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APRIL
2026

Volume 38
Number 11

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



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PLEASE NOTE:

Advertising & Editorial Deadline for the **MAY** edition of OUR TOWN • ST. JAMES is **THURSDAY, APRIL 16 - 12 NOON.**

Distribution takes place on **April 27, 2026.**

Law Office of Joseph A. Bollhofer, P.C.

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info@Bollhoferlaw.com
Bollhoferlaw.com

Joseph A. Bollhofer has been practicing law since 1985. He opened his own office on the corner of Lake Avenue and Sixth Street in 1989. "In those days, there were no cell phones and no internet," he said. "Land lines were all-important. I ordered telephone service from Verizon in early July and reserved telephone and fax numbers, anticipating that they would be working by opening day, Monday, September 18. But on July 8, the Verizon installers went on strike. I sweated it out until September 15, when service was activated."

Mr. Bollhofer, who grew up in Smithtown, is a graduate of Smithtown High School West, Stony Brook University and Fordham University School of Law, from which he received a full academic scholarship in his senior year. While at Fordham he was the Managing Editor of the Fordham Urban Law Journal. He is listed in Who's Who Among American Law Students.

Mr. Bollhofer concentrates his practice in elder law, including asset transfers and medicaid planning and applications, real property law, representing buyers and sellers, and business and estate planning, including wills, revocable and irrevocable trusts, powers of attorney and health care directives. He is past chair of the Real Property Committee of the Suffolk County Bar Association, and is a member of the National Academy of Elder Law Attorneys, and the trusts and estates, elder law and real property committees of the New York State and Suffolk County Bar Associations. Mr. Bollhofer also is the president of Downstate Title Agency, Inc.

Planning is important for all



Joseph A. Bollhofer, P.C. with his longtime paralegal, Catherine Martinez.

adults, young, middle-aged and older. Without having in place written documents properly reflecting your instructions, containing the tools needed for your care if you become disabled and arranging for smooth transfer of your assets upon death, the results could be disastrous. Understanding the complexities of family dynamics plays a major role in this kind of planning. Mr. Bollhofer prides himself on listening to your concerns and answering all your questions in order to tailor an estate plan to fit your individual needs and desires. Long, expensive legal processes can be avoided with proper planning.

When a loved one passes, knowing what to do can be challenging, and emotionally draining. Mr. Bollhofer can help you during this difficult time with the probate of wills, administration of trusts, and administration of estates without a will.

An active participant in community affairs, Mr. Bollhofer is a longtime member of the Smithtown Rotary Club and the St. James Chamber of Commerce, and is past president of those organizations, as well as of the Smithtown Township Arts Council. He is also chairman of the Zoning Board of Appeals for the Village of Head of the Harbor. "I feel strongly about giving back to the community," he said. "And I

value the friendships that I have made through the organizations to which I belong. This is a great town in which to live and work."

Mr. Bollhofer also is a founder of the St. James-Head of the Harbor Neighborhood Preservation Coalition, Inc., a charitable not-for-profit organized five years ago to oppose the development of Flowerfield Fairgrounds, the last large parcel of open space in St. James, and attempt to secure its purchase for preservation. "This is an extremely important property, both for the future health of Stony Brook Harbor and to keep North Country Road from being overwhelmed by what would be a dramatic increase in traffic," he said. "We fully agree that the property owner is entitled to fair compensation for the 48 acres, and have been working to make that happen. Fortunately, they are open to discussing this result, and I believe we are getting close to success."

Mr. Bollhofer periodically gives lectures to community and professional groups regarding the areas in which he practices. His legal advice and articles have appeared many times in *Newsday* and other area publications, as well as in New York State Bar Association and Suffolk County Bar Association periodicals.

continued on page 75

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This architecturally distinctive 4-bedroom, 4.55-bath residence showcases soaring vaulted ceilings, hardwood floors, and exceptional custom design, reflecting great attention to detail and stunning updates. Highlights include a gourmet chef's kitchen, dramatic great room, glass solarium with spa pool, finished lower level with guest quarters, and a private backyard retreat with in-ground pool.

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Rare Equestrian Property in the Heart of Town

Set on 1.25 level acres, this beautifully updated 4-bedroom, 2.5-bath Center Hall Colonial features wood floors, an updated eat-in kitchen, spacious formal rooms, and a den with fireplace. Additional highlights include updated windows and baths, central air, a full basement, 2-car garage, and rare equestrian amenities including a center-aisle barn with four stalls, riding ring, paddocks, wash rack, and fenced grazing areas.

14 Hillside Avenue | St. James, NY
MLS# 966893. \$1,189,000.

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A R O U N D T O W N

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

by Arline Goldstein

Spring has arrived at the St. James General Store, and it was well worth the wait. After being closed for several weeks, the sight of the OPEN sign hanging on the well-worn antique door was a welcome one. Judging by the number of cars parked outside, I was not the only one eager to step inside.

The store's front windows immediately set the tone for the season. Filled with bunnies, chicks, flowers, and a charming wishing well, the displays make it clear that spring is in full bloom. The wishing well, created by shopkeeper Kiersten Gerard, is especially noteworthy. It was crafted entirely from recyclable materials, including leftover paint donated by her mother, an art teacher. Rather than discarding unused paint at the end of the school year, she passed it along, and Kiersten transformed it into something delightful. Her creativity is evident throughout the store and is a wonderful complement to the vision of store manager Stephanie Potts, who is also an accomplished artist. The idea for the wishing well came from longtime shopkeeper Bernadette Davis. As part of an interactive display, visitors are invited to write down their wishes and toss them into the well, adding a playful and personal touch to the experience.

On a sunny day with temperatures in the 70s, the store felt like a true celebration of early spring. Cheerful bunnies and darling chicks



appear throughout the shop, adorning serving pieces perfect for a spring luncheon. Unique lamps, with whimsical bunnies climbing their bases, add character and charm to the seasonal décor.

Younger visitors are not forgotten. Spring themed pinwheels and adorable bunny hair clips make sweet gifts, while shiny pink and lavender shoulder bags are perfect for dress up occasions.

Those looking to refresh their homes or gardens will find plenty of inspiration in the Garden Room, now located in the Book Loft. Once continued on page 8



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

continued from page 6
the Christmas Room, the space has been beautifully transformed for the new season. Decorative garden stakes featuring colorful peacocks, butterflies, and frogs bring a playful spirit indoors or out. There is even an orange tree and lifelike flowers that require no watering. Ms. Potts has also sourced classic glass greenhouses ideal for small plants or terrariums, along with charming decorative birdhouses that are hard to resist.



With thoughts already turning toward summer, a corner of the Garden Room celebrates Long Island's beloved beaches. Beach inspired accents include little mermaids, decorative shells, and melodic wind



chimes that capture the spirit of the shore.

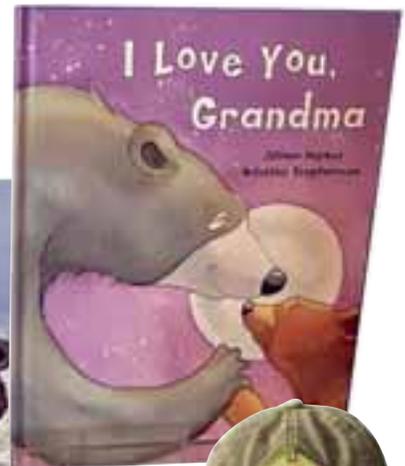
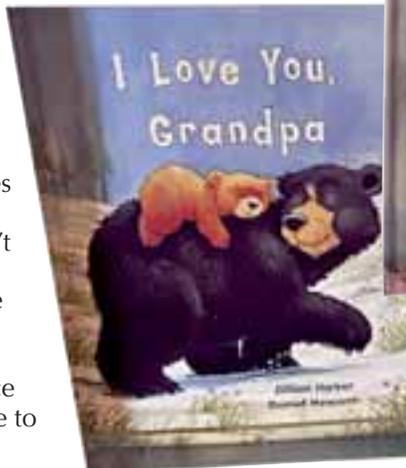
Upstairs in the Book Loft, readers will find books that explore bugs, birds, butterflies, and the natural world. Bicycle enthusiasts may appreciate a detailed Bicycle Owner's Manual, which pairs nicely with a repair kit or a 16 in 1 bike tool. Practical finds such as eyeglass repair kits are also available, and with golf season approaching, there are thoughtful items for the golfer in your life.

During my visit, I spoke with a shopper named Donna from Nesconset.

She told me she visits the General Store five or six times a year. "I really don't need anything," she said, "but there are always nice things here to

give as gifts." Not long after, I noticed her at the register with an armful of carefully chosen treasures.

As I left, I thanked shopkeepers Emily Moylan and Madeline Hoffmann for such an enjoyable visit. The St. James General Store has truly embraced the season. I have no doubt I will be back again soon.



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PENDING



SMITHTOWN. Smithtown schools. Wonderful opportunity. This home does need TLC. Updated roof and cesspools. 3 BR, 1 bath Ranch, extended kitchen, full basement with outside entrance. Circular driveway. Quiet mid block location. **\$499,990.**

SOLD



LAKE GROVE. Encore 55+ development. Lovely 2 BR, 2 bathroom, second floor unit with elevator. Spacious rooms with lots of windows, making it light and bright. 2 car garage. Incredible active community with every amenity! **\$599,990.**

SOLD



ST JAMES. Magnificent custom built 4BR, 2.5 bath home set on over an acre of parklike property. Large spacious rooms, hardwood floors throughout. Zoned for 3 horses with barn with water and electric. 2 car garage, full basement. **\$1,245,000.**

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

SOLD



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



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A R O U N D T O W N

Spring at Celebrate St. James Center for the Arts

by Natalie Weinstein, President



*Spring is the awakening season
It's also a reason to get out + shout
Wake up your energy with the wonderful synergy
Which is what the Arts Center is all about!*

*The music, theatre, art shows that glitter
It's all there for the taking
And we are all aching – to see you!!*

Celebrate St. James – April 2026 Events

Passport to Art: Spring Break Art Camp

April 7-9,
9:00 a.m.-
12:00 p.m.

Young artists will explore creativity through a variety of fun and engaging art projects during this three-day spring break camp.

Pricing: \$210 for all three days
or \$75 per individual day.



Shrek Jr. The Musical

April 11 & 12, 2:00 p.m.

Join us for a magical performance of the beloved musical *Shrek Jr.* featuring talented young performers bringing this hilarious fairytale adventure to life.

Ticket price: TBD.

Tuesday's @ 2 with Carolyn Benson

April 14, 2:00 p.m.

Free Community Event

Join acclaimed vocalist Carolyn Benson for an uplifting afternoon featuring the music of Legendary Ladies and timeless classics from across genres.

Long Island Cinema Festival

April 15. doors open 5:00 p.m.

Join us for an exciting evening of independent film at the Long Island Cinema Festival. The night begins continued on page 12

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A R O U N D T O W N

Celebrate St. James – April 2026 Events

continued from page 10 with a short block of films followed by a movie trivia networking event. Winning trivia team receives a free festival submission per filmmaker for the 2027 festival. Cover Charge: \$10.



Clay Creations – Young Artist Classes

April 18
Ages 6-10, 10-11:30 a.m.
Ages 11-13, 12-1:30 p.m.

Hands-on clay classes where young artists learn sculpting techniques and create their own pottery pieces. Cost: \$75.

Celebrate Connections Social

April 19, 1-2:30 p.m.
A new inclusive monthly social series featuring arts activities, karaoke, trivia, games, and more. Open to Teens (15–17) and Adults

(18+). Includes pizza and refreshments. \$20 per social



Fundraiser Comedy Night with Stevie GB

April 24, 7:00 p.m.
Enjoy a night of laughter while supporting Celebrate St. James with comedian Stevie GB. Tickets: \$35

Clay Creations – Young Artist Classes (Session 2)

April 25
Ages 6-10, 10-11:30 a.m.
Ages 11-13, 12-1:30 p.m.

Continue the clay-making fun with a second session for young artists. Included in the \$75 Clay Creations program.

Flowers Into Paint (Paint & Sip)

April 29, 7-9:00 p.m.
Create a beautiful floral-inspired painting while enjoying a relaxed and social evening of art. Tickets: \$50



For more info visit www.celebratestjames.org

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ST. PATRICK'S DAY PARADE



St. James St. Patrick's Day Parade Draws Incredible Community Support

The St. James Chamber of Commerce would like to extend its heartfelt thanks to the St. James community for making this year's St. James St. Patrick's Day Parade a tremendous success. Several thousand spectators lined the streets to celebrate this wonderful tradition, creating an incredible atmosphere of community pride and Irish spirit.

This annual event continues to bring together residents, local organizations, and visitors in a celebration of community pride and Irish heritage. The Chamber is grateful to everyone who participated, volunteered, marched, and attended.

A special thank you to the St. James Fire Department for coordinating with the St. James Chamber of Commerce and helping make this another safe and successful parade.

We extend our sincere appreciation to the Town of Smithtown for its support and participation, and we thank the Town of Smithtown Highway Department, Public Safety Department, and Parks Department for their assistance and hard work in helping make this event safe and successful for everyone.

The Chamber would also like to thank the officials and dignitaries who joined us in celebrating this special day, including New York State Senator Mario Mattera, New York State Assemblyman Michael Fitzpatrick, Suffolk County Legislator Sal Formica, Suffolk County Clerk Vincent Puleo, Former Suffolk County Deputy Executive Peter Scully, Smithtown Supervisor Edward Wehrheim, Town Clerk Tom McCarthy, Superintendent of Highways Robert Murphy, Councilman Thomas Lohmann, Councilwoman

Lisa Inzerillo, Councilman Thomas McCarthy, and Councilwoman Lynn Nowick. Their continued support of community events in St. James is greatly appreciated.

The St. James Chamber of Commerce and the Deepwells Farm Historical Society were also proud to host the Grand Marshal Reception at the historic Deepwells Mansion celebrating Grand Marshal Sister Teresita and Emerald Queen Ruth Garthe. The reception was very well attended, bringing together sponsors, residents, business members, community supporters, and town and county dignitaries. It was a wonderful evening honoring Sister Teresita and Ruth Garthe for their many contributions to the St. James community and served as a fitting celebration to conclude the St. James St. Patrick's Day festivities.

continued on page 16

ST. PATRICK'S DAY PARADE



ST. PATRICK'S DAY PARADE



continued from page 14

We are also proud to recognize and congratulate our Grand Marshal, Sister Teresita, and our Emerald Queen, Ruth Garthe, who helped lead this year's parade with pride and community spirit.

A special thank you as well to our beloved parade Leprechauns,

Dan Jordan and Jessica Kern, who helped bring extra Irish cheer and fun to the celebration.

The Chamber would also like to extend special thanks to King O'Rourke for supplying the vehicles for the Prince and Princesses, and to the Smithtown High School Interact Club and the Smithtown Youth

Bureau for their volunteers and for helping lead the parade.

Special thanks go to our generous parade sponsors whose support helped make this event possible:

Gold Sponsor

Moloney Family Funeral Homes
continued on facing page

ST. PATRICK'S DAY PARADE



continued

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- Knights of Columbus Council 12839
- Branch Funeral Home
- AJ's Garage

The Chamber would also like to extend a special thank you to Ron Rothman and the Smithtown Rotary Club for their support and for helping recruit volunteers who assisted with the parade.

We also thank Philly Pretzel Factory for their generous donation to the Grand Marshal Reception.

The St. James Chamber of Com-

merce would also like to thank the St. James Chamber of Commerce Board of Directors and the Deepwells Farm Historical Society Board for their many hours of hard work and preparation leading up to the parade.

"Events like the St. James St. Patrick's Day Parade remind us how special our community truly is," said Kathy Weber, President of the St. James Chamber of Commerce. "Seeing thousands of people come together to celebrate, support local organizations, and share in this wonderful tradition is something we are very proud of. We are grateful to everyone who helped make this year's parade such a memorable success."

The St. James Chamber of Commerce looks forward to continuing this cherished tradition and bringing the community together again next year.



continued on page 18

ST. PATRICK'S DAY PARADE



ST. PATRICK'S DAY PARADE

Ruth Garthe – 2026 Emerald Queen of St. Patrick's Day Parade

Ruth Garthe is a longtime St. James business owner and dedicated community volunteer who has played an important role in promoting and supporting the local community. Through her work with Graphics du Jour and the community newspaper Our Town – St. James, Ruth helped keep residents informed about local businesses, organizations, and events that make St. James a vibrant place to live and work.

For many years, Ruth also served as Treasurer of the St. James Chamber of Commerce, where she was instrumental in helping the organization operate successfully. In addition to overseeing the Chamber's finances, she played a key role in organizing events, preparing invitations, and sending correspondence to members and the community. Her organizational skills and dedication helped ensure the Chamber's activities ran smoothly and reached a wide audience.

Ruth was also the driving force behind St. James Day, the community's signature annual celebration that brings together local businesses, residents, and visitors. Through her leadership and tireless work behind the scenes, she helped make the event one of the town's most anticipated traditions.

Now retired, Ruth Garthe is recognized for her many years of service and her lasting contributions to the St. James business community. Her commitment to promoting local businesses and strengthening community connections has left a meaningful legacy in St. James.



Girl Scouts Learn Important Life Saving Skills

The Girl Scouts recently visited East Coast Karate for a free personal safety seminar given by Sensei Gregg, Reid, Addison and Allie. The Scouts learned about recognizing and avoiding dangerous situations as well as strikes, kicks and blocks needed to be able to defend themselves. It was a fun and exciting seminar while learning extremely important life saving skills.

The Scouts also participated in community service by bringing food donations to be delivered to St. Parick's Outreach.

Sensei Gregg provides Free Safety Seminars for Boy & Girl Scouts all year long. For more information call 631-862-1400.



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Lovely maintained Victorian style Colonial, Large EIK, 5 BRs, 3 full baths, Wall-to-wall carpet, hardwood floors, stackable washer/dryer. No pets & no smoking. Landlord maintains grass, Tenant responsible for snow removal. Detached garage not included. **\$4,500 mo. + utils.**



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Lovely 2 BR, 2.5 bath Townhome unit with formal living room, formal dining room, EIK, one car attached garage, laundry room, private rear patio, wall-to-wall carpet, clubhouse, outdoor inground pool, spa and tennis courts.

\$635,000.



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Suite 118 - 380 sq. ft. **\$755 mo.**

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Formally a Dairy Barn on Lake Avenue, St. James. Two drive through aisles and approx. 620 sq. ft. of building and walk in refrigeration units, plus 128 sq. ft. storage shed. Prime .50 acre corner Lake Avenue location in heart of town, adjacent Post Office. Gas heat.

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A R O U N D T O W N

Avenue of Heroes Banner Program Honors Veterans and Service Members

The St. James Chamber of Commerce, in partnership with the Town of Smithtown, is proud to announce the launch of the Avenue of Heroes Banner Program, a new community initiative created to honor and recognize local veterans and active-duty service members who have proudly served our country.

This inaugural program marks the first year commemorative banners will be displayed along the Avenue of Heroes in St. James. Each banner will feature the name, photograph, and branch of service of a local hero, creating a visible and meaningful tribute to the men and women from our community who answered the call to serve.

The banners will be displayed from Memorial Day through Veterans Day, transforming a prominent St. James roadway into a place



of reflection, remembrance, and gratitude. The program offers families an opportunity to publicly honor loved ones, while reminding residents and visitors alike of the sacrifices made in defense of our freedoms.

The Avenue of Heroes Banner

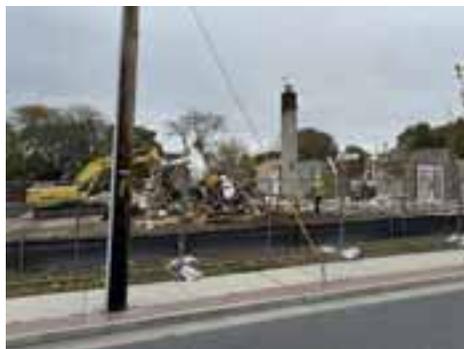
Program is coordinated by the St. James Chamber of Commerce in close partnership with the Town of Smithtown. As this is the first year of the program, all banners are newly created specifically for this inaugural display. The Chamber is honored to launch this initiative and establish what is intended to become a lasting tradition within the St. James community.

Community participation plays a vital role in the success of the program, bringing together families, businesses, and neighbors to collectively honor those who have served and continue to serve.

For more information on the Avenue of Heroes Banner Program or to participate, please visit stjameschamber.org or contact the St. James Chamber of Commerce directly.



Some big changes are coming to our town. The empty restaurant on the corner of Hobson Avenue and Middle Country road has been demolished. Also demolished is the former bank site on Lake and Woodlawn. Above is a rendering of what is planned to replace the bank.





ST. JAMES CHAMBER OF COMMERCE
Presents
2026 AVENUE OF HEROES

BANNER PROGRAM

Honoring Those Who Serve Our Country

The Avenue of Heroes Banner Program honors our local veterans and active duty service members.

Banners will be proudly displayed along Lake Avenue from Memorial Day through Veterans Day.

Banner Program Cost: \$200

VETERAN OR ACTIVE DUTY MEMBER

NAME: _____

BRANCH OF SERVICE: _____

SPONSORED BY: _____

EMAIL ADDRESS: _____

PHONE NUMBER: _____

CIRCLE LOGO:



SUBMIT PAYMENT OF \$200: *Processing Fee may apply

Venmo* _____



Credit/Debit Card or PayPal* _____
 (On Line Payment Only)

Payment by Check _____

If paying by check, Please send along with this form to:

St. James Chamber of Commerce • PO Box 286 • St. James, NY 11780

After Payment is made - Please email this completed form along with a (hi-res) **digital** photo of your Hero to: **heroes@stjameschamber.org** Once payment is processed, production of your banner will begin.

After your Banner is created, a digital proof will be sent to the email address on the form above.

The proof **MUST** be signed and approved before printing.

Please note: 1-Photos **MUST** be supplied in digital form and sent to email above 2-The quality of your banner photo will be a direct result of the quality of the digital photo you supply. Please send highest quality possible. 3-No banner will be printed without signed approval.

Questions and correspondence may be directed to: **heroes@stjameschamber.org** . Deadline is May 1, 2026.

Smithtown Rotary Meeting Notes



Pictured with Ms. Rugile is Rotary Club President Ron Rothman.



Pictured with Ms. Porti is Rotary Club President Ron Rothman and past president Linda Cherney.

At the March 4 meeting, held at the Garden Grill restaurant in Smithtown, the Smithtown Rotary Club welcomed guest speaker Jenna Rugile from Pal-O-Mine Equestrian Inc. and presented her with a donation of \$1,000.00 towards this great cause!

Established in 1995 as a non-profit 501(c)(3) organization, Pal-O-Mine Equestrian Inc. sets the standard of professional excellence in operating a multi-faceted equine assisted therapeutic center. The mission of Pal-O-Mine is to use horses and a working farm to facilitate

growth, learning and healing. Their populations include children and adults with disabilities, survivors of trauma and abuse, adjudicated youth, military and first responder communities, and individuals with mental health challenges. Fifteen thousand children and adults have been given the opportunity to lead a more independent and productive life as a direct result of their visits to the farm.

Pal-O-Mine operates a full-time program, seven days a week, 12 months a year. They support 25 program horses on a 13 acre farm,

spanning over four contiguous properties. Over 85 volunteers give freely of their time. To learn more about this great charity, please visit their website: pal-o-mine.org

* * *

In addition, Smithtown Rotary Club was proud to welcome our newest member, Kelli Porti! Kelli is a U.S. Army Veteran and the Veteran & Community Outreach Liaison for our friends at Paws of War. For more information on Paws of War, please visit their Facebook page or their website: pawsofwar.org

HOW ARE WE DOING?

We are working hard to make Our Town more robust than ever and we would love to know your thoughts.

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NOW HIRING FOR SUMMER 2026 Town of Smithtown Announces 2026 Seasonal Job Opportunities Across Multiple Departments

The Town of Smithtown is now accepting applications for its 2026 seasonal workforce, offering a wide range of summer employment opportunities across Recreation, Parks, Buildings & Grounds, the Municipal Services Facility, and the Department of Public Safety.

Seasonal positions include scorekeepers, certified lifeguards, park attendants, parks laborers, sanitation helpers, swim instructors, and recreation aides supporting camps, clinics, and other summer programs. These roles provide residents – particularly students and young adults – with valuable work experience while supporting the services that keep Smithtown active, clean, and safe throughout the busy summer months.

At the forefront of this year’s hiring effort is the Town’s pressing need for a Pool Manager at Smithtown Landing Pool. Each summer, the facility serves as a central gathering place for families, swim lessons, and community



programming. From late June through Labor Day, the Pool Manager oversees daily operations with a strong emphasis on safety, staff supervision, facility oversight, and public engagement. The role requires steady leadership, sound judgment, and aquatics experience, as it shapes the overall tone and success of the Town’s busiest recreational site during evenings, weekends, and holidays.

In addition to aquatics leader-

ship, the Recreation Department is also highlighting the opportunity for a Windsurfing Director to guide the Town’s summer waterfront program. This flexible-schedule leadership role involves supervising daily windsurfing instruction, ensuring participant safety and equipment readiness, training instructors, developing engaging lesson plans for all skill levels, and maintaining compliance with safety regulations. The position plays an important part in maintaining the quality and safety of Smithtown’s waterfront programming.

“A summer job with the Town of Smithtown has long been a meaningful rite of passage for our young residents. It’s an opportunity to build a strong résumé, stand out on college applications, and, more importantly, develop real-world skills that prepare them for the next chapter of adulthood. Many of our seasonal employees return year after year – and some even grow into permanent roles serving this community.” – Supervisor Edward R. Wehrheim

Applicants for most positions must be 16 years of age as of April 1, 2026. Those under 18, if appointed, must provide appropriate working papers in compliance with New York State Labor Laws. While the majority of seasonal openings are within Parks and Recreation, additional opportunities are available at the Municipal Services Facility and within Public Safety.

Residents interested in applying may visit SmithtownNY.gov and navigate to the “Seasonal Job Opportunities” page under the Personnel Department to review available positions and complete the online application process.

For a full list of currently available positions, visit the Town of Smithtown Website at SmithtownNY.gov/514/Seasonal-Job-Opportunities

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Author, Columnist,
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Media Personality



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Town of Smithtown Recreation Department Announces Spring Bus Trip to Broadway

The Town of Smithtown Recreation Department invites residents to experience the magic of Broadway with a fun and convenient Spring Broadway Bus Trip on Saturday, May 2, featuring 2:00 p.m. matinee performances of three popular Broadway productions. Enjoy a day in New York City with friends and neighbors while taking in the excitement, music, and energy of some of Broadway's most talked-about shows.

"Broadway offers an unforgettable cultural experience, and this trip makes it easy and convenient for our residents to enjoy a day in New York City with friends and neighbors while seeing some of the most talked-about shows on stage today."

– Angela Hardina,
Department of Recreation

Participants will travel together to

New York City for an afternoon at the theatre, with convenient transportation provided. All prices include the theatre ticket and round-trip bus transportation.

Available show options include:

- *Juliet & Juliet* – \$208 per person (Hosted)
- *Death Becomes Her* – \$207 per person
- *Just In Time* – \$222 per person

The bus will depart at 8:30 a.m. from the back of Village Commons Shopping Center, 18-80 East Main Street in Smithtown, and will return to the same location following the performances. Riders will be dropped off close to the Theatre District, making it easy to access their selected theatre and enjoy time in the city before the shows begin.

Registration opens Monday,



March 9 at 10:30 a.m. Space is limited, and early registration is encouraged.

Registration Link:
<https://bit.ly/47g9hMM>

For additional information, contact the Town of Smithtown Recreation Department at (631) 360-7644.

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IN THE NEWS



Paws of War: Helping Both Ends of the Leash

Paws of War, a 501(c)(3) non-profit based in Nesconset, NY, is transforming lives through its mission of "Helping Both Ends of the Leash." The organization supports veterans, active-duty service members, first responders, Gold Star Families, and rescued animals through programs built entirely on compassion, community support, and donor generosity. With no federal grants, Paws of War relies on individual donors, foundations, and local partners to fuel its life-changing

work.

From service dog training to global rescue missions, Paws of War connects heroes with animals who become trusted partners in healing. Their programs include Service Dog Training, Companion Animal Adoption, Animal Rescue, the Vet-to-Vet Mobile Clinic, a Veterans Resource Center, support for Military Working Dogs, Spectrum Paws, and Disaster Recovery, all provided free of charge to the heroes they serve.

Rescuing Animals from War Zones

One of Paws of War's most extraordinary efforts is the War-Torn Pups & Cats Program, which helps deployed service members bring home the animals they rescue overseas. These puppies and kittens – often found starving or injured in war-torn areas – form deep emotional bonds with the troops who save them.

When service members prepare to come home, they cannot bring these animals themselves. So, Paws

continued on page 32



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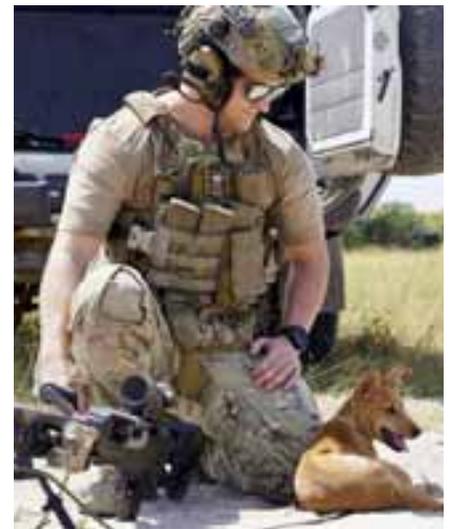
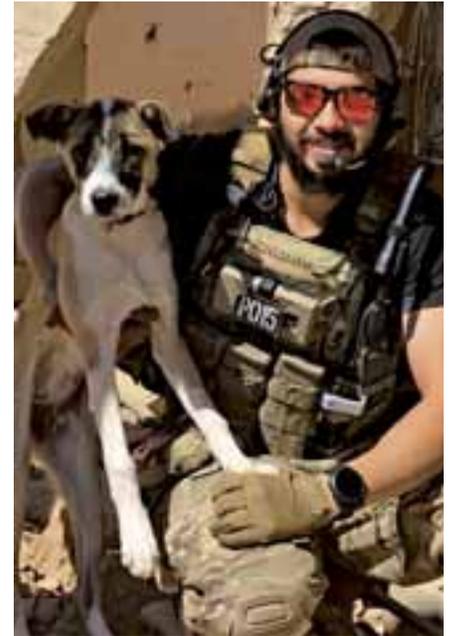


Maria Orlandi

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Maria Orlandi is a Licensed Associate RE Broker affiliated with Compass. Compass is a licensed real estate broker and abides by Equal Housing Opportunity Laws.



Paws of War

continue from page 30 of War steps in with boots on the ground, navigating dangerous terrain, veterinary care, transport logistics, and international requirements to reunite these animals with the heroes who loved them.

Service Dogs Who Change Lives

Through the Service Dog Training Program, veterans and first responders train rescued dogs to become service or companion animals that match precisely to their needs. Many of these dogs came from neglect, abandonment, or abuse; but through training, they gain purpose while their handlers gain comfort, confidence, and stability.

Leadership With Heart

Co-Founder and President Robert Misseri has helped rescue and train thousands of animals for America's

heroes. His dedication has earned national recognition while keeping the focus on saving lives and strengthening the human-animal bond.

CALL TO ACTION: Help Us Help Both Ends of the Leash

Because Paws of War is 100% donor-funded, every act of support; big or small – directly fuels the mission. Your generosity helps:

- Bring home animals rescued by deployed service members
- Train service and companion dogs for veterans and first responders
- Provide free veterinary care through the Vet-to-Vet Mobile Clinic
- Sustain the Veterans Resource Center
- Rescue neglected and abandoned animals
- Support emergency and disaster response programs

aster response programs

Every donation, volunteer hour, foster home, and shared message changes lives.

Join Us Today

If you believe in honoring heroes...
If you believe in the healing power of the human-animal bond...
If you believe in compassion and second chances...Then Paws of War need, you. Learn more, donate, or get involved at: www.pawsofwar.org





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A Brief History of Earth Day

Earth Day is celebrated each April and draws attention to a range of issues affecting the environment. Earth Day aims to raise awareness in the hope of inspiring change.

Earth Day is observed on April 22. According to National Geographic, the first Earth Day was celebrated in 1970. Wisconsin senator Gaylord Nelson was inspired to begin a national celebration uniting the environmental movement after witnessing environmental activism in the 1960s. With the help of Denis Hayes, a graduate student at Harvard University, Nelson organized the first Earth Day. Twenty million people participated in events across the United States and strengthened support for environmental legislation like the Clean Air Act and the Endangered Species Act.

Earth Day was expanded to a global initiative in 1990 under guid-



ance from Hayes. Nearly 200 million participants in more than 140 countries now join together in the name of protecting the planet. Awareness continues to be raised each year regarding renewable energy and climate change.

One of the hallmarks of Earth Day celebrations is the planting of trees. Researchers estimate roughly 15 billion trees are cut down each year across the globe. By planting a

tree every Earth Day, people can make a difference. Trees absorb carbon dioxide and release oxygen and bolster ecosystems for wildlife. Shade trees can reduce reliance on fans and air conditioning systems.

The main message of Earth Day is the need to commit to ending reliance on plastics, says EarthDay.org. The goal is a 60 percent reduction in the production of all plastics by 2040. Plastics are bad for the environment a

growing body of research indicates they have an adverse effect on the major systems of the body, including immune, respiratory, digestive, and hormonal systems.

Everyone can do their part to promote the ideals behind Earth Day. For 54 years, millions of people have been advocating for change to benefit the planet and human and animal health, and that fight is ongoing.



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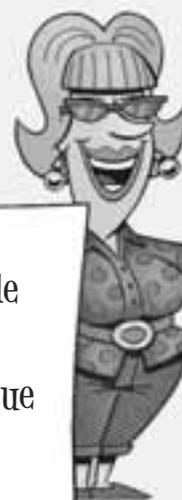
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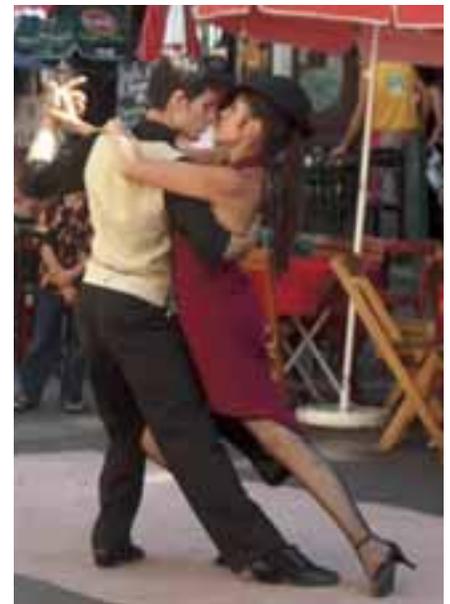
It all began when we decided to travel with our cousins. We had both visited many countries and wanted to choose a destination none of us had experienced before. The solution? Antarctica. But first, Argentina, before flying to Ushuaia to board our ship, followed by a cruise up the coast of Chile.

What an adventure it turned out



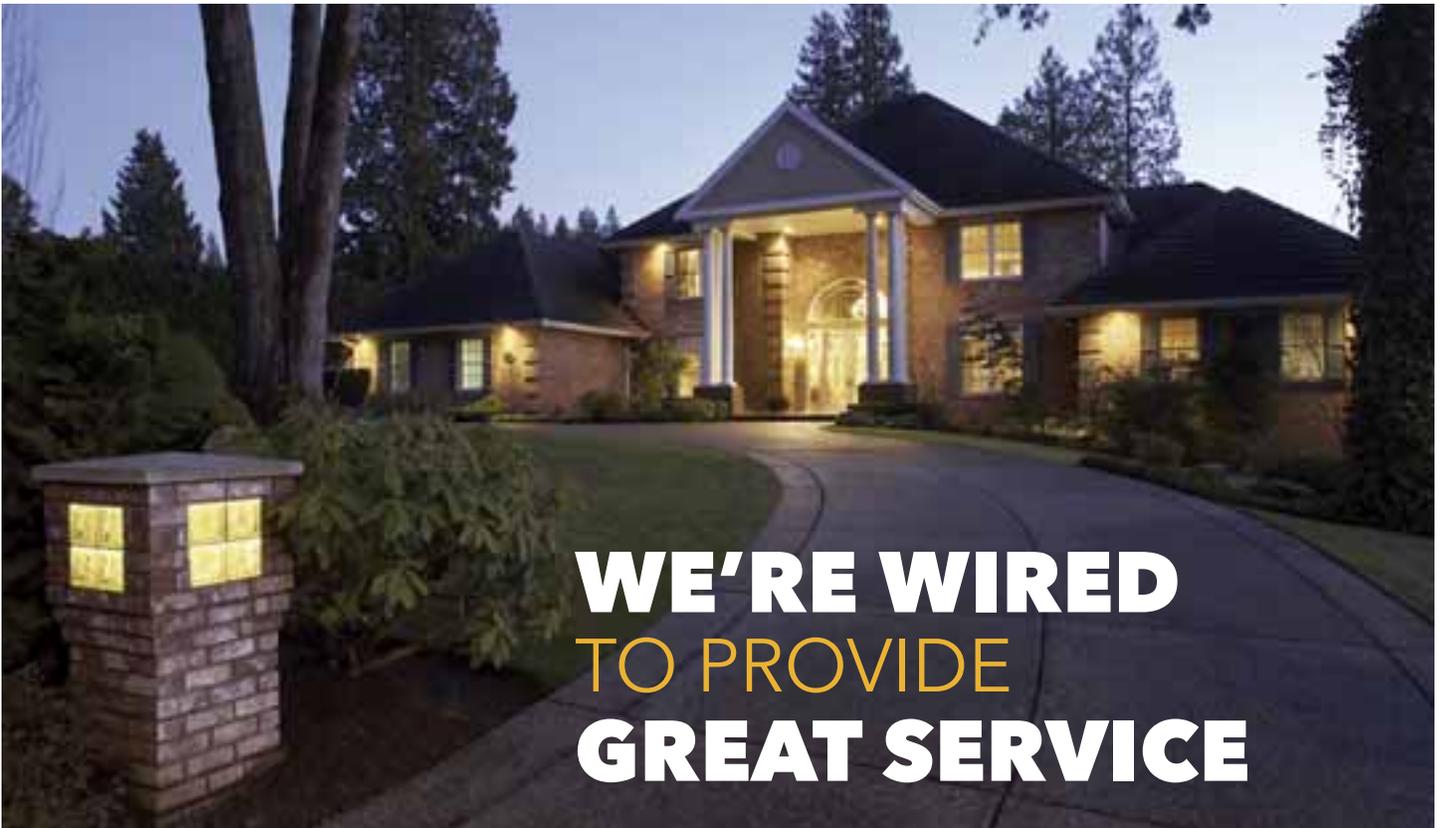
to be.

Naturally, we felt we had to learn how to tango. We borrowed videotapes from the library and practiced the complicated routines. However,



when we arrived at our hotel in Buenos Aires, the concierge informed us that a recent fire in a tango club had prompted the government to shut them all down. Undeterred, we improvised and danced in the hotel lobby instead.

Before that, we visited the colorful
continued on page 38



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TRAVELS WITH IRMA

Argentina To Antarctica To Chile

continued from page 36 neighborhood of La Boca, where we watched professionals perform their sensual dance in the streets. We did not learn much, but at least we tried.

We wandered through the beautiful city of Buenos Aires, admiring its European style architecture, visiting the Pink Palace, home of Juan and Eva Perón, and paying our respects at Eva Perón's grave, which was covered with flowers from her devoted admirers. The elaborate sculptural gravestones throughout the cemetery were works of art in themselves.

Next, we flew to Iguazú Falls. We covered our cameras in plastic and still got soaked by the powerful spray. It was exhilarating.

From there, we traveled to Ushuaia, where we boarded our Hurtigruten ship bound for Antarctica. Many travelers avoid this journey because it requires crossing the Drake Passage, one of the deadliest waterways in the world and the resting place of many sunken ships. We were warned about rough seas, so armed with Dramamine, magnetic bracelets, and ginger, we



braced ourselves. Not everyone fared as well. We heard the clatter of breaking dishes as staff members, struggling to keep their balance, clung to the corridor walls.

Yet every moment was worth it when we first saw thousands of penguins chattering in deafening cacophony. Unafraid of humans, they allowed us to approach as they

sat on their eggs and fed their young, always vigilant for predators. We quickly grew accustomed to the smell. Any slight discomfort was more than compensated by the extraordinary experience.

We traveled by tender from ship to shore, encountering seals, elephant seals, leopard seals, and whales along the way. Some swam surprisingly close to our small boats, giving us the thrill of a lifetime as we silently hoped they knew how to avoid tipping us over.

After seven days of slipping and sliding in the snow and having the time of our lives, our ship turned north. En route to Chile, we stopped in several fishing towns, explored Tierra del Fuego, visited a ranch, enjoyed a traditional barbecue, and even danced again. Finally, we disembarked in the beautiful, pristine city of Santiago. We hired a driver who guided us through the colorful hills of Valparaíso, where we toured the home of the poet Pablo Neruda.

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Simple Steps to Protect the Environment

Protecting the environment is a goal that everyone can help to accomplish. The greatest threats to the planet are primarily driven by human activity. Climate change, habitat loss and biodiversity loss are notable challenges of the environmental crisis, says the Intergovern-

mental Science-Policy Platform on Biodiversity and Ecosystem Services. Although it may seem like major overhauls are needed to protect the planet, small, consistent changes in how people behave also can have a lasting impact.

The following are some simple

steps to effect environmental change.



- Eat more plants. Choosing plant-based proteins like beans, lentils and nuts in place of red meat a few nights per week can have an impact on land and water use required for raising livestock.

- Plan meals. Planning meals can help to greatly reduce food waste. Stanford University reports that 40 percent of edible food in the United States is wasted. Planning meals and using leftovers creatively can keep excess waste out of landfills.

- Rely on LED lights. LED bulbs last longer than traditional incandescent bulbs. LEDs also consume 75 percent less energy than incandescent bulbs.

- Adjust the thermostat. Keeping a home comfortable is a benefit of modern living. The National Park Service says simply adjusting the thermostat by 3 F down in the winter and up in the summer can reduce carbon dioxide emissions by nearly 1,000 to 1,050 pounds per year.

- Unplug appliances. Unplug "vampire" appliances when they are not in use. Such appliances are those that draw power even when they're not being used. Televisions, chargers and others are known culprits. A power strip can be used to cut off power completely when not in use.

- Buy secondhand items.

continued on page 75



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C O O K ' S C O R N E R

Secrets to a Great Grilled Cheese Sandwich

Grilled cheese is an ideal comfort food. It's crispy, buttery and full of warm and gooey cheese. Many people grow up enjoying grilled cheese as children, and then continue digging in to this delight as they get older.

While grilled cheese may seem

like simple fare, there are some techniques to make it even more delicious. This includes strategies to make it golden brown with perfectly melted cheese.

When preparing grilled cheese, you do not want to rush the process and end up with burnt bread. Try

placing the grilled cheese in a cold pan and then letting everything heat up together slowly over medium-low heat. This ensures the heat is evenly distributed and the cheese will melt as the bread develops its golden color.

Aim for optimal coverage of butter or mayonnaise. Yes, you read that correctly. Some culinary experts, like the ones at *Bon Appétit*, recommend using mayo in lieu of butter to spread on the bread because it has a higher smoke point and is less likely to burn while cooking. Be sure to spread your butter or mayo all over to the edges of the bread for optimal coverage and flavor.

Next, select a good quality cheese that melts well. Some are better than others in this department. They include colby, havarti, swiss, monterey jack, muenster, American, smoked gouda, and cheddar.

Then work with a recipe that will elevate the grilled cheese even further, such as "Smoked Gouda and Roasted Red Pepper Grilled Cheese," courtesy of the Food Network Kitchen.

Smoked Gouda and Roasted Red Pepper Grilled Cheese

Yield: 4 servings

- 8 1/3- to 1/2-inch-thick slices Pullman bread
- 4 ounces smoked gouda, very thinly sliced with a cheese slicer
- 4 slices muenster cheese (about 4 ounces)
- 1 medium jarred roasted red pepper, drained, dried and thinly sliced
- 2 cups baby arugula
- 6 tablespoons unsalted butter, softened

1. Lay out 4 slices of the bread on a work surface. Layer each with some of the smoked gouda, 1 slice of the muenster, a thin layer of sliced red
continued on page 44

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C O O K ' S C O R N E R

Vegan Twist on Popular Lunch Sandwich

The bacon, lettuce and tomato sandwich, commonly known as the BLT, is a classic. People who avoid meat for health or other reasons can enjoy the essence of a BLT in a wholesome sandwich full of tasty ingredients all their own.

A "Tempeh, Lettuce and Tomato Sandwich (TLT)" is a worthy stand-in for the traditional BLT. Toasted bread and tempeh add bite to the sandwich and tangy mustard gives it an extra kick. Try this recipe, courtesy of "The Contented Vegan" (Head of Zeus) by Peggy Brusseau.

Tempeh, Lettuce and Tomato Sandwich (TLT)

Makes 1 sandwich

- 1 tablespoon untoasted sesame oil
- 3 1/2 ounces tempeh, cut into slices no more than 1/2 inch thick
- 2 slices favorite bread

- 1 teaspoon extra virgin olive oil
- 1 teaspoon favorite mustard
- 2 lettuce leaves
- 1 tomato, sliced
- Dash of tamari and/or hot sauce

Heat the oil in a frying pan (skillet) set over medium heat. Add the tempeh slices to the pan and cook for about 7 minutes on each side, until they are golden brown, aromatic and with a hint of crispiness.

Meanwhile, toast the bread. Drizzle both pieces of toast with olive oil and then spread a thin layer of mustard onto each slice.

Arrange the lettuce and tomato on one of the slices, and top with the cooked tempeh. Sprinkle a little tamari and/or hot sauce onto the hot tempeh.

Close the sandwich and serve hot.

Grilled Cheese Sandwich. continued from page 42

pepper (about 2 tablespoons), 1/2 cup of the baby arugula, and another layer of smoked gouda. Close the sandwiches with the remaining bread. Thinly and evenly spread the butter on both sides of the bread using 1 1/2 tablespoons of the butter for each sandwich.

- 2. Place 2 sandwiches into a medium nonstick skillet over medium heat. Cover the skillet with a lid and cook until the bread is evenly golden brown, about 2 minutes. Flip, cover again and cook until the bread is golden brown and the cheese is visibly melted, about 2 minutes more. Repeat with the remaining sandwiches.

2. Place 2 sandwiches into a medium nonstick skillet over medium heat. Cover the skillet with a lid and cook until the bread is evenly golden brown, about 2 minutes. Flip, cover again and cook until the bread is golden brown and the cheese is visibly melted, about 2 minutes more. Repeat with the remaining sandwiches.

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Spinach All Rolled Up With Flavor

Including more spinach in one's diet can be a healthy decision. Spinach is rich in iron, potassium, magnesium, folate, and vitamins C, E and K. With that strong profile, spinach supports the heart, eyes, skin, and immune system. Spinach also can aid digestion and strengthen bones.

The good news is that spinach is a versatile ingredient and can be added to many dishes relatively easily. As an alternative to meat-based dishes, "Spinach Balls" serve up flavor in easy-to-portion style. Serve these with a dipping sauce as an appetizer, or place alongside pasta instead of meatballs. Enjoy this recipe courtesy of "It Just Happens to Be Gluten-Free" (Do Life Inspired Publishing) by Jen Fiore.



Spinach Balls
Makes about a dozen

- 1 10-ounce box frozen chopped spinach
- 3 eggs, beaten
- 1 tablespoon extra virgin olive oil
- 1 cup shredded sharp cheddar cheese
- 2/3 cup gluten-free breadcrumbs
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon dried parsley
- 1/4 to 1/2 teaspoon garlic powder
- 6 shakes Tabasco sauce (6 shakes more if you like it hotter!)

1. Place the spinach box in the microwave for 2-3 minutes until defrosted. Set aside to cool.
2. In a large bowl mix together the cheese, bread crumbs, salt, pepper, parsley, and garlic powder.
3. Squeeze excess water out of the spinach. Place the spinach into the

- cheese mixture. Mix.
4. Add oil, eggs and Tabasco sauce.
5. Form into balls and place on a parchment-lined baking sheet.
6. Bake at 375 F for 18 to 22 minutes.
7. Serve with garlic aioli

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Happy Easter

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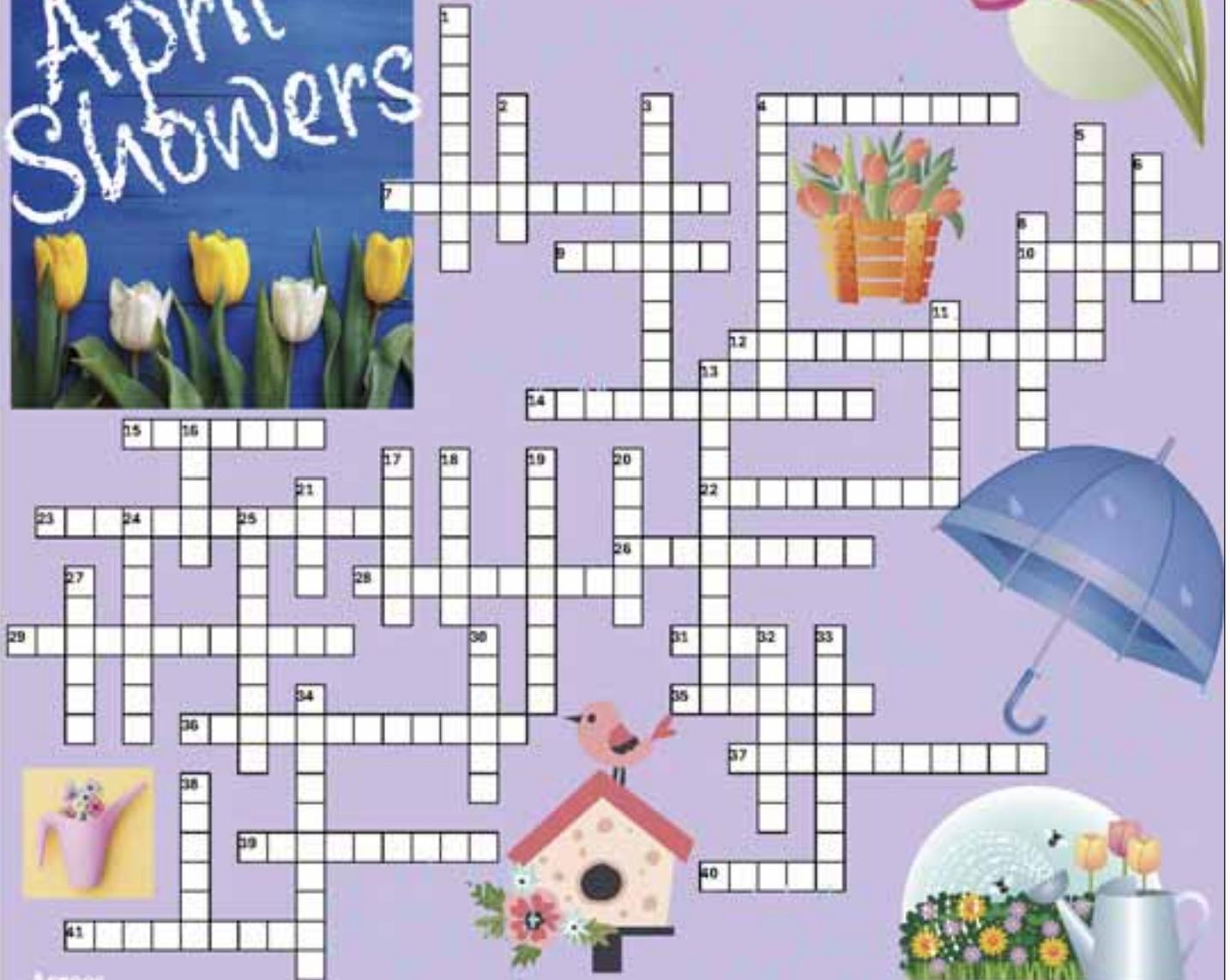
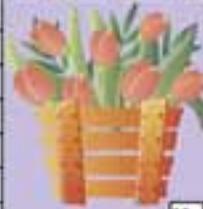
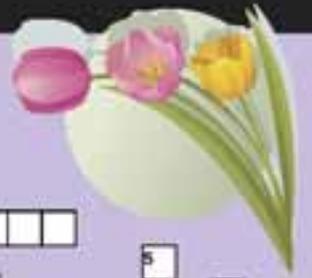
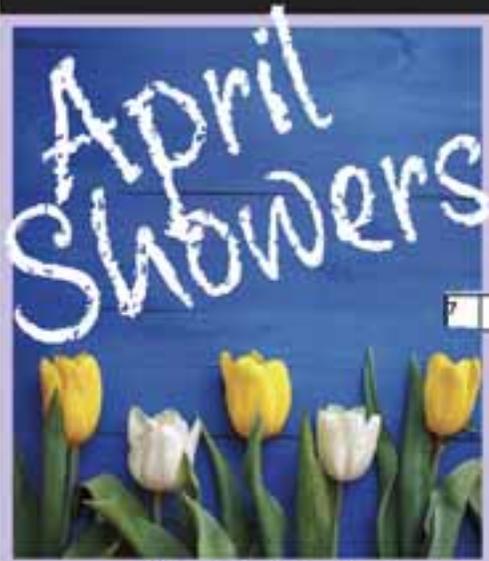
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Coffee Break



Across

- 4. Year-round foliage
- 7. Variety of life
- 9. Forest's upper layer
- 10. Egg-shaped
- 12. Naturally decomposing
- 14. Storm cloud
- 15. Relating to Easter
- 22. Materials reused
- 23. Transformational change
- 26. Egg-laying
- 28. Heat-trapping effect
- 29. Easter event
- 31. Pre-Easter season
- 33. Symbol of spring
- 36. Resource protection
- 37. Environmentally viable

- 39. Interacting life system
- 40. Water-conducting tissue
- 41. Spring metaphor

Down

- 1. Seasonally shedding
- 2. Month from Latin "to open"
- 3. Equal day/night
- 4. Seasonal balance
- 5. Easy prank target
- 6. Flowering stage
- 8. Soil around roots
- 11. Young tree
- 13. Human-shaped epoch
- 16. Comic imitation
- 17. Pagan spring deity
- 18. Medieval prankster
- 19. Seasonal timing study
- 20. Nutrient-carrying tissue
- 21. Intentional deception
- 24. Tree-planting holiday
- 25. Egg-dyeing process
- 27. Soft spring hues
- 30. Humorous imitation
- 32. Three holy days
- 33. High-altitude wind
- 34. Study of trees
- 38. Humor with bite

Solution on page 50

Coffee Break

SUDOKU CHALLENGE

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RIDDLES & TEASERS



Inside Out

Question 1:

What five-letter word becomes shorter when you add two letters to it?

Question 2:

Two in a corner, one in a room, zero in a house, but one in a shelter. What am I?

Question 3:

Forward I am heavy, but backward I am not. What am I?

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Answers on page 50

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AUNT MEME'S WISE WORDS

Confidence!



by
Fran Posner

Who would have thought you would need to defend your nurse's cap because people made fun of it?

Meme

loved her cap! It was given to her at graduation from nursing school. At the time when she graduated, each school had their own cap. There were different styles including the wing type to the one that looked like an upside down pleated cupcake wrapper that sat on the top of the head.

History tells us that nurses' caps originated as hygienic (to keep hair in place) white linen head coverings influenced by Florence Nightingdale's adaptations of Nun's habits. Caps were phased out by the 1980s due to infection control, practicality (they would get caught in medical apparatus) and more men entering the nursing profession. I believe Meme would miss wearing her cap today since it has been replaced by more practical scrub hats.

Meme's was the authentic flare wing cap. It was a symbol of hard work and great achievement. The black band around it was added when she officially became a registered nurse. The cap was certainly a "Badge of Honor" presented in a special candle lit capping ceremony and identified a nurse's school or university.

I remember watching Aunt Meme lovingly washing her cap, adding just the right amount of starch before ironing it. It was the perfect accessory that topped off her professional white uniform, stockings and shoes.

For some reason, people liked to make jokes about how nurse's caps looked. When they often did, Meme had the confidence to stand

her ground and state that this was HER cap that SHE earned from HER school and was very proud of it!

As a young nurse, I think her confidence started with speaking up for her cap. Meme's confidence spread into other areas of her life. She set an example for her family

and friends. She always told us to stay true to what you believe no matter what other people said. She would say, don't let anyone sway your convictions and remember to have CONFIDENCE to hold fast to your beliefs.

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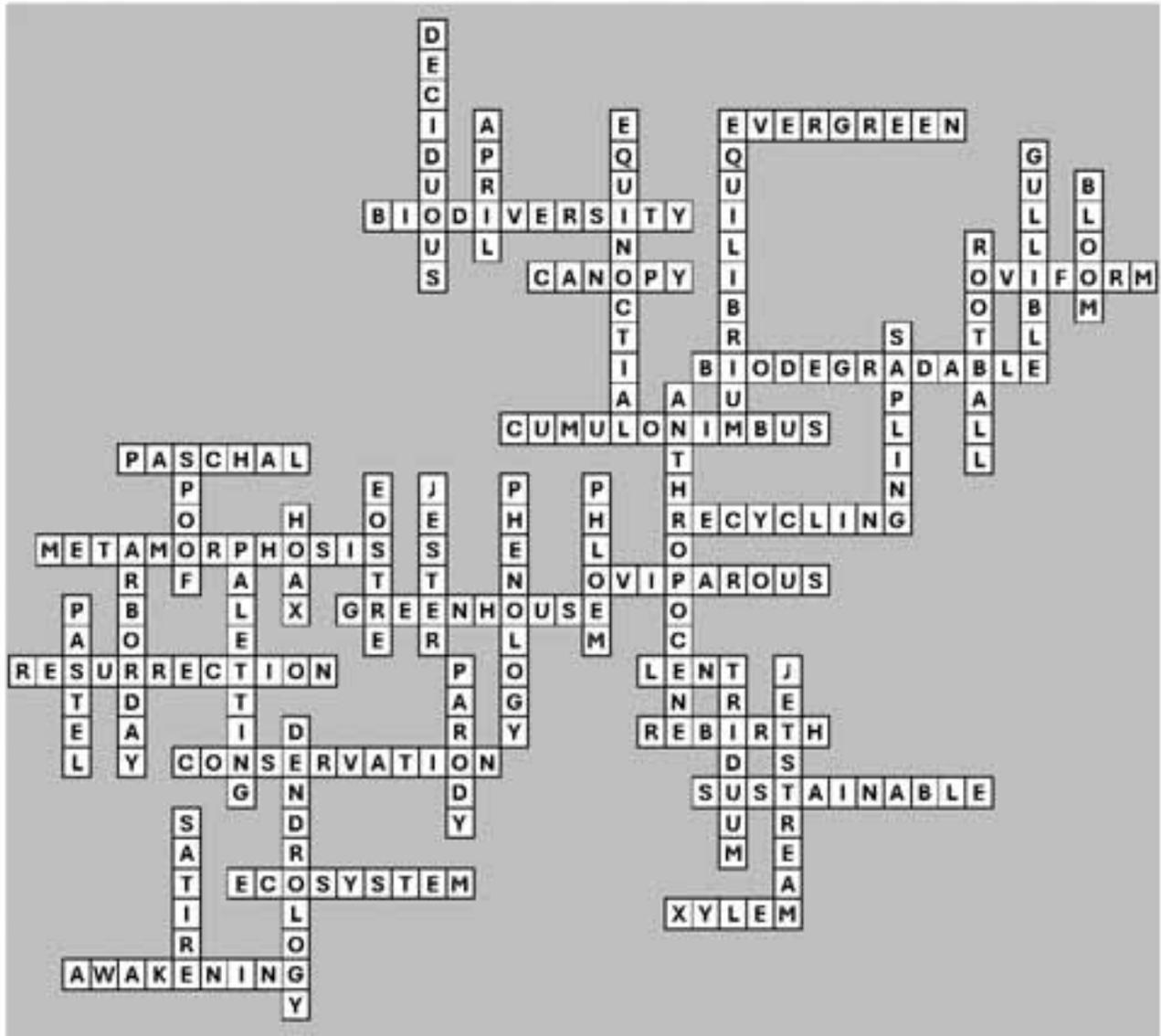
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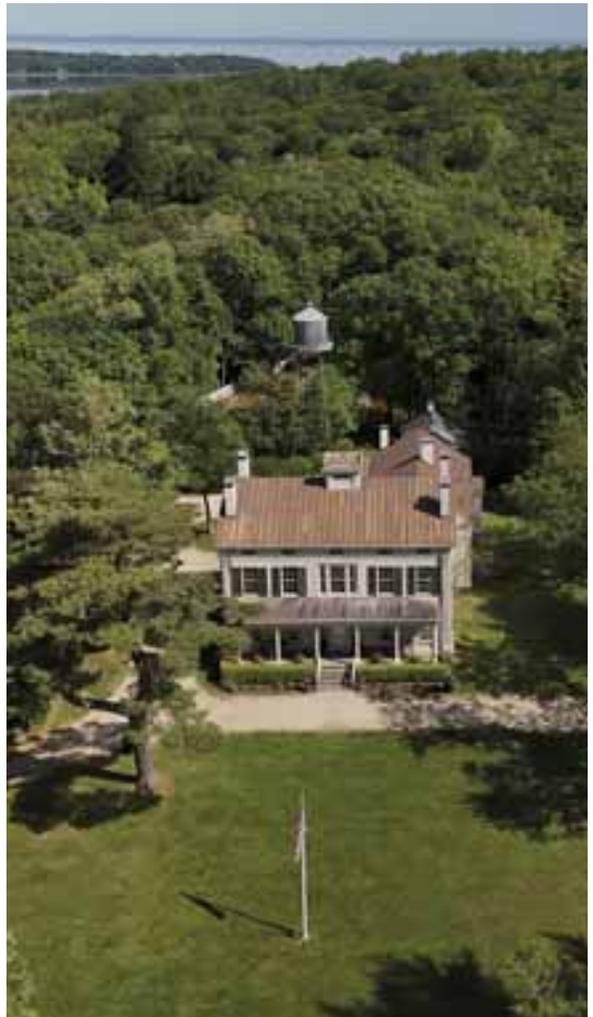
Answer for Question 1: Short.
 Answer for Question 2: The letter R.
 Answer for Question 3: Ton.

A R O U N D T O W N

St. James From Above



From top left, clockwise: Firehouse on 25A, the original St. James Schoolhouse, the currently used St. James Elementary School and Deepwells historic mansion.



Pets for Adoption at Smithtown Animal Shelter



Adopt Eva!

Meet the Smithtown Animal Shelter's Pet of the Week, Eva, a healthy tan-and-white female, bully breed mix, estimated to be about 4 years old.

Beautiful Eva has quickly become a favorite with everyone who takes the time to know her, and once she trusts you, it's easy to understand why. This stunning girl is full of personality, affection, and the kind of love that makes a house feel like home.

Eva arrived at the shelter as a stray, frightened and unsure of the world around her. With patience, kindness, and consistency, she has blossomed into a loving, playful companion who lights up when she sees her favorite people each day.

At first, Eva can be shy and cautious with new faces, but once she feels safe, her sweet personality shines through – belly rub requests, enthusiastic kisses, happy wiggles, and the charming habit of sitting right on your feet just to stay close. Once you're in Eva's circle, you have a loyal friend for life.

Eva would thrive in a calm adult home where she can continue building confidence at her own pace, ideally as the only pet or with a carefully matched dog companion. She needs an adopter willing to give her a little time in the begin-

ning, but what waits on the other side is a devoted best friend with endless love to give.

Eva is ready for someone willing to look past her initial hesitation and discover the incredible dog she truly is.



Adopt Missy!

Miss Hiss A Lot, affectionately known as Hissy Missy, is a gorgeous gray and white Domestic Short Hair, approximately one year old, with a unique personality that keeps everyone smiling. While she may greet new friends with a cautious hiss, she quickly leans in for pets, revealing a sweet and affectionate side beneath her tough-girl introduction.

This beautiful young lady has a personality that's impossible not to love. Missy may offer a little sass when meeting new friends, but she enjoys affection once she feels comfortable. Her charming mix of independence and sweetness makes her a truly special companion.

With her soft gray and white coat, expressive personality, and endearing mix of sass and sweetness, Missy is truly a standout. She's ready to find a patient, loving home that will appreciate her charm and give her the peaceful environment she needs to thrive.

Hissy Missy is healthy with no medical concerns and is ready to begin her next chapter. She may do

well in a home with other cats and possibly dogs, but she would do best in a household without children where she can settle in at her own pace and feel secure

If you are interested in meeting Eva or Missy, please fill out an application to schedule a time to properly interact with your prospective forever-family member in a domestic setting.

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

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 homes. Some animals need as little as two weeks of care, while others may need care for extended periods of time.

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

Thinking About Adoption:

The Smithtown Animal Shelter's primary concern is finding the perfect home for each animal that finds his/her way to 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.

Visitor Hours at the Smithtown
continued on page 75



Jeremy Dennis



Paton Miller

Gallery North Celebrates 60 Years Through Artists Exhibited Over Six Decades in 60 x 60

Gallery North is pleased to present *60 x 60: Gallery North Turns 60* on view from April 16 to May 10. An opening reception will be held Thursday April 16, from 5:30 to 8 p.m. The opening reception will include the Groundbreaking Ceremony for the new Terence Netter Creative Center at Gallery North to take place at 5:30 pm. The exhibition, reception and Groundbreaking Ceremony will be free and open to the public.

60 x 60 is a celebration of Gallery North's 60th anniversary. It explores the Gallery's exciting past through the artists who helped shape the non-profit into one of the best community centers on Long Island. Each of the 60 artists on view has exhibited at Gallery North over its 60-year history. Bringing these artists together for the first time, *60 x 60* demonstrates the Gallery's significant commitment to exhibiting the region's diverse contemporary artists, and its dedication to providing high quality arts programming for the community. The exhibition includes paintings, drawings, and sculptures by artists including Marjorie Bishop, Joseph Reboli, George Booth, Terence Netter, Doug Reina, Robert White, Christian White, Ty Stroudsburg, Gina Mars, Kelynn Alder, Lorena Salcedo-Watson, Darlene Charneco, Jeremy Dennis,



Gina Mars

Nancy Bueti-Randall, Paton Miller and many others. Paton Miller's *Hill Top Village* represents his current practice almost 5 decades after his first exhibition at Gallery North in 1978, while Jeremy Dennis' *Nothing Happened Here #22* reflects some of the new voices within the community. Through these and many other artworks, *60 x 60* marks a unique turning point for Gallery North between its valued past and a thrilling future. The exhibition also coincides with the Groundbreaking Ceremony for the Terence Netter Creative Center, a new building on Gallery North's campus which will add a second larger project space for exhibitions, as well as a café,

community art library, and an expansive new green space. The Netter Center will enhance Gallery North as a cultural meeting point where people can gather to enjoy art, exchange diverse ideas, and enrich our community.

60 x 60: Gallery North Turns 60 is generously sponsored by the Field Family, Jefferson's Ferry, Printers 3 and Suffolk County's Department of Economic Development and Planning. The exhibition, reception and Groundbreaking Ceremony will be free and open to the public.

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

SHORT STORY

Best Medicine

by June Capossela Kempf

It's been four months since I apparently opened a can of worms that is still raining its slimy contents all over my parade.

It all started on a positive note at Huntington Hospital while I was singing holiday songs with seven other members of the Silver Chords choral group to entertain the patients and staff.

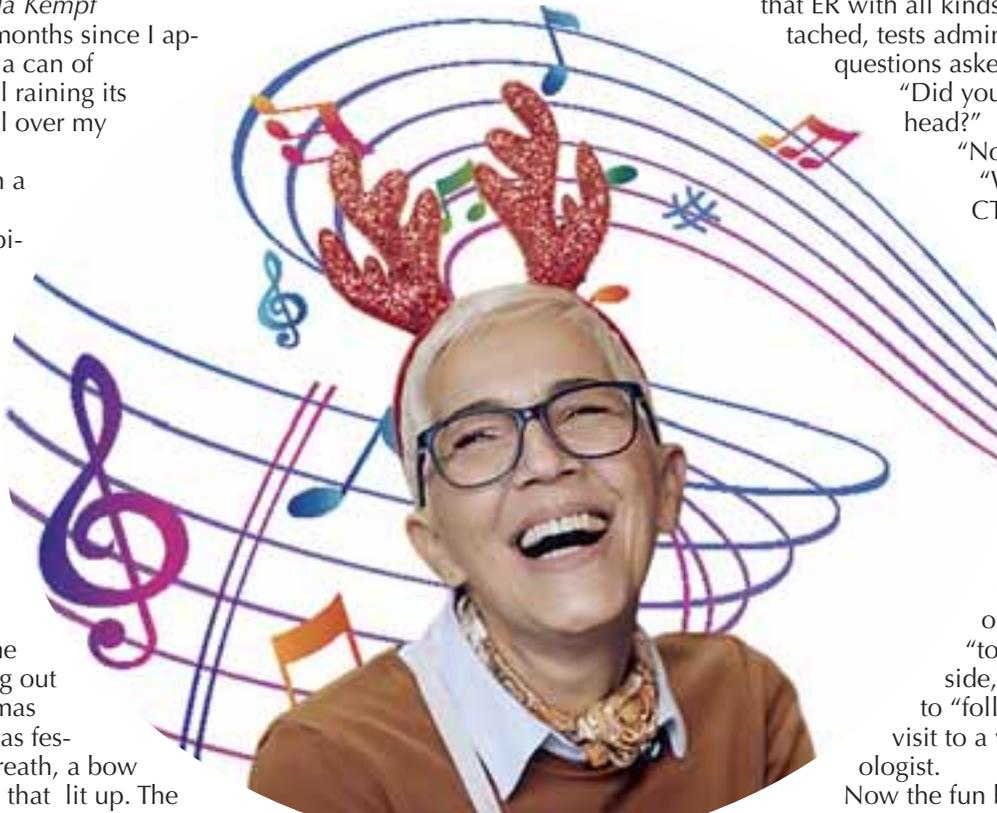
We didn't need to be there until 3 p.m. so I had plenty of time to get ready. I dug out my flashy Christmas sweater which was festooned with a wreath, a bow and candy canes that lit up. The slacks I chose were red and green plaid and black sneakers covered with sparkles. To top it all off I added a hideous reindeer antler tiara to wear on my noggin.

I gathered up my music, organized it and placed it in a folder along with tissues, cough drops and the button to activate the sweater's blinking lights. All items needed to be at my fingertips while performing. A runny nose or an impromptu cough could be an embarrassing moment – if occurring in the middle of a show.

By 2 p.m. I was ready to roll.

It takes nearly an hour to drive from Saint James to Huntington. I took my insulated bottle of water in case I needed it on the way back home. I wasn't expecting to drink anything before the performance, so I left it in the car.

Seven of us met in a little room by the lobby where we were greeted by hospital staffers and given little water bottles. I took a sip and left the rest on a table. We hopped an elevator to the top floor



and sang for some patients up there. It was a little awkward, trying to keep the reindeer horns mounted on my head while hanging on to my music folder and operating the sweater lights. I was a little thirsty when we finished but made it down to the third floor for a repeat performance. By the time we got to the middle of our medley I noticed I was a little off-key and it was very hot. The nurses were recording us, so I smiled, took a big breath before the room spun and my reindeer antlers flew off. I landed on the floor right in front of the cameras, with the hot sweater blinking and the sparkly sneakers glittering. The nurse photographer dropped her camera and caught me from hitting my head. What a picture that must've been. The next thing I knew, I was in the ER on a gurney in a hallway. – dehydrated and scared silly.

I spent the next seven hours in

that ER with all kinds of tubes attached, tests administered and questions asked.

"Did you hit your head?"

"No."

"We will do a CT scan anyway."

For the next 36 hours, I was submitted to every medical test known to man. Ultimately, they found the heart murmur I've had since I was six years old. However,

"to be on the safe side," I had to agree to "follow up" with a visit to a vascular cardiologist.

Now the fun began.

It took 2 weeks to get an appointment with the cardiologist's PA (Physician's Assistant). She decided that I needed a cardio stress test for the following week. This appointment had to be rescheduled because the road to the office was closed due to an accident that required a helicopter rescue. So, the procedure was rescheduled for yet another week – a month and a half since the December accident. After that they ordered a heart monitor which had to be worn for two more weeks followed by two more weeks waiting for results. I began to wonder what all these "preventive measures" were doing for my blood pressure.

"In the meantime, drink lots of water," all the experts warned.

Well. I guess it couldn't have happened in a better place and so far, they haven't found anything wrong, but I do have one deep concern. In my worst nightmare I see the whole thing played all over again – LIVE on *Americas' Funniest Videos*.



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!



April

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, New York 11901

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

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

Trivia: Until April 9, 6:30-8pm, Trivia Night, Bridge Lane Wine, 35 Cox Neck Road, Mattituck, NY 11952, 631-298-1942

Art: Until April 12, Colors of Long Island: Student Art Exhibition, Long

Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Children's Performance: Until Apr 25, Dorothy's Adventures in Oz, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9100

Art: Until May 3, Lines of Influence: Artists Teaching Artists, The Heckscher Museum of Art, 2 Prime Avenue, Huntington, NY 11743, www.heckscher.org, 631-380-3230



Art: Until May 3, Long Island's Best: Young Artists at the Heckscher Museum 2026, The Heckscher Museum of Art, 2 Prime Avenue, Huntington, NY 11743, www.heckscher.org, 631-380-3230

Exhibit: Until May 24, 50 Years of Apple Computers: The Kevin Lenane Collection, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Exhibit: Until-May 24, LI Gamers: Complementing Video Games, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Exhibit: Until May 24, Video Games: The Great Connector, Long Island Museum, 1200 Route 25A,

Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Exhibit: Until Sept 13, The Seat of Action: Long Island in the American Revolution and Beyond, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Gallery Tour: Wed Apr 1, 11am, Mornings@LIM: The Seat of Action Gallery Tour / An In the Moment Program, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Family Craft: Thu Apr 2, 1-3pm, Pop Up Family Drop-In Days, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

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

Music: Sat Apr 4. 4-7pm, Greg Humphreys and Friends Band,

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Suffolk County North Shore Artisans CALENDAR OF EVENTS



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Greenport Harbor Brewery, 42155 Main Road, Peconic, NY, 11958, www.greenportharborbrewing.com, 631-477-1100

Music: Sat Apr 4, 7-10pm. Cathy Rose Salit Jazz Quartet. Madiran The Wine Bar, 209 Route 25A, East Setauket, NY 11733, 631-675-2778

Scout Drop-In Day: Fri Apr 10. 1-4pm, Scout Drop-In Day, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Music: Sat Apr 11. 4pm, Video Game Music with the Green Hill Tones, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Music: Sat Apr 11, 8-10pm, Parsons Dance Company, Staller Center for the Arts, 100 Nicolls Road, Stony Brook, NY 11794, www.stallercenter.com, 631-632-2787

Performance: Apr 11-May 3, The 39 Steps, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9100

Performance: Apr 12-June 7, An Evening with Bob Nelson and



Friends, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9100

Music: Sun Apr 12, 4-6pm, Ridotto Concert: Pianist Nadejda Vlaeva in Recital, Huntington Jewish Center, 510 Park Avenue, Huntington, NY 11743, www.ridotto.org, 631-385-0373

Tues Apr 14, 7-9pm Cathy Rose Salit Jazz Quartet, Madiran The Wine Bar 209 Route 25A, East Setauket, NY 11733, 631-675-2778

Performance/Education: Wed Apr 15, 5:30-6:30pm, Free Staged Readings of the Winning Plays of the Science Playwriting Competition, Simons Center for Geometry and Physics, Della Pietra Family Auditorium, Room 103. On Stony Brook University Campus.

Music: Thu Apr 16, 7-9pm, Starry Nights, Staller Center for the Arts, 100 Nicolls Road, Stony Brook, NY 11794, www.stallercenter.com, 631-632-2787

Craft / Knitting: Fri Apr 17. 2-3:30pm, Stitch & Chit-ch(at), Free, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Theater: Fri Apr 17-19, 2pm and second showing 8pm, To Kill A

Mockingbird, The Suffolk, 118 East Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343

Comedy: Sat Apr 18, 8-10pm, An Evening with Vic DiBitetto, Staller Center for the Arts, 100 Nicolls Road, Stony Brook, NY 11794, www.stallercenter.com, 631-632-2787

Music: Sun Apr 19. 5pm, Sunday Street Concert: Sloan Wainwright, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Craft Fair: Sun Apr 19, 12-4pm, NYSF Earth Day Upcycled and Thrift Market, The Fit Factory, 620 Johnson Avenue #4, Bohemia, NY 11716, www.newyorksolarfaire.com, 516-336-9547

Art Expression: Wed Apr 22. 2pm, Art Expression@The Long Island Museum - An In the Moment Program, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Music Fair/Festival: Fri Apr 24, 6:30pm, Studio 25A: Disco Night at the Museum- Spring Fundraiser, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org

continued on facing page





Suffolk County North Shore Artisans CALENDAR OF EVENTS



continued from page XX

www.stallercenter.com,
631-632-2787

Comedy / Improv: Fri Apr 24, 10:30pm, Friday Night Face Off, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9100

Theater: Fri Apr 24-26, 2pm and second showing 8pm, To Kill A Mockingbird, The Suffolk, 118 East Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343

Educational Lecture: Sat Apr 25, 11am-12pm and 2-3pm, Long Island 250th Tour Divided Loyalties: Sherwood-Jayne in the American Revolution, Preservation Long Island at Sherwood-Jayne Farm, 55 Old Post Road, East Setauket, NY www.preservationlongisland.org

Music: Sat Apr 25, 7:30-9:30pm, Stony Brook Opera, Staller Center for the Arts, 100 Nicolls Road, Stony Brook, NY 11794,

Educational Talk: Sun Apr 26. 1pm, 50 Years of Apple Computers with Kevin Lenane, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066



Music: Sun Apr 26, 3-5pm, Stony Brook Opera, Staller Center for the Arts, 100 Nicolls Road, Stony Brook, NY 11794, www.stallercenter.com, 631-632-2787

May

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, New York 11901



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

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

Performance: Until May 3, The 39 Steps, Theatre Three, 412 Main



Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9100

Exhibit: Until May 24, 50 Years of Apple Computers: The Kevin Lenane Collection, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Exhibit: Until-May 24, LI Gamers: Complementing Video Games, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Exhibit: Until May 24, Video Games: The Great Connector, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Performance: Until June 7, An Evening with Bob Nelson and Friends, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9100

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complete listing of 2026
North Shore Art Events

Do Good Things for Your Home & You



by Natalie Weinstein, ASID Allied

It's finally spring! Now's the time, if you haven't done so already, to clean up, clear out and organize. Now

may be the very time to rethink your home and what it can do for your life, as well. The space inside, depending on the age of your home, (and yours as well) may dictate a need for change – and change is good – right? (For those of you who still enjoy living in a time warp, it may be hard, but clearly it's better for your health and well-being.)

We certainly don't want to create a revolution in your home on this, for some, a most sensitive topic, but what about an evolution? As a designer who has spent years committed to helping folks change their homes, I have, especially after the pandemic, seen a definite evolution of space. The "open" space concept has morphed into something more multi-functional and purposeful centering around individual needs and wants.

Home office corners have now turned into rooms dedicated to working remotely, and lifecycle changes have turned nurseries into gyms, meditation or hobby rooms, or just quiet spaces to be away from the rest of the family. Many more homeowners are seeing the value of turning bathrooms into spa-like retreats with soaking tubs, steam showers and radiant heat floors.



Nature has always played a part in homes, but more so today with increased lighting that mimics natural lighting.

Technology has increased and has become more "invisible." AI has come into our lives, for good or bad, so we might as well use it for the good it can bring us in "self-managing" household routines that automatically adjust climate, lighting and security without us. Smart homes start with us being smart! Being energy efficient is also smart – and with prices rising on everything in our homes as well as everywhere else, change like solar as a power source might be worth investigating.

And guess what – "more" is now in! So if you are a lover of antiques or handcrafted items, you are again, politically correct! This does not mean, however, that collecting or surrounding yourself with things you love turns into clutter or be-

coming a hoarder. There is a fine line between "layered" spaces and going over that cliff.

Whatever your plans, spring is the time to do something besides reading this article! It's a time for rebirth and renewal, for the world around us and our personal worlds, as well. Open the windows, let the sunlight warm you, and do good things for your home – because it will do good things for you in return.

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

Ease the Squeeze on Your Retirement Income Plan

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

Rising prices may not dominate headlines the way they did a year or two ago, but if you're retired, you're probably still feeling them. Even when overall inflation cools, the costliest expenses – like health care, utilities, insurance and property taxes – tend to rise faster than broad inflation numbers suggest. That creates a squeeze that can make you question whether your income plan is built to last.

Fortunately, you often can adjust without drastic cuts that affect your lifestyle. Start by understanding where the pressure comes from and how to build more flexibility into your plan.

Inflation hits retirees differently. You've likely noticed your grocery bill, prescription drug costs and heating expenses haven't returned to "normal." Even small increases compound over time and can chip away at your buying power.

If your income plan was created years ago, it may assume lower inflation or relatively stable price increases over time. Recent years have shown that's not always the case.

Why some income plans feel strained. Any plan relying on fixed withdrawals or rigid budgets can feel tight when living costs rise. If you're drawing from investments, you may hesitate to increase your withdrawals because of market volatility. And if you depend on fixed income sources like Social Security or a pension, yearly cost of living increases may not keep pace with



your expenses. You might live 25 to 35 years in retirement, giving small annual cost increases decades to add up.

What you can do without sacrificing stability. A few adjustments can help you stay ahead of rising costs and maintain your financial confidence.

First, review your withdrawal strategy. Ask your financial advisor about flexible approaches that increase income when markets and portfolios perform well and pull back during tougher times. This protects your long-term plan with room to respond to rising prices.

Next, rebalance your portfolio. You may uncover opportunities to shift toward investments with more consistent income or better tax efficiency. Sometimes a small tweak can generate extra cash flow without increasing overall risk.

Finally, look at your income sources. You may be less affected by rising costs if you delay taking Social Security, work a part-time job, add inflation-protected bonds or create predictable lifetime income

with annuities, if they're appropriate for your situation.

Don't overlook health care: Health care costs often grow faster than general inflation. Medicare premiums and out-of-pocket expenses can rise annually, and the need for long-term care remains a big financial uncertainty for retirees. Building health care-specific inflation into your plan now can help prevent surprises later. Any savings you have in a

health savings account can help you cover health care costs. And many pharmaceutical companies offer financial assistance programs to help pay for costlier medications.

Stay flexible and informed: Today's retirements look different from those of even a decade ago. The key is staying flexible, reviewing your plan regularly and making small adjustments before pressure builds. A financial advisor can help you find the right approach to navigating rising costs without disrupting the life you've worked hard to build.

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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The Blackboard Bulletin



Gym Night at Knox School: A Celebration of Tradition, Camaraderie, and Pride

At The Knox School, few traditions capture the spirit of the community quite like Gym Night, a long-standing event that brings students together for an evening of spirited competition, teamwork, and unforgettable memories. For generations of Knox students, Gym Night has been one of the school's most anticipated traditions.

Each spring, the entire school comes together as members of the Red and White teams to prepare for a series of creative and athletic challenges that culminate in a single, high-energy night in the gym. Events range from skits and artistic displays to relay races and choreographed marches, all designed to spark creativity, build teamwork, and foster a sense of friendly rivalry.

For student leaders organizing this year's event, Gym Night represents far more than just a competition. White Team co-captain Michael Li '26 describes it as a uniquely meaningful part of the Knox experience. "Gym Night is really a valuable and special experience," Li said. "It's a high school experience you cannot find at other schools. It brings people together and strengthens confidence."

That sense of unity is echoed across both teams. Red Team co-captain Adaeze Oleka '28 says the tradition embodies the spirit of the Knox community. "Gym Night means excitement and getting hyped," she explained. "But it



also means getting together as an entire school and community. Even though we're competing, at the end of the day we're still together."

Preparation for the big night also fosters strong bonds among students. Kshirin Sethi '26, co-captain of the White Team, notes that the event encourages classmates to support one another in ways that last well beyond the competition. "This is the one night where everyone puts their differences aside and comes together," she said. "We win as a team."

For many Knox students, Gym Night becomes one of the defining memories of their school years

– a celebration of tradition, camaraderie, and the pride of being part of the Knox community.

Families and neighbors who would like to experience the Knox community first-hand are warmly invited to attend the school's Open House on Saturday, April 25. Visitors can tour the historic waterfront campus, meet faculty and students, and learn more about the programs and traditions – including beloved events like Gym Night – that make Knox such a special place to learn and grow. Call 631-686-1600 or email admissions@knoxschool.org to register.



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Smithtown Central School District Announces Merit Scholarship Finalists



The Smithtown Central School District has announced a total of seven Merit Scholarship Finalists.

Smithtown High School West students Jacob Bergman and Ishaanth Reddy Guduru, and Smithtown High School East students Madeline McCullough, Shaayan Alam, Praateek Chilakamarthy, Saquib Syed, Arnav Jain have been named finalists for the 2026 National Merit Scholarship, placing them among the top high school scholars in the country.

The National Merit Scholarship program is an academic competition that distributes more than 6,900 scholarships worth a combined total of nearly \$26 million. National Merit Scholars are selected based upon a student's skills, accomplishments and potential for success in college.

"We are incredibly proud of our National Merit Finalists at High School East," Smithtown High School East Principal Paul McNeil

exclaimed. "These five students represent the very best of what happens when you combine an exceptional work ethic with a rigorous academic schedule."

"The High School West community is beyond proud to celebrate Jacob and Ishaanth for being named National Merit Finalists," Smithtown High School West Principal William Holl added. "This prestigious honor puts them among the top tier of students in the country, but beyond the test scores and accolades, we know them as individuals with exceptional character who have made an immensely positive impact on our school."

Qualifications for the 2026 National Merit Program include maintaining an outstanding academic record throughout high school and taking the preliminary SAT (PSAT) as a junior, which serves as an initial screening of the more than 1.3 million students who enter.



Seven students from Smithtown High School East and West were named 2026 National Merit Scholarship finalists. *Photos courtesy of Smithtown CSD.*

The Blackboard Bulletin



Holocaust Education at Smithtown High School East and West

Dr. Bernie Furshpan, the son of two Holocaust survivors, visited Smithtown High School East and High School West on March 2-3 to educate students about the genocide and answer questions about his parents' experience.

Dr. Furshpan, who is an educator at the Holocaust Memorial and Tolerance Center in Glen Cove, told the harrowing story of how his father, age 10, the only survivor of a family of eight, managed to live in a forest in Poland for three years as the Nazis entered his village in Poland.

"There's always hatred but let's stop this nonsense," Dr. Furshpan told the students. "Let's grow as a society."

This program was brought together by Director of Social Studies, Dr. Benevenuto, as part of all 10th grade social studies curriculum. Dr. Furshpan also handed out a questionnaire for students to fill out.



Bernie Furshpan, an educator at the Holocaust Memorial and Tolerance Center in Glen Cove, visited Smithtown High School East and West to educate students about the Holocaust.

photos courtesy of Smithtown CSD.

Weather Forecast: 100% Chance of Learning



Students and faculty at Mills Pond Elementary were both educated and entertained during a recent visit from Emmy Award-winning meteorologist Samantha Augeri, who brought her interactive program, Sam's Weather School, to the classroom.

Augeri guided students through the science behind weather systems and the powerful storms they can produce, including tornadoes, hurricanes and blizzards. Along the way, students discovered how meteorologists track developing weather patterns and why accurate forecasting plays such an important role in keeping communities safe.

The fun didn't stop with the forecast. Students had the chance to step into the role of meteorologist themselves, delivering their own weekly weather reports in front of a green screen. Augeri also brought hands-on science to life by creating a "tornado in a box" using dry ice and explored real meteorological tools, giving students a front-row seat to the science behind how weather forms.

Former News 12 Long Island meteorologist Samantha Augeri brought her interactive weather program to Mills Pond Elementary School.

photos courtesy of Smithtown CSD.

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



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Hearing Loss and Easy Steps to Help You Address It

by William Kent

Life's "To Do" list can be pretty daunting. And often, getting started on something is the hardest part. This can be especially true for addressing hearing loss.

The fact is that most people wait roughly seven years to do anything about it, once they realize they have hearing loss. And that's too bad – research shows that when people treat even just mild hearing loss, their quality of life goes up.

Plus, when people with hearing loss use hearing instruments, they get more pleasure from doing things and feel more engaged in life.

Conversely, non-hearing aid users are more prone to feel down, depressed or hopeless, a Better Hearing Institute (BHI) survey found. They're also more likely than hearing aid users to say they find themselves getting more forgetful. Groundbreaking studies have discovered that hearing loss is linked to cognitive decline and dementia. Add to that, BHI research showing that untreated hearing loss can take a significant toll on earnings – up to \$30,000 annually.

The tricky thing is, we live in a noisy world. It's hard not to be affected. Many of us undoubtedly feel the impact of blaring music, earbuds, noisy restaurants, clubs and coffee shops, high-decibel ball games and motor sports, ear-piercingly shrill power tools, loud workplaces, and more. It all boils down to this: You're not alone in the changes and struggles you're experiencing with your hearing. You have lots of company. Almost 40 million others in the United States have some degree of hearing loss. Research even suggests that hearing loss is now common among people in their 40's, and is increasing among 20-to-39-year-olds. Luckily,



the vast majority of people with hearing loss can benefit from hearing instruments – which are now sleeker, smaller, more powerful, and work better than ever before. They've transformed dramatically, even in just the last couple of years.

So, if you're tired of turning up the TV volume, missing what people are saying at work, asking family and friends to repeat things, can barely remember the sound of morning birds, or are simply worn out from coping with a neglected hearing loss, do something about it. This may be your monumental moment. You can make the most of it.

To help, here are some easy, achievable steps to get you started. The road to better hearing – and a better quality of life – is a single step away.

- *Visit a hearing care professional.* Hearing Instrument Specialists and Audiologists are specialists expressly trained in all aspects of hearing instruments and amplification, and are licensed in NY State. They have the most appropriate and accurate equipment to give you a precise read on your current hearing level. And they can reliably counsel you on treatment options. Research shows that the great majority of people who visit hearing care profes-

sionals say they're happy with the quality of service and counseling they receive. Most hearing care professionals even provide trials so you can see what using hearing instruments is like.

- *Gather information.* Educating yourself helps you reach acceptance and

peace of mind. Learn what you need to know. New, sleek and stylish, state-of-the-art hearing instruments make it much easier to manage hearing difficulty without a lot of fuss. Many new hearing instruments are virtually invisible; sit inside the ear canal, out of site. Treating hearing loss means better quality of life and more effortless living for you.

- *Let it all sink in and make a plan.* Consider everything you've learned and take time to think about it. But do give yourself a timeline for making a decision. If after you've educated yourself about hearing loss and hearing specialists, you decide to wait, set a hard date for re-evaluating your decision. Research shows that the sooner you treat hearing loss, the better it is for you and your quality of life.

After all is said and done remember this, the worst thing to do is nothing. Try very hard not to make that one an option.

Editor's Note:

For more information about this article or hearing loss in general, call William Kent at Long Island Hearing. With offices in both Nassau and Suffolk Counties they will be happy to assist you with any questions you may have. Contact them at 1-800-698-5200.

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HEALTH NOTES

Ask Ron



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

Dear Ron,

I've been in the same corporate job for years and support my wife and kids. Lately, every Sunday I feel tense and irritable just thinking about Monday. My wife and kids notice how my mood changes. I function during the week, but I'm stressed and counting down to Friday. Is this what they call "Sunday Scaries," or a sign that something more is going on?

—Weekend Dread

Dear Weekend Dread,

"Sunday Scaries" often is more about your mind rehearsing the week ahead, especially if you are in a high-stress or high-demand job. Running to-do lists, dreading meetings, and just starting off the week feeling "I can't wait until Friday." But this should be fleeting and situational. If your mood improves once you're engaged at work or hanging out with family and friends, it's usually stress related. However, watch the pattern. If dread turns into persistent low mood, sleep problems, loss of interest at home, or hopelessness that doesn't lift, that could signal something more and worth a professional evaluation. Set a short planning window on Sunday to review realistic work priorities, then shift intentionally into restorative time and just let Monday happen. Remember: decisions are best made from clarity, not from Sunday night tension.

Editor's Note:

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

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The “Battery” Inside Your Cells



by Terri Pace

Every cell in the human body needs energy to function. Whether you are thinking, moving, healing, or simply breathing, your body is constantly producing energy to keep these processes running. Understanding how the body creates this energy – and how lifestyle choices and supportive wellness products can help maintain balance – can provide insight into why people sometimes feel fatigued and what can help restore vitality.

How Your Body Creates Energy

You can think of your body as a vast network of tiny power plants. Inside almost every cell are structures called mitochondria, which are responsible for producing the energy your body uses. These mitochondria convert the food you eat – proteins, fats, and carbohydrates – into a molecule called ATP, often referred to as the body’s “energy currency.”

For this process to work efficiently, your cells rely on a crucial helper molecule called NAD⁺ (nicotinamide adenine dinucleotide).

A simple way to understand NAD⁺ is to imagine your cells are like tiny phones. NAD⁺ is the battery charge that keeps them running. Without it:

- Your energy crashes (fatigue)
- Your “apps” slow down (brain fog)
- Your “hardware” wears out (aging signs)

NAD⁺ carries energy from the nutrients you eat into the mitochondria so ATP can be produced. When NAD⁺ levels are healthy, cells can:

- Produce energy efficiently (power on)
- Repair cellular damage (run

updates)

- Support healthy brain function (respond quickly when prompted)
- Maintain normal metabolic processes (function reliably)

However, NAD⁺ levels naturally decline with age. Research suggests that NAD levels are cut in half by age fifty!!! Modern lifestyle factors – such as stress, poor sleep, environmental toxins, and processed foods – can also place additional demands on the body’s energy systems.

Signs you’re deficient:

- Need coffee just to feel “normal”
- Losing focus mid-task or walking into rooms and forgetting why
- Sore for days after light exercise
- You look and feel tired even with sleep

These symptoms often reflect a deeper issue: The body’s energy systems are not working as designed.

Support for Your Energy Systems

Healthy Metabolism = Energy!!

Balanced metabolism helps the body convert food into usable energy more efficiently. When metabolic processes are supported, mitochondria can more effectively generate ATP, your energy currency!

Terri’s Tip: I love the doTERRA MetaPWR[®] Advantage collagen product to support healthy metabolism, balanced energy, and cellular function. This once-a-day sachet help cells maintain the “battery charge” needed for efficient energy production with both NAD+ and NMN.

Also, NAD⁺ is naturally produced from vitamin B3 nutrients found in foods such as meat, eggs, nuts, and certain vegetables.

Healthy Lifestyle Choices = Recharge!!

The body has ways to recharge itself and support overall vitality when combined with healthy nutrition and lifestyle habits.

Optimal metabolic function is an

integral part of your overall wellness system; a system designed around the idea that the body functions best when several key areas of health are supported at the same time. Rather than focusing on a single nutrient or compound, these systems aim to provide a combination of nutritional support, metabolic balance, and lifestyle tools that help the body maintain equilibrium.

Healthy habits also influence this system. Exposure to natural sunlight, quality sleep, regular physical activity, and balanced nutrition all help support the body’s natural ability to maintain healthy energy production.

When these lifestyle foundations are combined with supportive wellness products, the body’s natural processes may be better supported. Here’s a few examples:

Gut and Digestive Balance

A healthy digestive system improves nutrient absorption. When the body can properly absorb vitamins, amino acids, and other nutrients, cells receive the resources they need to maintain energy production and repair processes.

Terri’s Tip: I love doTERRA’s PB Restore+ Probiotic helps repopulate the gut with beneficial bacteria, supporting healthy digestion and a balanced microbiome. It also supports immune function and a healthy gut barrier, especially after digestive imbalance or antibiotic use.

Stress and Recovery Support

Stress is one of the largest drains on cellular energy systems. Wellness practices that encourage relaxation, restful sleep, and emotional balance help reduce the metabolic load placed on the body. Essential oils are often used alongside nutritional products to promote relaxation and reduce stressful moments.

Terri’s Tip: Lavender and Frankincense Essential Oils are commonly used to promote relaxation and
continued on facing page

HEALTH NOTES

continued
help calm feelings of stress. Diffusing or inhaling these oils daily can promote a sense of emotional balance and a more peaceful state of mind.

Restoring Balance in the Body

True energy does not come from quick stimulants or temporary boosts. It comes from balanced cellular function. When the body receives proper nutrition, quality rest, and supportive wellness practices, its natural systems, including NAD⁺ production and mitochondrial activity – can function more effectively.

Over time, these small daily choices can contribute to:

- More stable energy levels
- Improved focus and mental clarity
- Better recovery from physical activity
- A greater sense of overall well-being

The goal is not to force the body to work harder, but rather to sup-

port the systems that already exist within it. By nourishing the body at the cellular level and encouraging healthy lifestyle habits, it becomes possible to restore the natural balance that allows the body to produce energy efficiently.

In simple terms, the body already knows how to create the energy it needs. When we provide the right environment – through nutrition, healthy habits, and supportive wellness systems – we help those natural processes work the way they were designed.

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C E L E B R A T I O N S

Daniel John Dahalsky and Jenna Leigh DeMaria Exchange Vows

The family of the late Leonard Gerard Dabalsky, and his wife Shirley Dunn Dabalsky, 34 year residents of Goose Island, Nissequogue, happily announce the nuptials of their son, Daniel John to Jenna Leigh DeMaria, the daughter of Michele DeMaria and Lawrence Harvan of Wantagh.

The couple wed on January 17, 2026 in Jenna's hometown parish St. Frances de Chantal, as a dusting of beautiful white snow fell over the church. The revered Father Louis Cona of Saint Patrick's RCC Smithtown presided over the marriage in a joyous celestial ceremony. Shortly thereafter, a fun filled, highly spirited, white



and James Grade School along with two of his groomsmen, Doug Gelish and Timothy Pagano of Saint James. He graduated from St. John the Baptist High School, West Islip in 2006. Dan is a proud member of IBEW Local 25 for the past twenty years. Jenna Leigh received her masters degree in education from Hofstra University. Currently she is teaching special education in the Commack School District.

The couple reside in Nesconset and plan a honeymoon next month in Hawaii.

May God bless their marriage with everlasting love and children. Cheers to the newlyweds!

glove reception took place at the Larkfield in East Northport.

The bride wore an ivory, timeless hourglass gown with a long flowing veil. Daniel attended Saints Phillip

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CELEBRATIONS

DAISY Award Recipient

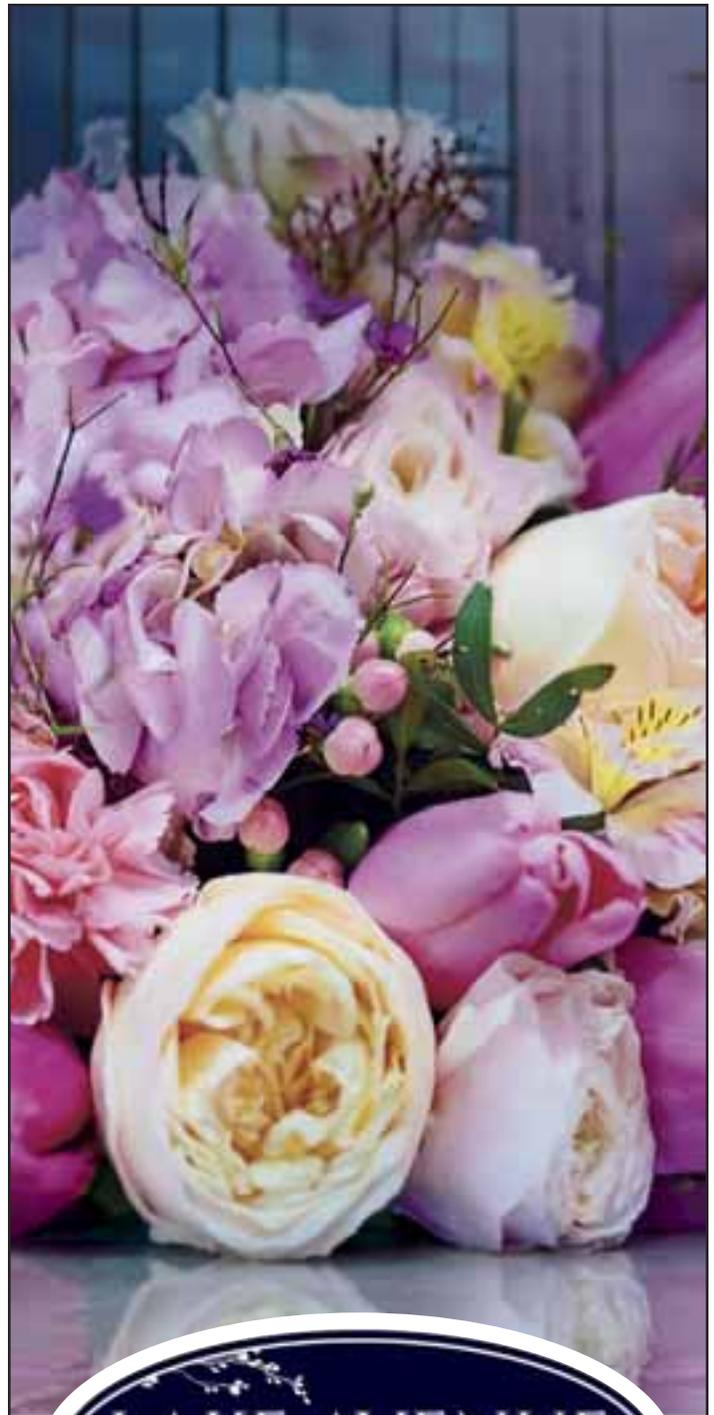
Jeanette Vizcarra, LPN was the recipient of the DAISY Award from the DAISY Foundation, honoring nurses internationally. The DAISY Award is a special honor given to extraordinary nurses for the compassionate contributions they make every day going above and beyond expectations in science and sensitivity.

Jeanette was nominated for the award by a patient who wrote:

"At the age of 32, I was diagnosed with cervical cancer at an overwhelming and frightening time in my life. I was referred to a provider at Stony Brook who was wonderful, but what I soon came to realize was that he had an equally exceptional nurse by his side: Jeanette. Jeanette's warm and genuine personality immediately puts me at ease during every appointment. As someone still processing a life-changing diagnosis and returning for checkups every three months, it brings me great comfort to know that I will be met with such kindness and compassion each time I walk through the door. Jeanette is incredibly patient. I never feel rushed or like I'm just another patient to get through the day. In fact, I often feel like I could talk with her all afternoon. Nurses like Jeanette make an immeasurable difference, especially in appointments that can be emotionally difficult. Her presence, attentiveness and empathy help me feel safe and supported during a vulnerable time. It is because of nurses like Jeanette that patients like me can face moments with a little more peace."

Raised in St. James, Jeanette is the daughter of Nancy Fishon. Jeanette and her husband Ivan both worked in the emergency department at Stony Brook University Hospital throughout the COVID pandemic. Jeanette is now a nurse in the SBU Hospital Cancer Center and Ivan is now a Telemetry Technician at SBU Hospital.

Congratulations to Jeanette from your family and friends on a well-deserved honor!



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**Law Office of
Joseph A. Bollhofer,
P.C.**

continued from page 4
Many of these legal articles can be found on his website.

He and his wife Kelly, who was born in St. James, have three children, a son-in-law and two daughters-in-law who they love as their own, and four wonderful grandchildren, and reside in Head of the Harbor. "Marrying a girl from

Smithtown East, the love of my life, was a lucky thing for me", he said. "We both knew early on that we wanted to live in St. James, and are blessed to be able to do so. To also be able to practice law in my hometown for all these years is a bonus."

**Steps to Protect
the Environment**

continued from page 40
Whenever possible, shop second-

hand for clothes and furniture. Used items reduce demand for new manufacturing, which tends to be energy-intensive.

- Rely on public transportation. Riding buses and trains is a more energy-efficient way to get around than driving solo. Whenever possible, carpool or hop on public transportation to reduce fuel consumption.

- Shop local and seasonal items. Patronizing local shops and locally sourced goods helps reduce how many miles items need to be transported. The further products must travel to get into your hands, the greater the transportation emissions produced.

Although protecting the environment seems like a monumental task, small steps anyone can embrace can have a big impact.

Pets for Adoption

continued from page 42
Animal Shelter are currently Monday-Saturday 10 a.m.-3 p.m., Sundays and Wednesday evenings by appointment only.

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