine the Founding Fathers drafting some of our nation's most impor-
continued on page 80



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Smithtown Rotary Highlights Organizations Making a Difference

GIFT OF LIFE LONG ISLAND

Smithtown Rotary Club President Ron Rothman welcomed Commack-Kings Park Rotarians David Ardem and Steven Catalano from Gift of Life Long Island.

Gift of Life Long Island is giving children with serious congenital heart defects a second chance at life. The organization arranges and funds lifesaving pediatric cardiac surgeries for children from low-income countries who cannot access adequate medical care.

Some children are brought to Long Island, where volunteer surgeons and partner hospitals provide complex heart surgeries at no cost to the children or their families. What began with one child from Uganda eventually grew into a worldwide Rotary-supported effort, formally becoming Gift of Life in 1975.

Today, Gift of Life is focused not only on funding surgeries but also on helping build cardiac-care capabilities in the countries where these children live. Through donations, medical missions, volunteers and community support, the organization continues to expand access to lifesaving care.

Long Island Rotary clubs have been strong supporters of this mission, raising funds through events such as Gift of Life galas. Their efforts are a powerful example of Rotary's commitment to "Service Above Self" – helping children and families around the world, one heart at a time.

For more information go to info@giftoflifelongisland.org

THE ROLLSTONE FOUNDATION

The Smithtown Rotary Club had the pleasure to have Pamela Greene

and Mike Dawidziak from the Rollstone foundation as their guest speakers at a recent lunch at the Garden Grill in Smithtown

The Rollstone Foundation, based in Sayville, is dedicated to helping orphaned children with special needs from countries around the world find permanent, loving families. For many of these children, serious medical or developmental conditions can make adoption extremely difficult, leaving them without the care and opportunities available to children in the United States.

Through financial assistance to qualified adoptive families, the Rollstone Foundation helps make international special-needs adoptions possible. The foundation's support can provide these children with access to medical care, education, a family, and the opportunity continued on facing page

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Pictured (L-R) Smithtown Rotary Club President Ron Rothman (right) with Commack-Kings Park Rotarians David Ardem (left) and Steven Catalano (center) from Gift of Life Long Island.

continued
to live a healthy and productive life. In some cases, bringing a child to the United States for adoption can truly mean the difference between life and death.

The foundation was founded by Pamela Greene and Michael "Mike Dawidziak, who continue to play an active role in its work. The organization has helped hundreds of children through adoption and provides financial grants to families facing the substantial costs associated with international special-needs adoption.

The connection between Rotary and the Rollstone Foundation reflects a shared commitment to service: helping people in need, regardless of where they were born. In the case of Rollstone, that commitment reaches some of the world's most vulnerable children – orphans with special needs who might otherwise have little hope of finding a permanent family or receiving the care they desperately need. Pamela and Mike are long serving members of the Sayville Rotary Club

The Rollstone Foundation demonstrates how a local organization in Sayville can have an extraordinary impact on the lives of children thousands of miles away, giving them something every child deserves: a chance at a family, a chance at proper care, and a



Pictured (L-R): Mike Dawidziak, Pamela Greene and Smithtown Rotary Club President Ron Rothman.

chance at life. The foundations guiding message: "Adopting one child won't change the world but for that child the world will change"

GENERAL NEEDS

Smithtown Rotary Club President Ron Rothman (center) welcomes Mike Haynes (right) and Lonnie Sherman (left) founder of General Needs.

For veterans experiencing homelessness or struggling to make ends meet, having basic necessities can make an enormous difference. One Long Island nonprofit is working to ensure that those who served our country receive more than just assistance – they receive it with dignity.

General Needs Ltd., a Long Island nonprofit dedicated to helping veterans in need, provides new essential items to veterans living in shelters and to those transitioning into permanent housing.

The organization was founded in 2008 by Lonnie Sherman, following his volunteer work at the Northport VA's emergency homeless shelter. Sherman noticed that while many organizations generously donated food and clothing, veterans often lacked some of the most basic necessities, including new underwear, socks and T-shirts.

That observation led to General Needs' philosophy of "Distributions with Dignity."

Rather than simply providing whatever used items happen to be



Pictured: Smithtown Rotary Club President Ron Rothman with Lonnie Sherman, left, and Mike Haynes, right, of General Needs.

available, General Needs focuses on providing veterans with new, practical necessities. Donations include underwear, socks, T-shirts, coats, jackets, hats, gloves, blankets, sneakers, winter boots, towels, toiletries and duffle bags.

The organization also helps veterans who are moving from shelters into their own homes. Through its "Welcome Home Kits," General Needs can provide essential household items such as beds, mattresses, bedding, kitchenware, microwaves and coffee makers—helping make the transition to independent living a little easier.

At the heart of the organization's mission is a simple idea: people who have served their country deserve to be treated with respect.

For a veteran who has experienced homelessness, receiving a new pair of shoes, clean clothing or a comfortable bed may seem like a small gesture. But those necessities can provide something much greater—a sense of normalcy, self-respect and a reminder that their community has not forgotten them.

General Needs operates as a nonprofit organization and relies on donations and community support to continue its work.

For those interested in learning more about the organization, donating or getting involved, General Needs can be reached at 631-266-1672, or through its website at GeneralNeeds.org

Journaling the Otherworldly



by Joe Giaquinto,
Psychic Medium and
Paranormal Investigator

While the moon glows brightly over the spooky cornfield on a crisp October evening and a black cat has suddenly leapt across your path, you may ask, "Was that a

bump in the night, or am I just imagining things?"

In my 46 years of spirited, ghostly adventures, I have often asked if things encountered along my journey were truly from the other side, or simply wishful thinking. I enjoy writing and in my various jobs over the years have done a lot of experiential record-keeping. I found writing down events as they occurred proved valuable for distinguishing between reality and imagination.

A great tool you can use to track your treks with phenomena from the spiritual world is to journal your experiences. The Cambridge Dictionary online defines a journal as, "A record of what you have done, or of descriptions or thoughts, written each day or frequently over a long period; a diary."

You journal when you write down your notable experiences. Entries can be for anything in your life

that would be interesting to catalog. People sometimes refer to keeping a diary of their experiences. However, I feel a diary is more of a personal writing tool whereas a journal reflects information you'd wish to share with others (for example, scientific results or encounters with the unknown during an investigation.)

Many famous people kept journals in the past: Thor Heyerdahl, the KonTiki adventurer who sailed to Polynesia on a raft documented the journey, the painter Paul Gauguin catalogued his life from Europe to the South Pacific in a notebook, and the Spiritualist, William Sidney Mount, an 1800s genre painter wrote about his art, inventions, life, and politics in a journal.

For my work as a medium and paranormal researcher, I have found a journal to be very useful.

continued on facing page

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continued

Journal Entry: I was watching the game show, Price is Right and a contestant was asked to guess the correct price, to win the showcase. She first blurted out \$23,000 and then changed it to \$27,000. As soon as she did that, I thought, "Oh, no she lost it! She should have kept her original bid." Sure enough, she overbid and lost to the other contestant. The actual retail price was \$23,200. Not only would she have won the showcase, but when you are within \$250 of the actual price, you win both showcases. Lesson learned... Always trust your initial intuition and never prejudge the data you receive.

A journal entry shows proof of phenomena. It also validates your correct hits because it defines what happened, when it occurred and what were the circumstances surrounding the event. It also increases the number of opportunities for future phenomena to occur because the universe knows you are listening to specific signs and messages and are really interested in receiving them.

A journal helps you remember past events more accurately. As time goes on, our brains can muddy facts. Also, as we retell our stories, we may embellish them – so they no longer represent the original experience. (While the writing in the journal may also have included some mistakes or embellishments, it would still represent the most accurate description of that event right after it occurred.) With a journal, you can refer to the event in detail and jog your memory.

In fact, journal entries, when re-examined, can be quite amazing! I've looked back at events I've journaled years ago and thought, "Wow, that was a cool experience – I forgot about that one!"

A journal will also build your self-confidence as an intuitive individual. If you ever have gone through a streak of incorrect hits or

days when you were off your game, a quick look at journal entries when you did get things spot-on will remind you that your abilities are there, and you will continue to be successful, both in your spiritual and your scientific endeavors. Over time, your entries can help track

your spiritual growth.

How do you start a journal? Just write down your experiences as soon as they happen to you. If you prefer using a phone or tablet, you can text or type the entries. Otherwise, any sort of paper or notepad
continued on page 42



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Journaling the Otherworldly

continued from page 41
will do.

Set out with a simple objective. For example, "I will journal at the end of the day for a week," or "I will journal twice a day for a week." Limiting when you write in your journal will prevent making writing in it too frequent and thus becoming a burdensome task.

And, if you do experience something that just can't wait, write it down while the experience is fresh and vividly placed in your mind (for example, waking up after a lucid dream or out-of-body experience.)

Journal Entry: I am alone in this house... exploring the historic coastguardsmen's property at East Wind in Hampton Bays. As I walked the third-floor corridor, past all the guest bedrooms, a large wall panel to some type of closet or storage space on the wall to my right just came flying off the wall! It slammed to the floor in front of my feet. The panel fell perfectly across the floor, landing directly between the door frame of the guest bedroom to my left. I had my EVP recorder on; it recorded the phenomena—and the loud bang from the wooden panel hitting the floor.

Give thought to the types of experiences you wish to track. As a medium, if you want to track all the times you saw something with your third eye and that vision later proved to be accurate, make that your plan. As a paranormal investigator, you can create a separate journal for each ghost investigation, recording aspects of the haunted property, interviews with the residents, and any phenomena you've encountered.

A journal is a living document – you can revisit previous entries and scribble additional notes or write updates to each event. You can add anything to the journal that enhances the entry, such as drawings, photos, audio and video recordings, testimonials from other witnesses,

physical objects, gathered evidence, and links to research material.

Often things will happen when it is not convenient to write something down (for instance, if you are out in the field, driving a car, or a phone or tablet is not available.) For these situations, I prefer carrying a digital memo recorder with me. I make my initial journey entries by voice. I later transcribe these events to a permanent record in a document or text file.

A side benefit of transcribing from a voice recorder to a document is you have more time to think about what you witnessed; you may have additional perspectives to add to the initial entry.

Before journaling your intuitive experiences, I recommend beginning your session with a ritual. I use prayer and set sacred, protective space. This sets the boundaries of what type of communication you will allow to occur. It includes energy with love and light. Your ritual lets the universe know you are ready to receive their signs and messages in a positive manner. (After your experiences and journal entries are complete, don't forget to

close the space.)

For mediumistic and psychic readings with clients, I do a special type of journaling. I keep a legal pad and felt-tip marker handy during the session to sketch out anything I receive such as an object, a place, or a person's name in-spirit. While this type of journal is not for sharing publicly, it does help me stay focused on the most important messages and who those messages are coming from.

Whatever you decide to add to your journal, keep the process simple and easy to transcribe. You can make each written journal entry as detailed as you wish. You can write it as a short story or just list the event as a series of bullet pointed facts. The story format is nice because it captures both the occurrence of the phenomena and the emotions you experienced.

Journal Entry: Last night, I watched the film, Working Girl on Netflix. It's a great movie about going for your dreams. It stars Harrison Ford and Melanie Griffith, whom I both love. After watching the movie last night,

continued on facing page



East Wind in Hampton Bays

Journaling the Otherworldly

continued

I had to go to Stop & Shop supermarket this morning for some hand towels. After parking the car, I got out and started walking towards the store. As I walked through the parking lot, I played the Working Girl theme song, Let the River Run, by Carly Simon in my head. I told myself, "Let's have a winning day!" When I walked into the store, guess what song they were playing on the in-store music? It was the Working Girl theme song!

Once you begin to write in a journal, you will quickly see an increase in things worthy of writing.

It doesn't take long to experience something – we miss a lot of non-coincidental phenomena all day long. We just don't pay attention to it because life demands our constant attention. However, when your journal is in play, you will catch those items normally missed.

As an analogy, let's say you are on a vacation traveling by car and you are running low on gas (or your EV battery is almost out of power) you will forget about viewing the nice scenery along the road and instead be focused on a sign pointing you to the nearest gas or charging station.

The more your journal, the greater your experiences will manifest. You are opening a portal and inviting communication with the spiritual universe. Like any type of channeling activity, the more you use your intuitive skills, the more unblocked and in-tune you become. (You may find you are having so many experiences you can't keep up with writing them all!)

Journal Entry: I'm at a haunted hotel in Lambertville, NJ. It's called Lambertville House. I just awoke. It's about 2:30 AM and a bluish light is streaming across the room through the window-pane to my right. The moon must be bright and full in the sky! This room is haunted – Room 203 – AKA the Ghost Room. Something just happened! I felt the presence of someone standing outside the door. The presence is not an adult – I sense it's a child – a boy. It's as if he wanted to visit his parents' room but was afraid to open the door and wake them up. I can almost hear him breathing. Now, I heard the pitter-patter of little shoes running down the hall and a screen door being opened and slamming shut, as if the spirit was discovered by me, and ran away!

There can't be anyone on this floor because the hotel is empty – I am the only guest!

Doing a journal and looking for experiences you can write down may lead you to think that you are finding things that are just normal occurrences or coincidences. So, how do you tell the difference? What should not go in your journal?

There are two times you can evaluate whether something merits an entry: At the time you make the entry or at some future time.

You can always cross out an entry later if you don't think it's valid. You don't want to get stuck prejudging each entry before writing it down. Your commentary should be unencumbered and free flowing. As time goes by, other occurrences may substantiate your original entry, showing that it was not a coincidence or caused by natural circumstances.

Even something that is explainable and not otherworldly is a journal entry because it gives you good information by defining what criteria constitutes a valid experience.

In summary, your journal writing is not one single item but rather bits and pieces of a bigger story that will be a fascinating personal novel of how you interact with the spirit world and what things you may learn from this interaction.

Journal Entry: I just witnessed an apparition at the Deepwells Farm mansion during a gallery reading event for medium, Josephine Chiringhelli during their Spirit Night fundraiser. I was the follow-up presenter and planned on talking about EVPs. Josephine's event was on the first floor in the music room. Since I was early, I decided to explore the empty second floor. When I was at the far end of the hall in the corridor where the bedrooms are located, something told me to look back down at the far end of the hall.

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Journaling the Otherworldly

continued from page 43

There, a shadowy figure of a man could be seen peeking out of one of the rooms at me, as if to say, "Who are you?"

A journal can provide scientific knowledge, validation of your ability and a boost of confidence. It will be an interactive and entertaining addition to your recorded evidence of otherworldly activity that includes your personal style of channeling and field research, written into each chapter. And besides all the great reasons to write a journal – they are really a lot of fun!

While you enjoy this fall season, visit the farmstands, and get the costumes and decorations ready for Halloween, keep a journal handy just in case you witness the Great Pumpkin rise from a pumpkin patch!



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Blissful Beauty Wellness Spa

continued from page 28
of the event's community give-aways.

For the spa, however, the highlight was meeting neighbors face-to-face and allowing community members to connect with the newest members of its team.

"We loved being part of such a positive community event," the Blissful Beauty team shared. "St. James has such a wonderful sense of community, and we are grateful for the opportunity to build relationships with our neighbors and welcome new clients into the spa."

As Blissful Beauty Wellness Spa continues to grow, the addition of Maureen and Daniella allows the spa to expand its facial services while maintaining its focus on personalized attention and a relaxing, welcoming environment.

Residents interested in learning more about the spa's services or meeting the new estheticians can visit BlissfulBeautyWellness.net or contact the spa to schedule an appointment.

The team at Blissful Beauty Wellness Spa looks forward to continuing to partner with fellow St. James businesses and being part of the community's ongoing commitment to health, wellness, and self-care.

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Aunt Meme

continued from page 29
dangerous waters.

Example: Help at a soup kitchen.
Take a family walk. Play games.
Have fun doing a simple family
craft. Take a family group photo.
Put on music and dance.

The holiday season is a time for
gratitude, connection and celebra-
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laughter.

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- ✓ Referrals, visibility & community trust
- ✓ A strong voice with local government

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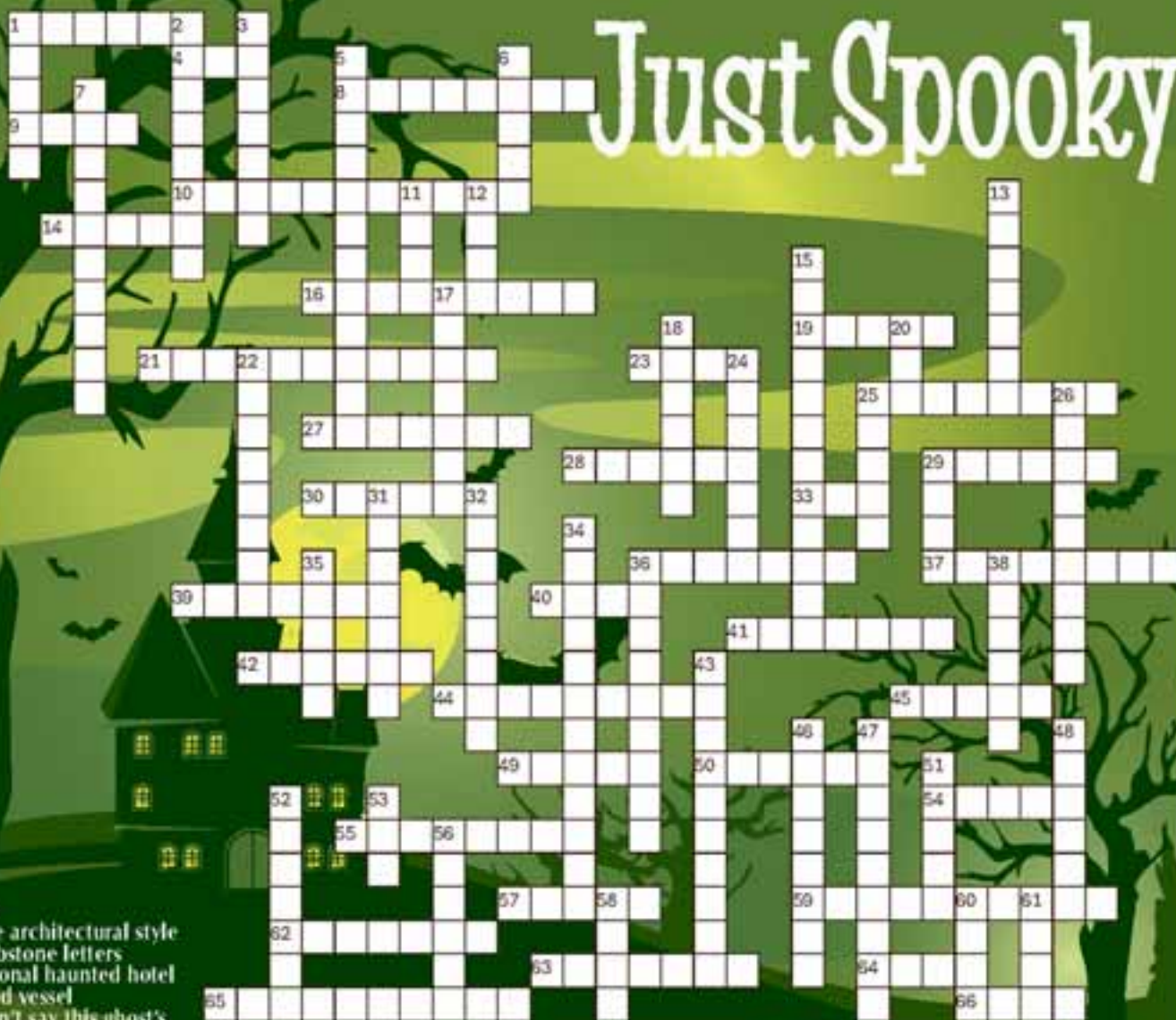
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Coffee Break

Just Spooky



Across

1. Eerie architectural style
4. Tombstone letters
8. Fictional haunted hotel
9. Blood vessel
10. Don't say this ghost's name 3 times
14. Creature associated with graves
16. Underground burial passages
19. Underground burial chamber
21. Ghost known for making noise
23. Lemons
25. One who returns from the dead
27. Famous vampire count
28. Spirit of a dead person
29. Actor famous for playing Dracula
30. Abandoned spider web
33. Once known as

36. Hotel that inspired The Shining

37. Famous 1950s "witch hunter"

39. Original site of Salem village

40. Life, in Lima

41. Salem's most common execution method

42. Salt or pepper holder

44. Above-ground tomb

45. Massachusetts witch-trial town

49. Psycho family name

50. Salem witchcraft accuser

54. Cries like a cat

55. Stone creature on old buildings

57. Halloween spell-caster

59. Magical phrase and movie title

62. Entice

63. Freddy's last name

64. Fruit covering

65. Poisonous plant once linked to witches

66. Joined with a needle

38. Director of Nightmare on Elm Street

43. Famous New York haunted-house town

46. Irish headless horseman

47. Three-colored Halloween candy

48. As originally placed

51. Michael's last name

52. Unit of sound

53. Flying Halloween mammal

56. Imp

58. Who 'dunnit' board game

60. Whale groups

61. Bird linked to witchcraft

Down

1. Serious or solemn

2. Miller play about Salem

3. Ghostly apparition

5. Mysterious double of a person

6. Nerve

7. Famous haunted California mansion

11. Forearm bone

12. Short army colors

13. Popular Halloween carving choice

15. Carved Halloween decoration

17. Halloween disguise

18. Original Irish jack-o'-lantern vegetable

20. Author of "The Raven"

22. Cargo counter

24. Ancient Celtic Halloween festival

25. Poe's famous black bird

26. Classic silent vampire film

29. Threaten

31. Irish spirit with a deadly wail

32. Traditional symbol of bad luck

34. Halloween candy tradition

35. Decompose

36. Witch sisters' surname

54. Cries like a cat

55. Stone creature on old buildings

57. Halloween spell-caster

59. Magical phrase and movie title

62. Entice

63. Freddy's last name

64. Fruit covering

65. Poisonous plant once linked to witches

66. Joined with a needle

SUDOKU CHALLENGE

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

RIDDLES & TEASERS

October

**Question 1:**

The more there is the less you see. What is it?

Question 2:

What can you hold in your right hand, but never in your left hand?

Question 3:

You have a barrel full of water. What do you add to the barrel to make it lighter?

Solutions on page 56

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& Saturday
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The Blackboard Bulletin



Project Lead The Way STEM Program Now at The Knox School

What if a high school engineering class felt less like a traditional classroom – and more like the work of an actual engineer?

That is the idea behind a new STEM initiative coming to The Knox School this fall. Through a newly awarded grant, Knox will implement curriculum from Project Lead The Way (PLTW), a nationally recognized STEM education program that connects classroom learning with real-world problem solving and career-ready skills.

Led by STEM teacher Michelle Kurzyna, Knox students will explore two PLTW programs this year: Introduction to Engineering & Computer Science and Civil Engineering & Architecture. Students will design solutions, work with technology used by professionals, and approach problems from the perspective of engineers, architects, and computer scientists.

In Civil Engineering & Architecture, students will use industry-grade architectural software to tackle realistic design challenges. Introduction to Engineering will incorporate coding and client-based problem solving, with stu-



Michelle Kurzyna

dents developing and pitching solutions. Kurzyna even envisions bringing professionals into the classroom for a "Shark Tank"-style panel where students can present and defend their ideas.

"You have to have an open mind and be willing to take on a challenge," Kurzyna explained. "You make errors and learn from them. Failure is part of learning."

That willingness to experiment, revise, and try again is central to the PLTW approach, and mirrors the way STEM professionals solve problems outside the classroom.

At Knox, small classes and an internationally diverse student body add another dimension to the experience. "I'm excited about working with high school students from around the world because they bring different perspectives to design," Kurzyna said. "And with small classes, I can really get to know the students."

These new courses are only the beginning, with additional PLTW coursework planned for next year. Together, they will expand opportunities for Knox students to explore STEM fields while discovering where their own interests and abilities might take them.

Families interested in learning more about STEM at The Knox School are invited to experience the campus firsthand at one of Knox's upcoming Fall Open Houses on Saturday, October 17 or Saturday, November 14.

To register or learn more, contact the Admissions Office at 631-686-1600 or admissions@knoxschool.org.



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The Blackboard Bulletin



Smithtown High School East Student Receives Distinguished Youth Award

Smithtown High School East 10th grader Louis Schmettan Jr. was recently honored with the Distinguished Youth Award and recognized by the Suffolk County Legislature. He was the only student in Suffolk County's 13th Legislative District to receive the prestigious award.

As part of the award requirements, Louis visited and journaled about 15 Suffolk County parks and completed a minimum of 100 hours on a personal development project.

For his project, Louis took his passion for writing to the next level, completing two novels totaling more than 350 pages.

Louis said he hopes to have the novels published later this year.



Smithtown High School East student, Louis Schmettan Jr., was recently honored with the Distinguished Youth Award and recognized by the Suffolk County Legislature.
photos courtesy of Smithtown CSD.

Smithtown High School East Student Named National Merit Scholarship Semifinalist



Smithtown High School East student Yuran Tang has been named a National Merit Scholarship Semifinalist.
Photos courtesy of Smithtown CSD.

The Smithtown Central School District announced that High School East's Yuran Tang has been named a National Merit Scholarship Semifinalist.

"I had confidence that I could get it, but it feels better to know," Yuran said.

The National Merit Scholarship Program is a nonprofit organization that awards scholarship to high school seniors annually. Semifinalists are chosen based on preliminary SAT scores. Finalists will be chosen based on an essay written by the student, a recommendation from a high school official, and grades and SAT scores that align with the student's PSAT score.



by Natalie
Weinstein,
ASID Allied

“You’re Only As Good As Your Sources”

The month of August into September has been long awaited by this designer. I

have been working on a project that is very close to my heart, as a professional and as a member of the St. James community. It is the old Calderone Theatre that my husband and I once owned which is now the Celebrate St James Center for the Arts, a town-owned property where Celebrate St. James resides and for which we are responsible for all up-keep and renovation. As the now president of this organization, I was eager to see the old theatre become a better gathering place, logistically, for the arts in our community. As an interior designer, I couldn’t wait to get to Phase 2 of this renovation project, which would create the “bones” of the decoration phase to come.

Finding a reputable and willing general contractor was a little miracle for Celebrate St. James, where these miracles seem to happen more often than anyone would expect. Brian McCann, a seasoned heating and air conditioning specialist, walked into our lives, a man not only willing to work for us, but with us – and with him, an amazing group of subcontractors for electrical, tiling and flooring that met his standards – fulfilling our needs, and then some.

In my career, spanning over five decades, I know how rare it is to find kind and caring professionals who actually know what they’re doing! Being fortunate to have amassed my own crews for residential renovations that are now like my family and make me look good on every job, I hoped they would do the same – and they did not disappoint.

Six weeks is a short time to create a big miracle, but working together, four new bathrooms, a new



kitchen, office and lobby, central heating and air conditioning and an enlarged theatre space ready for “The Addams Family” our first live theatre production on September 18, was accomplished to the amazement of many.

You, dear reader should remember this – your home project will only turn out as well as the sources you hire. Good design and decorating are built on that foundation. Do your due diligence so there will be no regrets. Hire true professionals and before you sign on the dotted line, read their reviews and then their contract.

Having worked on countless renovation/design jobs, I bring something to the table as well. I come prepared to lead the team. I provide each trade floor plans, specifications and anything that will make the job easier and less costly for them and consequently, my clients. A designer who is experienced can be the best conduit for clarity and time saving on a project. If you are going it alone, remember:

- Be clear.
- Be decisive.
- Don’t get in their way after they understand your needs.
- Be adaptable when you are asking the impossible (or found a new thing from AI that doesn’t work).
- Trust the people you hire.
- Pay them on time.
- Give pizza, donuts, cookies, water, coffee or just a smile and a thank you – to show your appreciation for a job well done!

Editor’s Note:

Natalie Weinstein, ASID Allied, is an accredited designer, acknowledged business leader, entrepreneur, author, media personality and motivational speaker. Her interior design firm, Natalie Weinstein Design Associates, has been creating lifestyle changes in homes and public spaces, decorating for countless clients since 1973.

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Buying a Home in This Market Doesn't Have to Be Scary!

by Amaury Hernandez,

Seniors Real Estate Specialist, SRES

Buying a home can sometimes feel like walking through a haunted house. There are unfamiliar terms, mountains of paperwork, financing requirements and, perhaps the scariest thought of all, hearing, "Your mortgage was denied."

But does buying a home really have to be scary?

As a real estate professional, I believe one of the best ways to take the fear out of the home-buying process is to understand what lenders are looking for and prepare your finances before you begin your search. To help our local community better understand the mortgage side of the process, I sat down with Tim Aaraas, Vice President of Lending at Island Federal, a local Long Island lender.

Q: Why is having excellent credit helpful when buying a home?

Tim Aaraas: "Maintaining strong credit can provide significant advantages when purchasing a home. A higher credit score may help borrowers qualify for lower mortgage interest rates, which can reduce both monthly payments and the total amount of interest paid over the life of the loan. These savings can make homeownership considerably more affordable and financially manageable."

Tim's comments highlight why buyers should think about their credit well before they are ready to purchase. Paying bills on time, avoiding missed payments and limiting unnecessary new credit accounts can help establish a stronger credit history.

Q: What helps maintain a high credit score? And how important is keeping a low balance compared with your credit limit?

Tim Aaraas: "Maintaining a high credit score starts with responsible financial habits, such as paying bills on time, keeping credit card and other loan balances low, and limiting new debt. Maintaining limited

debt can help improve your debt-to-income ratio, or DTI, an important factor considered when determining eligibility.

"For prospective buyers, one useful guideline is to keep revolving credit card balances below approximately 30% of the available credit limit. For example, if your credit card has a \$10,000 limit, keeping the balance below approximately \$3,000 can help keep your credit utilization lower. Paying credit card balances in full each month can help even more.

"Buyers should also resist becoming a 'credit ghost.' In many situations, lenders like to see an established history of responsible credit use. Having at least two established credit accounts with a 24-month history can be beneficial. Because every mortgage program and borrower's circumstances are different, however, buyers should speak with their lender before making significant changes to their credit."

A Little Credit Maintenance Can Go a Long Way

Before beginning the home-buying process, prospective buyers should also check their credit reports. Consumers can obtain their official free annual credit reports through AnnualCreditReport.com.

Review your reports for accounts you don't recognize, inaccurate information or suspicious activity. Identifying a problem early can give you time to dispute errors and address potential fraud before you need to apply for a mortgage.

Q: Why is it important to get pre-approved before shopping for a home?

Tim Aaraas: "Getting pre-approved before you begin your homeownership journey helps you understand how much you can afford and what loan amount you may qualify for. It also shows sellers that you are a serious buyer and can make the home-buying process smoother once you find the right

home."

This is an important step that shouldn't be overlooked. Imagine falling in love with your dream home, only to discover that the price is outside your comfortable budget. That's a home-buying nightmare no one wants!

A pre-approval can help establish a realistic price range before you begin looking. It can also uncover potential credit or documentation issues early, when there is still time to address them. And remember, what a lender says you can borrow isn't necessarily what you should spend. Your monthly housing payment should fit comfortably within your overall budget, including property taxes, homeowners' insurance, maintenance and other expenses.

Don't Let Financial Surprises Haunt You

Once you begin the mortgage process, avoid making major financial changes without first speaking with your lender. Financing a new car, opening several new credit cards, taking on significant debt, making large unexplained deposits, changing jobs or making major purchases on credit could potentially affect your mortgage approval. That new furniture for the house can wait until after closing!

The Bottom Line

Buying a home doesn't have to feel like a haunted house. The more prepared you are financially, the fewer surprises you're likely to encounter along the way.

Build and protect your credit. Keep your debt under control. Check your credit report. Get pre-approved before you shop. And surround yourself with knowledgeable professionals who can help guide you through the process.

At List 2 Sell, our goal is to educate and guide our clients so they can make informed decisions throughout their home-buying journey. Working together with trusted

continued on page 81



HOW MOST LENDERS READ A CREDIT REPORT

A STEP-BY-STEP GUIDE TO EVALUATE CREDITWORTHINESS



1 VERIFY BORROWER INFORMATION

- Name
- SSN (Last 4)
- Date of Birth
- Current & Previous Addresses
- Employer

LOOK FOR RED FLAGS

- Multiple Identities
- Address Mismatches
- Employment Gaps / Inconsistencies

2 REVIEW CREDIT SCORES

- Check All Bureau Scores
- Use the Middle Score for Single Borrower
- For Multiple Borrowers, Use the Lowest Score

ASK YOURSELF

- Does the score meet program guidelines?
- Has the score dropped significantly?

3 ANALYZE TRADE LINES

Mortgage Accounts

- Mortgage Payment
- Payment History
- Escrow Status

Revolving Accounts

- Credit Cards
- Store Cards
- Lines of Credit (min of 2 tradelines)

Installment Accounts

- Auto Loans
- Personal Loans
- Student Loans (10 installment payments or less will not count towards your DTI)

Check: Limit, Balance, Payment, Utilization, Payment History

Check: Original Amount, Balance, Payment, Remaining Term

4 REVIEW PAYMENT HISTORY

- 30 Days Late
- 60 Days Late
- 90 Days Late
- 120+ Days Late

TIP: LATENESS IN THE LAST 12 MONTHS IMPACTS YOUR CREDIT SCORE MORE

ALSO CHECK

- Frequency of Late Payments
- Most Recent Delinquency
- Is the issue isolated or recurring?

5 CHECK DEROGATORY CREDIT

- Collections
- Charge-offs
- Foreclosures
- Bankruptcies

- Short Sales
- Deeds in Lieu
- Repossessions
- Judgements

DETERMINE

- Amount Owed
- Date Reported
- Waiting Periods Met?
- Documentation or Explanation Needed?

6 EVALUATE PUBLIC RECORDS

- Bankruptcy Filings
- Liens
- Civil Judgements
- Tax Liens

CONFIRM

Eligibility based on loan program requirements.

BANKRUPTCY

- Chapter 7 or Chapter 11: 4 years from the discharge or dismissal date.
- Chapter 13: 2 years from the discharge date, or 4 years from the dismissal date.

FORECLOSURE

- 7 years from the foreclosure completion date.

7 REVIEW CREDIT INQUIRIES

- Number of Recent Inquiries
- Date of Each Inquiry
- Type of Credit Request

if there are recent inquiries:

- Ask if New Debt was Obtained
- Obtain Updated Documentation if Required

8 CALCULATE MONTHLY LIABILITIES

Include all debts that must be used in DTI

- Mortgage
- Auto Loans
- Student Loans
- Credit Card Min.

- Personal Loans
- Child Support / Alimony (if applicable)

Exclude only when allowed by agency guidelines.

9 IDENTIFY RED FLAGS

- Maxed-out credit cards
- Numerous recent inquiries
- Newly opened accounts
- High credit utilization
- Undisclosed debts
- Inconsistent payment history
- Identity discrepancies
- Fraud alerts / Security freeze
- Authorized user accounts
- Disputed Accounts

10 COMPARE WITH LOAN APPLICATION

- Ensure consistency in:
- Employment
- Address History
- Mortgage History
- Existing Liabilities
- Real Estate Owned
- Monthly Obligations

Investigate & resolve any discrepancies.

THE UNDERWRITER'S GOAL

To evaluate the borrower's creditworthiness and identify any risk that could impact the loan decision.





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**guidelines can vary slightly depending on type of loan & lender

Stay One Step Ahead of Cybercriminals

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

Your financial security is only as strong as your digital security. A single stolen password, convincing scam or fraudulent investment offer can lead to lost savings, damaged credit or hours spent recovering compromised accounts. As our financial lives move increasingly online, protecting your personal information is part of protecting your financial future.

Cybercriminals are getting smarter, and technology like AI is making their job easier. But fortunately, some consistent habits can help protect you from many of today's common threats.

Watch out for phishing.

Phishing is a common way criminals break into accounts and steal money. These attacks often arrive as emails, texts or phone calls that appear to come from your bank, employer or another trusted organization. Fake websites can trick you into typing in your password or financial details.

To protect yourself, verify unexpected requests through a separate channel, such as calling a company directly using a number from its official website rather than one provided in a suspicious message. Avoid clicking unexpected links and consider using a password manager which auto-fills your login information only on legitimate websites.

Strengthen your accounts.

Stolen passwords give criminals easy access to your email, banking and social media accounts. Try using a unique password for every account and enable multifactor authentication whenever it's offered. When possible, choose phishing-resistant options like passkeys or security keys; they're harder for scammers to bypass than basic text message codes.

Be skeptical of urgency.

Scammers increasingly use deep-

fakes, which leverage AI-generated voices, videos and images to convincingly impersonate trusted people, including company executives, advisors and even family members. These messages often create pressure to send money or share sensitive information immediately.

If you receive an urgent request that feels off, slow down. Hang up and try calling back to the person or organization using a known phone number. Many successful scams rely on emotional pressure rather than technical tricks, so a moment of skepticism can go a long way.

Protect your money and identity.

Fraudulent investment platforms and cryptocurrency schemes continue to cost Americans billions of dollars each year. Be cautious of investment opportunities promoted through unsolicited messages or social media contacts, and always verify a platform independently before sending money. If you're unsure whether an opportunity is legitimate, a financial advisor can help evaluate it before you invest.

Data breaches can also put your information at risk, even when you've done everything right. It's smart to check your bank and credit

card statements regularly for unfamiliar charges, and to freeze your credit if you suspect your information has been compromised. You may also choose to freeze your credit preemptively.

Keep your devices updated.

Software updates often fix security weaknesses that criminals could otherwise exploit. Backing up important files, whether to the cloud or an external drive, also protects you if ransomware ever locks you out of your own data.

Small habits matter. Unique passwords, multifactor authentication and skepticism help stop many scams before they start. Take steps to help safeguard your money, identity and long-term financial goals.

Editor's Note:

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

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Coffee Break Solutions

from pages 50-51

Sudoku Answers

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

Riddles & Teasers Answers:

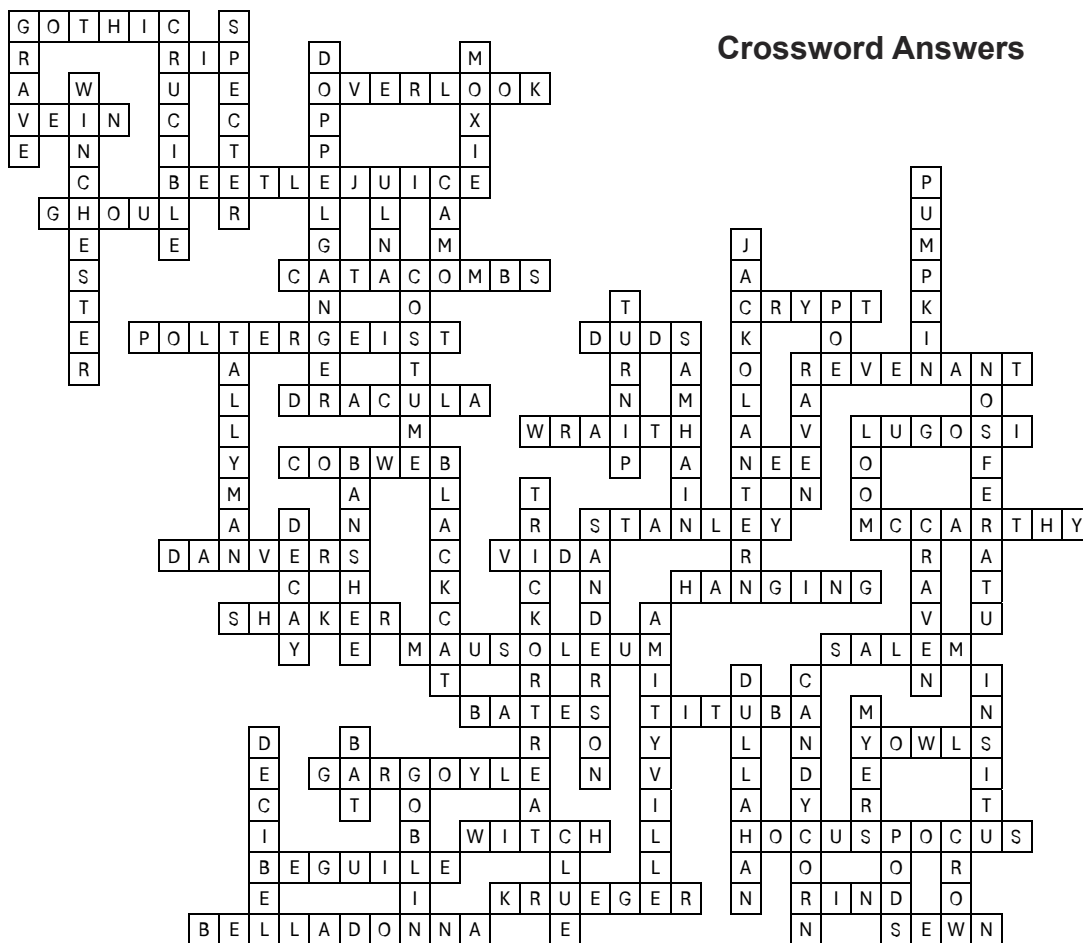
Question 1: Darkness.

Question 2: Your left hand.

Question 3: A hole.



Crossword Answers



Heavenly Dreams

by June Capossela Kempf

I dreamed I died and went straight to Heaven. Don't laugh. It's only a dream.

Here I was, floating on a cloud, hovering above my hometown, delighted by the sight of all my childhood haunts. There was the five-and-ten-cent store, the ice cream parlor, the library, the school, and its playground.

In my dream, the old real estate office had no agent to find me a house. Then it occurred to me that here in Heaven, all I had to do was wish for my forever home, and one would instantly be created by the Master Builder Himself, or Herself. I almost woke myself up from laughing out loud when I visualized how such a house would be advertised back on Earth:

Location, location, location: Castle in the sky, nestled in the divine neighborhood with out-of-this-world views, every room drenched in sunbeams.

Wait a minute. What do I need a house for now? I'm in paradise. Aren't I? I don't need shelter. Everything is just perfect here, right? In fact, this is the very reason the lawyers' and doctors' offices are empty. No one here was suing anyone or getting sick.

Who needs school or the library? You get all the knowledge you'll ever need here, just by going through the pearly gates. Beauty shops aren't needed either. And, best of all, there were no politicians allowed to step foot in Heaven. There is only one supreme ruler in the whole kingdom.

Hmmm! This is no democracy.

As I drifted close to the old sweet shop, there was no delectable aroma of cinnamon buns fresh out of the oven to tickle my nose. The same was true of the bagel shop. I was hoping to find my favorite heavenly "Everything Bagel" with cream cheese.



How in Heaven's name could this be? I wondered. Where is everybody?

That's when I sensed the presence of someone familiar.

"Welcome to Paradise," a familiar voice said.

"If you want to enjoy these delicacies, all you need to do is wish, and you will experience the essence of your desires," he said.

I turned around and saw a glowing figure with shimmering wings smiling at me.

"Grandpa!" I cried. "I knew I would find you here."

"Not only am I here, but I've been assigned to show you around."

He grabbed my hand, and together we winged our way to a golden cloud, where a few of my ancestors and old friends had organized a little welcoming party. Grandma conjured up an angel cake, and my Aunt Nellie brought a dozen warm "Everything Bagels," stuffed with cream cheese.

"Where's Uncle Jake?"

"Don't ask," Grandpa said. "Same goes for your pals Millie and

Jessie. They cheated at mahjong." After the celebration, everyone disappeared.

"Where did they all go?" I asked.

"Here and there. It's hard to tell. Come, I'll show you what I've been up to."

He grabbed my hand again, and this time we flew to a rainforest.

"This is where I spend most of eternity."

We were standing in the most beautiful garden I had ever seen.

I thought I was in the Garden of Eden. Every species of exotic flower was in full bloom. Happy bees and butterflies fluttered all around them. This

did not surprise me because Grandpa's garden on Earth had always been his pride and joy.

"I suppose there are no apples here," I joked.

"Nope."

"What about weeds?"

"Nope."

"Do you water the flowers every day?"

"Don't have to."

"So, then, what do you do?"

"I just tiptoe through the daisies," he laughed.

"That's it? You have nothing to do?"

I was starting to feel bored.

"Are there any music groups around?"

"Of course," he said. "There's always the Heavenly Choir of Angels."

I cut him off. "No, I mean rock and roll, jazz, R&B?"

Grandpa started backing away just as I woke up, wondering how Uncle Jake, Millie, and Jessie were feeling, wherever they are.

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.



Halloween Then and Now

by Carol Walsh

I live in a 55+ community. There are many activities, two pools, tennis and pickleball courts, shuffleboard and bocce. We have parties, dances, cards to play and mahjong. It is a wonderful place to live. What do we not have? Children!

Oh sure, occasionally someone's grandson or granddaughter may come to visit and go in the pool in the summer or have dinner at Grandma's. Most of the time, I don't notice. I am busy with my friends and my grown grandchildren. But when Halloween comes around, oh my, do I miss children! When I was a child, Halloween was an exciting time. My friends and I would go to as many houses as our little feet would carry us, wearing the current costume and a mask with an elastic strap that hurt our ears. Usually, it wasn't long before the elastic broke, and we were exposed! We had planned our costumes and our route, informing everyone we passed about the "best" houses with the "best" candy. We also let everyone know about the houses with the apples. Boo!

We collected as many M&M's, Raisinets, lollipops and Hershey bars as possible, with an occasional handful of nickels or dimes. Since our neighborhood was not always safe at night, my mom would dress up and go with us. No fresh boy

with flour in a sock would dare approach us for our candy with "that big kid" in the mix.

We didn't limit our travels to houses. We went to supermarkets, dry cleaners and any place where Mom would shop. When they saw our chaperone, they were very generous.

Later, when I had children of my own, the ritual of costumes and candy continued. We moms would stand at the curb while our little ones trick-or-treated and would yell, "Don't forget to say thank you!" as the candy piled up.

One year, pins were found in some Halloween candy, and it was on the news. So, when we came home, the bags were emptied and searched to be sure our children were safe. We also limited our trick-or-treating to neighbors we knew.

Since times change and nothing stays the same, Halloween has changed with them. Now, it is not unusual to see stores displaying huge lawn decorations ready for Halloween in August. Halloween seems to belong to grown-ups. They rent expensive costumes and go to evening parties.

What about the children? Well, they have parties in school and maybe at home, if they're lucky. Trick-or-treating is not as popular. Where we once needed buckets of candy to hand out to the crowds of

kids, now moms may see only ten little ones come to the door. Like the praying mantis, their numbers are dwindling.

Even so, I would like to see a child or two, with Mom waiting nearby, ring my doorbell. I would like to hear "Trick or Treat!" yelled out one more time.

I have a few ideas about how this could happen. Maybe the grandparents of small children can band together in communities such as ours and speak to the HOA about getting permission to put a pumpkin picture on the doors of residents like myself who want to give out candy. Those who want to opt out would not have to participate. Children could come right after being picked up from school and participate before going home to continue the celebration.

Maybe we could have a Trunk-or-Treat in our parking lot, decorating our cars and having grandchildren come with their grandparents to experience an old-fashioned Halloween.

Those of us who remember Halloweens past can hand out candy, ooh and ahh about the costumes, and remember how it used to be.

Now, where is that pumpkin for my door?

**Happy
Halloween!**



Sentimental Lookback

by Carol Giuliani,

I was never one to get very excited or motivated about capturing moments with a camera, or with any type of video or 8mm or 16mm film, as we called it way back when. I never really enjoyed taking pictures of myself, or especially having others take pictures of me. I never realized how emotional this would become in my later years, seeing how I looked, or realizing that I was not standing with my family, as though I had missed out on major events when, in fact, I was usually in the background, to the left of the frame, where I was comfortable. I certainly had saved hundreds of photos of all my significant family members. Some were in albums, as we used to save our memories, while others were randomly thrown into old shoe boxes in an unused closet in an upstairs bedroom of my former Dix Hills home.

In my earlier years, I would take scenic travel pictures with just my husband and children in them and put them in albums with notations about where we were, what date it was, and other tourist details that no one really cared about. People would always ask if I had gone on the trips with them, and I would, of course, say that someone had to take the pictures, so it was me. The issue was, and always will be, the fact that I did not like the way I looked in pictures. If forced to pose, I would go to the back of the group and stand halfway behind the person next to me so that I looked half my size.

The realization of the time lost, and my inability to fully be part of my tribe during all those years of traveling and family events, shook me into reality five years ago.

At that time, we were selling our home in Dix Hills in order to downsize, and I had to clean out the photo closet. I decided to sort through the pictures and give them to our three children, keeping whi-



chever ones were relevant to each of them.

My husband's Alzheimer's was exacerbating, and the need to downsize and manage his health care needs was overwhelming, even though I was a nurse. All types of emotions are attached to moving from a place where you have resided for 50 years. It is as though an umbilical cord is attached to every room in that house, and every memory and event is embedded and imprinted in your soul. You truly can love an inanimate object like a house because it was brought alive through your family's love and memories.

Going through the photos, my voice became a vocal incantation of different sounds related to each specific picture held in my hand. So many different photos depicted our life as a family over five decades. Each member of the family had their own story to tell through pictures, and that is exactly how I sorted them out on the bed.

I looked at us as a young couple through our wedding pictures from August 1964. We were so filled with hope and anticipation of a wonderful life together, working toward goals we had set for ourselves. The photos painted a picture of a chronological life put together by two people who, at one time, had only \$27 in the bank while my husband was getting his doctorate in psychology. They depicted the "hungry years," as the song goes, but they were the best years, struggling together on a journey of love.

I came across pictures of both my sons, so different from each other,

even in the way they posed for the camera. You could tell the personality of each one by the way he postured for the picture. And then there were the early pictures of my daughter, always in a cast or wheelchair, but always smiling and waving at the camera.

I looked at the early pictures of my parents and the one of my brother and me taken professionally. My parents are gone, but I am still lucky to have my only sibling, whom I love to laugh with and confide in.

It was so emotional for me to see my marriage and life story spread across the top of a bed, depicted by photographs. It was interesting because I did not even remember taking some of them or what the occasion was. Sometimes, it was like looking at the picture for the very first time. Such a feeling of love and nostalgia engulfed me during that sorting process. It was as though I was dividing up our lives into little piles of family memories for our children to continue to hold on to and pass down through their own families.

What is it about a simple photograph that can evoke such feelings? The earlier ones, some from my baby years with my mom and dad holding my hand, brought up sad feelings of missing them that I thought I had put to rest. Then, looking at the progression of the three children, and seeing both my husband and me getting older and changing over the years, brought me to the real issues and problems I was facing in my life at that time and was about to face in the future.

A simple picture, some in black and white and some in color, yet it stirred something inside of me that flooded my head with both happy and sad times. The remembrance, in an instant, of a moment in time, in a lifetime of moments, all of which added up to a family built on love.

SHORT STORY

by Carol Giuliani

I thought I was through discovering things once I got past 80 years old. However, I am finding out now that I have developed a new vocabulary, filled with words that I have known all my life but never really used.

I didn't learn these words from a dictionary. They were familiar to me. But at this point in my life, I see that I am beginning to use words I never used before and, more importantly, to understand them differently.

You see, at 83, I find myself using words like "comfortable," "easy," and "accessible" with surprisingly more frequency than I ever did. These words barely seemed to exist in my vocabulary when I was 20, 30, or 40 years old.

When I was younger, I never asked whether something was accessible. I simply went there. I picked up my body and advanced. I walked! I never thought about the steps, the hills, or how easy it was to sit. I could have cared less about how comfortable the seats would be. I didn't need things to be comfortable when I was younger. In fact, life was very uncomfortable for me at many times. That included sitting, standing, and living. I could sit anywhere, sleep anywhere, walk anywhere, climb anything, and somehow my body's ability to achieve it never entered the conversation. I never asked if it was good for me, how it felt, or whether it was manageable.

Now, comfort has become a consideration in my daily life.

I started looking at the different words I used during different generations of my life and how they've changed. I mean, these words were always here. I just never really used them.

For instance, at 20 years old, I used words like "adventure," "exciting," "romantic," "brave," "impossible," and "someday."

Then, at 30, things changed. Responsibilities changed. I used words

Words I Grew Into

hurry

convenient

comfort



like "busy," "children," "school," "nursing school," and "children's health."

At 40, I was starting to reach my goals and accomplishments. Then 50 and 60 brought choices. I started thinking about teaching, retiring, slowing down my job, and easing out of nursing.

I gradually noticed the change, probably around 70, when I started using words like "convenient," "manageable," and "worth it."

Now, at 80, my vocabulary consists of words like "comfortable," "accessible," "easy," "close by," "what time does it close?" because I don't like driving at night, "practical," "quiet," and "will there be little kids there?"

For instance, at the age of 23, if someone had told me that the location of a bathroom would someday be one of the most important parts of my shopping experience, I would have laughed.

Or that I would become such a maven, well versed in every bathroom in every supermarket and every Kohl's I visit, just in case. Because I always have to go when I walk into a store.

At 83, I don't guess. I know where these places are, and I am very aware of how to get there in the shortest amount of time.

The sad part to me is that when you're younger, you feel inconveniences as almost impossible and invisible because your body absorbs them like a shock absorber.

I mean, you're so resilient, and

you have so many options to ward off anything that makes you uncomfortable. Well, you don't have that at 83.

When you're younger, you walk farther, you wait longer. I can't stand waiting at this age! You carry the heavy bags. The first thing I look for today is a shopping cart if I'm not doing

Instacart.

It is also interesting, and I said this to my friend, that I probably know what is worth an effort and what is not. I place an "energy" value on whether I want to do something or not. At a younger age, I just did things and hoped for the best.

However, let me clarify something. Easy isn't necessarily laziness. This is what I found out after an illness this year. And accessible isn't necessarily a limitation. It's a matter of where I want to spend my energy, which is not in excess these days.

Then I thought, you know what? Maybe aging doesn't shrink our vocabulary, at least mine. Maybe it just edits it a little bit, like I do my writing pieces.

How did I become this different person without even realizing it? I don't remember making a conscious decision to add these words to my vocabulary. There wasn't one particular morning when I woke up and thought, "Oh well, Carol, today I'm going to start looking for comfortable chairs, comfortable shoes, and stores close by."

They just slipped into my everyday conversation.

Therefore, I have decided that somewhere along the way, the word "impossible" became "manageable" for me. And that's the way I look at every day.

Having a handicapped daughter with several disabilities, this is the way she looks at every day, too.

So, what have I learned from all of this?

I guess this is one of the perks of
continued on facing page

Theatre Three Launches Its “Theatre Three Stars” Membership Program

Theatre Three is thrilled to announce the launch of a brand-new membership initiative: *Theatre Three Stars*. This exciting new program rewards our dedicated patrons with exclusive, behind-the-scenes perks while directly supporting the year-round programming at their favorite theatre!

The *Theatre Three Stars* program features a variety of membership levels, allowing patrons to choose the experience that best fits their lifestyle. Introductory memberships unlock fantastic starting benefits, including a discount at our upcoming merchandise store for members apparel, and a complimentary ticket to a Mainstage production each season. As patrons elevate their

commitment, they unlock even more extraordinary VIP perks, such as multiple complimentary tickets, exclusive invitations to final dress rehearsals for select shows, and so much more!

The excitement isn't limited to individual patrons – there is also a dedicated membership level for local businesses! Companies that join the *Theatre Three Stars* program will enjoy all the incredible patron benefits, plus valuable advertising space across the Theatre Three website, in our production playbills, and on the digital screens displayed throughout the theatre lobby.

Become a *Theatre Three Stars* today and take your theatre-going experience to the next level!

Program Details:

- What: *Theatre Three Stars* Membership Program
- When: Sign-ups are officially live!
- Where: Theatre Three, 412 Main Street, Port Jefferson, NY
- Pricing: Multiple membership levels available to fit any budget
- More Information: Visit www.theatrethree.com/stars

About Theatre Three:

Located in the heart of Port Jefferson, Theatre Three is a year-round, non-profit professional regional theatre dedicated to bringing diverse, high-quality theatrical productions to the Long Island community.

Words I Grew Into

continued

getting older. When I look at something and say, “Maybe there’s an easier way to do this,” I think that’s pretty wise at this age.

I have a lot of negotiations with my body at this time. Whether a chair can be your friend or your enemy when you go to sit down. The word “comfort” has a whole new meaning.

But something else has changed with me, too.

I’m comfortable with myself.

I’m not afraid to look for comfort, to look for what makes me peaceful, and to decide what’s worth my energy.

I think my vocabulary hasn’t really been edited or shrunk. I think maybe I’ve just become more honest.

I’ve thrown away the word “hurry.” I live life at my own pace.

I wonder what that 20-year-old would think if she could hear me now. She might be surprised. She might even laugh at my priorities. But she’ll eventually understand, just like everybody else does. We’re all on the same journey. Some just get there sooner than others.

One day, we realize that we’re measuring life, words, and situations with a different kind of ruler.

At least I know I haven’t become someone else. I’m the same Carol I’ve always been. I’ve just grown into myself, I guess.

Now I’m in the adult phase of life, accepting it, embracing it, and accepting my new, edited vocabulary!

**THEY ATTENDED THE MASQUERADE.
THEY NEVER CAME HOME. WILL YOU?**

THE LAST MASQUERADE OF 1913...The Ball That Never Ended
DEEPWELLS HAUNTED MANSION

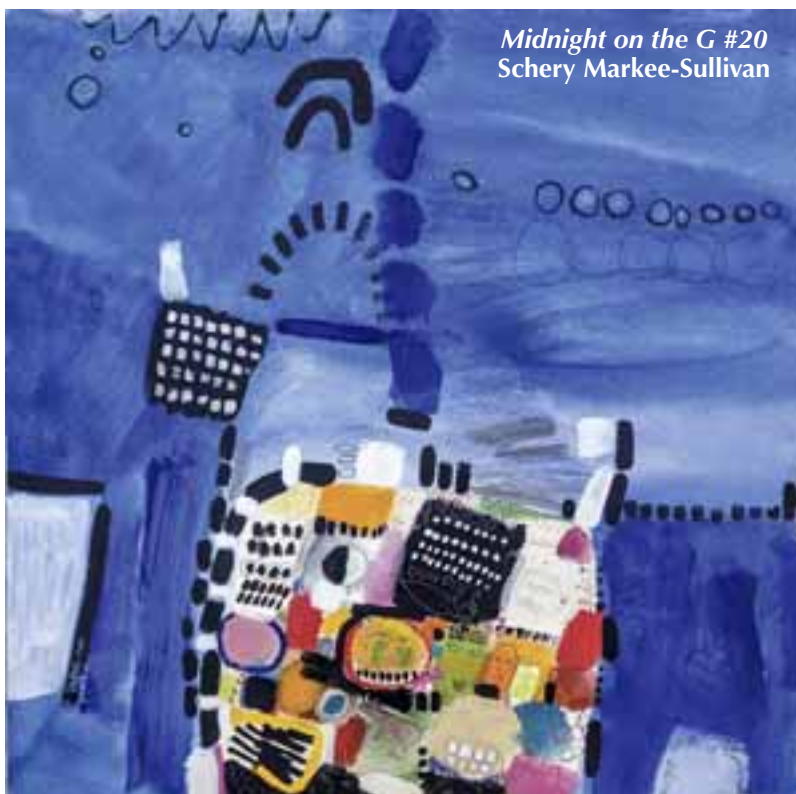


Gallery North Features Schery Markee-Sullivan, Gina Mars and Jo Wadler in *Instincts*

Gallery North is pleased to present *Instincts: Schery Markee-Sullivan, Gina Mars and Jo Wadler*, on view from October 8-November 15. An opening reception will be held Saturday October 17, from 5-7 p.m. As a complement to the exhibition, on Friday, October 23 from 6-9 p.m. Jo Wadler will lead Enameling with Stencils: Expanding Your Enamel Designs Workshop, and on Saturday, November 14 from 5-7 p.m. Gallery North will host an ArTalk with all three artists.

The exhibition, reception and ArTalk will be free and open to the public. The workshop requires advanced registration.

Instincts brings together painter and mixed media artist, Schery Markee-Sullivan; sculptor and wearable artist, Jo Wadler; and ceramicist and sculptor, Gina Mars for their first exhibition together at Gallery North. The creative process of each artist is driven by instinct. Their work, in turn, conveys the human experience. The evolution of each piece balances technique, fluid experimentation and an exploration of material interaction. The results appear both ancient and contemporary. There are complex surfaces in the dynamic color, line and energy of Markee-Sullivan's mixed media paintings, and the vibrant glazes and textures of Mars' vessels. Each surface is a conduit for expression and dialogue. And each work is evocative of the artist's personal narrative. In the case of Wadler's wearables, viewers are invited to question the boundary between art and adornment, through



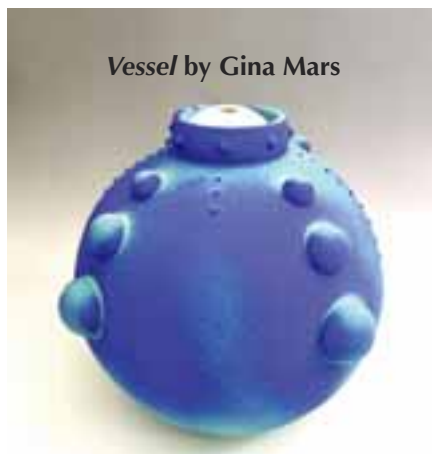
Midnight on the G #20
Schery Markee-Sullivan

exhibitions. Jo Wadler received her BFA from the School of Visual Arts and has been featured in numerous regional exhibitions.

This exhibition is generously sponsored by the Field Family, Jefferson's Ferry, Printers 3 and Suffolk County's Department of Economic Development and Planning.

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 in the historic area of 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 X/Twitter (@gallerynorthli).



Vessel by Gina Mars

objects meant to be worn, experienced, and integrated into daily life.

Gina Mars holds a MA from Long Island University. She specializes in wheel thrown and sculptural ceramics. Schery Markee-Sullivan began her formal training studying with abstract painter Robert Kaupelis at NYU and has been featured in numerous regional solo and group



Wearable Art
Jo Wadler



Suffolk County North Shore

Artisans

CALENDAR OF EVENTS



Our Town is Online!

Access the QR code to see the comprehensive Calendar of Event Items, Directory Listings, and more.

Stay up to date with Our Town!



October

Adults Roller Skating: Wednesday nights all month, 6-8pm, Adults 21+ Roller Skating in Greenport, Greenport American Legion, 121 Third Street, Greenport, NY 11944, www.greenportamericanlegion.org, 631-333-2644.

Beach Walk and Cleanup: Saturday mornings all month, 10am-12pm, AMSEAS Beach Walk \$ Cleanup at Hallock State Park, Hallock State Park Preserve, 6062 Sound Avenue, Riverhead, NY 11901

Planetarium: Fri & Sat, 7-8pm AND 9:30pm Laser Show, Evening Planetarium Shows, Suffolk County Vanderbilt Museum: 180 Little Neck Road, Centerport, NY 11721, www.vanderbiltmuseum.org, 631-854-5579

Music: Mondays 7-10pm, Musicians Night at Shandon Court, 115 East Main Street, East Islip, NY 11730, catering@shandoncourt.net, 631-581-5678

Art Exhibit: Until Oct 4, In Situ: The Wet Paint Festival Exhibition, Gallery North, 90 North Country Road, Setauket, NY 11733, www.gallerynorth.org, 631-751-2676

Accepting Submission: Until Oct

13, Art League of Long Island invites artists to submit artwork for exhibition fundraiser, Love, Picasso, <https://artleagueli.org/love-picasso/> for prospectus

Exhibit: Until Oct 18, Long Island in the 70s, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org

Exhibit: Until Oct 18, The Seat of Action: Long Island in the American Revolution and Beyond, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org

Performance: Until Oct 25, See website for show times, Cabaret, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9202



Art Exhibition: Until Oct 26, Mon-Thu 12-4pm, 2026 Visual Arts Faculty Exhibition, The Sagtikos Art Gallery, Room 150 of Sagtikos Arts and Science Building, Suffolk County Community College, Brentwood, NY 11717, www.sunysuffolk.edu, 631-851-6380

Exhibition: Until Nov 22, Thu-Sun 12-5pm, Wood and Water: Furniture on Long Island, 1660-1860, Preservation Long Island, 161 Main Street, Cold Spring Harbor, NY, 11724

preservationlongisland.org

Exhibition: Until Dec 20, Enduring Heart: Native American Long Island, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org, 631-751-0066

Family/Seasonal: Oct 1-4, 8-12, 15-16, 11am-4pm, Creep-tastic Crafts & Skull Scavenger Hunt The Whaling Museum & Education Center, 301 Main Street, Cold Spring Harbor, NY 11724, www.cshwhalingmuseum.org, 631-367-3418

Family: Oct 1-4, 8-11, 15-16, 11am-4pm, Secrets & Spies: Museum Adventure Activity, The Whaling Museum & Education Center, 301 Main Street, Cold Spring Harbor, NY 11724, www.cshwhalingmuseum.org, 631-367-3418

Music: Thu Oct 1, 6-9pm, An Intimate Evening of Acoustic with Eva Erikson, 317 Main Street, Farmingdale, NY 11735, www.317mainstreet.com, 516-512-5317

Dance Lesson: Thu Oct 1, 7:45-9:30pm, Singles Wine/Cheese Mingle & Country Western Dance Lesson, The Ballroom of Huntington, 508 New York Avenue, Huntington, NY 11743, www.ballroomofhuntington.com, 631-592-9804

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Suffolk County North Shore CALENDAR OF EVENTS

Artisans



continued

Senior/Support Group: Fri Oct 2, 1-2:30pm, Dementia Caregiver Support Group, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079

Education/Security: Fri Oct 2, 1:45-3pm, Preventing Identity Theft and Financial Crimes, Cinema Arts Center, 423 Park Avenue, Huntington, NY 631-351-3173

Fishing Tournament: Fri-Sun Oct 2-4, 12-5pm, 2026 Fred Golofaro Memorial Montauk Classic Bluefish & Striped Bass Surf Fishing Tournament, Montauk Point State Park, 2000 Montauk Highway, Montauk, NY 11954, <https://naturalheritage-trust.jotform.com/form/2026-fred-golofaro-memorial> 631-321-3510

Adult/Mingle: Fri Oct 2, 7-10pm, Singles Fun Food/Drink Crawl & Speak East Farmingdale, Tap Room, 206 Main Street, Farmingdale, NY 11735, 631-592-9804

Oktoberfest: Sat Oct 3, 12-6pm, Art & Ale Oktoberfest, Great South Bay Brewery, 25 Drexel Drive, Bay Shore, NY 11706, 631-431-7080

Oktoberfest: Sat Oct 3, 11-5pm, Annual Seaford Oktoberfest, Seaford Train Station, Sunrise Highway, Seaford, NY 11783, 516-644-5615



Craft/Knitting: Fri Oct 2, 2-3:30pm, Stitch & Chit-ch(at), Free, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Theatre: Oct 1, 2, 3, 8, 9, 10 at 7:30pm; Oct 4 and 11 at 2pm, The Baltimore Waltz, Theatre 119, Islip Arts Building, Suffolk County Community College, Ammerman Campus, Selden, NY, www.sunysuffolk.edu, 631-451-4163

Music: Sat Oct 3, 5-10pm, DEAD-wood and Friends at Treiber Farm, Treiber Farms, Country Road 48, Peconic, NY 11971, www.treiberfarms.com 631-834-2638

Festival/Animals: Sat Oct 3, 12-4pm, Hooves and Hearts Fall Festival, Parkview Equestrian Center, 989 Connetquot Avenue, Central Islip, NY 11722, 631-766-3430

Festival: Sat Oct 3, 10am-4pm, Fall Artisan Mkt, Car Show, Trick or Treat, Pet Parade Pumpkin Festival, St Thomas of Canterbury Church Lot, 29 Brookside Drive, Smithtown, NY 11787, freebirdfestivalproductions.com 516-220-8217

Music: Sat Oct 3, 7:30-9:30pm, Stony Brook Symphony Orchestra,

Staller Center for the Arts, 100 Nicolls Road, Stony Brook, NY 11790, <https://stallercenter.showare.com/eventperformances.asp?evt=475> 631-632-2787

Music: Sat Oct 3, 3-4:30pm, The Tiberi Tapes: A John Coltrane Listening Party, The Conklin Barn, 2 High Street, Huntington, NY 11743, 646-643-9536

Festival: Sat Oct 3, 11am-7pm, The I Love Bacon, Butter, Beer & Bourbon Fest, Walt Whitman Shops, 160 Walt Whitman Road, Huntington Station, NY 11746, <https://lovebaconfest.com/> 631-488-0521

Music: Sat Oct 3, 7pm, The Ultimate Tribute Show, Van Nostrand Theatre, Sagtikos Building, Suffolk County Community College, Michael J. Grant Campus, Brentwood, NY www.sunysuffolk.edu, 631-851-6589

House Tour: Sat Oct 3, 12:30-4:30pm, Hawkins-Mount House Tours / LI250, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Education/Celebration: Sat Oct 3, 12-5pm, Annual Culper Spy Day, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org

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Suffolk County North Shore

Artisans

CALENDAR OF EVENTS



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631-751-0066

Satire/Commentary: Sun Oct 4, 7-9pm, An Evening with David Se-daris, Staller Center for the Arts, 100 Nicolls Road, Stony Brook, NY 11790, www.stallercenter.com, 631-632-2787

Craft Fair/Festival: Sun Oct 4, 11-5pm, St James Crafts & Things, Lake Avenue Street Festival, Lake Avenue, St James, NY 11780, 631-584-8510

Antiques/Craft Fair: Sun Oct 4, 9am-3pm, Antique Flea Market, Antiques At Northport's Antique Flea Market, 404 Ft. Salonga Road, Northport, NY 11768

Music: Sun Oct 4, 5-7:30pm, John Coltrane at 100: The Coltrane Legacy, St John's Episcopal Church, 12 Prospect Street, Huntington, NY 11743, 631-975-2900

Comedy: Sun Oct 4, 6-9:15pm, Comedy Night at the Seaport Diner, Seaport Diner, 5045 Nesconset Highway, Port Jefferson Station, NY 11776, 631-645-5152

Music: Sun Oct 4, 3-4pm, Marian Mastorilli to Perform at Long Island Music & Entertainment Hall of Fame, Long Island Music and Entertainment Hall of Fame, 97 Main Street, Stony Brook, NY 11790, www.limusicshalloffame.org



Music: Wed Oct 7, 11am-12:30pm, Mornings@LIM: The Troubadours Concert, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org

Tour/Happy Hour: Tue Oct 6, 5:45-7:30pm, Oheka Castle Private Tour Mansion & Gardens & Happy Hour, ALL AGES, 135 W Gate Drive, Huntington, NY 11743, 631-948-2765

Music: Mon Oct 5, 7-8pm, Vinyl Listening Club, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079



Education/Seasonal: Wed Oct 7, 7-8:30pm, Long Island's Haunted Houses, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079

Music Bingo: Wed Oct 7, 7:30pm, Billy Joel & Elton John Music Bingo at 317 Main Street!, 317 Main Street, Farmingdale, NY 11735, www.317mainstreet.com, 516-512-5317

Education: Thu Oct 8, 7-8:30pm, Long Island Dirt: Recovering Our Buried Past Through Archaeologies, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org,



631-567-5079

Workshop/Cocktails: Thu Oct 8, 6:30-8pm, Crafts & Cocktails: Hair Raising Keepsakes, The Whaling Museum & Education Center, 301 Main Street, Cold Spring Harbor, NY 11724, www.cshwhalingmuseum.org, 631-367-3418

Education/Music: Thu Oct 8, 12:30-3:30pm, VIRTUAL/IN-PERSON: Rockin' TV: Rock & Roll and TV from Elvis to the Monkees, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079

Music: Thu Oct 8, 6-9pm, An Intimate Evening of Acoustic with Paris Ray, 317 Main Street, Farmingdale, NY 11735, www.317mainstreet.com, 516-512-5317

Music: Fri Oct 9, 8pm, Five For Fighting with String Quartet, The Suffolk, 118 E Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343

Music: Thu Oct 8 7-9pm, Jazz Loft Dispatch Series, The Jazz Loft Community Outreach at Madiran Wine Bar: 209 Route 25A, East Setauket, NY, www.thejazzloft.org, 631-751-1895

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Suffolk County North Shore CALENDAR OF EVENTS

Artisans



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Film: Fri Oct 9, 2-3pm, America on Screen: The Day We Walked on the Moon, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org

Music: Fri Oct 9, 8 pm, Italian Night with Dave Setteducati, Celebrate St. James Center for the Arts, 176 2nd Street, St. James, NY, 11780, www.celebratestjames.org 631-984-0201

Music/Film: Sat Oct 10, 1-4pm, On the Screen in HD: Così Fan Tutte (Mozart), Staller Center for the Arts, 100 Nicolls Road, Stony Brook, NY 11790, <https://stallercenter.showare.com/eventperformances.asp?evt=475> 631-632-2787

Community Yard Sale: Sat Oct 10, 10-4pm, Bohemia Historical Society Community Yard Sale, Bohemia Historical Society Museum, 1519 Locust Avenue, Bohemia, NY 11716, bohemiahistoricalsocietyyny.org, 631-804-1218

Music: Sat Oct 10, 8-10pm, The Hot Sardines, Staller Center for the Arts, 100 Nicolls Road, Stony Brook, NY 11790, <https://stallercenter.showare.com/eventperformances.asp?evt=475> 631-632-2787

Art Opening: Sun Oct 11, Art Show/Opening, Celebrate St. James Center for the Arts, 176 2nd Street, St. James, NY 11780 celebratestjames.org 631-984-0201

Comedy/Talk Show: Sun Oct 11, 7pm, The Third Act Cabaret Series: The Kyle Petty Show Live, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9202

Music: Sun Oct 11, 5-7pm, Emerson Legacy Concert, Staller Center for the Arts, 100 Nicolls Road, Stony Brook, NY 11790, <https://stallercenter.showare.com/eventperformances.asp?evt=475> 631-632-2787

Medium: Sun Oct 11, 12-1:30pm, Medium Robert E Hanson at Hotel Indigo, Hotel Indigo, 1830 West Main Street, Rte 25, Riverhead, NY 11091, www.robertehansen.com 516-868-7778

Craft Fair/Festival: Sun Oct 11, 11-4pm, Commack Day Festival, 74 Hauppauge Road, Commack, NY 11725, 516-924-1464

Music: Mon Oct 12, 1-5pm, Concerts in the Park, Grangebel Park, Peconic Avenue, Riverhead, NY 11901, www.riverheadchamber.com 631-727-7600

Education: Wed Oct 14, 11-12pm,



The Wise Guys of Long Island...Owls!, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079

Criminologist/Education: Wed Oct 14, 7:30-9:30pm, Serial Killers with Dr. Scott Bonn, The Paramount, 370 New York Avenue, Huntington, NY 11743, 305-632-7500

Education/Seasonal: Thu Oct 15, 7-8:30pm, Long Island Graveyards and Cemeteries, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079

Art Workshop: Thu Oct 15, 10-1pm, The Atelier Art School and Gallery presents Oksana Danziger's "Eco Printing" Workshop, The Atelier Art School and Gallery, 2 Flowerfield, Suite 6 & 9, Saint James, NY 11780, www.theatelieratflowerfield.org, 631-250-9009

Music: Thu Oct 15, 8pm, The Threetles: A Beatles Tribute Band, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9202

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Suffolk County North Shore CALENDAR OF EVENTS

Artisans



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Music: Thu Oct 15-17, see website for times, The 2026 John Monteleone Art of the Guitar Festival, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Education/Seasonal: Fri Oct 16, 5-7:30pm, Harbor Haunts Walking Tour, The Whaling Museum & Education Center, 301 Main Street, Cold Spring Harbor, NY 11724, www.cshwhalingmuseum.org 631-367-3418

Family Fun/Seasonal: Fri Oct 16, 5-7pm, Lights Out! After Dark Adventure, The Whaling Museum & Education Center, 301 Main Street, Cold Spring Harbor, NY 11724, www.cshwhalingmuseum.org 631-367-3418

Craft/Knitting: Fri Oct 16, 2-3:30pm, Stitch & Chit-ch(at), Free, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Music Workshop: Sat Oct 16, see website for times, Legendary Guitarist G.E. Smith: Guitar Workshop, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Haunted House: Fri & Sat Oct 16-17, 7-10pm, Deepwells Mansion

Haunted House: 'THE LAST MASQUERADE OF 1913' - The Ball That Never Ended, Deepwells Mansion, 2 Taylor Lane, St James, NY 11780

deepwellshauntedmansion.com

Harvest Festival: Sat & Sun Oct 17 & 18, 12-5pm, Port Jefferson Harvest Festival, Port Jefferson Village, Main Street, Port Jefferson, NY 11777, www.portjeffchamber.com 631-473-1414

Tea Party/Ballet: Sat Oct 17, 1-2:30pm, Princess Tea Party, Ballet Long Island, 1863 Pond Road, Ronkonkoma, NY 11779, www.balletlongisland.com, 631-371-1964

Grand Reopening Celebration: Sat Oct 17, 8pm, Stars, Songs & a Grand Reopening, Celebrate St. James Center for the Arts, 176 2nd Street, St. James, NY 11780 celebratestjames.org 631-984-0201

Education: Sat Oct 17, 10-11pm, Edible Mushrooms, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079

Film: Sat Oct 17, 1:30-3:30pm, Special Screening of "Walk with Frank" with Frank Romeo, Long



Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org

Acrobatic Performance: Sun Oct 18, 7-9pm, Gravity & Other Myths Presents: Ten Thousand Hours, Staller Center for the Arts, 100 Nicolls Road, Stony Brook, NY 11790, <https://stallercenter.showare.com/eventperformances.asp?evt=475> 631-632-2787

Education: Sun Oct 18, 1-2:30pm, Cartoons of New York in the Revolution, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org

Education: Tue Oct 20, 1:30-3pm, Ancient: Void of Course Moons, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079

Gala: Wed Oct 21, 6-10pm, An American Overture Past, Present, Future: The Gala, at Flowerfield Celebrations (199 Mills Pond Road, St. James), Celebrate St. James Center for the Arts, 176 2nd Street, St. James, NY, 11780 celebratestjames.org 631-984-0201

Education/Travel: Wed Oct 21, 11-12pm, Western Sicily: A Traveler's Treasure, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716,

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Suffolk County North Shore

Artisans

CALENDAR OF EVENTS



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www.connetquotlibrary.org,
631-567-5079

Music: Thu Oct 22, 8pm, Scott Bra-
dlee's Postmodern Jukebox - The
Future Is Vintage World Tour The
Suffolk, 118 E Main Street, River-
head, NY 11901,
www.thesuffolk.org, 631-727-4343

Music: Thu Oct 22, 6-9pm, An Inti-
mate Evening of Acoustic with Paris
Ray, 317 Main Street, Farmingdale,
NY 11735,
www.317mainstreet.com,
516-512-5317

Haunted House: Fri & Sat Oct 23 -
24, 7-10pm, Deepwells Mansion
Haunted House: 'THE LAST MAS-
QUERADE OF 1913' - The Ball
That Never Ended, Deepwells Man-
sion, 2 Taylor Lane, St James, NY
11780
deepwellshauntedmansion.com

Family Fun/Seasonal: Fri Oct 23,
5:30-9:30pm, Spooky Woods
Family Friendly Trick or Treat Walk,
Smithtown Historical Society, 239
Main Street, Smithtown, NY 11767,
516-220-8217

Adults/Seasonal (21+): Fri Oct 23,
7-10pm, Ghosts in the Galleries: A
Night of Victorian Mischief, The
Whaling Museum & Education
Center, 301 Main Street, Cold
Spring Harbor, NY 11724,
www.cshwhalingmuseum.org

631-367-3418

Festival/Seasonal: Sat Oct 24,
10am-5pm, The Village Vibe
Spooktacular Fall Festival, Down-
town Wading River, 2 Sound Rod,
Wading River, NY 11792,
www.staysaltedinc.com
631-431-7080

Comedy: Sat Oct 24, 8-10pm, Paul
Reiser, Staller Center for the Arts,
100 Nicolls Road, Stony Brook, NY
11790, [https://stallercenter.show-
are.com/eventperformances.asp?ev
t=475](https://stallercenter.show-are.com/eventperformances.asp?evt=475), 631-632-2787

Cosplay: Sat Oct 24, 4-6pm, Cos-
play Long Island Fall 26, NY Fine
Art Society, 1 Flowerfield, Suite 15,
Saint James, NY 11780,
www.nyfineartsoc.org/children

Family Fun: Sat Oct 24, 10am-
5pm, The Village Vibe, 2 Sound
Road, Wading River, NY 11792,
www.staysaltedinc.com
631-223-5009

Fair/Seasonal: Sat Oct 24, 12-
4pm, Trunk or Treat and Vendor
Fair, Messiah Lutheran Church, 465
Pond Path, East Setauket, NY
11733, 631-751-1774

Film/Music: Sun Oct 25, 1-4pm,
On the Screen in HD: Macbeth
(Verdi), Staller Center for the Arts,
100 Nicolls Road, Stony Brook, NY
11790, [https://stallercenter.show-
are.com/eventperformances.asp?ev
t=475](https://stallercenter.show-are.com/eventperformances.asp?evt=475), 631-632-2787



Music: Sun Oct 25, 3-4:30pm, Duo
Karolina & Iwo — An Afternoon in a
European Cafe, Concerts by the
Pond at St John's Episcopal
Church, 1670 New York 25A, Cold
Spring Harbor, NY 11724,
www.concertsbythepond.org
516-253-4594

Paint N Sip/Seasonal: Mon Oct
26, 5:30-7pm, October Spirit of
Huntington Paint N Sip, Spirit of
Huntington Art Center, 2 Melville
Road N., Huntington Station, NY
11746, 631-470-9620

Guided Hike: Mon Oct 26, 6:30-
8pm, The Living Night: A Guided
Encounter with Darkness (Full
Moon Hike), Sands Point Preserve,
127 Middle Neck Road, Sands
Point, NY 11050, 516-570-2185

Family/Seasonal: Sun Oct 25,
11am-3pm, Haunted Boo-seum:
Ghost Edition, The Whaling Mu-
seum & Education Center, 301
Main Street, Cold Spring Harbor,
NY 11724,
www.cshwhalingmuseum.org
631-367-3418

Family Fun: Sun Oct 25, 1-4pm,
Halloween Family Fun Day (FREE),
Long Island Museum, 1200 Route
25A, Stony Brook, NY 11790,
www.longislandmuseum.org

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Suffolk County North Shore CALENDAR OF EVENTS

Artisans



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Volunteer/Teen Youth Summit:

Tue Oct 27, 4-6, Smithsonian National Youth Summit 2026, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Music: Wed Oct 28, 7-9pm, Jennifer Frautschi & Christina Dahl in Concert, Staller Center for the Arts, 100 Nicolls Road, Stony Brook, NY 11790, <https://stallercenter.showare.com/eventperformances.asp?evt=475> 631-632-2787

Art/Education: Wed Oct 28, 7-9pm, "Andrew Wyeth Abstract" Presented by Jonathan Van Brunt, The Atelier Art School and Gallery, 2 Flowerfield, Suite 6 & 9, Saint James, NY 11780, www.theatelieratflowerfield.org, 631-250-9009

Music: Wed Oct 28 7-9pm, Jazz Loft Dispatch Series: Kevin Clark, The Jazz Loft Community Outreach at Elaines: 316 Main Street, East Setauket, NY, www.thejazzloft.org, 631-751-1895

Book Discussion: Wed Oct 28, 6:30-8pm, Beyond the Book: Whalefall, The Whaling Museum & Education Center, 301 Main Street, Cold Spring Harbor, NY 11724, www.cshwhalingmuseum.org 631-367-3418

Art Workshop: Thu Oct 29, 6-7:30pm, Fall into Art: Make a

Painted Leaf Mobile Workshop, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org

Film/Music: Fri Oct 30, 6:30-8:30pm, Disney Pixar's Coco in Concert - Live to Film, Staller Center for the Arts, 100 Nicolls Road, Stony Brook, NY 11790, <https://stallercenter.showare.com/eventperformances.asp?evt=475> 631-632-2787

Craft/Knitting: Fri Oct 30, 2-3:30pm, Stitch & Chit-ch(at), Free, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Haunted House: Fri Oct 30 (LAST NIGHT!!), 7-10pm, Deepwells Mansion Haunted House: 'THE LAST MASQUERADE OF 1913' - The Ball That Never Ended, Deepwells Mansion, 2 Taylor Lane, St James, NY 11780 deepwellshauntedmansion.com

Children Crafts/Seasonal: Fri Oct 30, 6-8pm, Halloween Glow-in-the-Dark Paint Night, Children ages 6-12, Celebrate St. James Center for the Arts, 176 2nd Street, St. James, NY 11780, celebratestjames.org 631-984-020

Cabaret: Fri Oct 30, 6:30 & 9pm, The Third Act Cabaret Series: Be Our Ghost: A Villainous Cabaret, Theatre Three, 412 Main Street, Port Jefferson, NY 11777,



www.theatrethree.com, 631-928-9202

Family Fun: Sat Oct 31, 11am-5pm, Adventureland's Annual Pumpkin Park Event, Adventureland, 2245 Broad Hollow Road, Farmingdale, NY 11735, www.adventureland.us 631-694-6868

Horror Film Festival: Sat Oct 31, 7-10pm, Deepwells Mansion Macabre: A Thriller & Horror Film Festival, Deepwells Mansion, 2 Taylor Lane, St James, NY 11780 deepwellsmansionmacabre.com

November

Exhibition: Until Nov 22, Thu-Sun 12-5pm, Wood and Water: Furniture on Long Island, 1660-1860, Preservation Long Island, 161 Main Street, Cold Spring Harbor, NY, 11724 preservationlongisland.org



Visit

ourtownstjames.com
to see a complete listing of
2026 North Shore Art events

Life, Family & Dentistry with North Country Dental Care

Welcome to Open Wide!

I'm Dr. Tom Vigilante of North Country Dental Care, and I'm excited to introduce this new monthly column in Our Town. North Country Dental Care is focused on technology-driven dentistry, using advanced imaging and digital technology that allows us to see things in the mouth that can sometimes be missed with traditional methods and ultimately provide more precise, comfortable care.

When I'm not at the office, I'm usually with my wife, Christine, and our three kids, Grace, May and Henry. As both a dentist and a dad, I'm looking forward to using Open Wide to share practical advice, answer the questions people really ask, and have a little fun along the way.



for 15 to 20 minutes. If you bite it, you've also added the possibility of a chipped tooth.

Gummies, Caramels and Taffy

Sticky candy gets into the grooves and spaces between your teeth and can stay there long after you've finished eating. It's also particularly unfriendly to braces, crowns and other dental work.

As a dentist, I should probably thank the gummy candy industry for its continued support of my profession.

Sour Candy

While personally this is one of my favorites, sour candies give you a one-two punch: sugar plus acid. The acidity can temporarily soften tooth enamel, while the sugar feeds the bacteria responsible for tooth decay.

So, What Do We Actually Do at Home?

Our kids trick-or-treat. They eat candy. We don't count every fun-size candy bar.

The trick is not letting Halloween become a six-week candy festival. Let them choose a few favorites, eat them around the same time rather than grazing all day, drink some water, and brush and floss well before bed.

Then put the bag away.

Preferably somewhere the kids can't find it, but the parents can.

**Happy Halloween,
and welcome to Open Wide.
Talk to you next month.**

A Dentist's Take on the Halloween Candy Bag

Every October, our kids come home with the same thing every other kid does: an unreasonable amount of candy. And despite having a dentist for a dad, they eat it. We are not a no-sugar household, and I don't think enjoying Halloween requires parents to follow their kids around counting pieces of candy. But from a dental standpoint, some choices really are better than others, and it's not always what you would expect.

The bigger issue is often how sticky it is, how acidic it is, and how long the sugar stays in contact with your teeth. So, if I were stand-

ing over the Halloween haul with my dentist hat on, here's how I would rank it.

Chocolate

Plain chocolate is one of the easiest Halloween candies on your teeth. It melts fairly quickly and doesn't tend to get wedged into the grooves of your teeth for hours. Dark chocolate often has less sugar, too.

Hard Candy and Lollipops

My issue with a lollipop isn't just the sugar. It's the amount of time your teeth are exposed to it. A lollipop can expose your teeth to sugar

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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,

I have gotten into the habit of answering every text as soon as it comes in. I might be working, eating dinner, watching TV, or spending time with my family, but if my phone buzzes, I feel like I have to look.

Besides wanting to make sure it's not really something of an urgent matter, I feel that if I don't answer quickly, I start thinking the other person will be upset, think I'm ignoring them, or wonder if something is wrong. I know it sounds silly, but I feel like I always have to be available

and I expect others as well. I see that it's starting to get out of hand. How do I stop feeling responsible for answering everyone right away and learn how to leave my phone alone during my own important times?

Always Connected

Dear Connected,

We certainly are now living in the era of instant information. Whether it's seeing the weather radar for an approaching storm, or having something on your mind to tell someone, we have gotten far too used to the idea of info now! But let's look at the real information being exchanged. A text message should be treated as information received or sent. If it's critical and concerning, a text message is too vague a communication method. Here's something to ponder: if the message is truly and ultimately urgent, the person on the other end has your phone number and should call. Beyond that, text messaging should always be seen as information exchange. Concerned that you will "miss" something important? Reach out to everyone that you will always want to hear from. Let them know that you are trying to cut down on managing texts but always would want to hear from them by phone if something is important, urgent or an emergency. Then, let that process begin with you. Create specific times a day that you will leave the phone alone, like dinner, family time, and those fleeting quiet moments. Keeping the communication rules simpler allows you to give yourself permission to disconnect from your phone and avoid that feeling of judgement from the other end.

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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to get information on all of your options."**

Cooking With Essential Oils



by Terri Pace

There are many use... providing safe, effective, therapeutic, and non-toxic benefits, which are available from the essential oils you already have in your

home! We love using essential oils and have found many creative ways to use them every day.

What have we found? Daily use has created a foundation for our physical vitality, but more importantly, they have enhanced our lives in so many other ways! This month we focus our attention to the many health benefits of using essential oils in our recipes... another way to support healthy lifestyle choices.

You might wonder, "Why use them in my recipes?" We use them in our recipes because essential oils enhance taste and add health benefits too. Many essential oils can add rich flavor to our recipes while adding therapeutic value for our bodies and bring us closer to our wellness goals.



Tips for Using Essential Oils in Your Recipes

I love to cook!

I love using essential oils!

So, it's probably no surprise to you that I cook *all the time* using essential oils to both add robust flavor and infuse my menu with valuable health benefits.

Using essential oils in your recipes is safe, convenient, cost effective, and therapeutic. When essential oils are ingested, they can provide the body with antioxidants (great for cellular health), help promote healthy digestion, and even cleanse the body.

Simple Tips for Success

1. How much to use can be a little tricky at first, so you may need to experiment a bit to find the right amount in each recipe. Flavors like Basil, Cilantro, Cinnamon, Ginger, or Oregano essential oils can be very strong and will easily overpower a recipe.

Remember, an essential oil is a highly concentrated form of the plant and is 50-70x more powerful than the dried herbs we normally use to season our foods. For example, a single drop of Peppermint essential oil is equivalent to 28 cups of peppermint tea. It takes 30 pounds of lavender flowers to make a 15ml bottle of Lavender essential oil.

Tip: Rather than adding a drop, insert a toothpick into the bottle to get it moist with the essential oil and then swirl it through your ingredient mixture.

2. Modify the timing of when you add the essential oil into your saucepan to create just the right flavor. When you want a strong flavor, add it at the end. When you want a more subtle influence, add it at the beginning and allow it to mellow as you cook.

Tip: Essential oils are sensitive and their therapeutic value can be altered by heat or may evaporate. To keep the health benefits of your tested grade essential oils, add the essential oils at the end of cooking or after it has been removed from heat when possible.

3. Use Sweet Spice oils for sweet dishes and desserts. These include Cardamom, Cassia, Peppermint, or Spearmint essential oils.

4. Try using Bergamot, Lemon-grass, Lime or Wild Orange to add a tangy citrus zip to main dishes, desserts, or drinks.

5. It is best to use cookware that is stainless steel, ceramic, or glass. Avoid using plastic mixing bowls or containers.

Five Super Simple Recipes Guacamole

Ingredients:

1 Avocado, 2 tablespoons of your favorite Bruschetta (or make your own), 2 drops Lime essential oil, 1 drop Cilantro essential oil

Instructions:

Peel avocado and mash in a small bowl. Leave slightly chunky if desired. Add the drops of Lime and Cilantro essential oils to the Bruschetta. Combine avocado and Bruschetta mixture together. Enjoy with your favorite healthy chips or veggie sticks.

Spinach Balls

(Thank you Lana Maggio for sharing this one!)

Ingredients:

3 packages chopped spinach, 3 cups stuffing, 1 medium onion, 6 eggs, well beaten, 3/4 cup melted butter, 3/4 cup parmesan cheese, 1 drop Black Pepper essential oil, 1/2 drop of Thyme and Oregano essential oils, 5 drops Lemon essential oil

Instructions: Cook spinach, drain very well. Mix all ingredients together. Roll into 3/4 inch balls. Bake at 325 degrees for 20-25 minutes. Serve with your favorite dip or as an appetizer.

Olive Oil Blend

Infuse your olive oil with tasty essential oils! Simply add Lemon (4 drops), Lime (3 drops), and Basil (one drop) essential oils to a cruet containing a quality olive oil. Add salt and pepper or other seasoning as desired. Splash it on your salad or put it in a bowl for dipping with vegetables or bread.

continued on facing page

HEALTH NOTES

continued

Wild Orange Jasmine Rice

Simply add a few drops of Wild Orange essential oil to your rice as it is simmering in the water. This is a great way to zest up any grain.

Soothing Throat Honey

This is a great recipe to have on hand during the Fall and Winter seasons! Combine 8 tablespoons of raw honey (local is best) with 8 drops of each Lemon, Peppermint, Frankincense, and Wild Orange essential oils in a small mason jar. Take a spoonful when your throat is irritated or add to your hot cup of tea. This combination is also good to boost your immune function.

Uplevel Your Smoothies

Add a drop or two of your favorite essential oils to your morning smoothie to make them your "Favorite."

Guess What Else We Can Do With Essential Oils?

Having a party? Make sure you have these essential oils handy to help in the moment or the morning after.

Coriander essential oil – apply 1-2 drops on your wrist to help when those delicious sweet desserts are too big a temptation for you. You can also rub a drop of Fennel essential oil on the inside of your bottom gum to silence your sweet tooth cravings.

Lemon essential oil – apply 1-2 drops over your liver (just under your rib cage on the right side of your body) to help the liver wash away any evidence of last night's party.

Ginger essential oil – apply 1-2 drops on your abdomen or under your tongue* when the food you ate is just not agreeing with you!

Join us on October 28th at 7 p.m. for our monthly Oil Social, featuring the recipes in this article. Register to attend at <https://snssoilsocial2026.eventbrite.com>

Want to discover more about ingesting essential oils? Read my previous article "When Taken Internally" here <https://simplynaturalsolutions.substack.com/p/when-taken-internally>.

We are building a wellness com-

munity amongst friends. You will soon discover that living a natural solutions lifestyle and using high quality essential oils opens many possibilities for you. Our greatest success is found in our daily routine. What will you do every day to create the life experiences you want?

Note: 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. Essential oils are safe, therapeutically effective and very affordable. However, not all essential oils are created equal! Be an educated consumer and use only certified pure, tested grade essential oils for your family. Make sure the chemistry you need is in the bottle at your fingertips.

**These statements have not been evaluated by the Food and Drug Administration. The products mentioned are not intended to diagnose, treat, cure, or prevent any disease.*



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and Safe
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When: October 28th at 7pm
Where: St. James /

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<https://oils.link/TerriPace>

Historic Philadelphia

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tant documents. Philadelphia is also home to the Liberty Bell. Walking around its colonial streets feels like reliving history.

A bit of trivia: Philadelphia is called the "City of Brotherly Love" because its name is derived from the Greek words *philia*, meaning love, and *adelphos*, meaning brother. The name reflects Penn's vision of creating a place where people could enjoy religious freedom and self-government.

The center of the city is very picturesque, and the architecture of its government buildings is quite lovely.

Philadelphia has many museums, often within walking distance of each other along Benjamin Franklin Parkway. The Philadelphia Museum of Art was made famous when Rocky Balboa ran up and down its steps while training for his boxing

match. There is a statue of Rocky on the front lawn of the museum, and we saw several people following in his footsteps by running up the stairs.

The Barnes Foundation, founded in 1922 by millionaire pharmacist Albert C. Barnes, is a must-see. It has a large collection of Impressionist and modernist art, including one of the world's largest collections of works by Renoir and Cézanne. The foundation owns more than 4,000 objects, including over 900 paintings, and offers many educational programs.

The Rodin Museum has many casts of his great works. It also has a lovely garden and is not far from the Barnes Foundation.

The Museum of the American Revolution has many fascinating displays. It presents the war from multiple perspectives, including those of the British, Americans,



Native Americans, enslaved people, and women. One of its most remarkable artifacts is George Washington's actual tent.

The Franklin Institute was one of the first science museums in America. One of its exhibits is a walk-through human heart, which is fascinating for visitors of all ages.

And if you have kids, there is a wonderful children's museum with many hands-on activities.

But one place you must plan to continued on facing page



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**THEY ATTENDED THE MASQUERADE.
THEY NEVER CAME HOME. WILL YOU?**

ST. JAMES, LONG ISLAND OCTOBER 1913

MISSING

FROM THE DEEPWELLS MASQUERADE BALL



CLARA WHITMORE

Age: 27
Height: 5'4"
Hair: Blonde
Eyes: Green
Distinguishing Mark:
Small scar on right wrist

Miss Whitmore was last seen at the Deepwells Masquerade Ball on the evening of October 31, 1913. She is known for her kindness, bright spirit, and love of art and music. Her family and friends are deeply concerned for her safety.

HAVE YOU SEEN HER?

ANY INFORMATION PLEASE CONTACT
THE DEEPWELLS ESTATE OR LOCAL AUTHORITIES.

— Bring Our Clara Home. —

THE LAST MASQUERADE OF 1913...The Ball That Never Ended

DEEPWELLS HAUNTED MANSION



THE FINISH LINE

continued

visit is Reading Terminal Market. First opened beneath the former Reading Railroad terminal, it is one of the oldest and largest public markets in America and features more than 80 retail and food stands. We decided this was the perfect spot to sample the famous Philly cheesesteak.

Philadelphia is a very walkable city and an excellent choice for a long weekend. It has the perfect combination of history, culture, art, and beautiful buildings. Walking the streets of Philadelphia, we often felt as if we were stepping back 250 years.

Realty Wise

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local lending professionals like Tim Aaraas helps our buyers better understand the financial side of purchasing a home and prepare for the journey ahead.

So, this Halloween, don't let the thought of buying a home haunt you. Prepare your finances, know your numbers and get the right professionals on your side. Buying your next home may be a lot less scary than you think!

Happy Halloween and happy house hunting!

THEY ATTENDED THE MASQUERADE. THEY NEVER CAME HOME. WILL YOU?

ST. JAMES, LONG ISLAND OCTOBER 1913

MISSING

FROM THE DEEPWELLS MASQUERADE BALL



EDWARD LANGLEY

Age: 34
Height: 5'11"
Hair: Dark Brown
Eyes: Grey
Distinguishing Mark:
Small birthmark, below left ear

Mr. Edward Langley was last seen at the Deepwells Masquerade Ball on the evening of October 17, 1913. He is a successful businessman, known for his charm, intelligence, and generosity. Mr. Langley is recently engaged and well respected in the community. His family and friends are deeply concerned for his safety and plead for any information regarding his whereabouts.

HAVE YOU SEEN THIS MAN?

ANY INFORMATION PLEASE CONTACT
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His Family Awaits His Safe Return.

THE LAST MASQUERADE OF 1913...The Ball That Never Ended

DEEPWELLS HAUNTED MANSION



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Register by appointment ONLY – Call 631-382-2181. Registration will be ongoing according to open available classes.

Smithtown residency is not required and classes are open to all Suffolk County residents.

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



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