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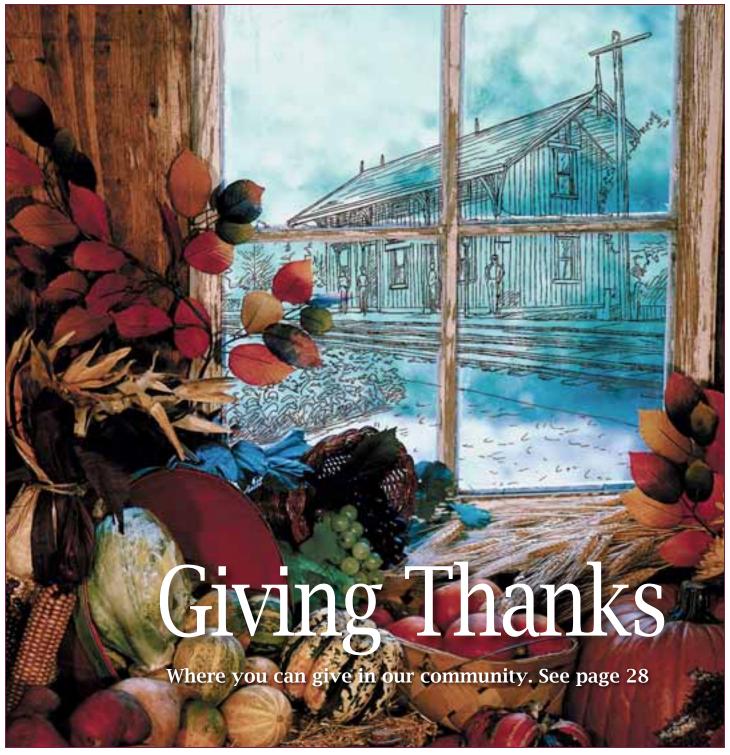
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NOVEMBER 2025

Volume 38 Number 6

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



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PLEASE NOTE:

Advertising & Editorial Deadline for the **DECEMBER** edition of OUR TOWN • ST. JAMES is **THURSDAY**, **NOVEMBER 13**, **2025** - **12 NOON**.

Distribution takes place on November 25, 2025.

MERCHANT SPOTLIGHT

Saint James Brewery

430-13 North Country Road St. James by Scott Posner

We're so fortunate to have such amazing businesses right here in St. James. Want proof? Take a stroll into Saint James Brewery and step into a world of brewed perfection.

Rachel and Jamie Adams are accomplished in every sense of the word. Rachel holds a master's degree from Columbia University, and Jamie earned an MBA from Fordham University. While living in Manhattan, Rachel worked in the fashion industry for Kate Spade, and Jamie was an options derivatives trader.

Back in 1998, they discovered a shared passion for the science of home brewing. Fortunately for us, they decided to move to Smithtown in 2012, bringing that passion with them. They started their own farm brewery in Holbrook, moving with their two children - Jack, who was 4 at the time, and Eva, who was 2. Today, Jack is 21 and attends Trinity College, while Eva, now 19, studies at Hobart and William Smith Colleges.

As a farm brewery, Rachel and Jamie are deeply committed to sourcing their ingredients locally. They know their suppliers personally. Hops and fruits come from Condzella's Farm in Wading River; peaches and apples from Richter's Orchard in Northport. Their wines are sourced from New York State, and spirits from nearby distilleries. (That's no typo - farm breweries are permitted to feature wines and spirits from local producers.)

Jamie's fascination with the art and science of brewing has taken him to impressive depths-literally. In 1886, the steamship SS Oregon sank off Fire Island after colliding with a schooner while en route from Liverpool to New York. Among its cargo: bottles of beer. The ship and its contents settled 135 feet



below the surface. In 2018 - 131 years later-Jamie joined a team of accomplished divers to recover some of those bottles and extract yeast preserved inside.

The result? A remarkable brew called Deep Ascent, an astounding connection to the past and, quite simply, a joy to drink.

To share their craft with the community, Rachel and Jamie opened their Saint James tasting room. But just three days after opening, the country went into

COVID lockdown. The Adamses quickly adapted selling beer through the front window and turning the parking lot into a makeshift community gathering spot and tailgate party. Through a mix of creativity, resilience, and local support, they not only survived those difficult early days but thrived.

Today, the Saint James tasting room upholds an exceptionally high standard of cleanliness, with 12 beers on tap and a lineup of 30 in total. I highly recommend starting with a tasting flight-a selection

of four beers accompanied by detailed descriptions. During my visit, I was served by Jim, whose impressive knowledge made the experience even better.

My favorites? The Chuggernoutcrafted in collaboration with a Manhattan-based artist, musician, and beer enthusiast-and, of course, the unforgettable Deep Ascent.

Don't skip the local wines and continued on page 34



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2 Walls Ln. | Nissequogue, NY All-brick 10.6-acre estate with 700 ft. Long Island Sound shoreline, two seawalls, grand interiors, wine cellar, pool with pool house, and lush landscaped grounds. MLS# 861150. \$9,999,880.



4 Celestial Ct. | St. James, NY Stately 6-bedroom, 5.5-bath Colonial on a cul-de-sac with soaring ceilings, grand foyer, Brazilian cherry floors, walk-out basement, and resort like backyard with inground pool. MLS# 877560. \$2,149,000.



91 Harbor Ln. | Head of Harbor, NY Sprawling Ranch on 2.6 acres near Stony Brook Harbor with vaulted ceilings, granite kitchen, great room with fireplace, finished basement, and private estate like grounds. MLS# 874712. \$1,399,000.



537 Moriches Rd. | Head of Harbor, NY MLS# 884127. \$1,249,000.



317 Old Mill Rd. | Nissequogue, NY MLS# 878416. \$2,799,000.



428 River Rd. | Nissequogue, NY MLS# L3574321. \$1,349,000.



1 Spring Hollow Rd. | Nissequogue NY MLS# 803187. \$945,000.



1 Cakewalk Terrace | Smithtown, NY MLS# 862437. \$969,000.



1 Highwoods Rd. | St. James, NY MLS# 872153. \$1,200,000.

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Pictured above: Residents and visitors enjoying live music, shopping, and delicious food along Lake Avenue during St. James Day – a celebration of community spirit and local pride hosted by the St. James Chamber of Commerce.

A Spectacular St. James Day Draws Record Crowds to Lake Avenue

This year's St. James Day, hosted by the St. James Chamber of Commerce, was a tremendous success – bringing thousands of visitors to Lake Avenue for a day filled with community spirit, local pride, and family fun. The annual event showcased the very best of St. James, with local businesses, artisans, and food vendors lining the streets for a festive celebration that perfectly captured the heart of our town.

"We couldn't have asked for a better day," said Kathy Weber, President of the St. James Chamber of Commerce. "The turnout was fantastic, the weather was beautiful, and the community support was overwhelming. St. James Day continues to be a wonderful reminder of how strong and connected our town truly is."

The Chamber extended its deepest appreciation to all who made the day possible – from the hard-

working vendors and local businesses who filled the street with energy and creativity, to the many volunteers who gave their time to ensure every detail ran smoothly.

A special thank-you goes to Smithtown Toyota, the event's Entertainment Sponsor, whose generous support helped bring live music and excitement throughout the day. Their continued partnership and commitment to the community are greatly appreciated.

The Chamber also extended its gratitude to the Town of Smithtown for their ongoing support, collaboration, and assistance in helping make St. James Day a safe, successful, and enjoyable event for all. Their partnership plays an essential role in bringing this beloved tradition to life each year.

In addition, the Chamber recognized Rachel from Preferred Promotions for her outstanding

coordination and organization of the event. Her professionalism and dedication were instrumental in the seamless execution of St. James Day from start to finish.

The St. James Chamber Board and Members were also acknowledged for their leadership, teamwork, and unwavering dedication to strengthening local business and community ties. Their efforts throughout the year make events like St. James Day possible and successful.

As the crowds departed and the sun set over Lake Avenue, one thing was clear – the St. James community continues to shine bright with hometown pride.

The St. James Chamber of Commerce thanks everyone who participated, volunteered, and attended. We look forward to seeing everyone again next year for another unforgettable St. James Day!



Winter, Market

St. James Lutheran Church 230 2nd Ave, St. James, NY

Beg 6 1:00pm-7:00pm



Heated Tent Unique Vendors Free Face Painting Hot cocoa & cider

Live nativity by St. James Lutheran Church

Wonderful Win on 'Wheel of Fortune'

Katie McCann, a lead food service worker at St. James Elementary School, recently had the experience of a lifetime – she appeared on the popular game show, "Wheel of Fortune."

Katie's winning episode aired on October 7 and was filmed this past April.

"I auditioned two years ago, and they wrote me back to meet the producers," Katie said. "I played an online game with them, they said they liked my energy and invited me to appear on the show. I couldn't make it at the time, but this past year they offered me the chance again, and I flew out and went on the show," she shared.

Katie's enthusiasm paid off – she spun her way to victory on the show. She won a year's supply of candy from Dillon's Candy Bar, an all-inclusive weeklong trip to St. Croix, a brand-new 2025 Toyota Tacoma, and some extra cash.

"A dream come true," Katie said.
"I've been watching 'Wheel of Fortune' since I was a child. It's one of those things you think is never going to happen to you."

The final puzzle's category was



St. James Elementary School lead food service worker, Katie McCann, won on the October 7 episode of "Wheel of Fortune." Photos courtesy of Smithtown CSD

"What Are You Wearing?" and Katie nailed the answer – Fuzzy Slippers!

Back at school, word has been spreading of Katie's TV appearance and has brought a little extra excitement to the cafeteria. "It's very cool to be noticed," she laughed.
"People that don't normally come
to the lunchroom are now coming
down, so it's fun. This job is one of
the most rewarding things I've ever
done."





Photo courtesy of Wheel of Fortune

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As a Saint James, NY resident, musician, educator, published researcher and author "Guy," professionally known as Dr. Guy A. Lodico, Ph.D., has been feverishly training with his Hamlet Running Club and TEAM TISCH MS members in preparation for this year's TCS NYC Marathon 2025 while raising awareness and charitable donations in support of the TISCH Multiple Sclerosis Center of NY; an independent nonprofit 501(c)(3) organization.

"I've personally observed the efficacy of the center's groundbreaking research and treatment facilities in addition to attending their annual conferences led by internationally renowned and board-certified neurologist, Dr. Saud A. Sadiq, MD, FAAN – The key to potentially curing Multiple Sclerosis is to identify its cause, and that is what TISCH "With every step I race TOGETHER we can help accelerate the pace of the groundbreaking research of TISCH MSRCNY!"

MSRNYC is tirelessly working towards doing," Guy said.

As a veteran Long Island and NYC music circuit musician currently performing classic rock ballads weekly at such venues as St. James' very own Stone Goat Restaurant & Brewery and The Harbor Mist Restaurant in Cold Spring Harbor, Guy will be donating his tips throughout the month of October to help meet this November 2nd's NYC Marathon fundraising goal.



Camping, a Guide Dog Foundation Pup.

As part of his other athletic and music performance volunteer endeavors, Guy continues to help support Smithtown's Guide Dog Foundation and America's VetDog Foundation by donating his time

kennel running, camping, and transporting their pups to veterinarian appointments in addition to donating his time and talents performing at fundraising events for such nonprofits as TESLA Science Center and Celebrate



St. James right here at our very own Flowerfield Caterers on Mill Pond Rd. as well as Ronald McDonald House Charities at The Fox Hollow of Woodbury, NY.

And so, if you happen to catch "Guy" performing one your favorite classic rock ballads on the baby grand piano at The Stone Goat Restaurant & Brewery or see him and his Hamlet Running Club team running down Moriches Rd. and Lake Ave. after training on the challenging hills throughout the villages of Head of the Harbor and Nissequogue in St. James – please give him a big wave in support of the TISCH MS Research Center of New York's tireless dedication towards finding the cause of, and the cure for, multiple sclerosis.

You can view Guy's entire training journey to the NYC MARATHON and make a tax deductible donation on the secure website by Googling "Guy Lodico NYC Marathon" or scanning the QR-Code below:





The Hamlet Running Club.



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

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



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

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



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

by Natalie Weinstein, President
By the time you read this, the
long awaited "Building the Dream"
Gala will be a happy memory for
all those who attended. What a special evening it was as we honored
those who were responsible for
moving us amazingly far ahead in

the creation of a community cultural arts center for our town. The honorees were:

loe Arico – Director of Parks

Buildings & Grounds and our liaison from the Town of Smithtown whose patience, concern, expertise and guidance has lessened the load for all of us involved in this project.

Fran Cirillo – a woman whose heart is in St. James although her home is in Georgia. She has not only given us the means to apply for the Gardiner matching grant that initiated this project, but saw how much we needed a marquee to let

folks know we were here – and provided the funds for that, as well!

Phil DeBlasio – our home town builder who gave his time and talent and even more to see that we meticulously completed Phase 1 of our renovation project to meet the standards of the Gardiner Foundation.

Mike Morbillo – whose architectural skills not only provided us with Celebrate Park but once again brought his talent to the table to give us the St. James Community Cultural Arts Center.

Bob Retnauer – whose talent as a landscape architect is so evident in Celebrate Park, and now, with the assistance of his son, Rob, has outdone himself in creating a plaza next to the community center that is artful, joyful, and amazing!

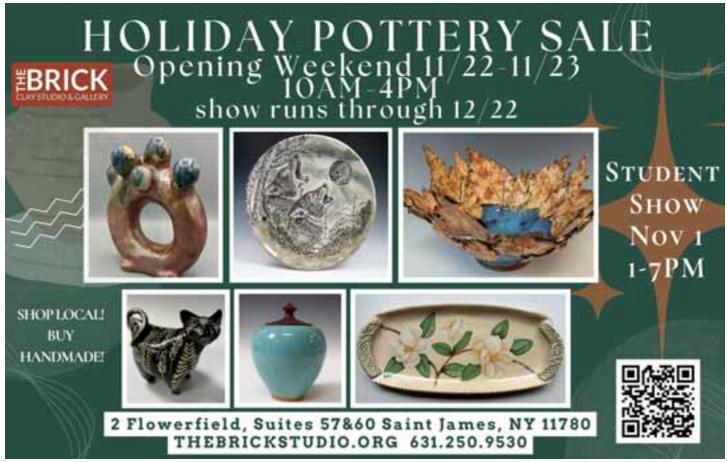
Neil Rosen – Green Leed Architect extraordinaire whose expertise

and advice is bringing an added dimension to our historic building. He has become an honorary member of our home town team.

They have accomplished so much to benefit the community of St. James and in truth, the region along with major donor, Nancy Buzzetta and Frank Dalene, master building and green expert.

Tony Chiofalo's Lighthouse Repertory Theatre provided the attendees with a preview of some of the great shows to come (we are so lucky to have such talent partnering with us). The band kept the party lively and to highlight the importance of this cultural arts center, the talented kids from our summer production of Annie, Jr. entertained to the delight of everyone. The party is over, but the hard work goes on to raise the funds to get to the finish

continued on page 36



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AROUND T O W N

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

by Arline Goldstein

The General Store captivates me. When I had friends visiting from New York City, I knew they had to see this extraordinary place!

There's a saying, "Everything old is new again." Seeing the General Store through my friends' eyes, I saw it "new" myself, which reminded me exactly why I appreciate its incredible charm. My friends were thrilled when they saw my tote bags featuring "Historic St. James" so prominently.

I told them how honored I was when the Smithtown Planning Department selected the image of my painting Historic St. James for permanent display in Celebrate Park on Lake Avenue. The original painting, reproduced on the bag, measures 36" x 48" and is a montage of some of the historic sites in St. James: the General Store, the St. James Railroad Station, architect Stanford



White's home, the St. James Fire Department, the St. James Playhouse (now the St. James Cultural Arts Center), the St. James Episcopal Church, Cordwood Beach, and the

Flatiron Building.

Here's a fun idea: after you purchase a bag, take a selfie in front of one of the sites pictured and email it to arlinegoldstein@mac.com. Your photo will be published in Our Town and displayed in The General Store!

As we explored, we came across what might be the oldest artifact in the store - a six-foot-tall carved wooden Indian. You can still see the chunk of tree trunk from which he was carved. His piercing eyes seem to look right at you!

A few more steps in, to our right, was a counter full of old-fashioned candy. What caught our eyes were the malted milk balls (yum!), flavored candy sticks, honey sticks, molasses pops, taffy, rock candy, and Twizzlers - treats that recall the "olden days" and keep your mouth happily busy. Behind the counter,

continued on page 16



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What's Happening at the St. James General Store

continued from page 14 glass jars overflowed with sweets to satisfy any craving.

Encountering the very large bear "hanging out" in the corner was a little startling – but very sweet! And of course, there's the original potbelly stove, a nostalgic reminder of simpler times.

Ahead of us stood an important piece of history: a remnant from 1857, when the General Store also served as the Post

Office. Families once came here to collect their mail, and we could still see names written on the old cubbies. The store was where residents bought necessities – groceries, hardware, medicine, and more – and where they gathered to socialize. When the only telephone in the area was installed, neighbors lined up for their turn to use it.

Children, of course, have always loved to play, and even that's beautifully reflected here. Manager Stephanie Potts has a wonderful eye for highlighting the timeless joy of play. You'll find tiddlywinks, spinning tops, road-trip bingo, tea sets in wicker cases, pick-up sticks, and the most adorable stuffed animals. For young equestrians, there's a whole selection of horse-themed gifts sure to delight.

With the holidays coming soon, this is also the perfect time to start thinking about unique stocking stuffers. Stephanie has thought of



everything – there are gifts for the "Lovers of Dogs" and the "Lovers of Cats." Jewelry lovers will be captivated by the displays of necklaces, bracelets, and earrings – most are one-of-a-kind pieces featuring gemstones.

Behind the front counter, we discovered even more treasures: handmade soaps, unique kitchen gadgets, mini table sweepers, beautiful hand towels, stunning tableware, charming teapots, and so much more (many ideal for holiday gifting). Shelves are also lined with jars of preserves and sauces – some with quite a kick!

Before leaving, we stopped to chat with Madeline Hofmann, who has worked at The General Store for 29 years. "It really isn't work when you enjoy what you're doing," she told me with a smile. She loves the sense of community — watching families visit with their children, then return years later with the next

generation. Madeline showed us a pint-sized glass bottle that was discovered when Suffolk County took over management of The General Store in 1990. It had been buried on the property – we think it once held sweet cream! Quite a contrast from the cardboard containers we use today.

We also met Kiersten Gerard, a new member of the staff and a 2021 graduate of Wagner College. I was fasci-

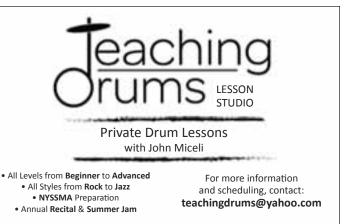
nated to learn that her yarn art is currently on exhibit at a gallery in upstate New York. With her artistic talent and love of history, Kiersten is a wonderful addition to the store's team.

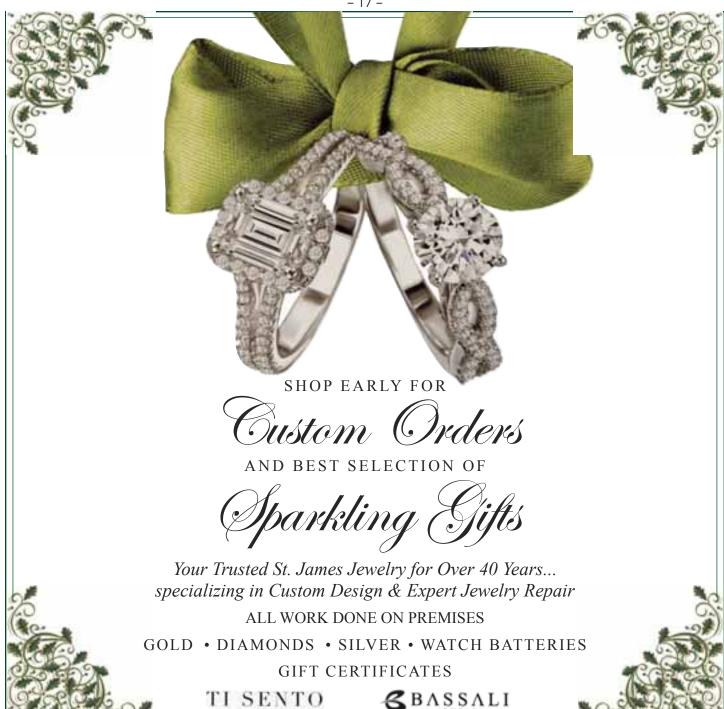
My friends were especially impressed when I told them that the St. James General Store is cited as the oldest continuously run general store in the United States, and that it's listed on the National Register of Historic Places, preserving its remarkable historic integrity.

Next month, I'll take you on a tour of the second floor of The General Store – and you'll see what's happening there!











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The Triple Chief – Edward Springer's Legacy of Leadership

by Amy Biondi

When Edward Springer Sr. was born at Southside Hospital in Bayshore in the early 1950s, Saint James was still a patchwork of cornfields and farms. He grew up roaming the woods with friends, hunting and playing Little League baseball, long before the quiet hamlet grew into the community it is today. Few could have guessed that the boy from rural Saint James would go on to dedicate his entire life to public service – both in uniform and in his hometown.

Ed's story begins in the simplest of ways: a missed photo day. He and his future wife Therese briefly shared a kindergarten class, but she moved away soon after and he never remembered her face - she had been absent when the class photo was taken. Years later, fate brought them together again while he was working at a Smithtown gas station. She would stop to get gas while cashing her paycheck nearby and he would fill her tank. This time, he didn't miss the opportunity. The two married in 1973 while Springer was serving in the US Army. Stationed at Fort Campbell,



Kentucky with the 101st Airborne Division during the Vietnam era, the couple lived together on the giant base that crossed the border with half on the Kentucky side and half

on the Tennessee side. Their first child, Christine was born across the state line in Tennessee, a fitting metaphor for his life that would straddle home, service and community.

Ed had joined the Saint James Fire Department in 1971 and then departed for the Army. After his honorable service, he returned home to resume his volunteer duties and also took a job with the Veteran's Administration Hospital in Northport as a fireman. His leadership qualities quickly emerged – by 1984, he had risen to Chief of the VA's Fire Department, a position he held until 1988. That year he accepted a new challenge as a Fire Marshall for Suffolk County, eventually becoming the Chief Fire Marshall in 2011 and serving until his retirement in 2016.

During his tenure, Springer helped modernize county fire operations. He instituted licensing programs for companies, licensing of fire extinguishers, expanded fire-prevention and hazmat programs, and coordinated emergency management during major storms. His decades in public safety were defined by foresight, collaboration and compassion.

At home in Saint James, Ed's dedication never wavered. He has served as Chief, Commissioner, and President of the Saint James Fire Department – one of only three individuals to hold all three top positions. In his early years, he was also an Advanced EMT riding the ambulance two nights a week, often with his son Edward Springer Junior.

In addition to serving the community together as father and son, he also spent years coaching his son and his friends on the ice hockey team at Smithtown High School. He nurtured not only athletic skill and discipline but served as a mentor - instilling teamwork and confidence that would guide them well beyond the rink. His son followed in his footsteps, both as a volunteer and professionally at the

continued on page 20

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line septic with pre-cast rings. Entertainer's rear yard with roof over gazebo & pool/spa with waterfall. Full bsmnt with egress windows and laundry. Generator hook-up only. One car att. garage. Blacktop & paver driveway. Stone front walkway. 3V School District. \$659,000.

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Prestigious Brick Buillding in Medical Park. Former Periodontist office, Includes office furniture and high end interior finishes. Reception area, waiting room, 3 exam rooms, office and lab room. 1.5 baths. Full basement, part finished. Gas heat, CAC, ample parking. Diamond condition. \$329.000.



SMITHTOWN "SPLANCH"

Lovely 5 BR, 3 full bath Splanch home on a level .23 acre. Architectural roof (10 yr +/-). Covered front porch, fenced rear yard, one car attached garage. Rear paver patio, blacktop BB lined driveway. The home has some oak



floors, partial bsmnt, 100 amp electric, public water, Thermopane windows, vinyl/asb & brick siding. Oil H.W. heat, 275 gal. oil tank in bsmt. \$699,000.

FORT SALONGA "MID-CENTURY MODERN RANCH"

3 BR, 3 Bath mid century Modern Ranch w/vaulted ceilings, HW floors, lower level walkout, decks. One car att. garage. Kitchen, roof, some windows & HW floors updated 2015. LR



with HW floors, built-ins & wood burning frplc, eat in galley kitchen w/granite tops. 200 amp electric, oil forced HA Heat, thru wall AC units, primary BR w/att. bath, private balcony. Sliders to rear deck in kitchen & LR. 1+/- private acres, R-43 zoning, Sold As-Is. Cul-de-sac location. Blacktop driveway, Kings Park schools, Northport PO. 275 gallon oil tank in garage. NO FHA financing. \$699,000.

ST. JAMES "WHOLE HOUSE RENTAL"

Lovely maintained Victorian style Colonial, Large EIK, 5 BRs, 3 full baths, wall-to-wall carpet, hardwood floors, stackable washer/dryer. No pets & no smoking. Landlord maintains grass, Tenant responsible for snow removal. Detached garage not included. \$5,000 mo. + utils



ST. JAMES "TOTALLY RENOVATED COLONIAL"

4 BR, 2.5 bath home on .25 acre, with Azek front and vinyl siding. Thermopane windows, arch. roof, covered front porch with Trex decking. Wide plank HW floors, brand new Shaker style kitchen cabinets and quartz counter.



tops with new SS appls. New LED hi-hat lighting, 2 new bathrooms, Nat. Grid gas heat, Navien hot water, rear Trex deck. 200 amp electric, blacktop driveway, unfin. bsmnt. Whole house san. Must see! \$749,000.

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They Met the Challenge!

St. James residents Kaitlyn Gershowitz and Meghan Costa are an inspiration to all library lovers. Together they met the challenge of the Suffolk County Public Libraries Summer Tour to visit every one of the 66 libraries in the system. Our Smithtown Library was the final stop on their impressive journey.



The Triple Chief – Edward Springer's Legacy of Leadership

continued from page 18
Northport VA, making them one of only two father and son duos to both serve as Chief of the Saint James Fire Department.

He remembers his first major fire vividly – the Smithtown Lumberyard Fire, when the glow from the flames lit up the night sky. Many other large-scale emergencies followed. Ed worked for months at Ground Zero after 9/11, spending the first night on duty for over 50 consecutive hours and coordinating incoming fire apparatus to replace decimated city companies. He also responded to the 1995 Long Island Wildfires, the TWA Flight 800 Crash in 1996, and the Ice Storms of Plattsburgh, where he organized shipments of generators from Texas to keep the dairy farms operating. The skills he honed as a St. James volunteer carried him through these tragedies, but he feels it worked both ways: the moments of crisis shaped him as much as he helped shape their response.

Ed credits his growth to mentors such as Bill Simmons, a beloved Saint James Fire Chief who took him under his wing and modeled what true leadership looks like. Today he pays that guidance forward. He's heartened by the new generation of dedicated recruits entering the fire service and is happy to share that young volunteers now receive a \$2,000 incentive upon graduation from Suffolk's Fire Academy, a sign of evolving support for those who serve.

Service for Ed extends well beyond sirens, he has been an American Legion Member for 28 years and has been Commander for the local Post for the past decade. Under his leadership, membership has grown from a handful of veterans to more than 110, making it the largest Post in Suffolk County. Each Friday morning from 9 to 11, the Legion hosts coffee for members – a simple ritual that strengthens bonds across generations. Their presence at community events like

St. James Day helps raise funds for much needed building repairs and he says the building is also available for rentals.

Above all else Ed is most proud of his family. His wife Therese steadfast through years of long nights and emergency calls, kept their home and children grounded. Today he relishes time with his grandchildren – attending their dance recitals and sports games, often in the same town where his own story began.

Reflecting on his life, Ed says he feels deeply grateful and rewarded for both his family and career. Ed's leadership style is defined by humility. "I would never ask anyone to do something I wouldn't do myself," he says – a motto that has guided him throughout his fifty plus years of service. He truly believes that Saint James has been a great place to have spent his life and is proud of his contribution in keeping it safe for all of the community and beyond.



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PROFILES IN EXCELLENCE: Meet Sister Mary Theresita Donach – "Sister T"

by Scott Posner

What leads to an extraordinary life of service? For Sister Mary Theresita Donach, the answer lies in a commitment that began at the tender age of 15 in 1963 – an affiliation with the Sisters of the Holy Family of Nazareth that has lasted more than 62 years.

For those who have had the privilege of knowing Sister Theresita, perhaps a few surprises await. For the rest, prepare to meet a truly remarkable woman.

Sister Theresita was born on February 26, 1948, in Greenpoint, Brooklyn, as Deborah Felicia Donach, the daughter of Leon and Casmira Donach. Her father was a butcher, and her mother worked in the clothing business in what was then known as the "Schmatta Trade" – the Yiddish term for the rag trade. She had two younger siblings: a sister, Donalea, who passed in 2020, and a brother, Leon, who currently lives in Arizona.

Early memories are filled with summers spent at her grandmother's "shack" in Yaphank (Ridge). And "shack" was no exaggeration there was no plumbing, no electricity, and an old-fashioned icebox that required regular replenishment. It was a cramped space packed with six children, two mothers, one grandmother, and two fathers on weekends. While you might assume these were difficult or trying times, the reality was quite the opposite. Sister Theresita recalls those summers as wonderful adventures filled with outdoor exploration, play, and laughter.

The family eventually moved from Brooklyn to Ridge full-time, drawn by their love for the area. When asked how others might have described her back then, she laughed and said: "A rambunctious troublemaker."

What led young Deborah Felicia to join a religious community at just 15 years old? She describes the 1960s as a time with far fewer op-



portunities for women. She knew early on that she "wanted more" than the traditional paths available and was drawn to a life dedicated to caring for others.

So, in 1963, 15-year-old Deborah traveled to Philadelphia to begin her training, entering the postulancy at Nazareth Academy. The following year, she joined the Community of the Sisters of the Holy Family of Nazareth and took the name Sister Mary Theresita Donach upon entering the novitiate.

At that young age, she didn't yet realize that different religious communities had different charisms – special focuses such as social justice, teaching, preaching, or caring for families and the poor.

Having never been away from home, homesickness became a strong and unwelcome companion during her first year. Her mother regularly mailed her the Sunday comics, a gesture that helped her stay connected and comforted. That experience sparked a lifelong love of comics – a fond reminder of her mother and those early days.

Sister Theresita's second year of studies brought her back to Long Island, followed by a third year in Philadelphia. She made her First Vows in 1966 and her Final Vows in 1971.

Those who know Sister Theresita know that she has boundless energy – a good thing, because she has rarely stopped moving. From 1968 to 1970 she taught first and second grades in Worcester, Massachusetts, then eighth grade in Norwich, Connecticut. She later served in Oakdale, Connecticut, before becoming Associate Director of Youth Ministry for the Diocese of Norwich.

In the 1970s, she returned home to Long Island as Director of Youth Ministry at St. John Nepomucene Parish in Bohemia, then partnered with Father Tom Mulvanerty to establish the Church of the Resurrection in Farmingville.

As if that weren't enough, she also founded a nonprofit organization, Hugs & Halos, to raise funds for other charities. Later, she became a project manager for the Haitian Apostolate, making numerous trips to Haiti beginning in the late 1990s.

When asked why she chose to serve in Haiti, Sister T shared her characteristic practicality and humor. "Everyone was worried about Y2K," she said, "so I decided to go to Haiti – they didn't have computers, so there was nothing to worry about!" What Haiti did lack, however, was food, clean water, and healthcare – needs she worked tirelessly to help meet.

Her time there was not without adventure. On one occasion, her group's car had to detour down a rough road, where they were suddenly ambushed – not with guns, but with coconuts! What began as a slow 10 mph crawl quickly became a 40 mph escape in reverse.

It was on a mission trip to Haiti that a student shared an observation that deeply moved her: "In the U.S., we tend to give from our excess. In Haiti, people give from their want – not from what they have left over."

Over the years, Sister Theresita continued on page 24



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Welcome to this Contemporary Farm Ranch, set on 2.16 acres in the scenic Village of Nissequogue. Surrounded by pristine natural beauty with seasonal views of the Nissequogue River, this 4-bedroom, 5-bath residence provides a rare blend of quiet retreat and modern comfort. MLS# 916981



295 5th Street, Saint James | Available - \$699,000

This Expanded Ranch offers comfort, style and convenience with 4 bedrooms and 2 full baths. The inviting den is a true centerpiece, showcasing custom built-in shelving, a wood burning brick fireplace, and a sunlit picture window with window seat that overlooks the serene yard. MLS# 906507.



9 Holly Lane, Nissequogue | Pending - \$1,300,000

Elegant and classic 4-bedroom, 4-bath Colonial located on a serene cul-desac. Throughout the home, rich wood floors and solid wood doors exude quality and character. Relax and unwind on the charming covered rear porch or the front veranda that both overlook expansive lush lawns. MLS# 899595.



32 Kings Park Road, Commack | Pending - \$739,000

Charming and well-maintained Split Level home featuring a bright living room with wood floors and crown molding, a remodeled kitchen, and a cozy den with a wood-burning fireplace. Includes 3 bedrooms, a partial basement, new gas heating and central air, and a new cesspool. MLS# 895767.



17 Verbena Court, Hicksville | Sold - \$847,500

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



284 Bow Drive, Hauppauge | Sold - \$790,000

This 4-bedroom, 3-bath Colonial home was the original model home for its area. The spacious formal living room has wall-to-wall carpeting and is full of light from the front windows. Enjoy the wood burning fireplace in the den and the eat-in kitchen with new countertop and appliances. MLS# 859439.



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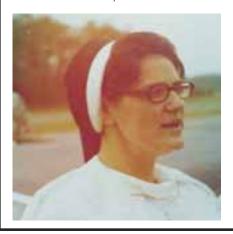
Meet Sister Mary Theresita Donach

continued from page 22 has encountered remarkable generosity from people in all walks of life. On a recent flight to Arizona to visit her brother, who is facing medical challenges, the passenger beside her – a complete stranger – handed her \$1,700 to help with his medical bills. "There is so much kindness in the world," she says, "but we just hear about the negative more often than the good."

In 2018, Sister Theresita joined St. Philip and St. James Catholic Church in St. James, N.Y., as a Pastoral Associate under Father Tom Haggerty. In that role she assists with baptisms, wakes, retreats, and parish planning, as well as the OCIA (Order of Christian Initiation for Adults) program and school visits.

When asked how the life of a sister has changed since the 1960s, Sister T reflected that it was once "extremely structured and quite austere." They were only allowed to see their families twice a year. But after Vatican II, which unfolded in the 1960s, many things changed. Laypeople became more involved in Church life, services were conducted in native languages instead of Latin, and sisters were encouraged to use their individual gifts to serve where they could make the greatest impact.

Today, Sister Theresita lives on the grounds of Little Flower Children's Institute in Wading River with two other sisters. Each uses her unique talents in ministry – one works with





inmates in Riverhead and Yaphank, another oversees Faith Formation at Good Shepherd Parish in Holbrook, and Sister T focuses on conducting retreats for groups and parishes. (If you're interested, she welcomes inquiries!)

I must admit, Sister Theresita is the only nun I've ever known. My image of nuns used to be a mix between Sally Field's "Flying Nun" and the stern, intimidating movie versions. Sister T has shown me the reality: that Sisters strive to make meaningful, positive impacts in their communities, using their talents to help others develop and sustain their relationship with God.

When asked about those who aren't Catholic or don't share her faith, she said beautifully, "God created all of us. We need to respect and honor the version of God that is in everyone." She believes we are all more alike than different – each facing our own struggles and choices along the way. As she puts it, with her trademark laugh, "We all need to change our dance steps every once in a while."

When asked if people treat her differently when she's wearing her habit, she smiled and said that those who know her do not, they see the person before the clothes.

continued on npage 26







OUR TOWN • NOVEMBER 2025

Sister Mary Theresita Donach

continued from page 24 Strangers, however, often share their own religious stories and ask for her prayers. Her response? "I'll pray with you."

Sister Theresita's extraordinary life of giving continues to this day. In addition to her lifelong service to the Church, she is an active member of the Rotary Club of Smithtown, where I have had the pleasure of knowing her personally. She is a woman of great compassion, humor, and faith. Truly, we could all use a Sister T in our lives – no matter what our religious beliefs may be.

Note: Happy 150th anniversary to the Sisters of the Holy Family of Nazareth, founded in 1875 by Frances Siedliska, a Polish noblewoman.





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IN THE NEWS

Homeless Long Island: A Compassionate Outreach for Those in Need

Homeless Long Island is a grass-roots organization dedicated to supporting the homeless community across Long Island – primarily in Suffolk County, with outreach extending into Nassau County. Every day, calls come in from individuals facing housing crises, including veterans living on the streets and families residing in their cars.

Through its outreach program, the organization connects with people living in tents, wooded areas, hotels, and vehicles, as well as those couch surfing. Volunteers and staff provide essential items – blankets, food, clothing, and warm attire – along with compassion, prayer, and Bibles.

Prevention is also a major focus. With many at risk of eviction or foreclosure, https://www.homeless-longisland.org/homeless-prevention offers resources to help families protect their homes, budget wisely, and plan for long-term financial stability. Its website, homelesslong-island.org/foodpantries, includes an easy-to-use map locator for nearby food pantries, soup kitchens, and clothing closets, ensuring access to



vital community resources. Many calls come from women aged 50 to 75, some even in their 80s, many living in vehicles or on the brink of homelessness – underscoring the urgency of this mission.

Donations are accepted through the web site as well as Amazon and Walmart wish lists, \$5–\$10 gift cards from McDonald's, Burger King, 7-Eleven, and Speedway. Gas cards are especially vital for those living in their vehicles.

"We believe in the power of community and compassion," the founders emphasize. "Together, we can bring hope and dignity to those experiencing homelessness."

Founded by Chaplain Steven Crawford and his wife Gabriella, the group continues helping individuals in need as it prepares to finalize its 501(c)(3) nonprofit

continued on page 72



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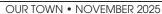
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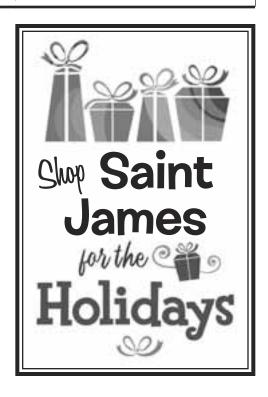
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I Met COVID at a Wake and He Never Left My Side: Vaccines Made Sure of it



Before February 26, 2021, I was a happy, healthy 55-year-old woman, excited about my new career as a birth photographer. I lived in Saint James with my wonderful husband, Rich, and our beautiful daughter, who lived out of state. Life was good — we were planning a dream trip to Hawaii that fall to celebrate our 30th wedding anniversary. I had just lost 25 pounds, exercised daily, biked, lifted weights, and even ran for fun. I was always on the move.

But everything changed when COVID—and later, vaccine side effects—entered my life.



My new book, I Met COVID at a Wake and He Never Left My Side: Vaccines Made Sure of it, shares my deeply personal journey through illness, recovery, and rediscovery. It's a story about hope, determination, struggle, and gratitude. It's not political — it's my truth. I emphasize in the prologue that this is not a war against vaccines. I had the COVID vaccines. I still get my flu shot every year. This book is about change, resilience, and finding light on the other side of hardship. I know how blessed I am — many never got that chance.

I'm so grateful to have discovered Long Island Authors, whose encouragement, networking opportunities, and Books and Bites events made publishing this story possible.

Please visit my profile at www.LongIslandAuthors.com, and if you're a writer yourself, do yourself a favor — join this inspiring community!

ΙN THE NEWS

Waves of Change

A Career Milestone Rooted in Love, Creativity, and Compassion

Smithtown resident, Tina Duffy has officially announced her partnership with Freddy Mattera in Wave Salon, a premier hair and beauty destination located in Hauppauge.

For decades, Tina Duffy provided hair dressing services from her home salon in St. James. The mother of four sons focused on raising her boys, making a home, and serving the community. Then her husband Gerard became ill and was diagnosed with ALS.

Tina lost her husband Gerard, her friend and partner in life. Her world went silent. Before long she trusted that there was life on the other side of loss.

Surrounded by the love of family and friends within the community, Tina looked to support her family and find the fortitude to continue.



She didn't want to work alone. She wanted to surround herself with other stylists. Tina went to work at a

local salon. Several months later, the opportunity to become a partcontinued on page 32

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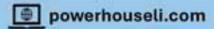
From our family to yours, we thank the community for your loyalty, referrals, and friendship. Your support has helped us grow and powers our mission to make clean, affordable energy available to everyone - one home at a time. Together, we're creating a stronger, cleaner, and more energy-independent Long Island. As the year winds down, we're thankful to be your local home-energy team.

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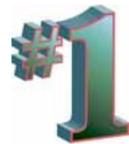
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THE NEWS ΙN

Waves of Change

continued from page 30 ner was met with enthusiasm by all.

Tina's journey is documented in the spring 2025 issue of Emerge Women's Magazine where she is featured on the cover. The issue rec-



ognizes dozens of local women telling their story of resilience, beauty, and power. This project created by editor/photographer Katrina Murphy Cicero benefits the future location of a Ronald McDonald House in Stony Brook, NY.

Tina and the compassionate team at Waves Salon are committed to volunteering their time and talents at Ronald McDonald House Charities offering complimentary services and moments of comfort to families staying at the New Hyde Park and Stony Brook Children's Hospital locations. The salon's mission is to bring dignity, beauty, and hope to those facing medical crisis with their children.

Tina's career in the salon industry has been defined by her talent, tenacity, and passion for empowering others through beauty and confidence. Her role as partner at



Waves Salon represents not only professional growth but also a commitment to cultivating a space where clients and stylists feel supported and inspired.

Waves Salon Hauppauge is continued on page 39



Fall is a season of change and the perfect time to make your next move. Whether you're thinking about selling or searching for your next home, the current market offers exciting opportunities for both buyers and sellers. Let's discuss your goals this season and create a plan that works for you.



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St. James Bewery continued from page 4

continued from page 4 spirits, either.

Here's where the magic truly happens:

Amazing beer? Check.
Beautiful atmosphere? Check.
But it's more than that.

Pass through the doors and you'll find a place where customers feel like family, where employees stop by even on their days off (I saw that firsthand on my Thursday night visit). It's a place where "everybody knows your name," where pets are welcome - there's even a bowl of dog treats on the counter - and where local collaboration thrives. They provide lists of nearby restaurants so you can easily order food to enjoy with your drink.

But the Adamses' success goes beyond the brewery itself. They're passionate about giving back. Over the years, they've hosted numerous charitable events, raising more than

"We Do It All"

\$50,000 for local causes. Just days after our interview, they were preparing for a benefit to support the Sweet Briar Nature Preserve.

Rachel is also an active member of the Smithtown Sunrise Rotary, whose motto is "Service Above Self." She embodies that spirit dailyher customers are the heart of the brewery, and her attention to detail is extraordinary. During our chat, she noticed a customer who didn't seem to enjoy the sugared rim on his beer glass and immediately replaced it with something better - likely before he even realized she'd seen it.

That level of care is reflected in everything about Saint James Brewery - from its spotless interior to its inviting, community-driven feel.

Did you know? Saint James Brewery is the only woman-owned brewery on Long Island. Jamie may be the "Wizard of Brew," but Ra-

chel ensures the tasting room is "much more than the sum of its parts."

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Hope to see you there!

Editors note:

Scott Posner is a Chamber of Commerce Board member and volunteers for the Our Town Paper. He has been running the St. James office of Edward Jones Investments for the past 27 years.



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Celebrate St. James

continued from page 12 line.

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TRAVELS WITH IRMA

Midwest Odyssey

by Irma Gurman

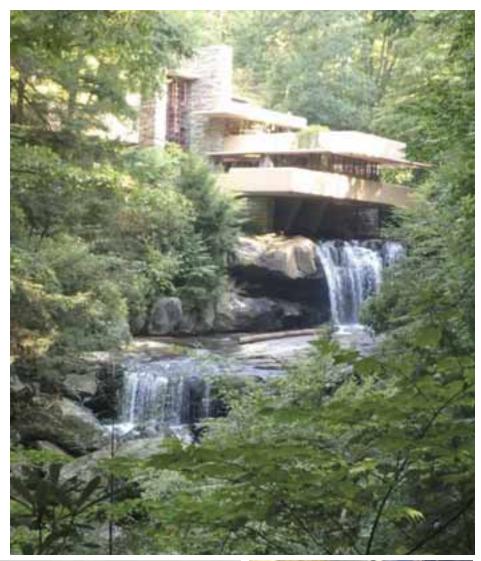
Have you ever seen the movie, Somewhere In Time? It was filmed on location in the beautiful Grand Hotel on Mackinac Island in the Upper Peninsula of northern Michigan.

We decided to take the 939 mile road trip to tour Frank Lloyd Wright's spectacular Fallingwater on the way and to visit the Henry Ford Museum of American Innovation on the way home.

Fallingwater, located in Mill Run, Pennsylvania, is a UNESCO world heritage site. It was built in 1838 over a waterfall for the Kaufman family and is considered by many to be one of the most famous private houses in the world. The indoors is married to the outdoors as you hear the sound of the waterfall from every room in the house.

We drove north to the Upper Peninsula, parked the car in the provided lot on the mainland and took a ferry to Victorian Mackinac Island. The huge Grand Hotel, which opened in 1887, is visible from the water. It is landscaped with thousands of flowers, has a

continued on facing page







OUR TOWN • NOVEMBER 2025

TRAVELS WITH IRMA

Midwest Odyssey

continued

porch large enough for 100 rocking chairs and, with its unobstructed view of Lake Huron, you can enjoy both sunrise and sunset. It is the perfect venue to spend a romantic weekend. The rooms are decorated in Laura Ashley fabrics and the halls are filled with antiques.

No cars are allowed on the island – only horse and buggies, and bicycles! You are transported back to another century. Walking through the town is a feast for the eyes.

There are flowers everywhere! Quaint shops sell artisanal goods and fudge. We bicycled around scenic and relaxing Mackinac Lake and took a picture by Arch Rock.

We slept two nights in our adorable bedroom and had our meals in the huge dining room. A pianist and harpist serenaded us, enhancing the elegant ambiance. We were amazed at how efficient the staff

was as they served 1000 people in one seating!

We then drove south to the Henry Ford Museum in Dearborn, Michigan. It has a working farm called Greenfield Village. Everything is as it was 150 years ago and the people, dressed in period costume, plant crops and tend to the



animals and farm equipment. The indoor exhibits feature cars dating from the first Model T to the present, John Hancock's desk, the Lincoln Continental convertible that JFK was riding in

when he was assassinated and Abraham Lincoln's fateful rocking chair from Ford Theater. It was very unnerving to see the blood stains on the back of the seat! (By the way, the theater had no connection to Henry).

All three of these destinations make for a varied and interesting experience. Fill up your gas tank, go and enjoy!

Waves of Change

continued from page 32 located at 542 Hauppauge Rd. #111, 631-724-0005. You can find them on Facebook and Instagram.

To learn more about Tina's journey and benefit the Stony Brook Ronald McDonald Charities, purchase the Emerge issue featuring her and dozens of local women: https://tinyurl.com/ma67u7sx

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SHORT STORY

The Unrecorded License Plate

by Carol Giuliana

It was September 8, 1962. I was 20 years old and working as a secretary at The American Tobacco Company.

I grew up in a very strict Italian household, and even at that age, I still had an 11 p.m. curfew every night. I didn't drink, didn't smoke, and never disobeyed my mother or father. Things just didn't happen that way under their roof. Not to say I never rebelled - once I "ran away"... to the public library on Union Turnpike.

After graduating high school at 18, college was never an option. I hadn't taken the academic course

that would lead to a college application. My parents insisted I take the Commercial Course at Martin Van Buren High School, believing that I would eventually get married and have children, and that higher education would be a waste of time and money.

However, they insisted my younger brother go to college – after all, he would be a breadwinner someday and would "need" a higher education. Expectations for my potential in life were, as you can see, very low. But they truly believed they were doing the right thing; their intentions were sincere. Still, as the saying goes, the road to

hell is paved with good intentions.

After graduating in 1960, I began commuting every day from Bellerose, Queens to my job on 3rd Avenue and 42nd Street. I loved the city - the energy, the excitement, the feeling of stepping into a different world. I also loved dressing up for work each day.

I was an expert typist – 80 words per minute – and fluent in Pitman shorthand, which I still use to this day. I started in the typing pool, as all new recruits did, and met many girls my age from different backgrounds.

One of them was another Italian continued on page 42

IN THE NEWS

Aunt Meme's Wise Words

Pressure/stress is an unavoidable part of life. However, some great things are the result of tremendous pressure. For example, a diamond is nature's gift of pressure. While pressure/stress in life is unavoidable, how we respond is our choice. The true measure of a person is how they act in the toughest of times.

Every bike rider looks like a pro when the road slopes down but how will they fare when the road becomes a steep climb?

When pressure/stress appears, take time to clearly decide how you will handle the challenge.

Take a few deep breaths. Chunk it

down by breaking the situation into smaller, manageable steps.

If possible, share your thoughts with a

with a trusted family member or friend.

Set boundaries – learn to say no

when your plate is full.

Please remember, our true measure is not how we act in good times. Our character is tested and measured when pressure is applied. Look no further than the Long Island Expressway to see how pressure can affect us all.

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







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SHORT STORY

The Unrecorded License Plate

continued from page 40 girl who often brought in grapes and figs from her father's garden in Queens – grapes in a shoebox, figs in an envelope. We started eating lunch together and discovered how much we had in common. Looking back, I realize how natural it was to gravitate toward people of similar backgrounds - it felt safe, familiar, and comfortable.

My social life at home was simple: occasional dates, but mostly bowling, movies, and beach days in the summer with "the girls." Our destinations were usually Rockaway, Jones Beach, and, on rare occasions, Fire Island. I never once went to a bar to order a drink – and to this day, I don't drink wine or any kind of liquor. I'm not some kind of abstinent radical; I just hate the taste – it makes me feel empty. The bar scene was never my style.

During the summers, our ex-

tended family often gathered at relatives' homes at the Jersey Shore or out east. Even as a young adult, I still vacationed with my parents.

When I was 19, we took a wonderful road trip together – to Vermont, Montreal, and Quebec. I sat in the front seat next to my father – my mother never drove on family vacations. That was strictly Dad's role. I had the Texaco road map spread across my lap and would trace our route with a red pencil. To this day, I love visiting the Map Room at the New York Public Library, probably because of those memories. I was, you could say, my family's GPS.

In Quebec, we visited a shrine to St. Anne de Beaupré, which had 28 steps leading to an ornate altar with a statue of Saint Anne at the top. The tradition was that if you said the rosary while climbing the steps on your knees, your wish would be

granted. My mother did the 28 steps, rosary in hand. When she came back down, I asked what she had prayed for. She said, "I prayed that you would meet a nice Italian boy and be happy the rest of your life."

I just shrugged, thinking that St. Anne clearly hadn't looked too closely at my love life – I wasn't dating anyone, Italian or otherwise.

Later that year, my friend from work approached me with a proposition. Her husband was a teacher at East Hills Elementary School in Roslyn, and she said he had someone she wanted me to meet on a blind date. He was 24, working toward his Master's and Doctoral Degrees in Psychology.

My first thought was, Why would someone like that be interested in just a secretary with no college education? I told her I didn't think it

continued on facing page

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SHORT STORY

continued

was a good idea. But she insisted – she said he was soft-spoken and kind, and that I should at least meet him. If it didn't work out, I'd never have to see him again.

So, I agreed to let her give him my number. She suggested that our first date take place at her house, where she'd be entertaining a few friends, so it wouldn't feel awkward. That sounded safe – there's comfort in numbers!

His name was George Giuliani, and he called me the Wednesday before our Friday night date. His voice was soft, polite, and comforting. We talked easily and laughed a lot.

By the end of our conversation, though we hadn't even met yet, he asked if I would go with him to a friend's BBQ in Staten Island the following day. I thought it was a little odd to "book" me for an entire day without meeting first – but something about him felt right. So I said yes.

Friday night came. George arrived in his old convertible Volkswagen with a loud muffler. From my bedroom window on the second floor, I watched him walk up the front path. He was tall, thin, and wearing a suit. I couldn't see his face very well, but I heard the doorbell ring. My mother answered, invited him in, and called up the stairs to tell me, "He's here!" – as if I didn't already know.

Now, here's the ironic part. On every date I had ever gone on, my father had a ritual: he would quietly step outside, walk to the gate, and write down the license plate number of my date's car. "God forbid something happens," he'd say, "I want to be able to give the police the car information." Comforting, right?

But that night, I didn't hear the side door open or the screen door click. When I came downstairs, George was chatting with my mother and father. I got my coat, and as we stepped outside, I realized Dad hadn't gone out to record the license plate.

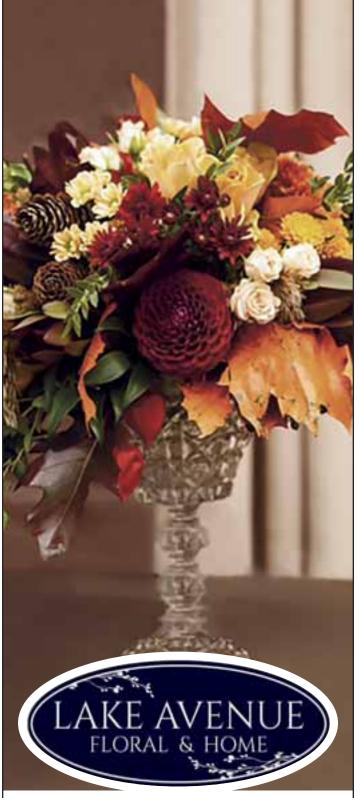
I ran back inside to grab the small gift I was bringing and whispered, "Dad, how come you didn't write down his license plate number?"

He looked at me and simply said, "Not him. This one's a keeper."

And he was – for 57 wonderful years, until November 2021.



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The Blackboard Bulletin





Smithtown High School East Tops Commack in Last Second Thriller



Smithtown High School East's football team rallied for a 37-34 victory over Commack during homecoming on October 4.

Photos courtesy of Smithtown CSD

A 24-yard field goal in the final seconds by Nick Stroveglia gave Smithtown High School East a 37-34 homecoming victory over Commack on October 4.

Students, families, staff and community members turned out on a beautiful, sunny Saturday evening as

the Bulls pulled out the victory under the lights. Smithtown High School East trailed by doubledigits at halftime before rallying in the second half for the come-from-behind victory.

The halftime show featured performances by the varsity cheerleaders and the National Champion

Whisperettes. Finally, the homecoming court took the field to announce the 2025 king and queen – Dyson Brown and Giulia Clark.

On October 3, HSE hosted its annual pep rally. Every varsity sports team was introduced as were the captains of each team. Throw in a game of musical chairs and a pie eating contest, and the school spirit was in full effect.



2025 king & queen.



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The Blackboard Bulletin





Creativity Takes Center Stage at The Knox School

At The Knox School, creativity takes center stage! Whether students arrive with years of experience or a budding interest in the arts, Knox Creative Arts Academy provides personal pathways for them to explore their passions, hone their skills, and unlock their potential. With a comprehensive performing arts program that includes theatre, music, and dance, Knox cultivates both artistry and confidence, preparing students for success in college and beyond.

Guided by our distinguished faculty of accomplished performers and educators, Knox students learn in a supportive environment where individuality is celebrated and talent is nurtured. From acting and music to movement and stagecraft, young artists develop their technical expertise while discovering their unique artistic voices. The program emphasizes hands-on projects and collaboration – preparing our graduates to shine in auditions, university applications, and future performances.

Knox students don't just study the arts – they live them. Each year, students take the stage in masterful theatrical productions including a fall play, spring musical, and dedicated middle school performance. Additional opportunities to perform are plentiful, from intimate coffeehouses and beloved community celebrations to seasonal concerts and our signature Spring Performing Arts Concert Extravaganza. These events not only showcase student talent but also bring the Knox community, friends, families, and neighbors together to experience the joy and vibrancy of the arts.





This fall, the community is warmly invited to experience Knox Performing Arts in action at our production of As Bees in Honey Drown. Performances will be held on November 14 and

15 at 8:00 p.m. in the William Turner Shoemaker Theater, 541 Long Beach Road, St. James. Tickets are just \$5 and will be available at the door.

To learn more about how Knox inspires students to Engage. Elevate. Excel., call 631-686-1600 or email: admissions@knoxschool.org.

FREE Adult Basic Ed Classes – All Are Welcome

Smithtown Central School District's Adult Basic Education Center is offering FREE morning, afternoon and evening classes at the New York Avenue Annex Joseph M. Barton District Building, 26 New York Avenue in Smithtown.

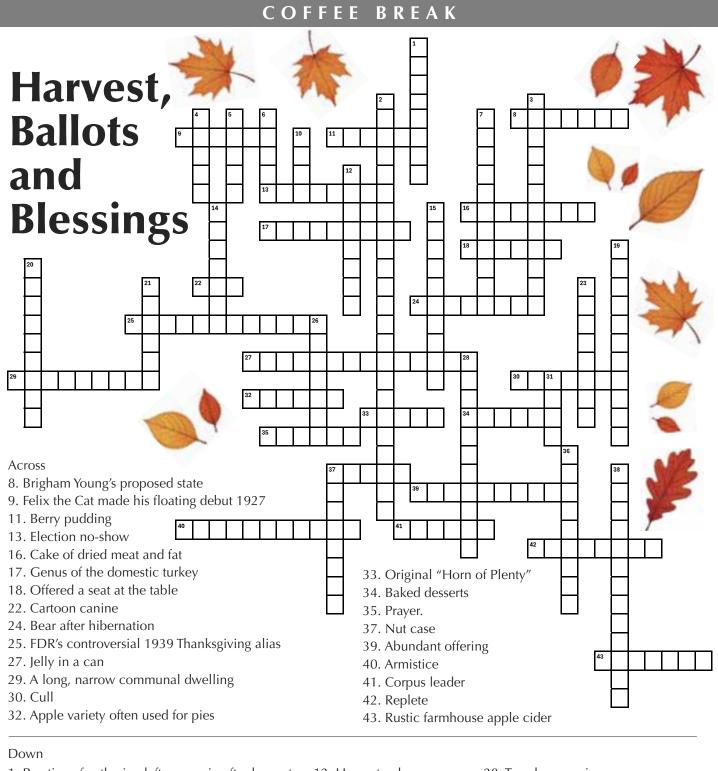
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- Career Counseling/Case Management (for those enrolled in ESL, ABE and HSE classes)

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

Smithtown residency is <u>not</u> 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.



- 1. Practice of gathering leftover grain after harvest
- 2. The cowboy battles the lion
- 3. Roved
- 4. Zea
- 5. Douse
- 6. Medicinal Herb
- 7. James Pierpont's 1857 Thanksgiving Day ditty
- 10. Seasonal workers?

- 12. Homesteaders
- 14. Gravy Makers
- 15. Patuxet indispensable
- 19. Grace
- 20. People of the first light
- 21. House support
- 23. Body in session
- 26. Heart and liver

- 28. Tuesday exercise
- 31. Fall color
- 36. I appreciate that
- 37. Side order missing from the original Thanksgiving Feast
- 38. Night of broken glass

Solution on page 75

COFFEE BREAK

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6 2 3 4 6 4 6 1 1 3 5 1 2 6 2 6 5 4 3

IDDLES & TEASERS

Solution on page 75

A little tricky!





- 1. The 22nd and 24th presidents of the United States of America had the same parents but were not brothers. How can this be possible?
- 2. What is at the end of a rainbow?
- 3. When 5/9 full, a beer keg holds 20 gallons. How full does it need to be to hold 27 gallons?

Answers on page 75





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SHORT STORY

Shoe Envy

by Carol Giuliani

If you were to line up, in a neat row, all the fashionable shoes worn by today's style setters, there's one group of people whose shoes you would never find among them. You see, their footwear doesn't come in shiny colors or exotic fabrics, with slim heels or ornate decorations. Why? Because these are the shoes worn by nurses – every day, as part of their uniform.

No one would ever envy the white, lace-up, sensible shoes or the clunky but comfortable nursing clogs. Yet these are the shoes that

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carry the legs of people who routinely save lives, respond to physical and emotional crises, and bring patients back from the brink – all while providing a stable, supportive base beneath their feet. These shoes cradle and protect the foot through long hours of standing, walking, and running – all essential parts of a nurse's day. They are a constant source of dependable comfort, grounding their wearer during the most intense life-saving moments.

Throughout the day or night – often a 12-hour shift – these are not shoes you take off after an hour or two like at a wedding reception. Oh no, these are the shoes you put on at 6 a.m. and take off at 10 p.m. They stay on your feet the entire day, offering steady comfort while the nurse, in turn, provides care and comfort to each patient and their unique needs.

Usually, in the morning, they are a sparkling white – polished and cleaned the night before. But by the end of a long shift, they reflect the remnants of human suffering and compassion from the day. Some may bear stains of blood, IV fluid, or other reminders of the struggles endured – even tears shed during an embrace after a crisis.

The shoes that hold up the nurse are, in truth, the most enviable shoes of all. They are not making a Vogue fashion statement, nor are they designed to complement a beautiful outfit. They exist to provide stability, comfort, and endurance – to carry their wearer through every crisis that unfolds in a single day.

So what does that say about what society truly envies? When you compare a simple pair of white continued on page 50

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SHORT STORY

Let's NOT Talk Turkey

by June Capossela Kempf

No sooner have we scorched our last prime rib for the summer and packed the barbecue away, than its time to pull out the baking pan to roast the Thanksgiving turkey which brings up the question: Why turkey? How did this ugly bird weave itself into the fabric of Thanksgiving in the first place? I read somewhere that the Pilgrims most likely feasted on venison and seafood at that first gathering in 1621, leaving the turkeys alone. The 'turkey' didn't become a staple until the nineteenth century as a result of the lobbying efforts of writer Sarah Hale because she thought it made a good table centerpiece. But today, who needs all that tryptophan? I want to be awake for the pumpkin pie and the Costco cheesecakes.

Sometime around Columbus Day, I called my daughter Jeannie and proposed doing Thanksgiving at my house this year but with one change.

"I'd like to make my famous Lasagna casserole instead of turkey."

"What's the matter with turkey?" she asked.

"It's been done – overdone if you wanna know."

"We'll think about it," Jeannie

She hung up, thought about it and got back to me right after Halloween.

"How about we do Thanksgiving here?" (at her house)

"Are you making Lasagna?"

"No," she said. "We all want turkey. If you want Lasagna so badly, maybe you could BYO. Turkey is a solid American Thanksgiving tradition. Lasagna is just not Kosher."

"Ooo, now you got me thinking Pastrami."

"Mom!" she shouted.

We bantered back and forth for a while exploring the idea of starting a tradition of serving different ethnic dishes each Thanksgiving and then came to the decision that this year, I would make Lasagna stuffed with my own meatballs, sausages, mozzarella, ricotta and smothered

with my own home-made sauce.
"You can have some if you like,"
I told her.

"Just keep your A1c count in mind Mom while you are consuming all those carbs."

I didn't worry about that. I have continued on page 70





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SHORT STORY

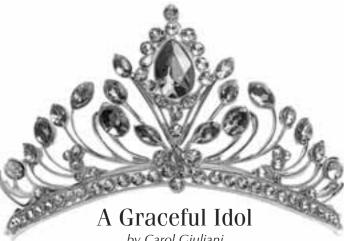
She was everything I wasn't at fourteen years old. It was as though she were made of a special porcelain that made her shine. Her beautiful blonde hair was always combed sleekly back into a regal bun. Her tall, slim figure and air of dignity were nothing less than perfect. Her posture, the way she held her head so high, and the attention she commanded both on and off

I was completely enthralled by her and her fairytale life, especially when she became the Princess of Monaco in 1956. Somehow, she reflected everything I wanted to be, although I knew I would never have that opportunity – because of my coloring, my weight, my cultural background, and a million other circumstances.

the screen - this was Grace Kelly.

Yet I followed her every move. I collected her pictures from all the Hollywood magazines of the day -Photoplay, Modern Screen, Life, and Movie Life. The life she led reminded me of my favorite fairytale character, Cinderella - the glamorous clothes, the beautiful homes, the enchanting lifestyle.

In 1955, she met Prince Rainier of Monaco when she was invited to attend the Cannes Film Festival. I was so excited on the day of her wedding, April 19, 1956. It was like watching a true fairytale come to life before my eyes. It was broadcast on my black-and-white television, yet I still remember her dress made of silk taffeta, antique Brussels lace, pearls, and tulle. She was



by Carol Giuliani

the most beautiful bride I had ever seen, and he was her handsome prince. That was also the first time I ever heard of a civil ceremony preceding a church wedding.

She was married in a huge cathedral in Monaco, but what I remember most is that she never smiled once. I recall her walking down the aisle, poised and graceful, but without a smile – perhaps from nervousness, knowing that millions were watching her on television.

I continued to follow her throughout her years in Monaco chairing Red Cross Balls, dressing in her exquisite gowns and glittering crowns. There was one beautiful *Life* magazine cover – a silhouette portrait - where she almost didn't look real. During her years as princess, she played a major role in promoting the arts in Monaco. She also learned French and spoke it fluently as her primary language.

Whenever I could, I sought out more about her life – her three children with Prince Rainier, her royal duties, her grace. I never lost interest in reading about her.

In 1982, when I was forty, I re-

member hearing that she had suffered a stroke and died while driving with her daughter on a winding road in Monaco. The image that stayed with me from the news clips was of Prince Rainier, tears streaming down his face after losing his princess. She was only fifty-two.

In 2015, my friend and I toured the south of France and visited Monaco. That old feeling of enchantment

swept over me again. The small pink principality was exactly as I had imagined it. I was determined to see her tomb at Monaco's Cathedral of Saint Nicholas - the same church where she had married her prince.

The church was smaller than I had imagined compared to others in France. I walked slowly toward the back, expecting to see large, ornate tombs. Instead, I found two simple stone markers on the floor – one for Grace, one for her prince – side by side, adorned with just a few flowers. My emotions were as raw as they had been in 1982, when I first heard of her death.

Looking back, I often wonder what it was about her that captivated me so deeply. I think it was that she embodied all the qualities I admired in a woman - confidence, dignity, beauty, and inner strength. I realize now, in my later years, that her image came not just from her looks but from the way she carried herself and treated others with respect and kindness. Such a simple formula - and so attainable.

Shoe Envy

continued from page 48



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and worn only occasionally, there's no contest. The shoes of a nurse deserve our deepest admiration. Anyone who observes a nurse through their demanding day will see, with compassionate eyes, how these humble shoes carry them along the highway of illness and

healing.

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ARTS & ENTERTAINMENT

Gallery North Features Over 50 Local and Regional Artists in the Holiday Exhibition and Hosts Holiday Gift Bazaar

Gallery North is pleased to present Deck the Halls, its annual group exhibition of small original works for holiday giving, on view from now until December 21, 2025. As a complement to the exhibition, Gallery North will also host the Holiday Gift Bazaar, an indoor, holiday gift market, featuring some of the area's finest jewelry, textiles, pottery, and more! The Holiday Gift Bazaar will take place from 11 am to 5 pm on Saturday, December 6.

The exhibition and Holiday Gift Bazaar are free and open to the public.

Deck the Halls is Gallery North's annual group exhibition of small original works for holiday giving. Enjoy artworks by over 50 local and regional artists in a range of media, including painting, printmaking, works on paper, sculpture, glassware, and more. The exhibition offers an excellent opportunity to support local artists, and features a diverse selection of affordable, exciting, original artworks for everyone on your list. In addition, Gallery North also features a large assortment of artisan-created jewelry, handmade crafts, and decorations within the Shop at Gallery North, as well as clothing and artist-made greeting cards produced in the Studio at Gallery North. We also offer gift certificates for an art class or workshop for an aspiring artist, child, or adult.

Kick off your holiday shopping experience at Gallery North! This exhibition is generously sponsored by The Field Family, Pet E/R, Printers3, Suffolk County's Department of Economic Planning and Development, and Jefferson's Ferry. The exhibition, reception, and the



Field in Morning Mist

holiday gift market will be free and open to the public.

During the exhibition Deck the Halls, Gallery North will host the Holiday Gift Bazaar, a special holiday gift market inside the Gallery and the Studio on Saturday, December 6. The purpose of the Holiday Gift Bazaar is to provide the community with a way to "buy local" this holiday season instead of shopping in malls and shopping centers. The Holiday Gift Bazaar will offer an excellent opportunity to support local artists and businesses. Holiday shoppers will find a diverse selection of affordable, exciting, original paintings, prints, photography, ceramics, pottery, woodwork, glassware, artisan created jewelry, handmade crafts, decorations, and clothing – perfect gifts for everyone on your list. We will have warm beverages and



Fish Fly Over

treats too! 'Tis the season to shop local!

##

Gallery North is a public, not-forprofit, fine art gallery promoting the region's finest contemporary regional art and craft. It is located at 90 North Country Rd., Setauket. Established in 1965, Gallery North 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, including 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, TikTok, or X (@gallerynorthli).

Long Island Brass Guild Concert Set for November 2

The Long Island Brass Guild will be performing a concert at 3:00 p.m. in St. James R.C. Church in Setauket on November 2, 2025. We have been entertaining audiences for decades and this concert will

honor the memory of our friend and colleague Steve Paysen.

The program will include rags by Scott Joplin, antiphonal music by Gabrieli, jazz tunes arranged by Jason Chapman, and light pieces by Shostakovich.

Admission is reasonably priced and there are discounts for students, seniors, and families. All proceeds will go to Hope House.

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Colleen has been a professional designer for over a decade. She is a member of the **American Society** of Interior Designers (ASID). As a Senior Design Consultant, she has helped hundreds of families across Long Island with their home organizing needs.



owner.

Colleen finds it most rewarding to help her neighbors in our town. She has lived in St. James since 1993 and raised her five children here.

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Suffolk County North Shore ALENDAR OF

Our Town is Online!

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

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November

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

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

Art: Until Dec 21, Making a Name for Himself: The Life and Art of F. Edwin Church, Preservation Long Island. 161 Main Street/P.O. Box 148, Cold Spring Harbor, NY 11724, www.preservationlongisland.org/ch urch-exhibition/

Halloween/Performance: Sat Nov 1, 7-10pm, <u>The Freakshow</u>, Deepwells Farm County Park, 2 Taylor Lane, Saint James, NY 11780. www.deepwellshauntedmansion.com

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

by-pam-brown, 631-751-2676

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

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

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



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

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

Music: Wed Nov 5, 1pm, Young at Heart: Strictly Sinatra & His Rat Pack, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790.

www.thejazzloft.org 631-751-1895

Music: Wed Nov 5, 7pm, <u>Jam Session</u>, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Charity Benefit: Thu Nov 6, 6:30-10pm, Girls Inc. of Long Island 20th Anniversary Gala, The Heritage Club at Bethpage, 99 Quaker Meeting House Road, Farmingdale, NY 11735, www.girlsincli.org, 631-940-3749

Tour and Book Discussion: Thu Nov 6, 5-6:30pm, LIM & Emma S. Clark Library Collaborative Exhibit Tour and Book Discussion for Teens, Long Island Museum, 1200 Route 25A, Stony Brook, NY11790. www.longislandmuseum.org 631-751-0066

Music: Thu Nov 6, 7pm, <u>Rat Pack</u> <u>Review</u>, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Art Class: Fri Nov 7, 6-9pm, Introduction to Intaglio Printmaking with Larissa Grass, Gallery North, 90 N Country Road, Setauket, NY 11733, https://gallerynorth.org/products/introduction-to-intaglio-printmaking-on-plexi, 631-751-2676

Music: Fri Nov 7, 6pm, <u>Jazz 101:</u>
What is Soul Jazz and R&B?, The
Jazz Loft, 275 Christian Avenue,
continued on facing page



Suffolk County North Shore ALENDAR OF

continued Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Music: Fri Nov 7, 7pm, <u>BAD Plus</u>, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Theater: Fri Nov 7, 8pm, <u>Celebrity</u> <u>Autobiography</u>, Staller Center for the Arts Stony Brook, 100 Nicolls Road, Stony Brook, NY 11794, www.stallercenter.com, 631-632-2787

Seasonal/Craft Fair: Sat Nov 8 & Sun Nov 9, 10am-4pm, <u>Eisenhower Park Christmas Vendor Fair</u>, 8 Park Boulevard, East Meadow, NY 11554.

www.nassaucountyfairs.com,

Seasonal/Craft Fair: Sat Nov 8, 10am-5pm, <u>Christmas Craft Fair</u>, 1 Old Dock Road, Yaphank, NY 11980, 631-645-5962

Art Class: Sat Nov 8, 2:30-5:30pm, Thinking Abstractly: An Intro to Abstract Art Making with Sue Contessa, Gallery North, 90 N Country Road, Setauket, NY 11733, https://gallerynorth.org/products/thinking-abstractly, 631-751-2676

Music: Sat Nov 8, 7pm, <u>Brianna</u> <u>Thomas Trio,</u> The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.





Music: Sat Nov 8, 7:30pm, Stony Brook Symphony Orchestra, Staller Center for the Arts Stony Brook, 100 Nicolls Road, Stony Brook, NY 11794, www.stallercenter.com, 631-632-2787

Children's Art: Sun Nov 9, 12-2pm, <u>Hispanic Heritage Month Sculpture Sunday</u>, The Heckscher Museum of Art, 2 Prime Avenue, Huntington, NY 11743, www.heckscher.org 631-380-3230

Music: Sun Nov 9, 1pm, <u>La Boheme</u>, Staller Center for the Arts Stony Brook, 100 Nicolls Road, Stony Brook, NY 11794, www.stallercenter.com, 631-632-2787

Music: Sun Nov 9, 5pm, WUSB's Sunday Street Concert Series:
"Neil-Fest" - Celebrating Neil Young's 80th Birthday, Carriage Museum's Gillespie Room, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790.
www.longislandmuseum.org 631-751-0066

Art Exhibit: Tues Nov 11, 11am-3pm, Student Art Exhibit, The Brick Studio & Gallery, 2 Flowerfield-Suites 57 & 60, St. James, NY 11780. www.thebrickstudio.org, 1-833-THE-BRICK

Art/Cultural Festival: Wed Nov 12, 4-6pm, Native American Heritage Month Celebration, Paul W. Zuc-

caire Gallery, Stony Brook University Campus, 100 Nicolls Road, Stony Brook, NY 11794, www.stallercenter.com, 631-632-7240

Music: Wed Nov 12, 7pm, <u>Jam</u> <u>Session</u>, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Art Opening/Reception: Thu Nov 13, 6-8pm, Deck The Halls Opening Reception, Gallery North, 90 N Country Road, Setauket, NY 11733, https://gallerynorth.org/pages/deckt hehalls, 631-751-2676

Performance: Nov 13-Dec 28, A Christmas Carol, the Musical. John W. Engeman Theater, 250 Main Street, Northport, NY 11768. www.engemantheater.com/mainstage 631-261-2900

Art Class: Fri Nov 14, 6-9pm, Introduction to Needle Felting with Kate Schwarting, Gallery North, 90 N Country Road, Setauket, NY 11733, https://gallerynorth.org/products/introduction-to-needle-felting-with-kate-schwarting, 631-751-2676

Music: Fri Nov 14, 7pm, Tom Manuel & Tim Hagens Quintet, The Jazz Loft, 275 Christian Avenue, continued on page 56



Suffolk County North Shore CALENDAR OF

continued from page 55 Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Performance: Fri Nov 14 & Sat Nov 15, 8pm, <u>As Bees in Honey</u> <u>Drown</u>, Wm Turner Shoemaker Theater, The Knox School, 541 Long Beach Road, St. James, NY 11780. 631-686-1600 \$5 admission at door.

Music: Fri Nov 14, 8pm, Midori, Staller Center for the Arts Stony Brook, 100 Nicolls Road, Stony Brook, NY 11794, www.stallercenter.com, 631-632-2787

Children's Art: Sat Nov 15, 9:30-10:30am (English); 11am-12pm (Spanish), Art Explorers The Heckscher Museum of Art, 2 Prime Avenue, Huntington, NY 11743, www.heckscher.org 631-380-3230

Artisans Showcase: Sat Nov 15, 10am-4pm, SUNY Stony Brook Artisans Showcase II, Wang Center, 100 Nicolls Road, Stony Brook, NY 11794, www.stallercenter.com, 631-632-2787

Craft Fair: Sat Nov 15, 10am-4pm, 2025 Arts & Handmade Outdoor Vendor Market, Wit & Whim, 187 Park Avenue, Huntington, NY 11743, www.wit-and-whim.com, 631-470-0424

Art: Thu Nov 15, 11am-6pm, foto



foto gallery presents 3 Solo Exhibitions of Photography: ANDREA FORTUNOFF • PAUL MELE • PAMELA WALDROUP, fotofoto gallery 14 W. Carver Street, Huntington, NY, 11743, www.fotofotogallery.org 631-549-0448

Art Class: Sat Nov 15, 7-9pm, DRAG & DRAW with Ivy Stalls, Gallery North, 90 N Country Road, Setauket, NY 11733, https://gallerynorth.org/products/11-15-drag-draw-w-ivy-stalls, 631-751-



Music: Sat Nov 15, 7pm, Michele Brangwen Dance Ensemble w/Tim Hagens Trio, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Music: Sun Nov 16, 4pm, <u>Bindle-stiff Family Cirkus</u>, Staller Center for the Arts Stony Brook, 100 Nicolls Road, Stony Brook, NY 11794, www.stallercenter.com, 631-632-2787

Seasonal/Culinary Arts: Tue Nov 18, 6pm, <u>Twisted Thanksgiving</u> <u>Cooking Class with Chef Eric Le-Vine</u>, 317 Main Street, Farmingdale, NY 11735, www.317MainStreet.com, 516-512-5317



Music: Tue Nov 18, 7pm, Nikola Spasojevic, Alto Saxophone, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Music: Wed Nov 19, 7pm, <u>Jam Session</u>, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Music: Thu Nov 20, 7pm, <u>Rat Pack</u> Review, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Music: Thu Nov 20, 7:30pm, Starry Nights, Staller Center for the Arts Stony Brook, 100 Nicolls Road, Stony Brook, NY 11794, www.stallercenter.com, 631-632-2787

Art Class: Fri Nov 21, 7-8:30pm, Personal Sacred Circle with Pam Varacek, Gallery North, 90 N Country Road, Setauket, NY 11733, https://gallerynorth.org/products/personal-sacred-circle-w-pam-varacek-copy, 631-751-2676

Music: Fri Nov 21, 7pm, Rat Pack Review, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Craft Fair: Sat Nov 22, 9am-4pm, Fine Art, Crafts and Antiques Fair, continued on facing page

Suffolk County North Shore CALENDAR OF



continued Peconic Lane Recreation Center, 970 Peconic Lane, Peconic NY 11958. www.oldtownartsguild.org 631-734-6382

Craft Fair: Sat Nov 22, 10am-5pm, Walt Whitman HS Crafts Fair, Walt Whitman High School, 301 West Hills Road, Huntington Station, NY 11746, 631-549-8582

Art: Sat Nov 22 -Christmas, 11am-3pm, Holiday Pottery Sale, The Brick Studio & Gallery, 2 Flower-fieldSuites 57 & 60, St. James, NY 11780. www.thebrickstudio.org, 1-833-THE-BRICK,

Music: Sat Nov 22, 2pm, Rat Pack Review, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Art Class: Sat Nov 22, 5-7pm, Card Making with Larissa Grass, Gallery North, 90 N Country Road, Setauket, NY 11733, https://gallerynorth.org/products/card-making, 631-751-2676

Music: Sat Nov 22, 7pm, Rat Pack Review, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Music: Sat Nov 22, 8pm, <u>The Doo</u> Wop Project: Echoes of the Street, Staller Center for the Arts Stony Brook, 100 Nicolls Road, Stony Brook, NY 11794, www.stallercenter.com, 631-632-2787

Music: Sun Nov 23, 1pm, Arabella, Staller Center for the Arts Stony Brook, 100 Nicolls Road, Stony Brook, NY 11794, www.stallercenter.com, 631-632-2787

Music: Wed Nov 26, 7pm, <u>Jam Session</u>, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Music: Fri Nov 28, 7pm, Rat Pack Review. The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Music: Sat Nov 29, 2pm, Rat Pack Review, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Art: Sat Nov 29, 3pm-8pm, Freebird Events Winter Night Market
Wonderland, The Reboli Center, 64
Main Street, Stony Brook, NY,
11790, rebolicenter.org
631-751-7707

Music: Sat Nov 29, 7pm, Rat Pack Review, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.





Music: Sat Nov 29, 8pm, <u>Absolute Adele with Jennifer Cella</u>, Suffolk Theater, 118 E. Main Street, Riverhead, NY11901, www.thesuffolk.org 631-727-4343

Music: Sat Nov 29, 10pm, Banned From Boston! Rat Pack Review Late Night Show w/special guests TBD, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

December

Performance: Dec (Dates TBA), A Christmas Carol, The Minstrel Players Northport, Houghton Hall, Trinity Episcopal Church, 130 Main Street, Northport Village, NY 11768. www.theminstrelplayersinc.org, 516-361-7232

Music: Mon Dec 1, 7pm, <u>SBU Jazz Orchestra</u>, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org 631-751-1895.

Seasonal/Culinary Arts: Tue Dec 2, 6pm, <u>Taste of The Holidays</u>
<u>Cooking Class with Chef Eric Le-Vine</u>, 317 Main Street, Farmingdale, NY 11735, www.317MainStreet.com, 516-512-5317

Visit ourtownstjames.com

to see a complete listing of 2025 North Shore Art events

DESIGN IDEAS

Overworked & Overwhelmed – & The Holidays Are Coming

by Natalie Weinstein, ASID Allied

The leaves, the colors, and the crispness in the air are surround-

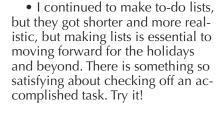
ing us as we enter fall on Long Island. "Indian summer" seemed to have lasted long into October and as daylight grows shorter, we are reminded that the time leading up to the holiday season is eerily near. If these indicators are not enough, check out the stores where "Christmas" abounds.

For many of you, like myself, who abhor disorganization and its stress, and who would like to have some control of their lives, time – or shall I say, lack of it, is our enemy, and what happens when we get overwhelmed? "It's not pretty"!

I'd like to share my personal story with you. This fall I relocated my office and my staff, oversaw the first phase of the St. James Community Cultural Arts Center renovation, handled the duties of being president of Celebrate St. James, and assisted with planning the Gala, among other things. I was exhausted and overwhelmed - and not liking how I was feeling. I, like most of you, work best when I can check off my daily to-do list and not have it spill over into tomorrow! My training as an interior designer kicked in, however, and I started taking my own advice - advice that I have given to my dear clients for over five decades!

• Getting organized in a new office while continuing to service clients is impossible without help. Fortunately, letting go was easier because my staff was there for me 110% of the way. Conclusion – delegate and accept the fact that you need help – physically and mentally.

• Working with a relatively new board and program director at a pivotal time in the future of Celebrate St. James, while overseeing a major renovation, is not a one man or woman job. It takes organization and a master plan. So collectively a plan was made, priorities were set – and tasks were assigned so that the heavy load was distributed. You should do the same.



- Decluttering is essential and since I know that I cannot do my best work if I and my surroundings are disorganized, I set aside time to put things in order because, in the long run, I am more productive and it saves time.
- Learn your internal clock as I have. I know I work best and accomplish more in the morning, so I get up earlier and coffee in hand, I prepare plans, do my writing, and set up my needs list for the day. Perhaps you are a night person. Use your best time wisely.

I know the days will still fly by for all of us, but if we set priorities, make a plan, delegate and declutter, we can make our days less stressful and find more joy in "the doing" for ourselves and those around us.



Editor's Note:

Now offering – Fall master classes for students & homeowners! Learn, have fun, and meet people just like you who LOVE decorating! Fee: \$595 per attendee

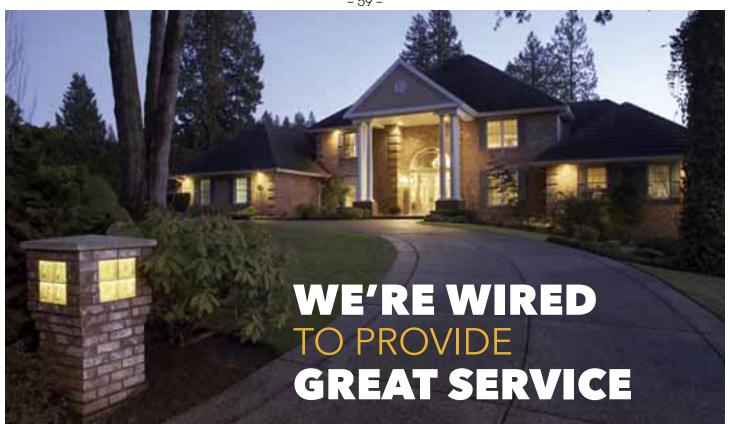
for all 10 sessions
Time: Wednesdays 10 AM to 12 PM
starting this fall
For more information contact:
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516-242-9242

Email: info@natalieweinstein.com

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FINANCIAL FOCUS

Financial Steps to Prepare for Alzheimer's and Dementia

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

More than 7 million Americans have Alzheimer's disease, according to a 2025 report from the Alzheimer's Association. The emotional toll of watching a loved one struggle with the memory loss, depression, anxiety and cognitive decline is already overwhelming – but the financial burden can be significant too. Hopefully this disease will never touch your family, but it's important to be financially prepared just in case. By planning to cover longterm care costs and creating a financial strategy for

caregivers, you can help protect your family's financial well-being.

Expenses related to Alzheimer's and other forms of dementia can be extensive. Families often face ongoing medical treatment costs, medical equipment purchases, home safety modifications, prescription drugs and personal care supplies. Long-term care represents one of the largest health care costs not covered entirely by traditional Medicare, making advanced planning crucial.

Here are a few essential planning steps to consider:

Plan for care costs and identify insurance coverage. Start by understanding your family's health insurance options, including Medicare, supplemental policies and veteran's benefits if applicable. Determine coverage for adult day care services, in-home care services, full-time residential care and other long-term care options. Confirm whether you or your loved ones have long-term care policies or other insurance with long-term care riders.

In some states, Medicare offers Special Needs Plans (SNPs) for people living with dementia, in-



cluding Alzheimer's. These plans specialize in care and coverage for beneficiaries with dementia, and only those diagnosed can enroll.

Identify assets and debts. Create a comprehensive picture of your family's financial position, including bank accounts, investments, property and debts such as credit cards, mortgages or lines of credit. You'll need this if you take over financial management for a loved one.

Ensure legal documents are in place. Work with an attorney to establish crucial documents like a durable power of attorney for finances and health care decisions. These documents should be created before someone is diagnosed or when they're just starting to show early signs of Alzheimer's, so they can understand what they're signing. Waiting until cognitive ability declines makes the process more challenging and may require court procedures for conservatorship.

Consider a living trust. A living trust can hold financial assets and property while a successor trustee, like trusted family member, manages money and makes investment

decisions. While complex, these trusts can provide valuable protection for families dealing with a parent or older relative experiencing dementia.

Look for tax benefits.

Caregivers who pay care costs out of pocket may qualify for tax credits and deductions. These benefits vary by state, so consult with a tax advisor about your eligibility.

Consider protective measures for early stages. If a loved one is showing signs of Alzheimer's or other dementia, you may want to set up auto-pay

for bills, open joint checking accounts, freeze credit reports at major bureaus, consolidate or cancel credit cards, and monitor financial activities closely. This can help keep financial responsibilities flowing smoothly and prevent exploitation by scam artists.

A qualified financial advisor can help evaluate your family's overall situation and recommend appropriate strategies to prepare for potential dementia-related costs. They can work with your legal and tax professionals to help you put comprehensive protection in place.

While an Alzheimer's or dementia diagnosis will change everyone's life in your family, taking proactive financial steps can help ease the burden and provide greater confidence for the journey ahead. For more information, visit www.alz.org.

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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To be considered for this position, please contact:

Caroline Curry 631-862-2020

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Scott R Posner, CFP®, CEPA®, AAMS™ Financial Advisor 542 North Country Rd Suite A St James, NY 17780 631-862-2020

2024 Fortune 100 Best Companies to Work For, published April 2024, research by Great Place to Work*, data as of August 2023.
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HEALTH NOTES



Check Your Hearing,

Hearing Help Might Be the Answer

by William Kent

The intensive listening effort demanded by untreated hearing loss can be very stressful. Experts believe that even if you have a mild hearing loss that is not being treated, cognitive load increases significantly. Research also shows that unaddressed hearing loss is frequently associated with other physical, mental and emotional health issues that diminish everyday quality of life functions.

Withdrawal from social situations, a lessened ability to cope, and reduced overall psychological health are a few of the conditions associated with unaddressed hearing loss. Often people with untreated hearing loss feel angry, frustrated, anxious, isolated and depressed.

A recent study showed that hearing loss is associated with an increase risk of depression in adults in all age groups, but most pronounced in 18 to 69 year olds. Another study conducted in Italy, looked at working adults 35 to 55 years of age, with untreated mild to moderate age related hearing loss and found that they were more prone to depression, anxiety, and interpersonal sensitivity than those with no hearing issues.

Here's the good news. For the vast majority of people with hearing loss, intervention can help. Research shows that people with loss of hearing, who are fit with prescriptive hearing instruments by a licensed provider see improvements in their ability to communicate in most situations. In addition, with those same people, mental health often rallies and depressive symptoms are often reduced. Many regain emotional stability, have an easier time in joining in groups, and become more socially engaged. They experience a greater sense of safety and independence and feel more in control of their lives and see a general improvement in their overall quality of life. Many even report improvements in their relationships at home and/or at work.

Simply put, the majority of hearing instrument users say they are satisfied with changes that have occurred in their lives due to hearing instrument usage. Many say they feel better about themselves, and life overall as a result.

Getting a hearing test is the first step in your quest for help. In most cases health insurance covers all or most of the costs for such testing. If hearing instruments are recommended by your hearing healthcare provider, you should be given options that make it easier to make that decision. Areas such as cosmetic, ease of use, and financial are concerns that a dedicated provider will help you with in making a correct decision.

Wearing hearing instruments today, compared to years ago, is not the same; results are dramatically different and ease of use is the focal point of today's digital technology. With most prescriptive hearing instruments being totally automatic, and some being totally invisible, it makes hearing instrument usage much more appealing and satisfying.

Treat yourself. Get a hearing test. Most health insurers provide for an annual hearing test with little or no out of pocket expense. Start listening to and enjoying life again. Call to schedule that test before you forget. It's worth 30 minutes of your time, isn't it?

Editor's Note:

William Kent is the Director of Long Island Hearing, an Audiology and Hearing Instrument Dispensing Practice established in 1985. With offices in Nassau and Suffolk County they can be reached at 1-800-698-5200 for more information. Consultations are complimentary. See them on the web at www.lihearing.com.

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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

My husband and I have been battling a bit about a family situation for the holidays. We know it's a difficult situation, but each time we start talking about it, we wind up not talking. The silence becomes awkward, so I try and go about it again and then we wind up back where we started. I need some help to talk without it escalating so we can give an answer to the family about our holiday plans for this year.

— Two at Odds

Dear Two at Odds

It takes two to have a relationship. And, it takes two to grow a relationship. Let's take this issue and turn it into a good opportunity to learn a bit more about relationship communication. Silence can be awkward after the harshness is said, but that is also the time that both can recoup and release the hurt emotions. Take this quiet release time to move toward issue clarity by focusing on just the facts. Make a mental list of potential solutions from both sides. And then step back in with a new frame of mind. Approach the conversation with curiosity rather than defensiveness. Set a ground rule that any one can call a "time out" before the harshness begins. This pause will help deflate hurtful emotions. Listen to understand rather than talking to score the argument win. Every couple argues, but the ones who grow stronger afterward are those who choose understanding over being right.

Editor's Note:

Ron Villano, M.S., LMHC, ASAC, CCH, is the founder and director of Family & Personal Counseling, located at 872 Middle Country Road in St. James. He is an author of the book *The Zing*, has appeared on national TV, along with appearances on the Verizon FiOS1 network. With offices in St. James, Bohemia, East Islip, Levittown and Maspeth and a staff of 20 therapists from all backgrounds – Family & Personal Counseling addresses individual and family concerns of all ages. For additional information call 631-758-8290 or visit www.FamilyAndPersonalCounseling.com and www.RonVillano.com to listen to his featured interviews.





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HEALTH NOTES

Collagen Crisis – The Silent Starvation



by Terri Pace
"You know
that feeling
when you stand
up and your
knees sound like
a bowl of Rice
Krispies? Or
when you catch
your reflection
and wonder
when your skin
started looking

like crumpled parchment? These aren't just random signs of aging – they're distress signals from a body running critically low on collagen, the most abundant protein in your human framework.

We're living through an unspoken collagen crisis."

What is Collagen and Why Do I Need It?

Collagen is the most abundant protein in the body, with 28 known types of collagen, all of which have different functions and uses. I like to refer to it as scaffolding for your body, as it is used to create the structure of your body. It is the framework that keeps your skin taut, your joints cushioned, your bones dense, and your gut sealed tight. With this list of functions and uses, you can agree collagen production is important!!

Fact: As we age, our body produces LESS collagen! YIKES!! That IS a problem!

Another fact: Our modern world of processed foods, environmental toxins, and chronic stress can deplete our collagen levels. Double YIKES!! That intensifies the problem.

What happens when collagen levels decrease?

→ Your Joints Sound Like a Bowl of Rice Krispies – Collagen is the key component of cartilage, the

smooth cushion between your bones. When levels drop, joints lose their padding, leading to stiffness, discomfort, and those unsettling pops and cracks."

- → Your Skin is Losing Its Bounce Wrinkles, sagging, and dryness aren't just inevitable signs of aging they're often a direct result of collagen loss.
- → Your Gut Feels Like a Drama Zone Collagen helps maintain a strong gut lining, preventing "leaky gut" (where undigested food particles escape into the bloodstream, triggering inflammation and bloating).
- → Your Hair and Nails Are Calling It Quits Thinning hair and brittle nails? Collagen provides raw materials for keratin, the protein that keeps them strong and healthy.
- → Your Muscles Aren't What They Used to Be – After the age of 30, muscle mass naturally declines by 3-8% per decade. Collagen provides essential amino acids that help maintain lean muscle.
- → Your Bones Are Losing Density Collagen makes up 90% of your bones' organic structure. Without it, bones become weaker and are more susceptible to the effects of aging.

"Every stiff joint, every crease in your skin, every gut pang and brittle nail is a distress signal – "a biological SOS." Modern life has declared war on your collagen reserves, and without intervention, the damage compounds year after year. But this isn't a doom-and-gloom diagnosis; it's a solvable equation." ~ The Truth About Cancer (July 17, 2025), The Invisible Collagen Crisis: Why Your Body May Be Falling Apart Faster Than Ever (And How Science Can Fix It), Substack

Good News:

Collagen depletion is reversible.

Now that we understand the importance of collagen to our health and vitality, let's dive into how to supply our bodies with the ideal amount, the highest quality, and in the most absorbable format.

It Must Be in the Right Format to be Absorbed/Used.

Problem: Collagen in its native, full-length form is too large for the body to absorb. If delivered in its "raw" state, the body must digest and break it down itself. The process of hydrolysis creates smaller, more digestible collagen peptides (a short, easily absorbed chain of amino acids), but does so in an indiscriminate fashion... so you ever know what the body will deem as the "priority of the day" (like energy sources or enzymes).

Solution: Use a collagen that is already hydrolyzed into these smaller molecular structures (tripeptide) for superior absorption. When we ingest a defined tripeptide, not only will it be more easily absorbed, but its specific role is also already pre-determined.

The Type of Collagen Defines Its Job.

Problem: With so many types/ uses of collagen, it is important to hire the specific type of collagen that can truly go to work for you, to perform the jobs you want done most. Many collagen products do not include the variety of collagen types which will deliver the outcomes you seek, like better skin, aging, muscular-skeletal structure, or cellular and brain health. Here are some examples:

Type I Skin beauty

Type II Bone protection, main

component of cartilage continued on facing page

HOW ARE WE DOING?

We are working hard to make Our Town more robust than ever and we would love to know your thoughts. Please contact us at **info@ourtownstjames.com** and let us know what you think.

HEALTH NOTES

continued

Type IV Dermis and epidermis malleability/elasticity/resiliency

Type VI Stabilize muscle function, cell membranes; inhibit cell apoptosis/oxidative stress

Type IX Cartilage, growth plates, joints, intervertebral discs

Type XXV Supports normal brain aging

Col1a2 Supports elastic fiber formation in connective tissue

Solution: Use a collagen that provides a wide spectrum of collagen types, rather than just the two that relate to skin beauty and wrinkles (very common). With a variety of collagen types, you can support different biological systems, including bone and cartilage strength and skin elasticity.

Quality Matters!

Problem: Since this is the building block for YOUR most important cells, tissues, organs and systems, a clean source of collagen is critical. Many commercially available collagen products are less than optimal. When selecting your source of collagen, here are some undesirable things you will want to avoid:

- Derived from bovine/pork which is easily tainted by glyphosate
- Not pure or clean; toxic
- Pasteurized (if in liquid form)
- Sweetened with sugar, juices esp. liquid products
- Raw collagen material only remember, this form can be highjacked as a fuel source because it leaves it up to the body to break it apart
- Can't specifically direct where it goes
- NO other complimentary ingredients

Solution: doTERRA MetaPWR™

Advantage Collagen is the one I choose! I call it "Colla-GEM." Here are a few of the reasons why:

- Proprietary sourcing from sustainably harvested cold-water marine fish
- 70% tripeptides, with nine types of (hydrolyzed) tripeptide collagen designed as very specific building blocks
- Stacked ingredient deck (includes more than just collagen, including CPTG® essential oils to increase absorption!!)
- Includes NAD, the master molecule that cells use to produce energy and activate proteins that support healthy DNA*
- Powered by pure-sourced NMN and resveratrol which preclinical research has shown to increase amounts of NAD+ and NADH in the body*
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Modern life has declared war on your collagen reserves. The silent starvation of collagen is a solvable equation, and it is time to answer that "biological SOS" distress signal with a collagen product that not only restores your reserves, but that solves for metabolic health and longevity!

I'm happy to help you create success with simply natural solutions for your unique health and wellness priorities. Visit https://oils.link/Terri-Pace to get your free session with me or or contact me at simply.natural@outlook.com to get samples of this delicious and efficacious collagen pixie stick!

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. ~doterra.com



OUR TOWN • NOVEMBER 2025

OBITUARIES

Saying Goodbye to My Father

by Nicole Garguilo

There's a unique burden in burying your father, especially as the eldest child. You have to be strong when everyone else is crying and negotiating with God. You must steady your mother as she places the final rose on his coffin. You have to be unbreakable when all you want to do is crumble. For my father, who changed so many lives, who loved so deeply... there had to be somebody who'd take hold of his lifeless hand, and whisper, "Rest now dad. I've got this." I wish it wasn't me. But he knew it would be. I knew it would be.

My father – Judge Jerry Garguilo would surely have looked back and marveled: Who would've believed that the son of bakers, a kid from Red Hook, could leave such an indelible mark on history, and yet leave a void in St. James so vast it defies measure?

He grew up on Mills Pond Road, riding horses to the general store, helping in the family bakery before dawn. He graduated from Smithtown High East, studied at St. Francis College (where he met my mom, Angela), and earned his J.D. at Duquesne in 1977. He clerked in Pennsylvania, served as a Suffolk ADA, and later practiced across many fields – criminal, negligence, commercial, administrative - before moving his office to St. James' first schoolhouse, where he took pride in serving his neighbors and com-

Funny story about that schoolhouse... it's haunted by a former school teacher! I'll never forget the night Dad was spooked because the ghost kept turning on faucets and flushing the toilet. That night, the once-fearless lawyer called for his mother to come "rescue" him.

After that, he returned to church with a renewed devotion and asked a family friend to sage the schoolhouse - to cleanse it of any spirit that might threaten his family or his peace. He taught me that there are many kinds of courage: facing the unseen, knowing that bravery isn't



the absence of fear, but doing what's right even when you're scared – even when you're badly scared by a ghost.

In 2009, Dad was elected to the Suffolk County Supreme Court. Beyond presiding over complex dockets in Suffolk, he also served as Associate Justice of the Appellate Term for the 9th & 10th Judicial Districts. He presided over complex commercial and asbestos dockets, and ultimately led New York's sweeping opioid litigation – turning his courtroom into the crucible where Big Pharma was held to account.

My father, Justice Jerry Garguilo was most proud of what was also his greatest legal challenge - and would leave a lasting legacy in the lawbooks – New York's historic opioid litigation. What began as a few local lawsuits ballooned into a statewide battle spanning 62 counties, 10 cities (including NYC), and more than 67 municipalities. He oversaw complex motion practice, evidentiary rulings, discovery, and multi-party coordination against forty named defendants: major pharmaceutical manufacturers, distributors, and pharmacy chains. His leadership was widely regarded as a model of how to manage complex, multi-district mass torts with fairness, efficiency, and humanity.

As a child, I played with the Scales of Justice that still stand on display in our home. I used to say goodbye to dad every morning by saying, "Go get the bad guys daddy!" It wasn't until much more recently in life that I fully grasped my father's deep devotion - not only to the U.S. Constitution and the creed "Justice for All," but how strong his faith was in a higher, divine law. In his courtroom, "In God We Trust" loomed above his bench a constant reminder that each case and decision was, in his mind, an act of faith that rippled throughout time. He never took that for granted.

While cleaning out his chambers, I found stacks of old notepads and Post-its tucked into every drawer both at work and at home. On nearly every one, he had written the same words: God, use me for Your will. It was his daily reminder to live with purpose, humility, and compassion. He also reminded himself to pray for others before praying for himself, jotting this affirmation wherever his eyes might land. One phrase in particular that he wrote often – attributed to Jon Voight - read: "Why is it so difficult, Lord?" And God's reply: "It's supposed to be difficult."

My father understood that anything truly worthwhile was never meant to be easy. He believed his courtroom decisions - like choices in life – carried real consequences and would reverberate throughout time. Which is why he chose to treat everyone he met with great care, respect, decency and grace.

You might've known him from his predawn gym runs, or seen him at Saturday evening Mass. Maybe he helped you with a legal problem or simply listened when you needed a voice of reason. He treated all souls like old friends. He was a titan among us, with the heart of a saint. It's no wonder the Supreme Judge took him home too soon for the rest of us.

I knew Jerry Garguilo – the provider, the role model, the comedian and karaoke singer, the writer, the tortured artist, the mentor, the friend, the loyal husband, the father,

continued on facing page

OBITUARIES

continued

and Pop. More than anything, I was grateful that he trusted me to be his listener. He spoke often about the opioid settlement and what it was meant to represent - a second chance for those broken by addiction, a chance to lift people back up. It pained him deeply to learn that some benefactors had lost sight of that purpose, using those funds for themselves instead of for healing. That injustice weighed heavily on him; he was determined to set it right, even if the path to doing so was one he hadn't yet found before leaving this world too soon. I was lucky enough to inherit his love for the written word - and can think of no greater honor than to use them to finish what he started.

I knew the ever-predictable Groucho Marx-type character - the prankster who woke the whole house at 4:30 a.m. every morning, even on Sundays. I knew the man who taught me how to spot a lie, how to be the underestimated surprise in business that no one saw coming. I knew the "good lies" he told me growing up – like how he personally knew Michael Jackson and would introduce my sister and me if I did my chores, or how he swore I'd become a mermaid if I spent enough time in the water. Side note: I absolutely believed that last one. I became an ocean lifeguard and eventually swam across the Long Island Sound three times! His lesson was simple but profound: dream boldly, believe fiercely, and with enough heart and determination, even the impossible can become your reality. But stay humble! Never forget where you come from. However, don't let your past stand in the way of your future.

Most of all, I knew my father through the never-ending love story he shared with my mother. I watched them dance at weddings and birthdays, or anytime a Frank Sinatra song came on the radio. There were weekly date nights – the Diner every Tuesday (split-pea soup



night), Fridays at Mannino's, and summer evenings in the garden at Basil on Lake Avenue. Theirs was a great love story – one that weathered every storm and showed what true partnership in life looks like.

My father never went a day without letting his brothers – Anthony, Neil, and Michael – and his sister, Mary, know how much he loved them, as

well as his nieces and nephews. He shared a unique bond with each of them. He also made sure his daughters knew about the grandparents we never got to meet, speaking of them so vividly it felt as if they were still with us.

And then came his greatest joy – becoming "Pop" to his five precious grandchildren. As he grew wiser, my father understood that all the awards, accolades, and newspaper articles in the world meant nothing without the love of family to share them with.

My father's true legacy is not etched in court rulings or accolades, but in the quiet moments that follow – in the lives he lifted, the dreams he kindled, and the hearts still echoing with his grace.

I am BLESSED that his legacy



lives on through countless friends, neighbors, and even strangers whose lives my dad quietly touched. I am GRATEFUL to feel his presence daily - in the morning sunrise, and in the evocative faces of my nieces and nephews. I am COMFORTED by the smell of morning coffee, and REMINDED by the summer wind that he's with me always. Most of all, I'm HUMBLED by the stories shared, the laughter retold, and the love poured out to our family in these past few weeks each memory a thread in the tapestry of his remarkable life. Who'd have thought that the kid of the baker, a boy from Brooklyn would leave such a mark on history and be so deeply missed by our community? And who'd have thought that I'd be so fortunate to call him my dad.

OBITUARIES

Gretchen Truby Duce

October 13, 1937 - October 29, 2024

Gretchen lived a full and happy life. She never held back from the things she loved – days at the beach, fishing, caring for her draft horses and, especially, raising and showing her Welsh Terriers. Competing with them in the ring and winning championships brought her great pride and joy.

She loved a good time and made friends everywhere she went – Pennsylvania, Long Island, Seabrook Island, Hatteras, and Nantucket. She had a knack for finding the best in life, whether it was a Jersey Mike's sub with a glass of port, or simply sharing laughs and stories with friends. Gretchen was both a great talker and a great listener, and her stories, especially

She Loved teaching the elementary school children in Sayville for many Years.

people entertained.

from her younger years, always kept



While living at her historic schoolhouse in Head of the Harbor, she enjoyed selling real estate, driving her Cadillacs, spending time with her horse Albert, riding Spencer, and tending to her flower garden. She loved her animals deeply and found peace and joy in caring for them.

Seabrook Island held a special place in her heart. She loved walking the beach searching for shells, lunching with friends, exploring thrift stores, golfing, and surf casting. She especially loved visiting the shrimp boats at Cherry Point, her excitement never fading each time they passed her home.

In her final years, Gretchen lived on Seabrook Island with her beloved dog Sizzle. She has now been laid to rest beside her mother on Nantucket Island.

On Gretchen's birthday, October 13, all who were part of her life were asked to visit a body of water, think of a happy memory, and toss a seashell into the waves in her honor. She truly had a GREAT life.

Gretchen, you were one of a kind. You are truly loved and missed by us all. REST IN PEACE!!

Let's Not Talk Turkey

been known to cheat on my diet before with no adverse effects. I'll take my chances. Quality of life counts too, so I stuck with the plan.

Look out Uncle Guiseppe's, here I come.

As luck would have it, I just got the results of my follow-up blood tests and learned that I was way over the acceptable glucose level. Now I must make a painful decision. My doctor advised that I could have a small serving of Lasagna and eat salad on the side. "No bread," he said. "And you can have a por-

continued from page 49

tion of Lasagna about the size of a playing card."

I agreed. but knew in my heart that I'll probably gobble up a whole Lasagna casino and then whoof down some turkey, stuffing, pumpkin pie and cheesecake as well.

In any event, Thanksgiving goes way beyond cuisine selection. It's a time for us to come together in peace and understanding. It's the one holiday that we can acknowledge and respect our fellow humans without prejudice. It doesn't matter what we place on the table,

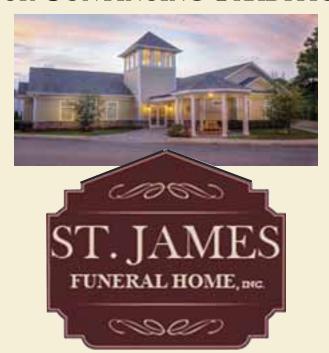
but what we bring to the table. So, with that thought in mind, dear readers, I hope you enjoy this great day in the company of your precious families and friends and be thankful for all the blessings we enjoy in this beautiful 'New World' of ours.

Editor's Note:

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

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IN THE NEWS

Homeless Long Island: A Compassionate Outreach for Those in Need

continued from page 28 status.

With the cold weather and holiday season approaching, donations are crucial to assist and lift the spirits of those in need, including holiday gifts for children living in shelters. For more information or to make a donation, please visit www.homelesslongisland.org/donate

For local community updates, please contact Our Town St. James



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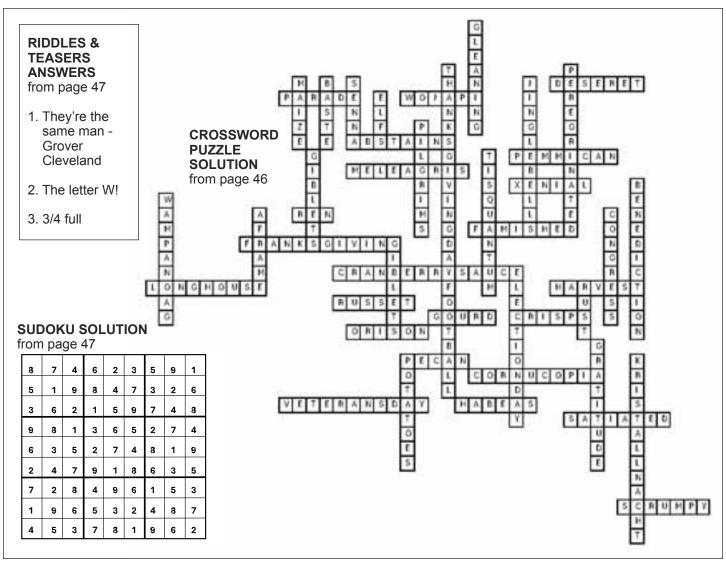
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