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NOVEMBER
2026
Volume 39
Number 6

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



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– ST. JAMES –

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for the **DECEMBER** edition of OUR TOWN • ST. JAMES is
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Distribution takes place on **NOVEMBER 23, 2026.**

MERCHANT SPOTLIGHT

A Local Legend Celebrates 60 Years



The Nissequogue Golf Club was founded in 1966 by a small group of investors who purchased more than 120 acres of the former Ryan estate and established the club that continues to thrive today. Located at 21 Golf Club Road, the property is a sight to behold.

First, a look at the history. In 1929, as the country stood on the brink of the Great Depression, William J. Ryan built an imposing country mansion overlooking the harbor. The property encompassed approximately 126 acres, with the mansion positioned to take full advantage of the landscape and water views. During the 1920s, St. James and Nissequogue were becoming fashionable retreats for wealthy New York City families. Prominent individuals of the day purchased large tracts of land and built impressive country homes, taking advantage of the area's wooded hills, beautiful waterfront, and quiet countryside.

William J. Ryan built his wealth through The Literary Digest, a magazine that reported on national affairs, politics, and public opinion. In 1936, the magazine suffered a devastating blow to its reputation when it predicted that Alf Landon would defeat incumbent President Franklin D. Roosevelt. Not only did Roosevelt win, but he also secured one of the largest landslide victories in American presidential history. The magazine's polling methods were flawed, badly distorting the results. That infamous miscalculation forever changed the fortunes of the magazine and William J. Ryan.

By the 1960s, many of the grand estates of the earlier era were fading away. Large properties were being subdivided for residential development or converted into schools, including Knox and Harbor Country, parks, and private clubs. Fortunately, a small group of visionaries decided to restore and preserve the mansion. Their efforts received further recognition when the mansion was listed on the National Register of Historic Places in 1993.



Today, the mansion serves as the clubhouse, while the surrounding grounds are home to the incredibly picturesque Nissequogue Golf Club course. Designed in 1968 by renowned course designer Edgar Penne, the course was later renovated by architect Stephen Kay in 2002. Major upgrades over the past five years have elevated it to an even more impressive level. The club also features four Har-Tru tennis courts and an active tennis membership.

The mansion retains much of its original grandeur, offering members a variety of rooms and spacious outdoor seating areas. Whether enjoying a casual meal in the Grill Room, a more formal dinner in the Wedge Room, or a large event in the Harbor Room, members have plenty of options. A large enclosed patio provides additional flexibility, serving as everything from a dining area to a dance floor.

Club General Manager Barry Chandler wants the club to be recognized as a family-friendly destination where children can learn to play golf and tennis, enjoy holiday events, and build lifelong friendships. The annual Halloween and Christmas parties have been popular for decades. Members enjoy a wide variety of events, but my personal favorites are the Clam and Lobster Bakes, held three times a year. You can even try to break your personal lobster-eating record! The talented kitchen staff goes all out with a seafood extravaganza, and the desserts seem endless.

In addition to hosting events for members, the club welcomes nonmembers who wish to celebrate special occasions, including weddings and other milestone events.

The club now serves 320 families and offers a variety of membership options, including full golf, tennis, and house memberships to suit individual needs. General Manager Barry Chandler can be reached at 631-584-7733 to discuss which membership plan would work best for you and your family.

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Nissequogue, NY | MLS# 000034. $6,400,000.
243 feet of Long Island Sound waterfrontage, direct beach access, and 7,000+ sq. ft. of custom luxury. 2 lush acres.



Head of Harbor, NY | MLS# 1054624. $1,999,000.
200 ft. of waterfront on Stony Brook Harbor, with sweeping views, a 4,800 sq. ft. home, 2.75 acres, and private beach steps.



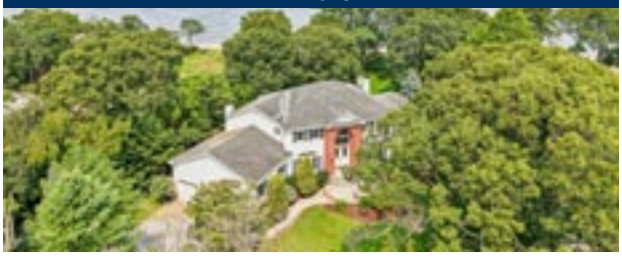
Nissequogue, NY | MLS# 1038256. $1,249,000.
4-bedroom, 3-bath waterfront home with walls of glass, vaulted ceilings, gunite pool, and 1.74 acres

PENDING SALE



Head of Harbor, NY | MLS# 1048653. $2,199,000.
Multiple offers over asking price.
Sale pending in 3 days. Waterfront on harbor.

PENDING SALE



Nissequogue, NY | MLS# 1038110. $1,999,000.
Sale pending in 16 days. Waterfront on LI Sound.

JUST SOLD



St. James, NY | MLS# 1004553. $1,800,000.
Sale pending in under 1 month. Waterfront on river.

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

by Arline Goldstein

November traditionally marks the start of the holiday season, and I couldn't be more excited! This year, I started my holiday shopping really early, all the way back in July, right here at the General Store. The moment I spotted a fabulous platter featuring a shark with its mouth wide open, ready to be filled with food, I knew which daughter would love it. It's already packed away and waiting to go under her tree!

With Thanksgiving just around the corner, I'm tempted to indulge in the gorgeous Thanksgiving mugs ($14.95). And choosing just one platter from the wonderful selection to serve my turkey, the star of the dinner table, will be no easy task!





As we prepare for the holidays, let's reflect on the true meaning of Thanksgiving and express gratitude for the people who mean the most to us. Whether you're hosting a traditional family gathering or celebrating "Friendsgiving," there are so many ways to make the holiday special. Friendsgiving is a wonderful tradition in which friends come

continued on page 8

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The St. James General Store

continued from page 6
together as a chosen family, particularly when distance or other circumstances prevent them from spending Thanksgiving with their relatives, or when they don't have family nearby. While the gathering is often casual, why not make it a little fancy with some of the beautiful tableware you'll find at the General Store?

Your special casserole will look even more impressive when served from a marvelous pumpkin-shaped baking dish, complete with a lid resembling the top of a pumpkin, stem and all ($49.95). This is the kind of dish that could become a treasured heirloom, passed down through generations. Showing your guests how special they are is easy when you shop at the General Store!

Let's start with Aspen Cider ($5.95). Whether you're mixing a cocktail or a mocktail, adding a splash of Aspen Cider is sure to be a sensational hit! Many recipes also call for a little honey, and you'll find an extensive selection of locally harvested varieties at the store. Honey makes a wonderful hostess



gift, too, with prices ranging from $17.95 to $21.95. Choose from Blueberry Blossom, Buckwheat Clover Blossom, Pine Barren, and Wildflower Blossom.

Another thoughtful hostess gift is a collection of individual hot chocolate cups, beautifully wrapped and ready for giving.

To complement your hot chocolate, local baker Michelle Donaldson makes the most delicious cookies for Thanksgiving. These festive orange cookies are decorated with holiday symbols and are almost too pretty to eat! Michelle is currently accepting custom orders for the holiday. You can reach her directly at 631-553-0758.

Of course, don't forget the sweets! You'll love the oversized caramel apple lollipops ($4.95 each). Yum!

When your guests are ready to leave, why not send them home

continued on page 10

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ST. JAMES "TOTALLY REDONE HOME"



Completely remodeled 3 BR, 2 full bath home. New custom EIK quartz countertop, SS prof. appliances. Formal LR, enclosed heated front porch. HW floors throughout & w/w carpet. Part finished basement with washer/dryer. Detached 2 car garage, new boiler, 200 amp electric. New large paver patio. So much more. **$739,000.**

EAST SETAUKET CONDO "THE LAKES"



Lovely 2 BR Townhome, formal living room, formal dining room, EIK, 2.5 baths, one car attached garage, laundry room, private rear patio, wall-to-wall carpet, clubhouse, outdoor inground pools, spa and tennis/pickle ball courts. Gated community. Pets allowed. Real estate taxes $4,294 year. **$599,000.**

KINGS PARK "JUST LISTED"



Lovely 4 BR, 2 full bath, living room, dining room, EIK, den, Hi-Ranch with a 2 car attached garage and laundry area. Gas, two zone hot water heat & separate HW tank, one zone CAC, 200 amp electric, vinyl siding, architectural roof (2011), paver walkway & paver lined blacktop driveway. corner lot, .23 acre, fenced rear yard, deck, front portico, thermopane windows, wood flooring & w/w carpet. Potential mother/daughter with proper permits. **$649,000.**

KINGS PARK "LOVELY HI RANCH"



Four BRs, 2 full & two half baths. EIK, LR/DR combo. Natural gas HW heat, 200 amp electric. Whole house auto Generac generator. Brick paver walkway & patio. Fenced private rear yard w/large Koi pond. 1 att. car garage. Potential M/D w/proper permits. **$665,000.**

ST. JAMES "EXCLUSIVE"



Lovely vinyl sided 3 BR, 1 full bath Ranch Home with a full unfinished bsmnt with laundry and OSE. Arch roof (approx. 10-12 yrs), 3 Andersen bay windows and replacement thermopane windows thru out. Oak flooring, wood burning stove, living/dining room combo with beam ceiling and tongue & groove wood paneling. Detached 2 car garage. One zone Burham oil burner (2009) and hot water holding tank. Cesspool approx. 10-12 yrs, 275 oil tank in bsmnt. Level .25 acre lot with blacktop driveway. Home being sold "As Is." **$550,000.**

NESCONSET "LOVELY RANCH"

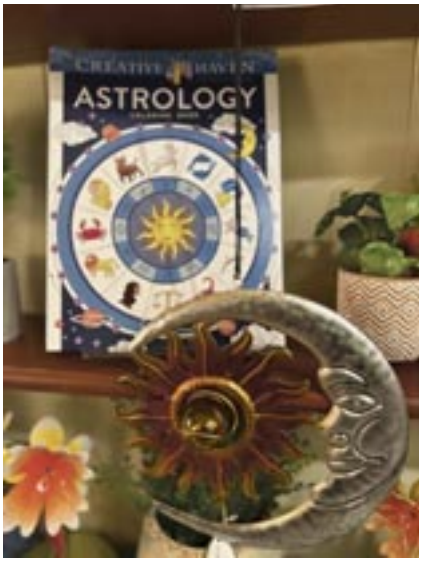


Lovely vinyl sided Ranch Home with partial unfinished basement, architectural roof, EIK with white cabinets & propane gas cooking with vaulted ceiling. Full bathroom with skylight & shower-tub combo. LR, 1 BR & front sitting room. Luxury vinyl plank flooring thru-out, 275 gallon oil tank in basement & 150 amp electric. Burham oil furnace with Riello head & separate HW tank. Flat level .30 property with expansion potential on quiet street in heart of Nesconset. Detached oversize one car garage & storage shed. Sold as is. **$499,000.**

The St. James General Store

continued from page 8
with a little something special? A copy of the Declaration of Independence or the Constitution, each printed on weathered parchment paper ($2.50 each), makes a particularly appropriate Thanksgiving keepsake. Simply roll it up and tie it with a decorative ribbon for a charming presentation.

And the morning after Thanksgiving, you'll be back in the kitchen





flipping pancakes and smothering them with delicious Vermont maple syrup, which you can find right here at the General Store!

Keeping the youngsters occupied at the Thanksgiving table is a breeze with educational coloring books. They can learn while they color, making these a wonderful addition to the holiday table. Ms. Potts has thought of everything! The store offers books on Native American history and culture, Indigenous crafts, astronomy, and many other fascinating topics. Prices range from $5.95 to $7.95.

Ms. Potts also celebrates local

continued on page 12

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The St. James General Store

continued from page 10
artists, and as you browse through the store, you'll discover the work of many talented and creative individuals.

Emily Knapps is a wonderfully talented local artist who has mastered the art of creating pysanky eggs, a skill she learned from her





mother. These exquisitely decorated eggs are part of a Ukrainian tradition, and Ms. Knapps' creations are absolutely beautiful! Prices range from $10 to $30.

Ukrainian pysanky eggs are decorated using a wax-resist dyeing method that produces intricate designs and symmetrical patterns. The process involves applying melted wax to the eggshell in a design, then dipping the egg into different colored dyes, layer by layer. Once the final layer of dye has been applied, the wax is melted away to reveal the beautiful design underneath. Each egg is real and hollowed out, so handle it carefully! Creating these delicate works of art requires an extraordinary amount of patience and skill.

Upstairs, the famous Garden Room is temporarily closed as it undergoes a holiday makeover. Renovations are underway in preparation for the fabulously decorated Christmas tree and all the other

continued on page 74





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DID YOU ATTEND THE BALL?

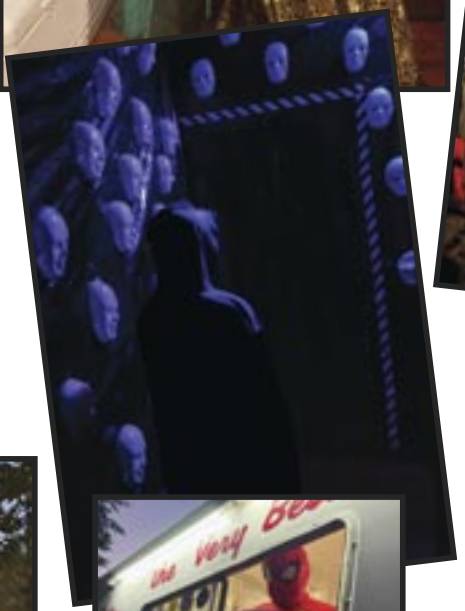




















SUFFOLK COUNTY PARKS

DEEPWELLS HAUNTED MANSION

DID YOU MAKE IT OUT ALIVE?

















DEEPWELLS HAUNTED MANSION

SUFFOLK COUNTY PARKS

Rising to New Heights at the Celebrate St. James Center for the Arts

by Natalie Weinstein, President

What a month we've had–and so much more excitement to come!

It began with a memorable art opening on October 11 entitled "Remembrance and 9/11," and the artists did not disappoint. As usual, V.P. Jack Ader mounted and emceed the show beautifully in our new space, connecting the dots between art and music, culminating in a walk down memory lane with the audience. Next came the Jersey Boys on our main stage, with the audience loving it! Keith and Jenna Hines and their talented Broadway pals packed the house and left everyone cheering.



Our American Overture Gala will be a tough act to top next year, as Flowerfield Celebrations provided the perfect backdrop for CSJ's highlighting America's 250th, the arts, our history, and our community, along with our amazing honorees and sponsors.

Thanks to Nancy Buzzetta and her Competition Auto Group family, our Gala's presenting partner, it's beginning to look a lot like a theater at 176 Second Street, which now has a name: The Joseph & Valerie Buzzetta Playhouse. And… blessings upon blessings, another most generous donor family, Fran and Lee Cirillo and family, have deeded the property facing our front door on Second Street to become the Joseph Cirillo St. James Arts and Heritage Museum. What

continued on facing page


Fabio Mittino & Bert Lams



continued
an amazing time for CSJ and our beloved community!

And – look what's coming your way:

November brings music, art, and community to our Center for the Arts. Join us November 6 for "Christmas at the Interlaken," a fundraiser for Paws of War, and November 7 at 8 p.m. for "A Life in Music," featuring guitarists Fabio Mittino and Bert Lams performing the music of Thomas de Hartmann. Our "Remembrance and 9/11" art show and sale also continues through November 7.

Young artists ages 6-12 can create a New York City parade scene and a three-dimensional balloon at our "Parade of Imagination" workshop on November 11, from 10 a.m.-1 p.m. On November 13, from 7-9 p.m., our "From Photo to Painting" workshop invites participants of all skill levels to turn a favorite photograph into a personal work of art. Private and semi-private art classes are also available, offering creative experiences tailored to individual interests or small groups.

Lighthouse Repertory Theatre presents *Oliver!* November 20-December 6, with more holiday entertainment to follow. On December 14 at 8 p.m., Nic & Desi bring their Holiday Special to our stage – a joyful evening of holiday favorites, timeless music, and sparkling entertainment, benefiting our theater.



Our Celebrate Connections inclusive social series continues November 8 and December 19, from 1-3 p.m., welcoming teens and adults of all abilities for creative activities, friendship, pizza, and refreshments.

There's something for everyone at Celebrate St. James Center for the Arts. Come create, connect, and celebrate with us at 176 Second Street, St. James! Visit celebratestjames.org for tickets, registration, and program details.



A Thanksgiving Tradition of Giving

by Melinda and John Alford

It's time to start preparing for our Thanksgiving deliveries! This year marks the 31st year of a family tradition that is incredibly close to our hearts.

We began this project in 1996, when we lived in Nassau County, with a simple goal: to provide complete Thanksgiving dinners, at no cost, to homebound senior citizens. Every meal was delivered on Thanksgiving Day, bringing not only a holiday dinner but also a little extra warmth and companionship to those who might otherwise spend the day alone.

When our family moved to St. James in 2023, we knew we wanted to continue this tradition. From our new home, we have maintained our deliveries in Nassau County while expanding the program to serve seniors in Suffolk County as well.

Since the project began, we are proud to have provided more than 8,000 meals. This year, we hope to deliver 250 more.



Each meal includes a complete, hot turkey dinner with homemade stuffing, gravy, assorted vegetables, cranberry sauce, homemade bread, a variety of desserts, and several drinks. The meals are delivered in bags decorated by elementary school students and accompanied by cards and letters created by children from several school districts. Whenever recipients welcome a visit, we take a few moments to stop and share some holiday cheer.

This tradition has become a very special part of our family's Thanksgiving, and we are grateful to everyone who has helped make it possible. To continue our deliveries, we welcome financial contributions, individual drinks, desserts, homemade breads, and, especially, volunteers willing to help deliver meals on Thanksgiving Day.

How You Can Help

Meals will be ready for pickup at our home, located at 5 David Lane in St. James, at 10:30 a.m. on Thanksgiving Day. If you would like to contribute food or help with deliveries, please reach out to us. We are also happy to arrange pickup of donated items when needed.

Your generous gifts of food, money, and time have made this project a tremendous success year after year. With your help, we can continue bringing a warm meal, a

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St. James Chamber of Commerce and
Deepwells Farm Historic Society Presents...
Tree Lighting
* Hot Chocolate
* Holiday Cookies
* Live Entertainment
* A Visit from Santa!!!
December 5th at 4pm
Deepwells Farm, 2 Taylor Lane, St James





Another Fabulous St. James Day

Another rousing success for the annual St. James Day event hosted by the Chamber of Commerce! It was a wonderful opportunity to stroll along Lake Avenue, catch up with old friends, and shop at our many local businesses and vendor booths.

This year's event was particularly challenging following the sudden loss of Rachel Frislid, a longtime friend of the Chamber and coordinator of St. James Day. Special thanks go to Chamber President Kathy Weber and Board Member Meg Shutka for their extraordinary efforts to ensure the day's success.

We would also like to pay tribute to Bill and Ruth Garthe, who have been a constant presence year after year, helping make St. James Day a success. Their absence was deeply felt.

We extend our sincere gratitude to our sponsors, Luxor at Mills Pond Rehabilitation and Nursing Center, The Smithtown News, and The Atelier, for helping make this special event possible.

We are also grateful to the Town of Smithtown, the Smithtown Parks Department, the Smithtown Highway Department, and Public Safety for their continued support and partnership.

It is a pleasure to host St. James Day each year and celebrate this amazing community with all of you. Thank you, St. James, for showing your community spirit and helping make this annual tradition such a success!















John Savastano throws open his doors to host a fundraiser for cancer during St. James Day. An impressive number of amazing car enthusiasts bring their cars and their generosity to raise money for a great cause.

The Saint James Chamber of Commerce would also like to thank Erica Rinear, Pat and Mike Tully, Linda Kuhn, Nancy Golder, Cub Scout Pack 228 and Troop 301 for helping to make this St. James Day such a success.

We very much appreciate you devoting your time and efforts to help us.

Following *Your Heart's Voice*: Renée Greene Murphy's Journey Continues

When St. James author and educator Renée Greene Murphy was featured in *Our Town* St. James in December 2023, she had just published her first children's book, *Your Heart's Voice*. What began as an idea she had carried with her for years had finally become a book, inspired in part by her belief that children could benefit from understanding and trusting their own intuition.

Three years later, that single book has grown into something much bigger.

Today, *Your Heart's Voice* has received 7 awards, and Murphy has expanded its message into Developing Your Intuition, an educational program designed for children in grades K-6. The program combines her book with age-appropriate intuition journals and lessons that encourage children to recognize their inner voice, work through problems, make thoughtful choices, build confidence and learn to trust themselves.

Murphy has brought the program into local elementary schools, including the Commack School District, and has also worked with the Girl Scouts of Suffolk County, with additional programming scheduled this fall.

"I've had the opportunity to watch something that began with one children's book grow into a program and resources that can be used by children, parents, teachers, schools and community organizations," Murphy said.

As the program developed, Murphy created and published two companion books, *Your Intuition Journal* for children ages 5-8 and a second edition for ages 8-12. The newly updated journals give children a place to explore their thoughts, feelings and experiences while developing greater awareness of their own intuition.

Murphy's work has also expanded in a deeply personal direction. She recently published *The Art of Living With Purpose*, written by her late brother, Robert Greene, whose memory and influence were an important part of her original journey with *Your Heart's Voice*. Bringing his book to publication has been an especially meaningful accomplishment for Murphy and her family.





And now, all of these books and resources have found a home right here in St. James.

Your Heart's Voice, the two *Your Intuition Journals* and *The Art of Living With Purpose* are now available locally at Imagine Balloons & Events on Lake Avenue (say hello to owner Daniella). For Murphy, seeing the collection together in a St. James business has brought her journey full circle.

"It means so much to me to see

continued on page 79

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The Galapagos – A Nature Lovers Paradise

by Irma Gurman

The Galápagos Islands are located in the eastern Pacific Ocean, about 600 miles off the west coast of South America. Formed by volcanoes, the archipelago consists of 18 main islands and three smaller islands. Because they are so far from the mainland, the animals have evolved in isolation and have little fear of humans, who only began visiting the archipelago through commercial ecotourism in the late 1960s. Until recently, no large ships were allowed in the area, although many of those restrictions have since been lifted.

In 2004, we flew to Seymour Airport and boarded a small, 16-passenger boat called The Daphne, named after one of the smaller islands.

Charles Darwin spent five weeks in the Galápagos Islands, and one of the islands, dedicated to scientific research, is named after him. There, we saw fur seals, frigate birds, marine iguanas, swallow-tailed gulls, sea lions, whales, marine turtles, and red-footed and Nazca boobies.

During the 1980s, iguanas from North Seymour were brought to the Charles Darwin Research Station as part of a breeding and repopulation project. As of 1997, scientists had counted 97 iguanas, 13 of which had hatched on the islands. We also saw turtle eggs in different stages of development in a hatchery on the island.





We could see the movement of a pregnant sea lion's belly as she was giving birth. Unfortunately, we could not stay to watch the birth because we had to return to the boat. However, we did see several newborns, with their placentas still lying on the ground.

We saw adorable blue-footed boobies, who get their distinctive coloring from the nutrients in fresh fish. The intensity of the blue pigment is an indication of their level of nourishment.

We were fascinated by the brightly colored Sally Lightfoot crabs. These little red crabs, with their orange underbellies, are about 1 to 3 inches long. They were named after a famous Caribbean dancer because they can leap rapidly from rock to rock and move backward, forward, and sideways with equal agility.

North Seymour Island has a large population of frigate birds. When the frigates are ready to mate, the male develops an extended belly. This extension takes about 30 minutes to occur and another 30 minutes to return to its original size. On Pinta Island, we met Lonesome George, the oldest tortoise in the Galápagos. We were lucky enough to meet him before he died in June 2012. However, he was not the oldest tortoise in the Galápagos. His cousin Harriet was born in 1830 and lived to be 175 years old.

Sailing between the islands, we encountered some rough waters, and our suitcases came crashing down from the upper bunk of our cabin. We were grateful that we had brought Dramamine and ginger!

We watched albatrosses performing their comical mating dance.

Some people went snorkeling

continued on page 26



Blue-footed Boobie



Sally Lightfoot Crabs

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The Galapagos – A Nature Lovers Paradise

continued from page 24
from the boat, which was anchored near Isabela Island. Those of us who remained on land were amused by the sea lions. Several babies approached us, but their mommies quickly came around to warn us to keep our distance. A protective mommy sea lion can be very intimidating!





The Galápagos Islands are a true paradise for nature lovers!



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Gratitude and Community – Can We Truly Be Individual?

by Jillian Davis

It is hard in this day and age to cultivate community. We are growing further apart, and I do not just mean by distance. We live in a very individualistic society – meaning that when we do things on our own, we are valued. Our worth very often rests on how much we do in solitary, rather than what we can accomplish together. So we compete, and alienate ourselves from each other.

In our lives, we are shaped by our environment and our relationships; arguably, they are one in the same. Sometimes we don't even realize how we are shaped until later in life, or never. It can be hard to notice – we live in a very distracting world. The fact of life remains that we are constantly cultivating relationships. It is impossible not to. We cultivate them when we breathe in the smell of a flower, when we treat our environment respectfully, when we laugh with ourselves and others, stick through the hard times, and communicate with each other truthfully. Most importantly, a good community is held sturdy in the value of gratitude.

When we are grateful, we naturally have better relationships with each other and ourselves. We are able to notice the small miracles that allow us to experience life and learn whatever it is we are here to learn. Gratitude does not equate to ignorance; we cannot and should not ignore problems just because we can recognize the good. We can face them, knowing we are held by the foundation of it.

When we think of birds and plant native berries, we are blessed with new songs and seeds. When we help protect other animals and creatures from habitat loss and endangerment, they help us too by upholding a healthy ecosystem in which we also need to survive. Isn't this community?

Gratitude can be our strength, if we allow it. It can be the glue that holds us together when we are falling apart and away. Like trees, we can support and communicate with each other through our roots and live strong, long lives in community. What are you grateful for this month?



Native Plants of the Month:

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Love Endures All

by the Williams Family

We are the Williams family. We moved to Saint James in 2020 and absolutely love the area. We are sharing our story of strength, resilience, and faith.

A few months ago, I was reading the *Our Town* paper and saw a story about a family featured in the Enduring Love Campaign. We certainly are a family that knows love endures all things. Even when a loved one passes away, love knows no end.

Reading that family's story inspired me to share our own.

My husband and I were blessed with twin boys on July 6, 2022. My pregnancy was challenging, and our twins were born prematurely at 28½ weeks. Early in the pregnancy, we learned that one of our sons had a significant medical condition. Eventually, we learned that Conor had congenital heart disease, with multiple complex defects, as well as heterotaxy syndrome, which significantly affected the arrangement of his internal organs. My care and that of our twins were transferred from Long Island to the Children's Hospital of Philadelphia (CHOP).

During my hospitalization, doctors discovered complications that required me to remain there until the boys were born. Being away from family and friends on Long Island was difficult, but I was never truly alone. The good Lord was always with me, and I had these two boys in my belly keeping me company.

I was admitted to CHOP's Special Delivery Unit in early June. We hoped to make it to mid-August before delivering the boys by C-section, but during one sonogram, we discovered something remarkable. Our son Michael, whom we call Mikey, had positioned himself in a way that helped his brother.

"Would you look at this! Your son Michael's body is basically plugging the hole in Conor's amniotic sac!" the sonogram technician exclaimed. "With the way he's lying on top of Conor, this is preventing the leak from getting worse!"

Because of this, Conor continued to grow. His brother had saved his life in utero.

On the morning of July 6, I experienced further complications, and the doctors decided the boys needed to be delivered immediately. My husband and I waited for them during the emergency C-section, listening to the Moana soundtrack. Fortunately, my husband had just relocated to Philadelphia with our dog and was able to be there for their birth.

We saw Mikey and Conor briefly before they were taken to the neo-

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Love Endures All

continued from page 30
natal intensive care unit (NICU). Both boys had a very rough start. Their lungs were severely underdeveloped, and they required breathing support. There were times when it seemed neither of them would make it.

Mikey battled a dangerous staph infection that nearly took his life, but the medical team caught it quickly, and he made a full recovery. He remained in the NICU for three months before being discharged home on October 19, 2022. It was a joyous day, but also bittersweet because we had to leave Conor behind in the cardiac intensive care unit. We stood firm in our faith, knowing that one day Conor would come home, too.

Conor's journey was far more challenging. He suffered from collapsed lungs, seizures, and failure to thrive. We were told more than once that he wouldn't survive. Even during my pregnancy, doctors feared his heart would stop beating in utero. During sonograms, my husband and I would hold hands, hoping Conor was still alive. Yet, despite everything, he continued to grow.

In July 2022, Conor went into cardiac arrest. His heart stopped for 15 minutes. I'll never forget the phone call telling us what had happened. We hurried to CHOP, where the medical team managed to revive him. Miraculously, he had no significant brain damage, although he would need numerous medications to help him recover.

Conor weighed less than three pounds at birth. Seeing our tiny baby surrounded by medications, tubes, and lines was heartbreaking. He was too small for surgery, so we had to wait until he reached 2.5 kilograms before an intervention might be possible.

As we waited for him to grow, Conor's lead cardiologist told us that an area of his heart that had seemed to require intervention was almost correcting itself. The doctors couldn't explain why, but we believed we knew. God is good, and even in the most challenging times, we believe there is still good to be found.

Conor continued to grow, although he suffered setbacks, including episodes of supraventricular tachycardia (SVT), a dangerous heart arrhythmia that sometimes required electrical shocks to restore a normal rhythm.

Eventually, Conor reached the necessary size, and we met with the cardiac team. We were devastated when we learned that the doctors did not feel confident placing a stent because they feared he would

continued on facing page



continued
not survive the procedure.

How could we have come so far, only to face this? Conor had already endured so much.

We prayed and prayed. The following morning, I received a phone call telling me that a doctor was willing to take a chance on him. We understood the risks, but we owed it to Conor to try.

By the grace of God, another miracle happened. Dr. Matthew Gillespie at CHOP placed a life-saving stent in Conor's heart, and he survived. One week later, Dr. Rome placed an additional life-saving stent, and Conor survived that procedure, too.

I'll always remember walking down the hospital hallway with my husband after Conor's first procedure. We saw Dr. Gillespie, who smiled and gave us a thumbs-up. My husband and I broke down in tears. We were so grateful to this man and to God that our baby boy had survived.

In November 2022, Conor underwent his first open-heart surgery. We were terrified, knowing he might not survive, but we owed it to him to keep going. The surgeon placed a central shunt, and Conor made it through.

We call him Conor the Conqueror. This child endured so much and kept fighting. Despite everything he experienced, he always seemed to have a smile on his face.

That same night, Conor went into cardiac arrest for the second time in his young life. We rushed to CHOP, and when we reached his bedside, he was stable.

The following day, Conor's surgeon spoke to my in-laws and shared something extraordinary. He said, "I don't know if you believe in a higher power, but I have to tell you. We did everything we could to get Conor back, and we couldn't. It was as if by some miracle Conor kick-started his own heart again, and he began to respond."

I'll never forget those words, "kick-started his own heart." They made me giggle a little, but I wasn't surprised. This little boy had heavenly capabilities. The medical team had done everything they could, yet Conor wasn't responding. Then, by the grace of God, his heartbeat returned. It wasn't his time to go.

We traveled back and forth to Philadelphia, and somehow, someone in our family was always with Conor. Finally, on March 27, 2023, he was discharged home. He still needed respiratory support at night

continued on page 34

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Love Endures All

continued from page 33
and various life-saving medications, but he was coming home!

Our house was full of family when we pulled into the driveway and carried Conor inside for the first time. It was as though he knew he was home. He was finally reunited with his twin brother, and we couldn't have been happier.

The first picture I took of them together at home remains one of my favorite memories. They were sitting on the couch in their little Boppy seats, with their legs crossed in the same way and their hands clasped alike. What a joy it was to see our boys together at last.

Adjusting to life at home was wonderful and challenging. Eventually, we had nursing care to help with Conor, but in the beginning, it was just us and our family. God bless my mother-in-law, who is a nurse and did so much for him.

Conor experienced some setbacks, including a gastrointestinal bleed caused by a blood thinner he couldn't tolerate, but he continued to press on. We were also able to baptize our sons together, with the same pastor who had married my husband and me. This was especially meaningful because we had arranged emergency baptisms for the boys in the NICU when doctors feared Conor would not survive the night. We had held on to our faith that one day we would celebrate their baptism together at home. Thank God we did.

We were finally able to enjoy life with our twin boys and be grateful for every moment. We celebrated birthdays with family and friends, visited Harbes Farm and the aquarium, took weekend trips to see loved ones, and even enjoyed our first little vacation in Pennsylvania over the Fourth of July in 2025.

Mikey and Conor continued to grow and do well. Conor had frequent follow-up appointments on Long Island and at CHOP, where doctors monitored his progress and planned his next cardiac surgery.

In the fall of 2024, Conor underwent his second open-heart surgery. The plan was to attempt a complete cardiac repair, but his surgeon determined during the operation that Conor's body wasn't strong enough to withstand it. Instead, the team enlarged his central shunt and performed a pulmonary artery plasty.

Afterward, Conor struggled with excessive blood flow to his lungs, severe swelling, seizures, and another SVT episode that required electrical shocks to restore his heart rhythm. He ended up back in the cardiac intensive care unit.

But in typical Conor fashion, he pressed on.

continued on page 40



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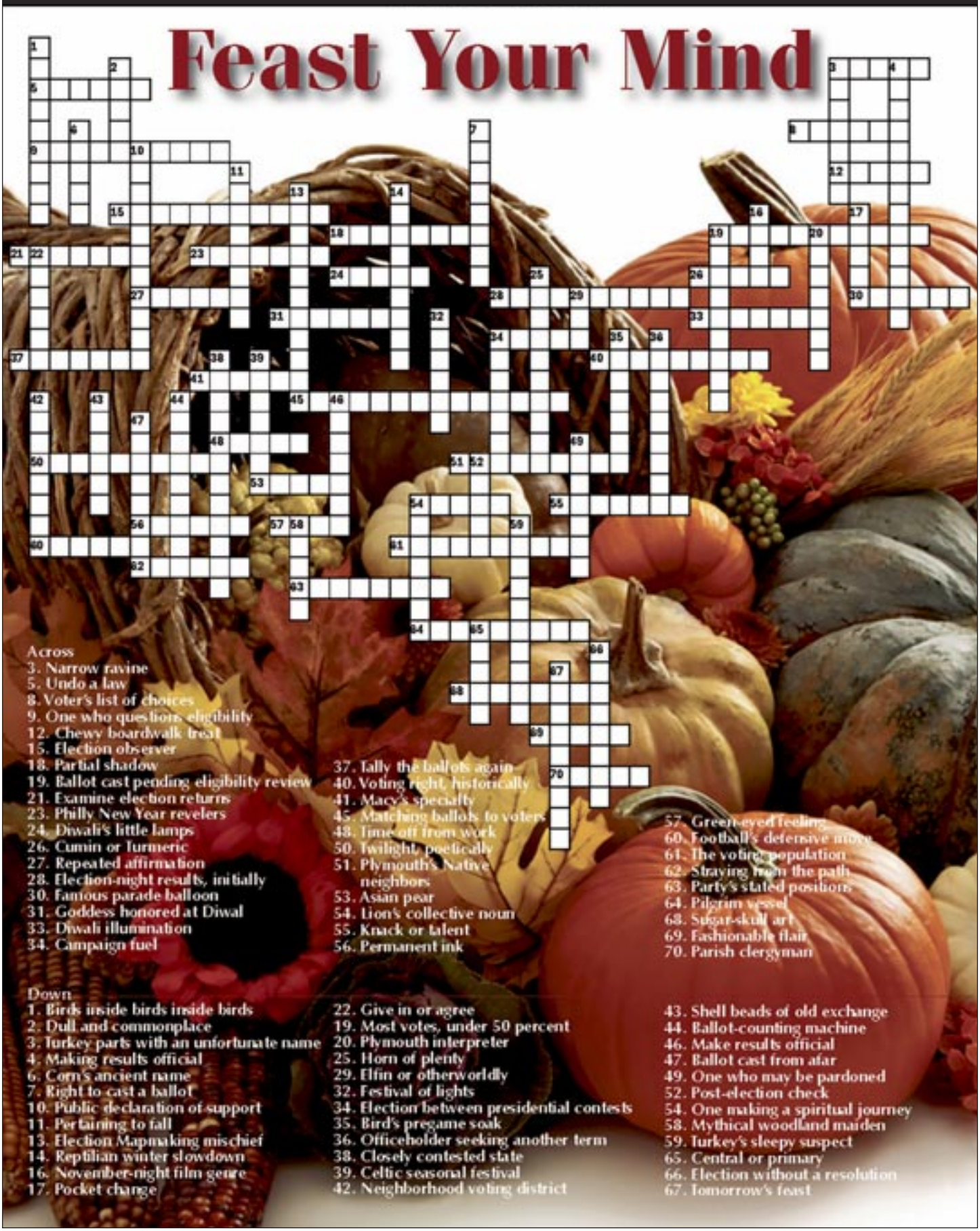
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8		4			1		7	
	5			1	4			9
		2	7					
4	8				2		1	
5	7		4			2		
		8			5			4
3			2	7		5		1

RIDDLES & TEASERS



Question 1:
There are three boxes, one containing apples, one containing oranges, and one containing both. All are incorrectly labeled. You can only open one box to see what's inside. How do you correctly label all the boxes?

Question 2:
How can you add eight 8's to get the number 1,000?

Question 3:
If two's company and three's a crowd, what are four and five?

Answers on page 38

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Sudoku Solution:

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





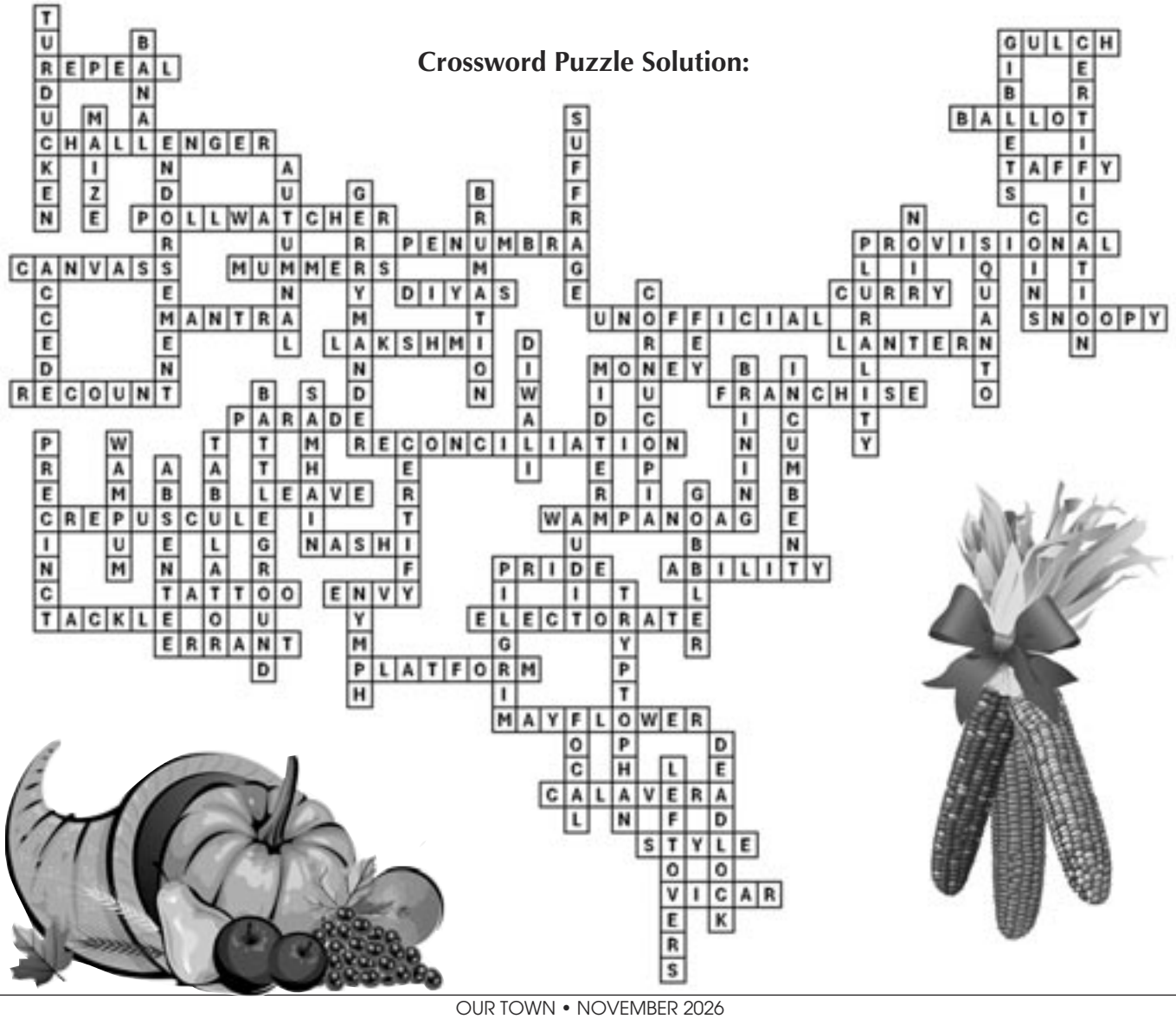
Riddles & Teasers Answers:

Question 1:
Open the box labeled "both." Whatever is inside will tell you the correct label. Swap the others accordingly.

Question 2:
888 + 88 + 8 + 8 + 8 = 1,000.

Question 3:
Nine (because 4 + 5 = 9).

Crossword Puzzle Solution:



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Love Endures All

continued from page 34

About a month after his second open-heart surgery, he needed a third operation to adjust the previous procedure and help normalize the blood flow to his lungs. Given his exceptionally complex heart condition, every successful intervention felt miraculous.

The third surgery was successful, and Conor continued to heal. He was discharged home just before Thanksgiving 2024. That Thanksgiving was especially meaningful. We were beyond grateful that we still had Conor and could continue our lives with our beautiful boys.

Our family never truly focused on the severity of Conor's condition. Instead, we focused on the fact that he was home and doing as well as he could. Yes, he struggled with gastroparesis and other complications, but he always had a smile on his face and seemed happy to be alive.

He had a fighting spirit unlike anything I had ever seen, and I will be bold enough to say that I may never see it again. Some people say babies choose their parents, and I believe that is true. My husband and I are beyond honored to have been chosen as Michael and Conor's mom and dad.

Our journey was intense, with incredible highs and lows. There were so many times when we didn't know whether our boys would survive or whether Conor would make it through the night. But by the grace of God, miracle after miracle occurred, and Mikey and Conor persevered.

Then came August 26, 2025. It was a beautiful summer day, and we went for a walk around our neighborhood. It was me, Mikey, Conor, and Conor's nurse, Julissa. Everything seemed normal.

That evening, I had dinner plans with my sisters-in-law. I kissed Mikey and Conor goodbye, said goodbye to Conor's nurse, Janet, and left. Later, Janet called me on FaceTime. She told me that Conor wasn't acting like himself and didn't look well. She was going to call 911.

I'll always remember where I was when that call came. I had to sit down. I told Janet to call 911 because she was right. Conor didn't look well.

I called my husband, who was on his way home from work, and urged him to get home as quickly as possible. We had been through so many frightening situations before, and Conor had always pulled through. But this time felt different. Deep in my gut and in my heart, I sensed something was terribly wrong.

I remember kissing Mikey and Conor goodbye and accidentally kissing Conor on the lips. He smiled and giggled at me with his chubby cheeks. I am so grateful for that little slip-up because it was the last time I kissed him while he was alive on this earth.

Shortly after that FaceTime call, Conor passed away.

It was later determined that he had experienced another SVT arrhythmia at home. As he lay on the couch in our living room watching Lilo & Stitch, he peacefully transitioned to heaven to be with our Lord and Savior, Jesus Christ, and all our loved ones who had gone before us.

I remember driving to the hospital with my sister-in-law, praying the

continued on page 42

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Updated version of the patriotic poem

Remember Me?

Author Unknown



Hello.
Remember Me?
Some people call me Old Glory,
others call me the Star-Spangled Banner,
but whatever they call me, I am your Flag,
the **Flag of The United States of America...**

Something has been bothering me
so I thought I might talk it over with you...
because it is about you and me.

I **remember** some time ago,
people lined up on both sides of the street to watch the parade,
and naturally I was there, leading the way,
High and proud, catching the breeze.

Your father stood tall – as I passed,
he immediately removed his hat
and placed it on his left shoulder so that the hand
was directly over his heart ... **remember?**

And you, I **remember** you.
Standing beside him, back straight, chest out,
learning what respect looked like.

Remember little sister?
Not to be outdone, her tiny hand
pressed to her chest, serious, proud,
and full of heart... **remember?**

What happened? I'm still the same old flag...
Sure, I have a few more Stars,
and more battle scars, too.
From Desert Storm to Kabul,
from the rubble of 9/11, to the long watch of freedom since,

But now I don't feel as proud as I used to.
These days, When I pass by – you just stand there
with your hands in your pockets, heads are turned,
phones raised for photos – but not for honor.

Some don't even notice.
Kids running around, not taught what I mean.
Many don't seem to know who I am...
One man took his hat off -– then looked around,
saw no one else did, and put his back on.

Is it a sin to be patriotic anymore?
Is it out of fashion?
Have you forgotten what I stand for?
Where I've been?.
Normandy. Iwo Jima. Korea. Vietnam.
Baghdad. Fallujah. Kandahar. Ground Zero.

I've been draped over coffins of the brave and the selfless.
I've stood watch over silent fields of white crosses.
I've flown over proud courthouses and quiet country homes.
One Nation Under God...
When you salute me, you are honoring them.
When you stand with hand to heart,
your standing for something bigger then yourself
for ***liberty, sacrifice, unity, and hope.***

So the next time we meet...
In a parade, at a memorial, on a flagpole at sunset –
Stand tall, place your right hand over your heart...
And I'll salute you, by waving back.

And I'll know that...
YOU REMEMBERED!

Love Endures All

continued from page 40
entire way. She couldn't understand how I was so calm. I told her I was putting my faith in the Lord. We had endured so many frightening ups and downs with Conor, and I was praying that everything would be okay. Yet, deep in my heart, I felt that he had already gone home to be with the Lord. Somehow, I felt at peace with that.

I had been told that Conor wouldn't make it while I was pregnant. I was told his heart would stop beating in utero. I was told many times that he wouldn't survive the night in the NICU. Countless nights, we sat by his bedside, waiting and praying, and he always pulled through. Countless miracles had happened in our family and in Conor's life.

Sometimes, bad things happen in this world, but I still choose to say that God is good.

Jesus gave this baby boy back to us on many occasions. He allowed him to be born and to survive cardiac arrest twice, seizures, and SVT arrhythmias. But on August 26, 2025, He said, "Conor, job well done. It is time. It is finished."

Somehow, I have found that peace that surpasses and transcends all understanding, the peace that people say Jesus can give you. I have it, and I will always be grateful for it.

Conor is not gone. He is alive and well in Christ Jesus. There has simply been a shift from this earth to heaven. When a loved one passes away, I believe that if you can come to terms with that truth, peace will come.

The love a parent has for a child never stops, even when that child passes away. Some say that love has nowhere to go. I disagree. The love and adoration I have for my son continue every day. I think of him every moment. I keep a giant picture of his smiling face on a chair at our kitchen table. It is the first thing I see when I walk into our house and the last thing I look at before heading to our bedroom at night.

I know Mikey and Conor will always share a special bond as twins and brothers. Everyone who was blessed to know Conor still carries that bond with him.

Conor has sent us countless signs that he is okay and at peace. Some are almost hard to believe, but we are so grateful for them. An inspirational Scripture on a license plate, a butterfly circling my entire body before landing on my toe, a beautiful bird landing beside me, or even a turtle hatchling waddling up to me at the beach during the week of my first birthday without Conor. The signs have been amazing, and I thank you, Conor, for each one.

Love endures all.

My prayer for you today is that, if you have lost a loved one, whether a distant family member or someone as close as a spouse, child, or parent, you will find comfort in knowing that they are not so far away. I encourage you to talk with them. Spend time in nature and look for the signs, because I believe they are there.

Love endures all. Love never ends.

A Wonderful Tribute to a Very Special Person

Bill Garthe loved St. James and contributed so much over many decades to make our town such a special place. This plaque was recently unveiled at Cordwood Beach, an area cherished by Bill.

Keep smiling!



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Happy Thanksgiving!



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Smithtown Rotary Highlights Organizations Making a Difference

The Smithtown Rotary Club is proud to announce that it raised over $18,000 at the 3rd Annual Cornament Fundraiser on September 17 at Napper Tandy's in Smithtown.

Thanks to the incredible support of our fellow Rotarians, community members, and generous sponsors, these funds will benefit two outstanding nonprofit organizations: America's VetDogs and Warrior Ranch Foundation. Supporting local veterans and first responders in need is a central focus of this event, and we remain committed to giving back to those who have served and sacrificed for our communities.

Special thanks to Smithtown Rotary member Lisa Lombardi, Vice President & Branch Manager of Dime Commercial Bank in Smithtown, who organized and led the event. Lisa and her team's dedication to the local community continues to make a meaningful impact.



Pictured from right to left: Antoinette DeGruccio, Warrior Ranch program manager; Smithtown Rotary Club members Jodi Christophides, Lisa Lombardi, Ron Rothman, and Sister Theresita Donach.

Smithtown Rotary Supports Warrior Ranch Foundation

The Smithtown Rotary Club was proud to present a check for $9,200 to the Warrior Ranch Foundation in Calverton. The funds were raised at the recent Third Annual Smithtown Rotary Cornament, held at Napper Tandy's in support of first responders and veterans.

Lisa Lombardi, vice president and branch manager of Dime Commercial Bank in Smithtown, organized and led the event with support from Smithtown Rotary Club members. Thanks to the generosity of sponsors and participants, the event was a great success.

About The Warrior Ranch Foundation

Where Healing, Service, and Second Chances Come Together.

The Warrior Ranch Foundation brings together veterans, first responders, families, volunteers, and horses in need through experiences that foster connection, purpose, and community. What begins with a horse often becomes something much larger: a place where lives are changed, friendships are formed, and second chances are possible for both people and animals.



Pictured: Smithtown Rotary members Linda Cherney, Herta Walsh, Lisa Lombardi, Taylor Kelly (America's VetDogs) and Ron Rothman, current Rotary club president.

Smithtown Rotary Supports America's VetDogs

The Smithtown Rotary Club was proud to visit the facilities of America's VetDogs and present a check for $9200 that was raised at their 3rd Annual Cornament event at Napper Tandy's in Smithtown.

The event was organized by Lisa Lombardi, the Vice President and Branch Manager of the Smithtown Dime Commercial Bank.

Americas VetDog's mission is to help those who have served our country honorably live with dignity and independence.

The service dog programs of America's VetDogs® were created to provide enhanced mobility and renewed independence to United States veterans, active-duty service members, and first responders with disabilities, allowing them to once again live with pride and self-reliance. Not only does a service dog provide support with daily activities, it provides the motivation to tackle every day challenges.

Planting Seeds of Hope

The Smithtown Rotary Club was pleased to welcome Ann Pellegrino, the founder of Bethel Hobbs Community Farm, who shared the story of the farm as well her own personal journey that inspired her involvement in this remarkable community resource.

Located in Centereach on approximately 11 acres of historic farmland, Bethel Hobbs Community Farm has grown into a place of education, fellowship and service, with a greenhouse, educational gardens, community garden plots, accessible gardening areas and space dedicated to growing fresh produce for local food pantries and soup kitchens.

The farm provides hands-on educational opportunities for children, families, scouts and community groups, teaching the value of gardening, growing healthy food and caring for the environment. Volunteers are at the heart of the operation, helping with planting, tending, harvesting and maintaining the farm throughout the growing season.

We were grateful to have Ann share her story with us and to learn about an organization whose mission so closely reflects Rotary's own commitment to Service Above Self.



Ann Pellegrino and Ron Rothman, Smithtown Rotary president.

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Pets For Adoption at Smithtown Animal Shelter

Adopt Marty

Meet Marty "The Hammerhead" Feldman! This goofy-looking grey and white male velvet hippo is a four-year-old bully mix with a face you will never forget – and a personality that will absolutely steal your heart.

Yes, the team at the shelter may have leaned into the obvious with his nickname thanks to his adorably googly eyes, but Marty takes it all in stride. In fact, this sweet boy seems completely unaware that he looks a little different, because nothing slows this lovable couch companion down – except maybe belly rubs, cozy snuggles, and a Netflix binge beside his favorite human.

While making your acquaintance, Marty can be a bit nervous at first, but he quickly melts into an affectionate wiggle machine once he feels safe. When he recently met a group of middle school-aged children, this big mush immediately transformed into a giant cuddle bug, rubbing against them for attention and soaking up every bit of love he could get.

He is believed to have slight visual impairment, but you would never know it from the way he happily explores the world around him with his tail wagging. Marty is looking for a patient, loving home with children 10 and older where he can continue building confidence and enjoying all the belly rubs, snacks, and couch naps he can handle.

If you are interested in meeting Marty, please fill out an application to schedule time to properly interact with her in a domestic setting, which includes our Meet and Greet Room, the dog runs, and our Dog Walk trail.

For more information regarding our rescue animals available for adoption, visit: TownofSmithtownAnimalShelter.com

Adopt Kevin Bacon!

Meet Kevin Bacon! Dapper, charming, and full of personality, Kevin Bacon is a handsome gray Domestic Short Hair and a distinguished senior gentleman, estimated to be around 11 years old.

Found as a stray and never reclaimed, this sweet boy hasn't let his past dim his spirit one bit, he's still strutting through life with confidence and undeniable swagger.

Kevin Bacon is as affectionate as they come and isn't shy about making his needs known. This vocal sweetheart will happily "chit-chat" with you when he wants attention, a snack, or simply the pleasure of your company. His expressive

continued on facing page

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Kevin Bacon



Marty

continued

nature and lovable quirks make him an instant favorite among caretakers at the shelter.

While Kevin Bacon does have chronic feline herpes, it's a common and manageable condition that may cause occasional sniffles. It doesn't slow him down or take away from his quality of life; he's otherwise healthy, happy, and ready to share his golden years with a loving family. He would do well in a home with kids, other cats, and even calm dogs.

If you're looking for a cat with character, charm, and a whole lot of heart, Kevin Bacon is your guy. He would do well in most homes, including those with children, other cats, and even calm dogs. Come meet this suave senior and see for yourself- he's truly one of a kind.

If you are interested in meeting Kevin Bacon, please fill out an application to schedule a time to properly interact with your prospective soul mate in a domestic setting.

Additional Foster Opportunity:

If you have no other pets or young children at home, and are looking for a way to serve your community, please consider signing up to be a foster. Foster parents provide temporary care for cats, kittens, and dogs in their own

continued on facing page

continued

homes. Some animals need as little as two weeks of care, while others may need care for extended periods of time. The shelter provides: food, litter, litter box, large crate, bedding, all veterinary care and medicine for foster animals, foster training and plenty of continuing support to foster parent volunteers. Download the Foster Application at: www.smithtownny.gov/DocumentCenter/View/4325/Foster-Application

Thinking About Adoption:

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

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

Hours at the Smithtown Animal Shelter are currently Monday-Saturday 10 a.m.-3 p.m., Sundays and Wednesday evenings: by appointment only.

While we are open to the public, we ask that you call ahead to schedule an appointment.

To inquire about the Pet of the Week or to meet your potential soulmate, please call the Smithtown Animal Shelter at 631-360-7575.

Fill Your Home With the Scent of Homemade Bread

Bread-making is a popular pastime for millions of people across the globe. When baking bread at home, kitchens and even surrounding rooms tend to fill up with an enticing aroma. The finished product is equally appetizing and often hard to resist.

There's no end to the types of bread people can prepare at home. This winter, a recipe for "Winter Squash Bread" from Lines+Angles can hit the spot for people who love to make and indulge in homemade bread.



Winter Squash Bread

Makes 8 servings or for 1 loaf

- 1 1/3 cups sugar
- 1/3 cup unsalted butter, softened
- 1 cup cooked butternut squash, puréed
- 2 large eggs
- 5 tablespoons water
- 1 teaspoon pure vanilla extract
- 1 2/3 cups all-purpose flour
- 1 tablespoon cornstarch
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg
- 3/4 cup chopped walnuts
- 2/3 cup pumpkin seeds

1. Preheat the oven to 350 F. Grease and line the base of a 9" x 5" loaf pan with parchment paper.

2. Cream together sugar and butter in a large mixing bowl until pale and fluffy. Beat in butternut squash purée.

3. Beat in the eggs, one by one, followed by the water and vanilla extract.

4. Combine flour, cornstarch, baking powder, baking soda, salt, and spices in a separate bowl. Stir into the squash mixture until a rough batter forms.

5. Fold the chopped walnuts into the batter. Spoon and scrape into the prepared pan and sprinkle over the pumpkin seeds.

6. Bake for about 1 hour until risen and dry to the touch on top; a cake tester should come out clean from the center when ready.

Offer Something New at Thanksgiving Dinner This Year

Thanksgiving dinner offers a lot to look forward to. The unofficial kick-off to the holiday season, Thanksgiving is a chance for families and friends to get together, watch some football and, of course, share a delicious meal.

Food is a focal point on Thanksgiving. Turkey is the traditional centerpiece, but side dishes garner their share of the glory, too. Stuffing, mashed potatoes, vegetable casseroles, and more have a way of finding their ways onto the Thanksgiving menu. But hosts looking to offer something a little less traditional and more unique can look to this delicious recipe for "Stuffed Zucchini" from Lines+Angles.



Stuffed Zucchini

Makes 6 servings

- 6 medium zucchini, washed and ends trimmed
- 3 cups butter cracker crumbs, crumbled
- 1/2 cup grated Parmesan cheese, plus extra to sprinkle
- 1 mall onion, peeled and minced
- 3 tablespoons minced fresh parsley, plus extra for garnish
- Freshly ground black pepper, to taste
- 1 teaspoon salt
- 2 eggs, beaten
- 2 tablespoons butter
- 15 ounces canned diced tomatoes, drained well

1. Preheat oven to 350 F.

2. Cut zucchini in half lengthwise; scoop pulp out with a spoon. Place zucchini shells in a large baking pan.

3. In a large bowl, combine zucchini pulp, cracker crumbs, cheese, onion, parsley, salt, pepper, and the beaten eggs. Fill zucchini shells with mixture; dot with butter and spoon tomatoes over the filling. Sprinkle with additional Parmesan cheese and bake for 30 to 35 minutes. Garnish with chopped parsley and serve.

Seafood Makes for a Flavorful and Unique Holiday Offering

Seafood may not be synonymous with holiday dinners, which tend to feature traditional fare like turkey, roasts and pasta. But seafood makes a perfect offering come the holiday season, particularly for those living in coastal regions where access to fresh food taken directly from nearby waters adds much to dinnertime.

Holiday hosts who want to offer family a dish they might not find anywhere else on the holiday social circuit can whip up the following recipe for "Pan-Seared Scallops with Lemon Butter and Basil" courtesy of Lines+Angles. When paired with potatoes or pasta, this dish is sure to delight and make for a memorable holiday meal.



Pan-Seared Scallops with Lemon Butter and Basil

Serves 4

- 3 cups large sea scallops, about 20
- Salt, to taste
- Freshly ground black pepper, to taste
- 1 pinch granulated sugar
- Olive oil, enough to coat pan

For Lemon Butter:

- 1 tablespoon olive oil
- 2 cloves of garlic, peeled and minced
- 1 medium sweet onion, minced
- 1/2 cup dry white wine
- 1/2 cup chicken stock
- 1/4 cup unsalted butter, cubed
- 1 fresh lemon
- 1/4 cup fresh basil, finely chopped

For Pan-Seared Scallops:

1. Rinse scallops and gently pat until completely dry. Season scallops with salt and pepper and dust lightly with sugar.

2. Preheat oven to 425 F. Coat a baking sheet with non-stick cooking spray or line it with cooking parchment.

3. In a large non-stick skillet, heat oil over medium-high heat until very hot but not smoking. Working in batches if necessary, add seasoned scallops to pan and cook until just seared. Place seared scallops on the prepared baking sheet. Bake until finished off, or about 6 to 8 minutes.

For Lemon Butter:

1. Heat oil in skillet over medium-high heat. Saute garlic and onion until translucent and tender. Add white wine and reduce volume by half. Add chicken stock and reduce volume by half.

2. Remove pan from heat and whisk sauce while slowly adding the cubed butter. Do not return to heat, as this will cause the sauce to separate. Once the butter has melted, whisk in the juice of one lemon and half of the chopped basil. Adjust seasoning if necessary.

3. Divide scallops between plates. Spoon lemon butter glaze over scallops and garnish with remaining chopped basil. Serve.

Enjoy This Delicacy from the Comforts of Home

Certain foods have inspired a devotion that other dishes simply cannot match. Oysters certainly fit that mold. To oyster lovers, there's simply no better way to start a meal than to order a plate of these wildly popular delicacies.

Of course, oysters also can be enjoyed at home. Whether you procure your own oysters or find them at your local fishery, this recipe for "Oysters With Spinach and Gruyere" from Lines+Angles is a simple and tasty way to enjoy this popular delicacy once you arrive home.

Oysters With Spinach and Gruyere

Makes 4 servings

- 24 oysters (in the shell), scrubbed
- 1/2 cup butter, melted
- 6 ounces fresh spinach, cooked and drained
- 6 tablespoons Worcestershire sauce
- 4 ounces Gruyere cheese, grated
- 1 lemon, cut into wedges, for garnish

1. Shuck oysters using an oyster knife. Scrub the inside of the deeper shell.

2. Brush the inside of each shell with a generous amount of melted butter. Spread a layer of cooked spinach on each shell. Dip each oyster in Worcestershire sauce and place on top of spinach. Sprinkle each oyster with remaining melted butter and top with grated Gruyere cheese.

3. Place oysters in a shallow pan or on a cookie sheet. Broil quickly or until the edges of the oyster curl and the cheese is bubbly and golden brown.

4. Serve on a bed of sea salt with lemon wedges.



The Blackboard Bulletin

Vanya and Sonia and Masha and Spike On Stage at The Knox School

There is something remarkable about watching a theatrical production come together. A script read around a table becomes movement on a stage. Characters take shape. Costumes and props appear. Lines that were funny on the page suddenly become much funnier when delivered by an actor at exactly the right moment.

At The Knox School, that transformation is happening on an unusually tight timeline this fall. With the school year beginning in mid-September, the cast and crew of *Vanya and Sonia and Masha and Spike* will take the production from auditions to opening night in just nine weeks.

Written by Christopher Durang, the comedy won the 2013 Tony Award for Best Play. Set in a farmhouse in Bucks County, Pennsylvania, the story follows siblings Vanya and Sonia, whose quiet lives are disrupted when their movie-star sister, Masha, arrives with her much younger boyfriend, Spike. Old frustrations surface, sibling rivalries intensify, and Masha's announcement that she may sell the family home raises the stakes.

The characters' names and some of the play's themes draw inspiration from Anton Chekhov, but at its heart, this is a contemporary comedy about family, regret, change, and the complicated relationships between people who know one another perhaps a little too well.

"It's a comedy, so it's funny," said Theatre Director Mike Canestraro, known to his students as Mr. C. "There's a lot of conflict between the family, and I think that's something that people can relate to."

For the students bringing those characters to life, much of the discovery happens during rehearsal.



Emma Esposito '27, who plays Masha, remembers the difference between simply reading the comedy and beginning to perform it. "Once we actually started acting it out, it was fun to see how the humor actually works," she said. "There were moments with the other cast members where we were laughing about the script and understanding the jokes more."

That process is collaborative. Sonia Wang '28, who plays Nina, said one of her favorite parts of rehearsal has been watching "the cast coming together to pitch in edits and ideas we have for staging or line delivery." Luca Gradassi '28, who plays Vanya, has enjoyed the spontaneous moments too, including the laughter that erupts when a cast member unexpectedly tries a line in a silly voice.

And while the actors develop their characters onstage, another production is taking shape behind the curtain.

Costume manager Charlotte Zhou '28 helps with fittings and prepares actors for costume changes. She says audiences may not realize just how much work goes into making those changes happen quickly or ensuring props are ready at precisely the right moment. For Charlotte, working alongside friends has been one of the best parts of the experience.

Theatre at Knox is open to high school students interested in participating, with acting roles determined through auditions. Each year, students stage a fall play and spring musical, while middle school students have their own midyear production. Mr. Canestraro, who joined Knox as Director of Theatre in 2022, brings extensive professional directing, choreography, performance, and theatre education experience to the program.

Now, after weeks of rehearsing, experimenting, laughing, adjusting, and preparing behind the scenes, the cast and crew are nearly ready for an audience.

"It's a really funny play," Emma said. "There's never a slow moment. It's very fast-paced."

The community is invited to see *Vanya and Sonia and Masha and Spike* at The Knox School on Friday, November 20 and Saturday, November 21 in the William Turner Shoemaker Theater on Knox's St. James campus.

Families interested in learning more about Performing Arts at Knox are also invited to attend the school's Fall Open House on Saturday, November 14. To register or learn more, contact the Admissions Office at admissions@knoxschool.org.

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Friday Night Lights Shine on Smithtown East Homecoming

Smithtown High School East celebrated homecoming on September 25 with an evening filled with school spirit, community and plenty of excitement, including a special first for the Bulls – the first Friday night homecoming game played under the lights at Schroeder Field.

The festivities began before kickoff with a pre-game carnival held in the high school gymnasium. Hosted by High School East's co-curricular clubs, the carnival featured a variety of games, activities and stations organized and run by students. Members of the community were invited to join in the fun, listen to live music and enjoy time together as the school prepared for a night of school spirit and celebrations.

As game time approached, the energy moved outside to Schroeder Field, where the Smithtown East Bulls took on the Huntington Blue Devils. Under the Friday night lights, students, families, alumni and community members filled the stands and brought an electric energy to the evening.



The Smithtown East Bulls took Schroeder Field for the homecoming game against the Huntington Blue Devils.

The homecoming celebration continued during halftime with a performance by the Whisperettes kickline team and the highly anticipated crowning of the 2026 homecoming royalty. This year's homecoming queen was Isabella Weidtman and Anthony Gazzano was crowned homecoming king.

Despite the 40-7 loss to Huntington, Smithtown High School East's homecoming brought the school community together for a memorable night of celebration and school spirit.



Homecoming queen Isabella Weidtman and king Anthony Gazzano celebrated their crowning during halftime.



A rainbow stretched across the sky as Smithtown East cheerleaders brought their spirit to the sidelines during the Homecoming game.

photos courtesy of the Smithtown Central School District.

The Blackboard Bulletin

A Day on the Nissequogue River

Think Discovery Science Research students from Smithtown High School East recently returned to the Nissequogue River for an annual citizen science investigation coordinated by East Science Research Coordinator Maria Zeitlin.

"The tide was high and so were our spirits!" Zeitlin shared.

As part of a multi-school collaboration with Brookhaven National Laboratory, the Central Pine Barrens Commission and the NYS Department of Environmental Conservation, students collected data to help monitor the long-term health of the local estuary.

Working in teams, students used seine nets to catch and release fish, crabs and other aquatic organisms; measured tidal movement, wind speed, and air and water temperatures; and documented GPS coordinates and site conditions. They also collected a sand core sample that will be analyzed at Brookhaven National Laboratory for microplastics.

The experience even brought an artistic perspective to the scientific research. Seven students sketched, drew and painted the site, creating an exciting STEAM (science, technology, engineering, arts and mathematics) collaboration.



Smithtown High School East science students recently returned to the Nissequogue River for a science research project. *photo courtesy of Smithtown CSD*

Students also conducted chemical analyses to measure salinity, water clarity, and potential contaminants, including nitrates and phosphates.

Smithtown Board of Education Honors Local Lifesavers

The Smithtown Central School District Board of Education recognized several individuals whose quick thinking, teamwork and lifesaving actions helped save a life during a JV girls soccer game last month at Smithtown High School East.

When an official collapsed on the soccer field on September 16, Smithtown parent and volunteer EMT Jennifer Carney rushed to provide chest compressions, joined by head coach Amanda Valente, chaperone Kenneth Eng and athletic trainer Kelsey McCulley, who retrieved the school's automated external defibrillator. In conjunction with several members of the East Islip community, they assessed the situation and delivered a lifesaving shock when the device indicated it was needed.



From Left, Superintendent Dr. Mark Secaur, Kenneth Eng, Kelsey McCulley, Amanda Valente, Jennifer Carney, Board of Education President Matt Gribbin and Board of Education Vice President Brandon Solomon.

photo courtesy of Smithtown CSD.

At the October 13 Smithtown Central School District Board of Education meeting, the board honored these heroes with certificates of recognition and a well-deserved ovation in appreciation of their extraordinary actions.



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Third Annual Valerie Kratochvil Memorial Scholarship Game



The Smithtown High School East field hockey team hosted its third annual Valerie Kratochvil Memorial Scholarship game on September 28. *photos courtesy of Smithtown CSD.*

The Smithtown East field hockey team hosted its third annual Valerie Kratochvil Memorial Scholarship game on September 28. Nearly $3,000 was raised with proceeds going toward a field hockey memorial scholarship started in Valerie's name.

Valerie was an avid track runner and a valued member of the Smithtown East High School field hockey and track teams.

Her parents, Margaret Kratochvil and Ken Kratochvil, attended the game and received a bouquet of flowers from the team.

"Valerie was beautiful inside and out. She was compassionate, caring, intelligent, funny and loving – the best friend that anyone could ever have," said Margaret Kratochvil.





Understanding Addiction: Smithtown Students Sit In On Presentation

Smithtown High School East and West students had the opportunity to hear from internationally recognized neuroscientist Dr. Stephen L. Dewey, a research professor at NYU School of Medicine, as he brought his powerful presentation on addiction to Smithtown on October 7.

Drawing on decades of research and experience, Dr. Dewey explored how addiction affects the developing brain and challenged students to think critically about the choices and influences they encounter every day.

"I just want to make sure you're aware of what's going," Dr. Dewey told the students.

The presentation addressed a range of topics impacting today's teens, including social media, gambling, substance use, fentanyl awareness, games such as Fornite and Roblox, and the science of addiction.

Dr. Dewey has been visiting schools and speaking with students about addiction since 1994, sharing his expertise and helping young people better understand the science behind addiction.



Thanksgiving, Home & Upcoming Holidays



by Natalie Weinstein, ASID Allied

This past year, our Celebrate St. James team reminded me how much we have to be thankful for in our organization, housed at the Celebrate St. James Center for Arts. With the world around us in such a tenuous place, creating a safe haven where one can feel "at home" is truly something wonderful.

"Home" is a word that evokes emotion, and emotions are beginning to run high. Happy, sad, stressed, overwhelmed, excited. All because the holidays are drawing near, and time never seems to be on our side!

The traditions we celebrate when opening our homes to family and friends are meaningful, but they often require considerable effort, especially when the things we planned to do to get our homes "company-ready" have yet to be accomplished. We could change the locks and wait until January, or we could choose to be thankful! Yes, thankful for this time of year when, despite the late nights and long days of shopping, cooking, cleaning, organizing, setting the table, and so much more, we can appreciate all the things we often take for granted. We may be tired, but we have so much to be thankful for.

So, as the "diva of decorating," I hope to be your lifesaver! I've put together a little list, not as long as the Lord High Executioner's in *The Mikado*, but certainly more helpful, with no heads rolling. Following these tips just might save you a major headache. Take two aspirin, and I don't think you'll need to call me in the morning!

It's called "How to Keep Your Sanity While Getting Your Home and Yourself Ready for the Holidays."

Start with a quick cleanup, and then get organized. That's a must! Get rid of whatever is worn, torn, or broken, and begin your to-do lists now. Be realistic, and evaluate how you've done things in the past. Maybe it's time for a change.

• **Don't plan a renovation project too close to the holidays.** Thanksgiving is just around the corner!

• **A fresh coat of paint can transform a room.** Consider trying a new color or adding an accent wall.

• **Incorporate fall and holiday decorations.** Seasonal additions can transform a room into something special all by themselves.

• **Remember, more isn't always better.** Thoughtful displays can make even inexpensive objects look grand and beautiful. Group holiday accessories as you would any collection. For example, your existing bookshelves may be the perfect place to display family photos under a heading such as "I'm Thankful for You," an entire Christmas village, or a collection of Chanukah menorahs. It may seem a little early, but you'll be ready for December without feeling pressured.

• **Make your staircase a focal point.** Decorative garlands and plants can create a lovely display, provided the steps are wide enough to accommodate them safely. Your entryway sets the tone for the entire house, so dress it for fall and then transition to winter.

• **Decorate your fireplace for the season.** Mantel decorations and candles can look wonderful. Later, add Christmas stockings or dreidels and Chanukah cards.

• **Set the dining room table in advance.** Dress it for fall and Thanksgiving, then transition to Christmas or Chanukah decorations.

• **Set a specific arrival time for your guests.** You don't want people showing up just as you're trying to squeeze in a shower or bath, your only chance for a little private time. Give guests a clear arrival time rather than leaving things too open-ended.

• **Prepare guest accommodations in advance.** If guests are staying overnight, make sure their quarters are comfortable and user-friendly. Provide empty drawers, closet space, clean towels, and fresh bed linens. Why not add a little holiday décor to their space, too?

• **Check your coat closet.** Is there room for everyone's coats? Are extra hangers available?

• **Add seasonal scents.** Scented candles can be a wonderful addition to your holiday décor.

• **Don't forget the powder room.** Add decorative paper hand towels and a candle or two. Perhaps even three!

• **One last thought:** Find a wine you love to serve, open a bottle now, pour yourself a glass, and forget the list for a little while. Remember what the holidays are meant to be. Enjoy the anticipation of celebrating traditions with family and friends. When the day arrives, all your preparation will help make it a happy memory for years to come.

So, let's all be thankful, and remember the true meaning of our holidays and our home.

Editor's Note:
Natalie Weinstein, ASID Allied, is an accredited designer, acknowledged business leader, entrepreneur, author, media personality and motivational speaker. Her interior design firm, Natalie Weinstein Design Associates, has been creating lifestyle changes in homes and public spaces, decorating for countless clients since 1973. For questions, please call - 631.862.6198 or email us - info@natalieweinstein.com. Visit our website www.natalieweinstein.com.

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Colleen Caemmerer, owner.

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

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Is FIRE Right For You? What Early Retirement Really Takes

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



The idea has never been more appealing: quit your 9-to-5 decades ahead of schedule and spend your days on your own terms. You may have heard of the FIRE movement, but what is it really and does the hype live up to reality?

FIRE stands for Financial Independence, Retire Early. While some FIRE advocates focus on retiring early, others are more interested in achieving enough financial independence to gain greater flexibility over their career, lifestyle and future.

Wherever your goal falls on that spectrum, FIRE is typically built around three commitments: high savings, frugal living and disciplined investing. Proponents generally save from 50-75% of their yearly income, according to CNBC Select, live more frugally and invest those savings for growth potential over time.

Why FIRE resonates with some people

• **It can help you prioritize.** While you may want a long and successful career, you may instead prioritize earlier retirement or a path that allows you more time with family, a more meaningful job or a downshift from your current daily grind.

• **It advocates for some sound financial principles.** Living within your means, saving for your goals and investing for long-term growth potential can help build a solid financial foundation.

• **It helps you set a strategy for the future.** Achieving your retirement goal is easier when you've defined what you want retirement to look like and built a strategy to help achieve it.

What to consider before pursuing FIRE

• **Your budget may change.** Future expenses may look different than they do today. Family obligations, emergencies and other life changes can increase the amount you'll need in early retirement.

• **You may need to bridge the retirement benefit gap.** Medicare covers many healthcare costs for retirees 65+, but if you retire early, you'll need to find and pay for health insurance until you become eligible. You'll also need to rely more heavily on personal savings for longer before claiming Social Security benefits. Because Social Security benefits are generally based on your highest 35 earning years, retiring early may result in a lower benefit than if you'd continued working.

• **Your flexibility may be limited.** Market declines can be particularly challenging in retirement. One way to help weather a decline is by reducing spending, but a lean budget with more necessary expenses may leave you with fewer options to adjust your spending.

• **Your strategy should be personalized.** Many FIRE proponents advocate for rules of thumb like the 4% withdrawal rate and saving 25 times your annual expenses. However, retiring earlier than normal means your savings must support a longer retirement, and inflation has a larger impact. Therefore, your withdrawal rate may need to be lower and your planned savings higher than traditional rules of thumb, and those targets should be personalized to you.

Start planning now

Whether your goal is early retirement or a more traditional path, a financial advisor can help you with a plan for your goals and the path ahead.

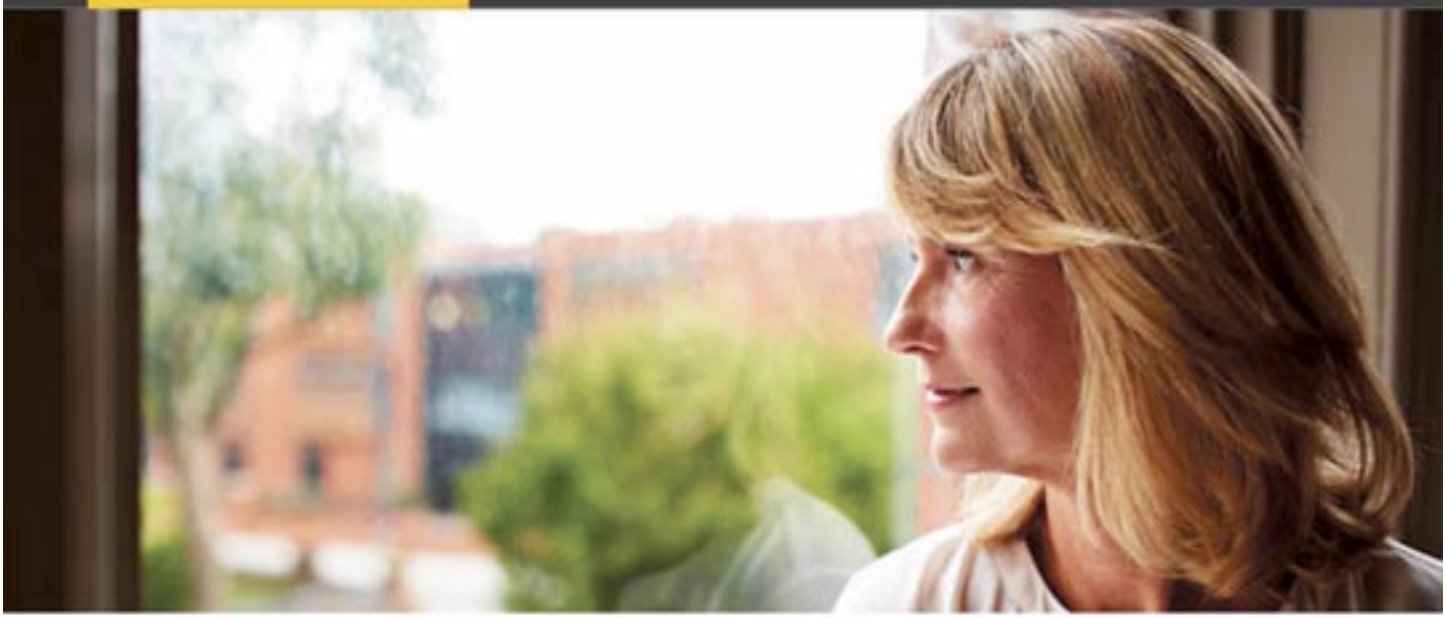
Editor's Note:

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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SHORT STORY

Goodbye, My Little Friend

by Carol Walsh

As a nurse, my knowledge of anatomy is quite good. During my training, I learned the number of bones in the human body and the names and functions of its many organs. Well into retirement, I still find this knowledge useful in my day-to-day senior life.

I learned that every organ has a purpose, and some are more important than others. For example, the appendix. It has a function, as all organs do. It helps white blood cells mature and produces antibodies, and it is especially active during fetal development and childhood. It helps the immune system recognize safe versus harmful germs. But many people no longer have an appendix and live long, healthy lives after it is removed. How? Well, other parts of the digestive system can easily compensate for its loss.

I still have my appendix, so it was never a worry or concern for me. Not so for another of my organs.

I never thought much about my gallbladder. Sure, I try to protect my heart, my brain and my lungs, but my gallbladder? I never gave it a second thought. That changed a short time ago when that organ demanded my attention. One day it was screaming, and the next day it was gone.

Why would people be given an organ by the Maker if they could do fine without it? My doctor stated that it was a non-essential organ. How rude! Although I took my gallbladder for granted, I certainly didn't want to see it go.

Since it is gone, I have become more fond of it. After all, my training taught me that my liver will continue to produce bile. Instead of being stored in the gallbladder and called upon when needed, the bile will now flow directly into the small intestine. Bile is the fluid your liver produces that helps digest fats from our food.

It may be "non-essential," but this little three-to four-inch organ was very essential to me. I am a fat lover. As a matter of fact, on the night my gallbladder rebelled, I had a delicious Genoa salami sandwich. I love hot dogs, potato chips, cheese and ice cream. All the foods my poor little gallbladder was able to control until it couldn't.

Now that it is gone, I ask everyone I know how their diet is after gallbladder removal. Some say, "Oh, I eat everything." Good for them. Others say, "I watch my diet." Oh, no! I don't want to do that.

I am hoping that, in time, after recovery and lots of probiotics, my body will reevaluate its missing organ and kick back into gear so I can once again have pizza and steaks.

Until then, I will miss my little friend.





Looking for Local Activities and Events?

Check out

ourtownstjames.com

to view
Cultural Events, Workshops
and Happenings
on Suffolk County's North Shore!

Don't see an event listed?

Contact info@ourtownstjames.com

SHORT STORY



Murder She Wrote

by June Capossela Kempf



Just to be clear, I am not talking about a brutal homicide in a Jessica Fletcher TV episode. I am referring to the slaughter of the English language, particularly crimes like redundancy, misspelling, and redundancy. Am I repeeting miself?

Meet author Dee Lete, who never took a writing class in her life. However, out of the blue, she decided that everyone was dying to read all about her phenomenal life experiences. Unfortunately, she fancied herself a writer, rather than just another aspiring author. She never bothered to learn the mechanics of good literary form or apply them to her work. When a friend suggested she hire a proofreader, she scoffed, "I don't need one, and it's too expensive!"

After stuffing a ton of words into her word processor, Dee hit the send button, directing her masterpiece to a publisher. She fully expected them to jump at the chance to bring her marvelous creation into print.

A few months later, an editor from the publishing house sent Dee a polite rejection letter: "We regretfully wish to inform you that we cannot use your submission at this time..." They were far too diplomatic to say, "Poorly written, repetitious drivel!"

Undaunted, Dee went on to query the Big Five publishing houses in Manhattan. This time, she was confident that at least one of these "superior" companies would recognize her talent and send her an acceptance letter, followed by a generous advance check.

Months went by, but Dee hadn't received a reply from any of them, not even a rejection letter. When curious acquaintances began asking how her book was coming along, she would explain, "It's a work in progress." Any offers to proofread her manuscript were met with suspicion and adamantly refused. In reality, she wasn't doing anything productive at all.

What Dee could, and should, do is spend some time at the library reading before setting pen to paper, if only to see how it's done. She might even find some good advice from author Stephen King, who had a word or two to say on the subject:

"If you want to be a writer, you must do two things above all others: read a lot, then write…"

At the library, Dee would have the opportunity not only to read but also to write under the guidance of a whole group of proofreaders, all for free!

The Smithtown Library Adult Writers Group meets once a month to share their work and receive critiques from their peers. Many members have successfully published their writing and bring extensive literary experience to the group. What's more, there is a wonderful sense of camaraderie among the members. They will hold Dee's hand throughout the entire publishing process, perhaps even helping her lift her "work in progress" out of the slush pile and to new heights.

If only Dee would allow a few seasoned eyes to review her manuscript, they could catch her mistakes and encourage her to keep going. Who knows? "Dee Lete" may eventually adopt a new pen name and become "Dee Lite," delighting all her loyal fans out there!

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

Town of Smithtown Officials Join Smithtown Performing Arts Center to Unveil New Historic-Inspired Marquee

Town, County and Community Leaders Celebrate Major Milestone in Restoration of Downtown Smithtown's Cultural and Economic Anchor



On Thursday, September 17, the Smithtown Performing Arts Council officially unveiled and cut the ribbon on the Smithtown Performing Arts Center's new marquee, marking a major milestone in the ongoing restoration of the historic downtown theater and another significant investment in the future of Smithtown's flagship hamlet.

The new marquee is a modern interpretation of the theater's original 1933 design, which was removed in the late 1970s. Its shape, scale and architectural character were intentionally modeled after the original, while modern LED technology gives the theater greater visibility and flexibility to promote productions, concerts, educational programs and community events.

The unveiling represents the latest major improvement by the nonprofit Smithtown Performing Arts Council, led by Board President Michael Mucciolo, together with Board members Aman Verma, Mario D'Amore, Jacques St. Louis and Susan Hughes. The dedicated board has worked extensively to restore and modernize the nearly century-old theater without sacrificing the historic details and charm that generations of Smithtown residents have come to know and love.

Since purchasing the building in 2022, the organization has undertaken major improvements to the exterior, HVAC and plumbing systems, seating, flooring, theatrical lighting and sound, while carefully preserving original architectural features created by the Rambusch Decorating Company, including decorative lighting, moldings, glasswork and distinctive movie-scene silhouettes.

"We wanted to bring the light back to Main Street by restoring a part of the theatre that had been lost for nearly 50 years. The design is rooted in the original marquee, while modern technology gives it the flexibility to serve today's theatre and community." – Michael Mucciolo, President, Smithtown Performing Arts Center Board of Directors

"Michael Mucciolo and this dedicated board have done an extraordinary job preserving the historic character of this theater while giving it everything it needs to thrive for generations to come. The Smithtown Performing Arts Center is truly the anchor of Main Street. It brings families into our downtown, supports our restaurants and small businesses, and gives Smithtown a cultural destination we can all be proud of. This marquee beautifully honors the theater's past while lighting the way for its future. And the programming here is incredible – if you haven't come out to see a show or brought your children to experience one of their productions, don't walk, run. Support this iconic theater." – Supervisor Edward R. Wehrheim

Located at the heart of the Main Street business district, the Performing Arts Center has long served as both a cultural institution and an economic driver, drawing patrons into downtown Smithtown and generating activity for surrounding restaurants, retailers and other local businesses.The theater remains a vital anchor of the Smithtown Business District and an important part of the continued revitalization of Main Street.

"The unveiling and ribbon cutting of the Smithtown Performing Arts Center's new state-of-the-art marquee is a great sign of the renewal of downtown Smithtown. A cornerstone of the region since 1932, this magnificent marquee serves as a symbol of the regrowth Supervisor Wehrheim and the entire Town Board have been delivering to

continued on facing page

continued
Smithtown residents and will stand as a beacon to attract visitors. Thank you to Board President Michael Mucciolo, the board of directors, and the entire staff at SPAC for bringing this vision to reality and enhancing the Town of Smithtown." – NY State Senator Mario R. Mattera (2nd Senate District)

The marquee project was completed with a Jump Start grant from Suffolk County and features two large traffic-facing LED displays, each approximately 10 feet wide by three feet high. The displays provide approximately 60 square feet of digital space and allow the theater to promote upcoming performances, educational opportunities, nonprofit initiatives and community events to motorists and pedestrians traveling through downtown Smithtown.

While the marquee represents one of the theater's most visible transformations to date, restoration work continues. The nonprofit remains committed to preserving the building, expanding programming and ensuring that the historic theater remains a vibrant gathering place for future generations.

Today, the Smithtown Performing Arts Center continues to offer live theater, children's productions, concerts, comedy and year-round educational programming from its historic home at 2 East Main Street. Its current mainstage production, Once Upon A More More Time, runs September 19 through October 25, with additional children's theater programming throughout the season, including Frozen Jr. later this year.

Nearly a century after the theater first opened its doors, its newest addition does more than illuminate a building – it restores a familiar piece of Smithtown's history and sends a clear message about the future of Main Street:

The lights are on, the curtain is up, and downtown Smithtown is shining once again.







Gallery North Features Over 50 Local and Regional Artists in the Holiday Exhibition, Deck The Halls, & 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 November 19 to December 20, 2026. An opening reception will be held Thursday, November 19, from 6-8 p.m. 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 4-8 p.m. on Friday, December 11; and 11 a.m.-5 p.m. on Saturday, December 12 and Sunday, December 13. The exhibition, reception, and Holiday Gift Bazaar will be free and open to the public.

Deck the Halls is Gallery North's annual group exhibition of small original works for holiday giving.

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 within the Shop at Gallery North, as well as clothing and artist-made greeting cards produced in the Studio at Gallery North. This exhibition is generously sponsored by WFC Artchitects, The Field Family, Printers3, Suffolk County's Department of Economic Planning and Development, and Jefferson's Ferry.



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 Friday, December 11, Saturday, December 12 and Sunday, December 13. 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.

'Tis the season to shop local!

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

Suffolk County North Shore Artisans

Calendar of Events

Our Town is Online!

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

Stay up to date with Our Town!

November

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

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

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

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

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

Art Exhibit: Until May 9, 2027, Eclipse of the Sun Now, The Heckscher Museum of Art, 2 Prime Avenue, Huntington, NY 11743, www.heckscher.org, 631-380-3230

Cooking Class: Tue Nov 3, 6pm, Thanksgiving Unboxed Cooking Class & Dinner Demo with Chef Eric LeVine, 317 Main Street, 317 Main Street, Farmingdale, NY 11735, www.317mainstreet.com, 516-512-5317

Music: Tues Nov 3, 7-9pm, Jazz! With Vocalist Cathy Rose Salit and her Trio, Madiran Wine Bar, 209 Route 25A, East Setauket, NY, 631-675-2778



Educational: Wed Nov 4, 11am-12:15pm, Marie Curie: Her Life and Work, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079

Music: Wed Nov 4, 11am-12:30pm, Mornings@LIM: Tour of Enduring Hearts, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org

Bingo: Wed Nov 4, 7:30pm, 80s Music Bingo at 317 Main Street!, 317 Main Street, 317 Main Street, Farmingdale, NY 11735, www.317mainstreet.com, 516-512-5317

Educational: Thu Nov 5, 12:30-4pm, VIRTUAL: 20th Century Street Photography in New York City, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079

Educational: Thu Nov 5, 7-8:30pm, Suburbanization on Long Island: The First Phase 1890-1940, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079

Wellness/Educational: Fri Nov 6, 8:30am-3pm, Alzheimers & Dementia Conference Hilton Long Island, 598 Broadhollow Road, Melville, NY 11747, www.alz.org/longisland/education-programs/alzheimer-s-dementia-conference 800-272-3900

Performance: Nov 7-Dec 27, See website for show times, A Christmas Carol, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9202

Holiday Fair: Sat Nov 7, 10am-5pm, Christmas Craft Fair Integrity Church, 1 Old Dock Road, Yaphank, NY 11980, www.campindigo.com 631-645-5962

Holiday Bazaar: Sat Nov 7, 10am-3pm, Siena Village Holiday Bazaar, 2000 Bishops Road, Smithtown, NY, 631-360-6000

Gala: Sat Nov 7 6:30-10pm, LIM's Annual Winter Gala, Long Island

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Suffolk County North Shore Artisans

Calendar of Events

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

Performance: Sat Nov 7, 7pm, HYDE Van Nostrand Theatre, Sagtikos Building, Suffolk County Community College, Michael J. Grant Campus, Brentwood, NY www.sunysuffolk.edu, 631-851-6589

Music: Sat Nov 7, 7:30-9:30pm, Stony Brook Symphony Orchestra, Staller Center for the Arts, 100 Nicolls Road, Stony Brook, NY 11790, https://stallercenter.showare.com/eventperformances.asp?evt=475 631-632-2787

Holiday Craft Fair: Sun Nov 8, 10am-4pm, Stony Brook Art and Craft Fair, Charles B Wang Center, 1 Fine Arts Drive, Stony Brook, NY 11794, www.islandfairs.com/ 631-885-1267,

Music: Sun Nov 8, 3-4pm, Long Island Music and Entertainment Hall of Fame to Host "Blotto Fest", 97 Main Street. Stony Brook, NY 11790, 631-721-3428

Music: Sun Nov 8, 4-6pm, Ridotto Concert: Pianist Sofya Gulyak, Huntington Jewish Center, 510 Park Avenue, Huntington, NY 11743, www.ridotto.org 631-385-0373





Music: Sun Nov 8, 5-7pm, Sunday Street Concert Series: Celebrating Joni Mitchell and Tom Waits, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org

Music: Sun Nov 8, 7-9pm, One Vision of Queen, Staller Center for the Arts, 100 Nicolls Road, Stony Brook, NY 11790, www.stallercenter.com 631-632-2787

Bingo: Tue Nov 10 6pm, Bada Bingo: A New Era of Music Bingo & Game Shows at 317 Main Street!, 317 Main Street, 317 Main Street, Farmingdale, NY 11735, www.317mainstreet.com, 516-512-5317

Educational: Tue Nov 10, 7-8pm, Thanksgiving in Nineteenth Century Islip Town, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079

Art Workshop: Wed Nov 11, 10am-1pm, Parade of Imagination Celebrate St James Center for the Arts, 176 2nd Street, Saint James, NY 11780, www.celebratestjames.org

Music/Family: Wed Nov 11-15, 7-9pm, Disney on Ice Spotlight Magic!, UBS Arena, 2500 Hempstead Turnpike, Belmont Park, NY 11003, www.ticketmaster.com

Music/Classical: Wed Nov 11, 7pm, Starry Night / Featuring Colin Carr & Arnaud Sussmann, Staller Center for the Arts, 100 Nicolls Road, Stony Brook, NY 11790, www.stallercenter.com 631-632-2787

Music/Performance: Thu Nov 12 - Dec 27, (See website for additional times and dates),Dr. Seuss's How The Grinch Stole Christmas! The Musical, John W. Engeman Theater, 250 Main Street, Northport, NY 11768, www.engemantheater.com, 631-261-2900

Music: Thu Nov 12 6-9pm,An Intimate Evening of Acoustic with Abrielle Scharff, 317 Main Street, 317 Main Street, Farmingdale, NY 11735, www.317mainstreet.com, 516-512-5317

Crafts & Cocktails: Thu Nov 12, 6:30-8pm, Crafts & Cocktails: Corn Husk Figures, The Whaling Museum & Education Center, 301 Main Street, Cold Spring Harbor, NY 11724, www.cshwhalingmuseum.org 631-367-3418

Music: Thu Nov 12, 7-9pm, Jazz Loft Dispatch Series, The Jazz Loft Community Outreach at Madiran Wine Bar: 209 Rt 25A, East Setau-

continued on facing page



Suffolk County North Shore Artisans

Calendar of Events

continued

ket, NY, www.thejazzloft.org, 631-751-1895

Performance: Nov 13, 14, 18, 19, 20, 21 at 7:30pm; Nov 15 and 22 at 2pm, Clue, Shea Theatre, Islip Arts Building, Suffolk County Community College, Ammerman Campus, Selden, NY www.sunysuffolk.edu, 631-451-4163

Art Workshop: Fri Nov 13, 7-9pm, From Photo to Painting, Celebrate St James Center for the Arts, 176 2nd Street, Saint James, NY 11780, www.celebratestjames.org

Music: Fri Nov 13, 9pm, Van Hagar Feturing Sunday Sauce at 317! 317 Main Street, 317 Main Street, Farmingdale, NY 11735, www.317mainstreet.com, 516-512-5317

Craft/Knitting: Fri Nov 13, 2-3:30pm, Stitch & Chit-ch(at), Free, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org. 631-751-0066

Art Workshop: Fri Nov 13, 6-7:30pm, Picture Perfect: Felt Portrait Workshop, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org, 631-751-0066



Holiday Craft Fair: Sat Nov 14, 10am-3pm, Holiday Craft Fair, St. James Lutheran Church, 230 2nd Avenue, Saint James, NY 11780, 631-584-5212

Holiday Craft Fair: Sat Nov 14, 10am-6:30pm, St. Sylvester RC Church Holiday Fair, St. Sylvester Parish Center, 68 Ohio Avenue, Medford, NY 11763, 631-475-4506

Education: Sat Nov 14, 1-2:30pm, Enduring Hearts Lecture & Gallery Walk, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066



Music: Sat Nov 14, 3-4:30pm, John Coltrane at 100: The Coltrane Legacy, Half Hollow Hills Community Library, 55 Vanderbilt Parkway, Dix Hills, NY 11746, 631-975-2900

Tea Party/Ballet: Sat Nov 14, 1-2:30pm, Princess Tea Party, Ballet Long Island, 1863 Pond Road, Ronkonkoma, NY 11779, www.balletlongisland.com, 631-371-1964

Pop Culture: Sat & Sun Nov 14 & 15, 10am, ExtravaCon 2026 Hilton Long Island, 598 Broadhollow Road, Melville, NY 11747, www.extravacon.com 800-272-3900

Craft Fair: Sat & Sun Nov 14 & 15, 10am-4pm, Hauppauge Craft Fair,



Hauppauge High School, 500 Lincoln Avenue, Hauppauge, NY 11788, www.islandfairs.com, 631-885-1267

Art Exhibition: Sat Nov 14-Nov 25, Love, Picasso, Art League of Long Island, 107 East Deer Park Road, Dix Hills, NY 11746, www. artleagueli.org, 631-462-5400

Music: Sun Nov 15, 7pm, The Cowsills, The Suffolk, 118 E Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343

Art Lecture: Mon Nov 16, 2-3:30pm, Grafiit Art, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079

Educational: Tue Nov 17, 3-4:30pm, Plant It Forward: Best Blooming Bulbs for Beneficials, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079

Cooking Class: Tue Nov 17, 6pm, I Can't Believe Its Vegan Cooking Class at 317 Main Street, 317 Main Street, 317 Main Street, Farmingdale, NY 11735, www.317mainstreet.com, 516-512-5317

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Suffolk County North Shore Artisans

Calendar of Events



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Thanksgiving Luncheon: Wed Nov 18, 12:30pm, Lunch Among Friends - All Are Welcome!!! - Reservations Required, St. James Lutheran Church, 230 2nd Avenue, Saint James, NY 11780, 631-584-5212

Educational: Wed Nov 18, 11am-12pm, All Aboard! New England's Train Legacy, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079

Book Review/Educational: Wed Nov 18, 6:30-8pm, Beyond the Book: Gales of November, The Whaling Museum & Education Center, 301 Main Street, Cold Spring Harbor, NY 11724, www.cshwhalingmuseum.org 631-367-3418

Bingo: Wed Nov 18 7:30pm, 90s Music Bingo at 317 Main Street!, 317 Main Street, 317 Main Street, Farmingdale, NY 11735, www.317mainstreet.com, 516-512-5317

Educational: Thu Nov 19, 7-8:30pm, In-Person & Virtual - Haudenosaunee Women: From SkyWoman to Suffrage, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079

Film: Fri Nov 20, 2-3pm, America on Screen: Made in the USA, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Music: Fri Nov 20, 9pm, Stereomatic & DJ Andre LIR Dance Party at Stage 317!, 317 Main Street, 317 Main Street, Farmingdale, NY 11735, www.317mainstreet.com, 516-512-5317

Craft Fair: Sat & Sun Nov 21 & 22, 10am-4pm, East Islip Craft Fair, East Islip High School, 1 Redmen Street, Islip Terrace, NY 11752, www.islandfairs.com, 631-885-1267

Seasonal/Children Performance: Nov 21-Dec 27, (See website for additional times and dates), Frosty, John W. Engeman Theater, 250 Main Street, Northport, NY 11768, ww.engemantheater.com, 631-261-2900

Craft Fair: Sat Nov 21, 10am-5pm, Walt Whitman High School Crafts Fair, Walt Whitman High School, 301 West Hills Road, Huntington Station, NY 11746, 631-549-8582

Bingo/Brunch: Sat Nov 21 (Two Sessions: 10:30am-12:30pm AND 1:30-3:30pm),Boozy Bingo Brunch at 317 Main Street!, 317 Main Street, 317 Main Street, Farmingdale, NY 11735, www.317mainstreet.com, 516-512-5317





Culture/Dance: Sat Nov 21, 1-2pm, The Boys & Girls Club of Shinnecock Nation Dance Troupe, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Music: Sat Nov 21, 8-10pm, Ballets Jazz Montreal in DANCE ME: The Music of Leonard Cohen, Staller Center for the Arts, 100 Nicolls Road, Stony Brook, NY 11790, www.stallercenter.com 631-632-2787

Music: Sat Nov 21, 9pm, Lovesong: New Wave Resurrected, 317 Main Street, 317 Main Street, Farmingdale, NY 11735, www.317mainstreet.com, 516-512-5317

Art Exhibit/Music: Sun Nov 22, 2-6pm, The Art & Soul Festival featuring artist Pat Volts, 89 North, 89 North Ocean Avenue, Patchogue, NY 11772, 631-275-5277

Bingo: Sun Nov 22, 5pm,Bada Bingo - Sunday Supper Edition: A New Era of Music Bingo & Game Shows at 317 Main Street!, 317 Main Street, 317 Main Street, Farmingdale, NY 11735,

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Suffolk County North Shore Artisans

Calendar of Events



continued
www.317mainstreet.com,
516-512-5317

Photography Workshop: Mon Nov 23, 6:30-7:30pm, Beginner Photography, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079

Educational: Tue Nov 24, 1:30-3pm, Ancient Wisdom: Astrology and Healing, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079

Music Discussion: Tue Nov 24, 2:30-3:30pm, Music Discussion: Nostalgic Songs, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079

Music: Tue Nov 25, 7-9pm, Jazz Loft Dispatch Series: Vinny Raniolo, The Jazz Loft Community Outreach at Elaines: 316 Main Street, East Setauket, NY, www.thejazzloft.org, 631-751-1895

Dance Instruction: Fri Nov 27, 5:30-7pm, Country Line Dancing, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079

Music: Fri Nov 27, 8pm, Shake, Rattle & Roll Dueling Pianos at 317 Main Street!, 317 Main Street, 317 Main Street, Farmingdale, NY 11735, www.317mainstreet.com, 516-512-5317

Holiday Craft Fair: Sat & Sun Nov 28 & 29, 2-7pm, Holiday Night Market Wonderland, Reboli Center for the Arts, 64 Main Street, Stony Brook, NY 11790, www.freebirdfestivalproductions.com 516-220-8217

December

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

Seasonal/Children Performance: Until Dec 27, (See website for additional times and dates), Frosty, John W. Engeman Theater, 250 Main Street, Northport, NY 11768, ww.engemantheater.com, 631-261-2900

Music/Performance: Until Dec 27, (See website for additional times and dates),Dr. Seuss's How The Grinch Stole Christmas! The Musical, John W. Engeman Theater, 250 Main Street, Northport, NY 11768, www.engemantheater.com, 631-261-2900





Performance: Until Dec 27, See website for show times, A Christmas Carol, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9202

Art Exhibit: Until May 9, Eclipse of the Sun Now, The Heckscher Museum of Art, 2 Prime Avenue, Huntington, NY 11743, www.heckscher.org, 631-380-3230

Music: Wed Dec 2, 11am-12:30pm, Mornings@LIM: Memory Disco - Home for the Holidays, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Bingo: Wed Dec 2 7:30pm,Billy Joel & Elton John Music Bingo at 317 Main Street!, 317 Main Street, 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

Open Wide – Another Year Wiser

November is my birthday month, so it seems like a good time to share some of the advice I've picked up after years of practicing dentistry. It also happens to be Thanksgiving, and I'm incredibly grateful to practice in the same community where we're raising our family. So this month, I'm sharing a few things I genuinely wish everyone knew about taking care of their teeth.



If It Doesn't Hurt, That Doesn't Mean Nothing's Wrong

This is probably the biggest misconception I see. Many dental problems can develop without causing pain. Cavities, gum disease, cracks and even infections can be present before you feel much of anything. Unfortunately, waiting until something hurts can also mean waiting until the treatment becomes more complicated. Don't let pain be the reason you finally make an appointment.

Your Teeth Are Not Tools

Opening packages. Cutting a tag. Cracking something that probably shouldn't be cracked with a tooth. People do it all the time – until it doesn't go as planned. A healthy tooth can chip or fracture from one bad decision, and I've seen enough of them to know it's not worth the convenience. My advice is, go find the scissors!

Flossing Actually Matters

No one is surprised that this made the list! You can be an excellent brusher and still miss the areas between your teeth where a toothbrush simply can't reach. That's where we often find problems in people who otherwise take great care of their teeth. A minute or two a day can save you a lot of time in my chair later.

You Can't Treat What You Can't See

One of the biggest changes I've seen in dentistry is how much more information and visibility we have today.

In our office, we use 3D imaging, digital scanning and other advanced technology that can show us things that simply aren't visible during a traditional exam or on a standard 2D X-ray. We can look at teeth and bone from different angles, see areas that may otherwise be hidden, and plan treatment with much more information in front of us. For me, that means no assumptions and more information when making decisions about a patient's care. And just as importantly, I can show my patients what I'm seeing so they can better understand those decisions too. When it comes to your health, more information matters. Ask questions, ask to see what your dentist sees, and make sure you understand the why behind any treatment being recommended.

One Last Thought

Getting another year older isn't particularly exciting, but I do appreciate the perspective that comes with it. Dentistry has changed tremendously, technology has changed the way we practice, and I've learned a lot along the way. But the most important part of the job hasn't changed: the people.

This Thanksgiving, I'm especially grateful for the patients who choose our office and recommend us to their friends and family, the incredible team I get to work alongside every day, and the community that has supported our practice. And at home, I'm grateful for my wife Christine and our three kids, who keep life busy, fun and very much in perspective.

Until next month,
Dr. Tom

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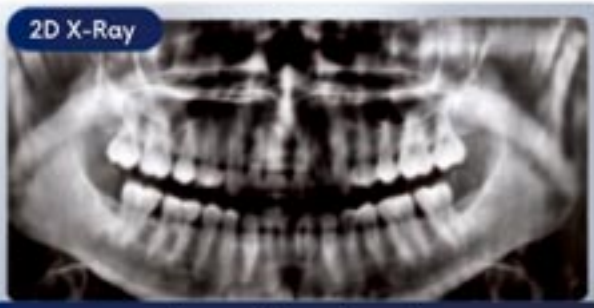
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Ask Ron



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,

As the holidays approach, I am already feeling a little off as a single mom. I have family, friends, and people all around me. I get invitations and join in their celebrations, but I still feel like I'm on the outside looking in. I feel guilty because I know I have people who care about me, yet something still feels missing. What can I do to snap myself out of it?

— Alone in the Crowd

Dear Alone in the Crowd,

Loneliness isn't always about being alone. Sometimes it's more about not feeling connected, even with people around you. The holidays can make this feeling stronger as we compare our lives with everyone else's. It's great to be included in parties and events, but connection can be even more important than the invitation. Rather than focusing on how many people you see, think about the people you might connect with. This is about more than finding your next date. Look for things you have in common with others. What do they do for work? Do you share hobbies or interests? Are you both parents, or do you live in the same neighborhood? These common experiences can be a starting point for a conversation and a connection. Going to a party is about showing up and appreciating the host. Being at the party is about enjoying the people, learning more about them, and discovering how their lives connect with yours. That's the fun which awaits you!

Dear Connected,

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.



A Thanksgiving Tradition of Giving

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friendly visit, and a smile to homebound seniors during the holiday.

Thanksgiving is a time for family, gratitude, and giving. We invite you to make this tradition part of your holiday, too. Thank you for your continued kindness and support. Together, we can help make Thanksgiving a little brighter for those who need it most.

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HEALTH NOTES

Zyto Balance, a Unique Way to Explore Your Body's Needs



by Terri Pace

What is Your Body Saying About Your Choices?

- Is your sleep restless rather than restful?
- Do you experience occasional headaches that are maybe more than occasional?
- Are you often feeling bloated or experiencing digestive discomfort?
- Do you feel like your hormones are wreaking havoc inside your body?
- Feeling drained, even when you try to take care of yourself?
- Can't seem to reach your wellness or weight-management goals?
- Or maybe you're dealing with something bigger, and you're simply trying to figure out where to start.

You know what to do – or at least you think you do. You've tried different approaches, made changes, and searched for answers, but you're still not where you want to be.

"Oh, I wish there was a simple way I could interpret what my body is trying to tell me."

What if you had another tool to help you explore your wellness priorities and make more informed choices about your next steps? That's where the ZYTO Balance comes in!

Let me introduce you to this fascinating technology and explain how it can fit into a more personalized approach to wellness.

Meet ZYTO Balance

ZYTO Balance combines a specialized hand cradle with software designed to collect and organize biofeedback data into easy-to-explore wellness reports.

Here's the cool science behind it.

When you place your hand on the ZYTO Hand Cradle, the device measures tiny changes in the electrical conductance of your skin, a response known as galvanic skin response, or GSR.

The software presents digital representations of various wellness-related items, including essential oils, nutritional supplements, and lifestyle topics. It records the associated skin responses and organizes the information into reports that can be reviewed with a wellness practitioner.

The Balance platform includes a curated library of 196 digital reference items and multiple report formats, offering various ways to explore the collected responses. These include reports focused on wellness, lifestyle, supplements, essential oils, and body systems.

In other words, it takes data collected during a short, noninvasive session and organizes it into a format that can help guide a conversation about your wellness goals. It's like asking your body questions and unlocking the answers!

What makes the reports so valuable?

One of the most valuable aspects

continued on facing page

What's Happening at St. James General Store

continued from page 12

festive touches that make this room such a favorite. I can't wait to see it!

If you're looking for special, unique gifts for family and friends, look no further than the St. James General Store. You can do all your holiday shopping right here while supporting this wonderful local landmark.

Ms. Potts also shared that she is looking for part-time seasonal shopkeepers. If you love history, enjoy meeting and greeting people, and would like to work in a charming historic building dating back to 1857, this could be the perfect opportunity for you. Stop by the store to learn more!

Ms. Potts and her staff are planning a spectacular holiday season, beginning with Thanksgiving. They are focused on helping you make your celebrations at home as special as the family and friends gathered around your table.



Meet you at the candy counter! Wishing you all a wonderful holiday season!



HEALTH NOTES

continued of ZYTO Balance is how it organizes the body's responses. Rather than leaving you with a collection of numbers which do not provide meaningful information, the software produces reports to help us explore the results, discuss potential areas of interest, and consider practical next steps together.

This is often an interesting starting point for asking better questions:

- Am I consistently getting enough sleep, hydration, movement, and nourishing foods?
- How does my body feel about my current diet and lifestyle choices?
- What daily habits could I choose to support my overall well-being?
- How can I build a realistic wellness routine that fits my life?
- How do I get started and exactly what would that entail?

The real opportunity is connecting this information to a plan of action. It's about discovery fueled by asking thoughtful questions, and finding practical ways to care for ourselves.

How can you use this information?

As a wellness coach certified in Zyto Balance scans, I believe the best approach combines curiosity with common sense. Your ZYTO report is only one piece of information in a broader wellness conversation. Your symptoms, health history, daily habits, personal goals, and advice from qualified healthcare professionals all matter when deciding what to do next.

During our session, you will have the opportunity to reflect on your routines, learn more about available wellness products, and/or identify questions you'd like to explore further. The goal isn't to chase every result or add another dozen supplements to your daily routine. It's to make thoughtful, informed choices that support your individual wellness goals.

Curious about your own wellness journey?

If you've ever wished you had a fresh perspective on your wellness routine, ZYTO Balance may be an interesting tool to explore. Let's use this cool science to spark curiosity, provide information to guide better questions (and their answers), and develop practical habits to support your daily health routines!

Contact me to schedule your Zyto Balance scan today to discover more about your body's preferences… because wellness isn't about finding one magic answer. It's about understanding ourselves better and making informed choices, one step at a time.

***An important note about this technology:**

ZYTO Balance measures galvanic skin response. Its reports do not directly measure organ function, hormone levels, vitamin or mineral deficiencies, or medical conditions. This technology is not intended to diagnose, treat, cure, or prevent disease, and it should not replace appropriate medical evaluation or testing.





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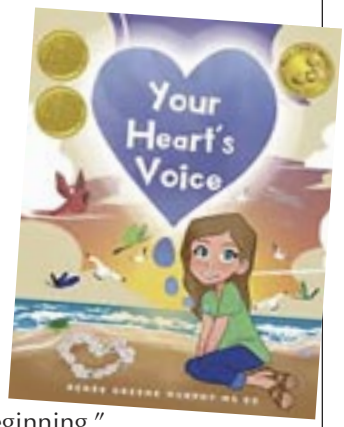
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Knowing Your Heart's Voice

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these projects together in our community," she said. "It made me think back to the article *Our Town* published when this journey was just beginning."

There is another exciting chapter unfolding as well. Murphy has been nominated for Best Children's Author in the FourLeaf Best of Long Island competition for the third consecutive year, in the Arts & Entertainment category. Voting for the 2027 competition began October 1 and continues through December 15, with supporters able to vote once each day. Visit her website at Reneegreenemurphy.com for more details.

For Murphy, however, the greatest measure of success may be seeing her original idea become something children can actually use.

What started with one book about listening to the quiet voice within has evolved into a growing educational program that encourages children to pause, think, trust themselves and make choices with confidence.

And now, that message has come home to St. James.

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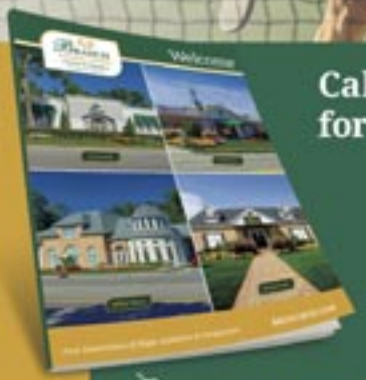
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