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Volume 38
Number 12

Our Town

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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 **JUNE** edition of OUR TOWN • ST. JAMES is **THURSDAY, MAY 14 - 12 NOON.**

Distribution takes place on **May 25, 2026.**

AROUND TOWN



A R O U N D T O W N



by Scott Posner

Thirty-eight years ago, Robin Clark and Ruth Garthe started the *Our Town* paper. Their mission was to highlight the exceptional people, events, and sense of community that make St. James such a special place to live.

I am a “newbie” to town, having moved here in 1994. Yes, only here can 32 years be considered “new,” but when you meet the many generational residents, you begin to understand why so many people remain here for so long. My wife has lived here her entire life, and I completely understand why.

Ruth and Robin were soon joined by Bill Garthe, and the publication they produced over the next 37 years became an integral part of our community. It was with great sadness that health issues caused the paper to close in early 2025. Fortunately for us, Robin, Bill, and Ruth decided to donate the paper to the St. James Chamber of Commerce to be run as a nonprofit organization.

In a stroke of incredible luck, Robin Clark joined the new effort, which proved crucial to the paper’s survival. She was joined by the exceptionally talented artist, Lorrie Anne Minicozzi. Take a look at the display of covers in this issue as we celebrate our one-year anniversary.

Special thanks go to an amazing group of volunteers: Debby Posner, our “Chief Financial Officer”; Arlene Goldstein for her articles about the General Store and other town happenings; Irma Gurman for her wonderful travel series; and Fran Posner for proofreading and writing the *Ask Aunt Meme* column.

Would you like to help shape the future of the paper? We are looking for contributors to write interesting columns. Most of all, we would love to welcome more advertisers into the fold.

That leaves me with the biggest thank you of all. Thank you to our incredible advertisers. They make the paper possible. Even though we are a non-profit, we still have the expenses of printing and mailing. If you enjoy the paper, which we certainly hope you do, please be sure to thank our advertisers whenever possible.



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

by Arline Goldstein

As the May sun warmed the weathered porch, I stepped inside the St. James General Store. The transition from the outside world to the charm of this 19th-century store always brings me joy.

Stephanie Potts, manager and buyer of the store, has an impressive talent for selecting items that reflect each season through a Victorian eye. My first stop was to admire the serving pieces, beautifully decorated yet fully functional. Their edges are tastefully designed, some scalloped, some ruffled, and others traditionally ornate. The pieces come in oval, round, and rectangular shapes and would enhance any brunch, lunch, or dinner table. They are handy for buffets, perfect for charcuterie, and versatile enough for year-round dining. From platters to soup bowls, each adds a touch of charm. I was pleasantly surprised



by the prices, incredibly affordable. It may be time to refresh your mug collection with some of the beauti-

ful options now on display.

The bunnies, and all things continued on page 8

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

continued from page 6
bunny, are now on clearance in the back room, ready to be tucked away for next year's Easter at prices that are hard to resist.



Who isn't always searching for the perfect small gift for a relative, friend, or even your favorite manicurist? A jar of local honey might be just right. Or perhaps a banana holder, designed to keep bananas fresher longer.

As I walked into the back room, I could hear the excitement of youngsters discovering unique toys they had never seen before, carefully chosen by Ms. Potts. The wooden toys for children ages one to three are colorful, sturdy, and free of toxic materials.

With the change of seasons and the strong sun upon us, face protection is essential. For women, there is a lovely collection of sun bonnets that are both practical and charming. And for those moments



when the air conditioning is too strong, a shawl from the rear wall collection offers the perfect solution.

I am always eager to see what awaits in the Book Loft. As I climbed the narrow steps, I thought about all the people who have walked them before me, surely including Stanford White, Lionel Barrymore, and Ethel Barrymore, along with many other notable residents and visitors since 1857.

It is baseball season, and there is a wonderful collection of books devoted to America's pastime. You will find a biography of Babe Ruth, along with books about the Dodgers, Giants, and Mets, sure to delight baseball enthusiasts. For little ones, "Daddy and Me" and "Mommy and Me" are perfect bedtime reads. A perennial favorite is the collection of books about Long Island towns, from Bay Shore and Babylon to Southampton.

I came across a coloring book titled *Scenes of Olde New York* that I simply had to have for myself. Its pages trace the evolution of New York City from a Dutch settlement to an English colony and ultimately to a



thriving American metropolis, spanning the 17th through the 19th centuries. I am already looking forward to coloring its depictions of significant historical events, with colored pencils, of course.

Blending the old with the current, Ms. Potts has included books about Artemis II and its astronauts circling the moon, sure to spark excitement among young readers. Interest in space, Earth, and the solar system has truly taken off.



There are engaging books on these subjects for school-aged children fascinated by what lies beyond our planet. The coloring book *Sun, Moon, and Stars* makes a wonderful companion to these titles or a gentle introduction to the topic of outer space.

Another intriguing subject is genealogy. *Finding Your Family Tree* by Sharon Leslie Morgan serves as a beginner's guide to researching your ancestry. Have you ever wondered what the lines on the palm of your hand mean? A jewelry stand shaped like a hand offers a playful nod to palm reading while holding rings, bracelets, and watches.

Preparing for a camping trip this summer? You will find plenty of worthwhile books to help make your adventure both pleasant and

continued on page 10



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AROUND TOWN

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

continued from page 8
safe. In the corner, a tin man crafted from found kitchen objects caught my eye, a delightful example of creativity.

Entering the Garden Room, I hardly knew where to look first. There are so many treasures to brighten your home and garden for spring, from framed butterflies and seashells to mobiles that sway gently in the breeze. An old-fashioned cart displayed a navy blue doormat adorned with colorful dragonflies. I could easily imagine one of the embroidered spring-flower pillows resting on a wicker chair on someone's porch.

On my way toward the door, I paused at a display of books containing some of our nation's most important documents: the Constitution of the United States, the Articles of Confederation, and Abraham Lincoln's Gettysburg Address, among others. Beautifully bound, these editions would make a distinguished addition to any home library.



Dover Books publishes thrift editions of many classic novels, available for just \$4.50 to \$6.00. An amazing find.

As "As Time Goes By" played softly over the sound system, I descended the old staircase and thanked Bernadette and Pat, the storekeepers that day, for the delightful hours I had spent browsing. Now I am heading home to begin coloring.



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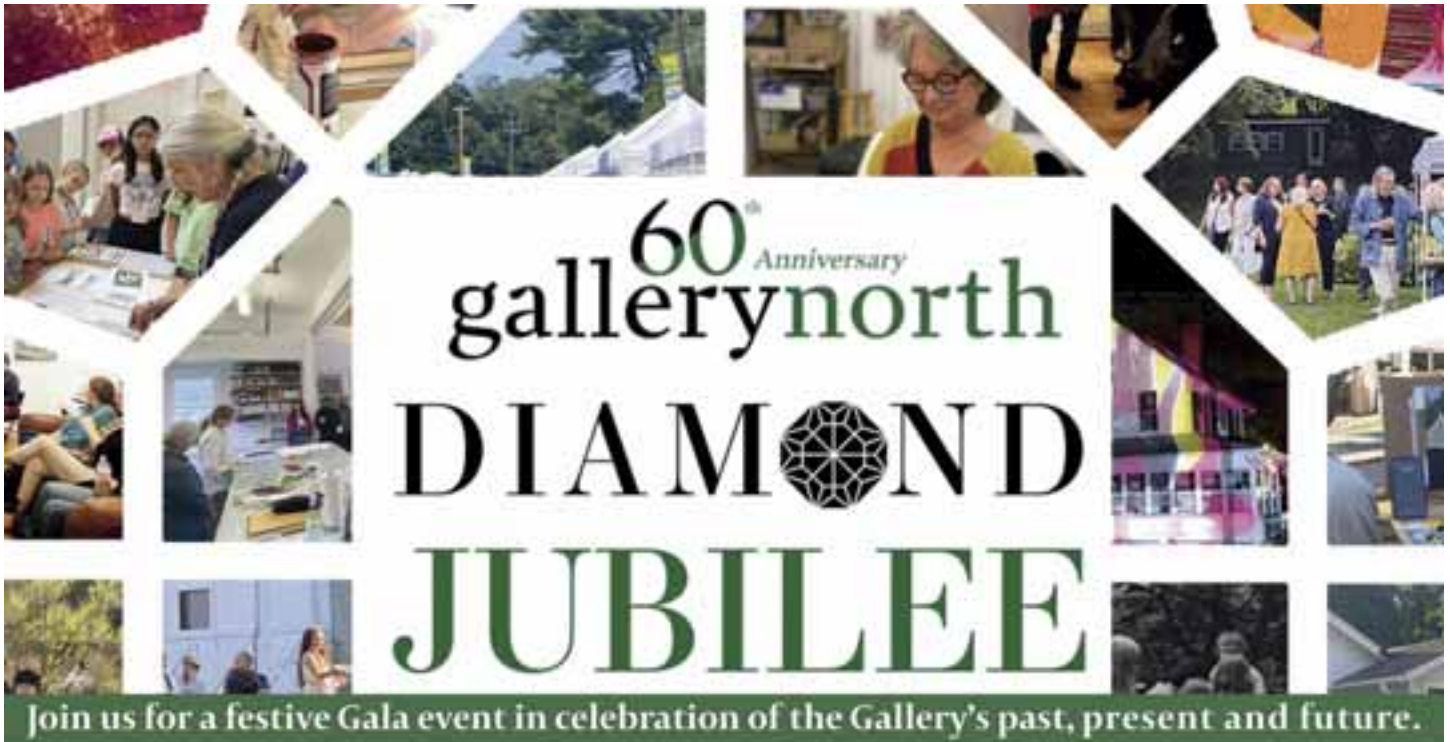
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A R O U N D T O W N

May Events at Celebrate St. James Center for the Arts

Join us for a vibrant month of creativity, connection, and community programming for all ages.

May 2, 12 p.m. Mother's Day Tea & Paint Party



Celebrate Mother's Day with a special family-friendly painting experience.

Enjoy a guided art session for all skill levels along with a lovely tea gathering in a warm, welcoming environment.

May 3, 2 p.m. Paint & Sweets

> A relaxed painting session paired with sweet treats. Enjoy a fun, guided project in a social and creative atmosphere.



May 4, 6 p.m. "May the 4th Be With You" Arts & Crafts Night

A themed creative evening filled with hands-on arts and crafts in a fun, family-friendly setting.



May 8, 8 p.m.

Blue Bayou: The Linda Ronstadt Experience with Carolyn Benson

A special fundraising event featuring a live musical performance celebrating the music of Linda Ronstadt. All proceeds to benefit the Theater restoration efforts.



May 9, 2 p.m. Sing Into Spring

An afternoon of solos and duets featuring music by Mozart, Vivaldi, Schubert, and Ravel, performed by Grace Cazzaniga and Beatrix Postley.

continued on page 14

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May Events at Celebrate St. James Center for the Arts

continued from page 12

May 11, 7 p.m. Roll-On Oil Perfume Making & Meditation

Create your own custom roll-on oil perfume blends and enjoy a guided meditation experience focused on relaxation and mindfulness.



May 12, 2 p.m. Tuesdays at 2 with Carolyn Benson

A welcoming afternoon of live music, light refreshments, and community connection. Free event.

May 17, 1 p.m. All Living Things Art Show & Sale

A community art showcase in-



spired by the natural world, featuring live music and refreshments. Free event.

May 20, 7 p.m. Meet & Greet – Featured Speaker Natalie Weinstein

Join designer Natalie Weinstein for a talk on spring cleaning and

decluttering, with practical tips for organizing and refreshing your space.



May 31, 1-3 p.m. Celebrate Connections – Special Needs Social Series

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St. James Spring Egg Hunt Brings Joy to Hundreds of Local Families

On a recent sunny but chilly day, hundreds gathered at Deepwells for the 29th Annual St. James Spring Egg Hunt. What began in 1997 as a Girl Scout project by local resident Megan Shutka has grown into one of the community's most anticipated family events. In a wonderful

full-circle tradition, the Easter Bunny is played by her mother and Chamber Board member, Meg Shutka. Today, the event is proudly organized and sponsored by the St. James Chamber of Commerce.

Cool temperatures did not dampen spirits. A field filled with

more than 2,000 colorful eggs drew eager children ready to begin the hunt. The turnout was "egg"-ceptional, and high school volunteers showed up in force to help make the day run smoothly.

The Chamber extends sincere
continued on page 18

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Spring Egg Hunt Brings Joy to Hundreds of Local Families

continued from page 16 thanks to the Deepwells Farm Historical Society and Suffolk County Historic Services for hosting the event year after year at the historic Deepwells property.

This year's celebration welcomed approximately 800 families for an afternoon filled with laughter, prizes, and the simple joy of welcoming spring together.

Events of this size are only possible through strong community support. The Chamber is grateful to the Town of Smithtown, Suffolk County Parks, and the Smithtown Highway Department for their continued assistance. Appreciation is also extended to the St. James Chamber of Commerce Board of

Directors and the Deepwells Farm Historical Society Board for their ongoing commitment to family-friendly traditions.

Special recognition goes to the students of the Smithtown High School East Leadership Club, the Interact Club, and the Smithtown Youth Bureau for their energy and enthusiasm in assisting with setup, guiding children in the egg pens, and supporting families throughout the day.

The Chamber also thanks the generous prize sponsors who made the eggs "egg"-stra special:

- Catering
- Valentina Salon
- Eddie's Power Equipment
- Energy Fitness



- Lisa Muchnik (Rainbow Panda)
- Mister Softee
- Over South Realty
- Philly Pretzel Factory

Seeing children race across the fields while neighbors reconnect is a reminder of what makes St. James such a special place to call home. On behalf of the St. James Chamber of Commerce, thank you to everyone who helped make this year's Spring Egg Hunt a memorable success. We look forward to continuing this cherished tradition for years to come.





Welcome to Point of Woods at Weatherstone Ridge

**10 Weatherstone Way
Smithtown, NY**

4 BD | 2 BA | 1 HB | \$1,299,000

This beautifully maintained colonial in the Village of the Branch features a main-level entry foyer, living room, formal dining room, and a den with an exposed brick wall and wood-burning fireplace. The second level offers four bedrooms, complemented by a finished basement, laundry room, powder room, and a 2 car garage. Set on a half-acre near Smithtown amenities, the property includes a private, fenced-in backyard with a patio and an in-ground heated salt-water pool.

COMPASS



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A R O U N D T O W N

"On Behalf of A Grateful Nation"

by Joseph A. Bollhofer, Esq.

When a United States military veteran passes away, customarily his or her casket is draped with the U.S. flag. At the conclusion of the funeral service, members of the veteran's military branch, in full dress uniform and white gloves, carefully remove the flag and ceremoniously fold it into the symbolic tri-corner shape (in recognition of the hats worn by Revolutionary War soldiers) so that only the stars on the Union blue field are visible. After Taps is played, a member of this military honor guard then, on one knee or leaning to the recipient, presents the flag to the veteran's seated spouse or other loved one, with the solemn statement:

"On behalf of the president of the United States, [the branch of service], and a grateful nation,

please accept this flag as a symbol of our appreciation for your loved one's honorable and faithful service."

These flags often are kept by the veteran's family in a place of honor as a remembrance.

My grandfather, Clifford A. Bollhofer, Sr., passed away in 1997. He was a World War II Army veteran and a longtime member of the North Bellmore fire department. Although it was almost 30 years ago, I still vividly remember the presentation of his flag to my grandmother at Calverton National Cemetery, and still sometimes tear up and get a lump in my throat when I do.

When my grandmother passed away in 2008, my father took custody of my grandfather's flag. My father passed away two years ago, continued on page 22



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A R O U N D T O W N

"On Behalf of A Grateful Nation"

continued from page 20
and little by little my mother cleans out items in the house that they built and have lived in since 1967, and distributes photos and other cherished mementos to family members. Several months ago, she gave me my grandfather's flag.

I looked at it frequently, and moved it from one location to another in my house. Finally, it came to rest near my pool table in the basement.

Although it's a nice, finished basement, and though I loved my grandfather dearly, I came to feel that the flag could serve a better purpose. I have American flags and fly them proudly. However, this flag, at 5 x 9 1/2 feet, is much too big to hang from the flagpole bracket by my front door.

As a longtime member of the St. James Chamber of Commerce, I knew that we have been involved in

helping to make sure that the flag flying in the triangle across from the historic St. James firehouse was always in good shape, suitable for flying, and to purchase replacements when needed. Unfortunately, wind and weather deteriorate the flags, and they need to be replaced periodically.

So I called my friend Dan Jordan, who I knew handled much of this duty, and told him that I had a pristine U.S. flag that I could donate. Dan was happy to take the flag and it is now flying from the pole in the triangle. I told him I thought there might be others who have maintained their loved one's military flags who also might be happy to donate them for this purpose.

So this is to request that if any of you have such a flag in clean, undamaged condition that you would like to donate to fly in the triangle when a replacement is needed,



please contact Dan or me or any of the board members from the Chamber who you might know. If you want, you can stop into my office at 291 Lake Avenue, or call or email me at 631-584-0100 or info@bollhoferlaw.com or email Dan at djordan@stjamesfd.org.

We will make arrangements to receive your flag and for it to be flown in the triangle. If you would like, we will include your family name and the name and service information of your veteran family member in an edition of Our Town. You might also consider writing a remembrance of your loved one for publication.

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JUST SOLD

4 Celestial Ct. | St. James, NY

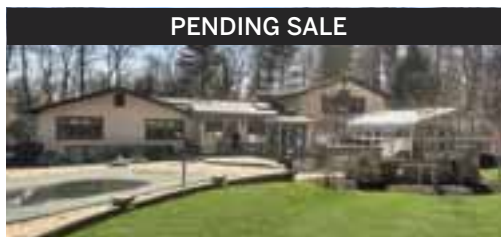
Stately 6-bedroom Colonial with high-end custom details, offering expansive living spaces and timeless elegance. Entertainer's delight on 1 acre with an in-ground pool and paver patios, set on a private cul-de-sac. \$2,149,000.



JUST SOLD

1 Tracklot Rd. | Nissequogue, NY

Listed and under full contract within 3 days with multiple offers and sold \$150,000 over asking. \$1,450,000.



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37 Bridle Path | Nissequogue, NY

Listed and under full contract in 1 month. An architecturally distinctive residence offering luxurious detailing and uncompromising quality. MLS# 961073. \$1,699,000.



This Memorial Day, we honor and remember the brave men and women who made the ultimate sacrifice for our freedom. With deep gratitude, we thank them and their families for their courage, service, and unwavering dedication. We will never forget.

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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.



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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: _____

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

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 (On Line Payment Only)

Payment by Check _____

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

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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.

A R O U N D T O W N

Danielle Sepsy Goes to Print



Some months ago we ran a profile on Danielle Sepsy who grew up in St. James and is now known for her incredible baking as the Scone Queen. Her business, The Hungry Gnome, provides absolutely fabulous baked goods via mail order.

Well now Danielle has added Author to her resume with the release of the book, "The Scone Queen." We can all now share in her recipes cultivated over many years.

The book is available on Amazon, Target and many other outlets. Or go her website at www.thehungrygnome.com for more information.

Congratulations Danielle!



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Town of Smithtown Youth and Community Alliance Invites Students and Families to “It’s Real” Mental Health Awareness Program

The Town of Smithtown Youth and Community Alliance, in partnership with the Youth Bureau and Horizons Counseling and Education Center, will present “It’s Real,” a Mental Health Awareness Program for high school students and their parents on Monday, May 18, 2026, from 6:00 PM to 7:30 PM at the Kings Park Library.

The program aims to provide students and families with practical tools and information to better understand mental health, recognize when someone may be struggling, and learn how to reach out for help. As mental health continues to be an important conversation within communities, this event will offer a supportive environment for open dialogue and education.

“Mental health conversations should feel real, supportive, and rooted in community. This event reflects our commitment to educating students and families, creating space for honest dialogue, and connecting people with the resources they need. Together with our part-

ners, we are working to ensure no one feels alone and that help is always within reach.”- Madi Makboul, Director, Horizons Counseling and Education Center.

Staff from the American Foundation for Suicide Prevention will present information from their nationally recognized “It’s Real” program, covering topics such as understanding mental health, recognizing warning signs, practicing self-care, having meaningful conversations with someone who may be struggling, and accessing help and resources. Students will also participate in a brief interactive activity facilitated by Horizons Counseling and the Youth Bureau.

“The Youth Bureau’s focus is on the overall well-being of youth and families, and we believe that learning about mental health helps us notice the signs, understand each other better, and step in when someone is hurting. When we speak up with care, we can change the direction of someone’s day—or even their life. Being informed and

taking action isn’t just important; it’s how we build a safer, stronger community together.”- Janine Marc-Anthony, Director, Smithtown Youth Bureau

Mental health resources will also be available from various agencies attending the event, allowing families to learn more about local support services.

The program is open to high school students and their parents, and students who attend will be eligible to receive 1.5 hours of community service credit. Registration is required and can be completed online at:
<https://tinyurl.com/36za8rnf>

Did You Know?

The American Foundation for Suicide Prevention (AFSP) focuses on eliminating the loss of life from suicide by delivering innovative prevention programs, educating the public, raising funds for suicide research, and supporting those who have lost someone to suicide. More information about the organization can be found at afsp.org/longisland.

For more information about this event, please contact the Smithtown Youth Bureau at (631) 360-7595 or youthbureau@smithtownny.gov. For additional information about Horizons Counseling and Education Center programming, please call (631) 360-7578 or email horizonsmail@smithtownny.gov.

Smithtown Library- Kings Park Branch is located at 1 Church Street, Kings Park.



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PENDING



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SOLD



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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Pictured (L-R): Erika Pugliese, Lisa Mitnick, and Rotary President Ron Rothman.



Pictured (L-R): Rotary President, Ron Rothman, Mary Wickman, and Clia Finn.

Smithtown Rotary Highlights Local Organizations Making a Difference

The Smithtown Rotary Club recently hosted a series of powerful and inspiring presentations, spotlighting organizations and families working to strengthen and protect the Long Island community.

Among the club's guests were Lisa Mitnick and Erika Pugliese of Big Brothers Big Sisters of Long Island. Founded in 1977, the non-profit serves children throughout Nassau and Suffolk counties by pairing them with adult volunteers who provide guidance, encouragement, and friendship. These one-to-one mentoring relationships, known as "Bigs" and "Littles," are designed to help young people build confidence, strengthen decision-making skills, and achieve greater success in school and in life.

The program is open to children ages 7 to 16, many of whom benefit from the presence of an additional positive role model. Volunteers, who must be at least 18 years old, commit just a few hours each month. Activities are often simple but meaningful, whether taking a walk, playing sports, or helping with homework. Participants consistently demonstrate improved academic performance, stronger personal relationships, and higher graduation rates.

In addition to mentoring, Big Brothers Big Sisters of Long Island offers several ways for community members to get involved, including clothing and household donations, fundraising events, and financial contributions. Through its work, the organization continues to shape the next generation, proving that even a few hours each month can make a lifelong difference. For more information, contact Lisa Mitnick at 516-617-9028 or lmitnick@bbbsli.org.

The Rotary Club also welcomed Mary Wickman, grandmother of Gabby Petito, who spoke about the mission of the Gabby Petito Foundation. In the wake of unimaginable tragedy, the foundation has emerged as a national force for change, focusing on domestic violence awareness and support for missing persons cases.

Founded in 2021 by Gabby's family following the disappearance and death of the 22-year-old during a cross-country trip that captured national attention, the foundation was born from profound loss. What began as heartbreak has evolved into a mission to help prevent similar tragedies and support families facing crisis.

The organization provides critical

resources for victims of domestic violence and assists families navigating the overwhelming experience of a missing loved one. Through education, outreach, and advocacy, the foundation works to improve both community and law enforcement responses. Prevention is central to its mission. By offering training programs and raising awareness about the warning signs of abuse, the foundation seeks to empower individuals to recognize danger and seek help before situations escalate. It also advocates for stronger laws and improved procedures in handling domestic violence and missing persons cases.

Today, the Gabby Petito Foundation stands as a testament to resilience, transforming personal grief into a movement dedicated to saving lives and creating lasting change. For more information or to donate, email info@gabbypetito-foundation.org.

Continuing the theme of advocacy and awareness, the Rotary Club also welcomed Clia Finn, mother of Emily Finn. Emily, an 18-year-old from West Sayville, was tragically shot and killed by her ex-boyfriend at his Nesconset home the day before Thanksgiving 2025.

continued on page 68



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For more information and to register call (631) 751-2676 or visit gallerynorth.org

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Registration required for artists participating in the festival. Festival and exhibition will be free and open to the public.

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Branch Funeral Homes Takes Over Rocky Point Funeral Home

Branch Funeral Homes has announced the acquisition of their new Rocky Point facility, located at 603 Route 25A, which has been renovated to create a modern, welcoming environment for families planning funeral and memorial services. The renovation includes updated gathering spaces and the installation of new technology designed to help families honor loved ones in meaningful ways.

Enhancements at the location include flat-screen display systems for video tributes, upgraded audio systems to allow for the individual's favorite music to be played, visual equipment, and live-streaming capabilities, allowing family members and friends who cannot attend services in person to participate remotely.

"Our goal has always been to support families with compassion and provide the guidance they need during one of life's most difficult moments," said John Vigilante, co-owner of Branch Funeral Homes. "Renovating the Rocky Point location allows us to offer families a comfortable, modern space while continuing our tradition of personalized care."

In addition to improvements at the facility, Branch Funeral Homes has updated its website to include the Rocky Point location and expanded digital resources for families. The website offers guidance for families planning ahead, information on what to do when a death occurs, obituary listings with live-streaming access, and other helpful planning tools designed to support families during times of loss.

Branch Funeral Homes also provides grief support resources, including Hudson, the organization's



grief therapy dog, who is available to comfort families at all four Branch Funeral Home locations.

The funeral home also welcomes families who have prearranged funerals from other funeral homes, whether those arrangements were made locally or in another region before relocating to Suffolk County. Branch Funeral Homes works with families to honor and fulfill those previously established plans.

"Our family treats everyone with the upmost care. We focus on making sure every service reflects the life and wishes of the loved one being honored," said Paul Vigilante, co-owner of Branch Funeral Homes. "We strive for perfection in every aspect of funeral service and will care for you and your loved one like they are our own family."

Serving Long Island communities for four generations, Branch Funeral Homes remains one of only a few family-owned funeral providers in the area, allowing the team to focus on personalized care and flexible memorial options tailored to each

family's needs.

The newly renovated Rocky Point location is now open and serving families throughout Rocky Point and neighboring communities.

About Branch Funeral Homes

Branch Funeral Homes, owned and operated by the Vigilante family, provides funeral and cremation services to families throughout Suffolk County, New York. Serving Long Island communities for four generations, the family-owned organization offers traditional funerals, cremation services, memorial services, pre-planning assistance, and grief support resources. With locations in Commack, Smithtown, Miller Place, and Rocky Point, Branch Funeral Homes is committed to guiding families through every step of honoring a loved one with hope, guidance and compassion. For further information do not hesitate to ask for John or Paul Vigilante at 631-744-9000.

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AUNT MEME'S WISE WORDS

Is it *Positive* or *Negative* to Be a Perfectionist?

by Fran Posner

Meme was a Perfectionist. Her housekeeping was perfect. Nothing ever fell on her floor. She would catch it in mid-air. Her knitting was perfect. If she found a mistake in her project, she would rip it right down to the beginning if she had

to.

Her cooking was perfect. She once had me go back to the sink five times because the potato I was washing was not clean enough. I had to wash off every visible and invisible (to me) dot of dirt before that potato skin was perfect enough



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to be baked. Who made up the rule (or excuse) that you had to eat a bushel of dirt during your lifetime? Not Meme! Her rule was, "Do it perfectly or not at all."

Are there advantages to perfectionism? Sure! Everything you do, you do perfectly! There's a sense of pride in preparing or doing something that comes out perfectly. It's good for the ego to know your perfectionism is admired.

As the poet John Keats said, "A thing of beauty is a joy forever."

Could there possibly be a downside to being perfect? For some people, perfectionism is stressful because, in many cases, it leads to exceptionally high standards, obsessiveness, nitpicking and critical self-talk.

The stress of trying to be perfect might lead to procrastination. Just the thought of doing something perfectly or having to redo it can cause an overwhelming urge to put it off.

There's also the fear of failure that can cause some people to avoid even trying. There could be added worry, anxiety and unhealthy comparisons to others.

Meme found a trick to managing perfectionism. She found the

continued on page 68



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Smithtown Animal Control's Swift Action Saves Lives and Highlights the Need for Trap, Neuter, Return (TNR)

What began as a heartbreaking discovery on Brookside Drive quickly became a race against time – and a powerful example of how community action can save lives.

Recently, a mother cat was found deceased on Brookside Drive – her newborn kittens missing and exposed to the elements. With overnight temperatures plunging below freezing for two consecutive nights, the window to find them was rapidly closing. Without immediate intervention, their chances of survival were critically low.

Smithtown Animal Shelter's Animal Control team; Monica, Cherie, and Denise, immediately mobilized. Partnering with dedicated volunteers and supported by an attentive community, a coordinated search effort began. Flyers were distributed, doors were knocked, and social media alerts called on residents to remain vigilant, listening and looking for any signs of the missing kittens.

A breakthrough came through a resident who regularly feeds cats in the area. After officers conducted an initial search of the residents property without success, they shared a simple but critical tool: playing kitten meow sounds to help draw out a hidden litter.

Shortly after the team departed, the resident tried it herself – and heard faint cries.

She immediately contacted Animal Control. Officers responded without delay, using the same soft meow sounds to guide their search. Following the barely audible cries, they located the kittens hidden deep within a foam couch cushion. Tragically, one kitten had fallen from the warmth of the cushion onto the cold ground and did not survive. But three others were found alive, fragile, but fighting.

The surviving kittens are now safe at the Smithtown Animal Shelter, where they will receive round-the-clock care, including bottle feeding, until they are strong enough to be



placed for adoption.

"This rescue is a powerful reminder of just how special our community truly is – people come together when help is needed, re-

gardless of species. We are incredibly fortunate to have some of the most compassionate and dedicated Animal Control Officers anywhere, and a community filled with residents who genuinely care about the wellbeing of animals. From our officers to the neighbors who stepped up and took action, this was a true team effort. While we mourn the loss of the mother cat and one kitten, we are grateful that three lives were saved because people chose to act. It's also an important reminder that situations like this are preventable – Trap-Neuter-Return programs play a critical role in reducing suffering and protecting vulnerable animals in our community."

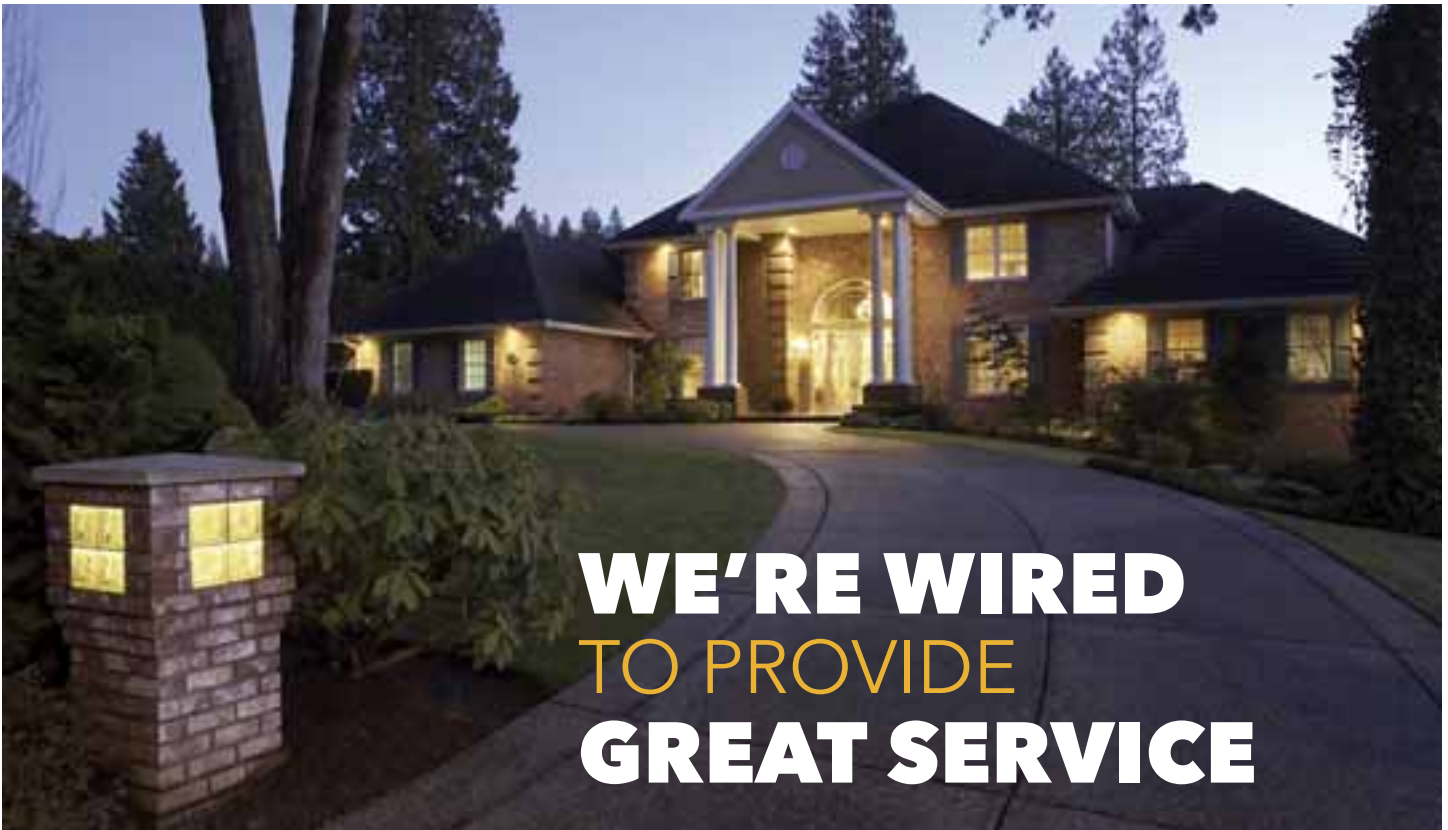
– Councilwoman Lisa Inzerillo

Beyond the rescue itself, Town officials emphasize an important takeaway: situations like this are preventable.

The life of a feral cat is often harsh and unpredictable – especially during the winter months. Without intervention, unspayed and unneutered cats continue to reproduce, leading to more vulnerable litters exposed to the elements, disease, and danger.

Trap-Neuter-Return (TNR) programs offer a humane and effective solution. By safely trapping feral cats, having them spayed or neutered, and returning them to their

continued on page 45



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Coffee Break

MAY AFTER S



Across

- 3. Spring songbird
- 4. Mexican hero of Cinco de Mayo
- 9. Mourning display on Memorial Day
- 12. Ice-crystal halo effect
- 14. Tennis forward flick of the wrist
- 16. Bugle
- 17. Lowest atmospheric layer
- 18. Art with Three Panels
- 20. Puebla's traditional glazed pottery
- 21. Amphibian heard in spring
- 23. Mother's Day flower
- 25. Founder of Mother's Day
- 26. Traditional Mexican dance

- 28. Mexican chili chocolate sauce
- 30. Honors spirit of Aloha
- 31. Nitrogen-fixing spring plant
- 32. Symbol of fallen soldiers
- 33. Dining outdoors
- 35. Military funeral bugle call
- 41. Sudden late cold snap

- 43. Star Wars blessing
- 46. BBQ cob staple
- 48. Spring constellation
- 49. Decomposed organic soil matter
- 50. Late spring perennial bloom
- 51. Day for a brunch
- 53. Milk production process
- 56. Seasonal pollen allergy
- 57. Art of teaching

Down

- 1. Tornado intensity scale
- 2. Sweet dispenser
- 5. Blunder
- 6. Greek goddess May namesake
- 7. Relatives of fallen service members
- 8. Child-centered education pioneer
- 10. Croc's cousin
- 11. Tutor to Alexander the Great
- 13. May birthstone
- 15. Severe rotating storm

- 19. Disney's Montana
- 22. Memorial Day tradition
- 24. Woodie's boy
- 27. May birth flower
- 29. Traditional May Day dance pole
- 34. Puebla-origin street food
- 36. May equine dash
- 37. Bearded flower blooming in May
- 38. Honored at Arlington tomb

- 39. Plant growth tissue
- 42. Tree with helicopter seeds
- 44. Safe planting time milestone
- 45. National cemetery in Virginia
- 47. Cinco De Mayo crunchy staple
- 52. 1862 victory over French forces
- 54. Reappearance after dormancy
- 55. Mariachi rhythm guitar

Coffee Break

SUDOKU CHALLENGE

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

RIDDLES & TEASERS



May-hem

Question 1:
What 5-letter word typed in all capital letters can be read the same upside down?

Question 2:
Q: There are two ducks in front of a duck, two ducks behind a duck and a duck in the middle. How many ducks are there?

Question 3:
Q: What building has the most stories?

Puzzle Solutions on page 46

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Pets Available for Adoption at Smithtown Animal Shelter



Adopt Norman Rockwell!

The Smithtown Animal Shelter's very own masterpiece on four paws, this striking black-and-white bully mix is about two years old and full of charm, heart, and personality. When Norman first arrived at the shelter, his sweet, easygoing nature and instant affection for people had the team hoping someone was missing him. But when no one came, Norman became ready to paint a picture perfect new future with one very lucky family. He's friendly, gentle, and guaranteed to create a masterpiece of happy memories and unconditional love into his FUR-ever home.

The moment you meet Norman, you'll be swept away by his infectious energy and love for life. With his tail wagging like a metronome of happiness and those irresistible, soulful eyes, he'll greet you like an old friend – no hesitation, no fear – just pure, unfiltered affection. Norman isn't just a dog; he's a celebration of everything good in the world. His playful spirit and eagerness to connect make him the ideal companion for anyone looking to bring joy, laughter, and unconditional love into their home.

This handsome two-year-old

bully mix is brimming with potential. Intelligent, loving, and loyal, Norman thrives on human connection and is always ready for his next adventure – whether it's a brisk morning walk, a game of fetch in the backyard, or a snuggle session on the couch. He lives for the chance to please and will reward your time and care with unwavering loyalty and a heart that never runs out of love.

Norman is healthy and would thrive in a home with older children, possibly with another dog companion, but no cats, please. He's best suited for an active family that can match his enthusiasm for play and help guide him through the final touches of his training. With his eagerness to learn and strong desire to bond, this part will come naturally.

If you're searching for a companion who will bring light, laughter, and love into every corner of your life, look no further—Norman is ready to be your best friend for life.

Name note: Norman Rockwell was named after Rockwell's Bar and Grill, where he was found nearby. However, he is truly a masterpiece fit for the cover of a magazine or a postcard!

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

Adopt Luca!

This striking Bengal mix, with his beautiful brown tabby coat, is a young male feline estimated to be approximately one year old. Luca was found outside after being picked on by neighborhood cats, and sadly, his previous owner is no longer able to care for him. Luca is now ready to begin a new chapter and find the loving home where he can truly thrive and enjoy the happy, fulfilling life he deserves.

Luca is a highly intelligent and active cat, as is typical of his Bengal



lineage. He thrives on playtime, enrichment, and interaction, and will benefit from a home that can keep his curious mind engaged with toys, climbing spaces, and daily activity. While he may show interest in exploring outdoors, Luca must remain a strictly indoor cat for his safety, with an environment that keeps his indoor life exciting and fulfilling.

This handsome boy has a spirited personality and will do best in a home with older children who can respect his energy and independence. He is likely to coexist with other cats and may do well with a calm dog, given proper introductions.

Luca is young, healthy, and full of potential – ready to bring energy, companionship, and charm into the right home. With the proper care and attention, he will make a perfect addition to a very lucky family. If you are interested in meeting Luca, please fill out an application to schedule time to properly interact with your prospective soul mate in a domestic setting.

For more information regarding our rescue animals available for adoption visit: TownofSmithtown-AnimalShelter.com

Foster Opportunity:

If you have no other pets or young children at home, and are looking for a way to serve your

continued on page 45

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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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I N T H E N E W S

First Annual Spring Jamboree Benefits Stony Brook Children's Hospital

The Town of Smithtown Recreation Department hosted its first-ever Spring Jamboree at The Pavilion at Smithtown Landing Country Club on Thursday, April 9, welcoming a full and enthusiastic crowd of families for a morning of fun, generosity, and community spirit.

With spring in full swing, the inaugural event drew a strong turnout, resulting in the collection of a significant number of new, unwrapped toys to benefit young patients at Stony Brook Children's Hospital. The event served as a reminder that the spirit of giving extends far beyond the holiday season.

"It's truly inspiring to see our community come together in such a joyful and meaningful way. The smiles, laughter, and generosity on

continued on facing page



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I N T H E N E W S

continued display reflect what makes Smithtown so special, and these toy donations will help brighten the days of children receiving care. I commend Recreation Department Director Brandon Mondrov, Tara Foglia, Angelina Hardina, and the entire Recreation Department team for making this new and meaningful tradition such a tremendous success."

- Supervisor Edward R. Wehrheim

Children ages 4-8 enjoyed a lively, engaging program featuring a balloon artist, face painting, interactive games, and prizes, creating a festive, welcoming environment for families to come together after long winter months indoors. The Town of Smithtown extends its sincere appreciation to the Kings Park Chamber of Commerce for sponsoring the face painting & balloon animal entertainment at the event and to Smithtown Landing Country Club for generously providing the venue to host this special day.

"We are thrilled with the success of our first Spring Jamboree, from the smiles on the children's faces to

the overwhelming support through toy donations, it was a truly special day. We are grateful to everyone who attended and contributed to making this event so impactful."

- Angela Hardina,
Town of Smithtown
Recreation Department

With its strong debut, the Spring Jamboree is poised to become a cherished annual tradition, continuing to bring families together while supporting children in need throughout the community.

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Boston

by Irma Gurman



*Come my children and you shall hear
Of the midnight ride of Paul Revere...*

This famous poem by Longfellow tells the story of Paul Revere alerting the citizens of Boston to prepare for the British invasion. The Old North Church, built in 1723, is located in the North End, which is now a bustling Little Italy. As you walk through the narrow streets lined with original buildings, you truly relive history.

Downtown stands Faneuil Hall, built by a wealthy merchant as both a market and a town hall. Colonists such as Samuel Adams spoke here, and it became known as the "Cradle of Liberty." Today, a lively marketplace fills the first floor, while the upstairs meeting hall once hosted many of the Founding Fathers. We watched a reenactment of a spirited debate led by actors in period costume, then went downstairs to feast on a variety of delicious fare. Afterward, we stepped outside for a photo opportunity in front of nearby Quincy Market, another shopper's paradise.

Boston is truly a university town, home to more than fifty colleges and universities. It feels intimate yet cosmopolitan, youthful and ener-



getic, with excitement in the air.

The Boston Public Library, established in 1848, was the first free municipal library in the United States. The beautifully designed building is well worth a visit. Bates Hall features a magnificent barrel-vaulted ceiling, and the courtyard resembles a Renaissance-style pal-

ace.

The entire city is wonderfully walkable. Boston Common and the Public Garden are favorites for children and adults alike. Originally a cow pasture, Boston Common was once also used as a dumping ground in the city's lowest area. It is

continued on page 68

Y O U C A N H E L P

Pets Available for Adoption at Smithtown Animal Shelter

continued from page 40
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 Animal Shelter are currently Monday-Saturday 10 a.m.- 3p.m., Sundays and Wednesday evenings: by appointment only.

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

Kitten Rescue

continued from page 36
environment, TNR helps stabilize populations, reduce suffering, and prevent future tragedies like the one on Brookside Drive. The Smithtown Animal Shelter also provides care for kittens born outdoors, offering socialization and a pathway to adoption. While kittens may appear endearing and well cared for when fed outside, life outdoors is often unpredictable and dangerous – especially for young animals who are vulnerable to the elements, illness, and injury.

The Town of Smithtown encourages residents to learn more about TNR efforts and how they can support local initiatives – whether by volunteering, spreading awareness, or helping to identify and report colonies in need of assistance.

The rescued kittens will be available for adoption once they are healthy and ready. For now, they are safe – because a community came together when it mattered most.

To learn more about Trap-Neuter-Return (TNR) programs or to get involved, please contact the Smithtown Animal Shelter at 631-360-7575 or visit: www.townof-smithtownanimalshelter.com



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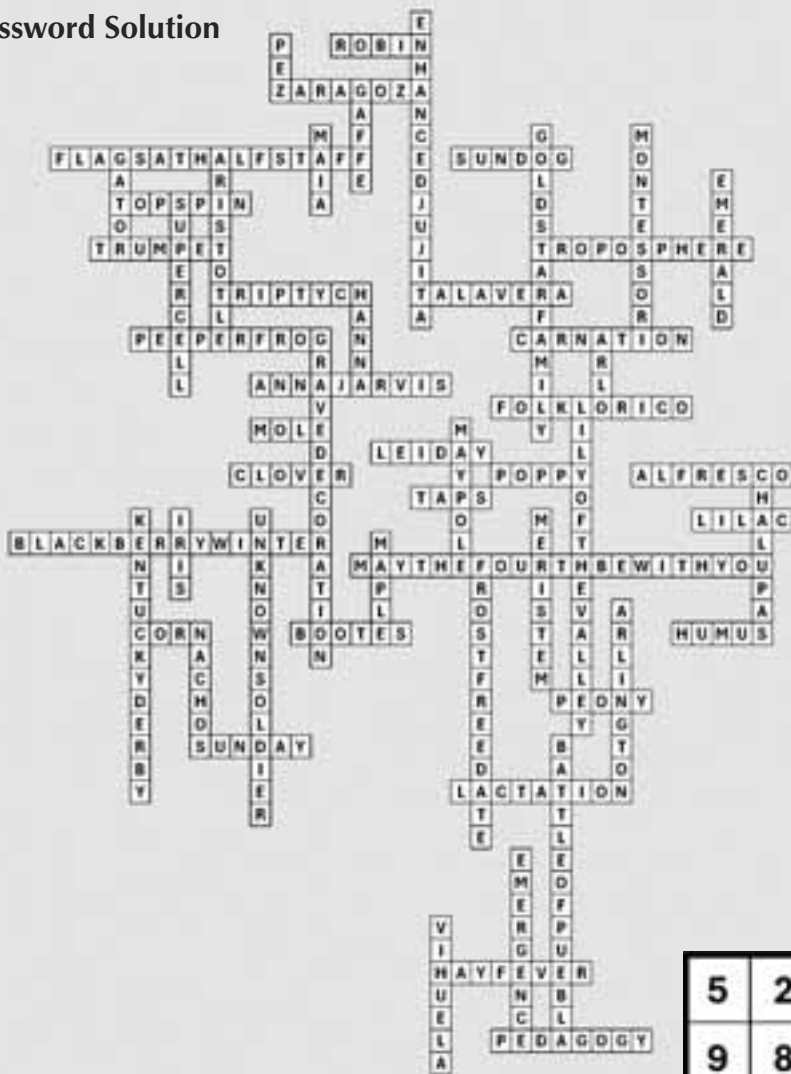
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C O F F E E B R E A K

Puzzle Solutions

Crossword Solution



Riddles & Teasers Answers:

Answer for Question 1:
SWIMS

Answer for Question 2:
Three ducks

Answer for Question 3:
A library

Sudoku Solution

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



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DESIGN IDEAS

Decorating Thru the Years



by Natalie Weinstein, ASID Allied

They say that what goes around comes around. As a designer whose work has spanned almost six decades, I have

found this to be amazingly true. I used to joke with my older clients, especially when I had my consignment shop, Uniquely Natalie, about that. They insisted on "going modern" and gave me their beautiful antiques and traditional furniture to sell for them. I would tell them that if they kept it a little longer, it was sure to come back in style!

Certainly, home decorating has evolved from the Victorian era where opulence was king (or queen) and every home was laden with heavy, dark and "lots of stuff." Since then, there were styles with names that evolved into not only a furniture style, but often a whole era, like the "jazz-y" 1920s with its art deco styled designs and colors. Soon came the Depression and World War II, years where homes became more functional and practical followed by an upswing in more cheery fabrics and colors. The 50's, popular today with the younger generation, appropriately named "mid-century modern," brought us simple lines.

The 60's and 70's were rebellious



years where homes reflected the signs of the times – bold colors, graphic patterns and then, back to nature with earth tones – avocado green, harvest gold, wood paneling and macramé and walls covered with stucco (this is when I began decorating). I remember my dear husband, Bernie, telling me to put liner paper on the walls under it or I'd never get it off without a mess – and was he ever right! Then came "country" and the love of chintz, followed by wicker and "shabby chic" with florals everywhere, except some were focused on a return to minimalism. In the 21st century McMansions and dark wood kitchens were in, followed by what someone named "modern farmhouse" which combined rustic elements with clean lines.

Along came the 2020s where open spaces were starting to close up and folks were working at home as well as relaxing – and guess what – people were starting to revisit the 60's, 70's and 90's in their homes! That posed the question of whether homeowners were creating a new "eclectic" style or just a

hodgepodge.

So what have we learned from this very abbreviated history lesson? For one thing, there is nothing new under the sun. For another, trends may change with the years, but if you are attracted to furniture that you like, traditional or modern, you will want to live in that environment, perhaps not forever, but through much of your life cycle. Yes – your life. So chose well, create a good floor plan no matter what style, and enjoy the power of creating a home that brings out the best in you – clean, organized, healthful and yes – timeless.

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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Saving For Retirement – Are You Guessing or Planning?

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

Let's say you dream of spending your retirement mornings on a warm beach, coffee in hand, waves rolling in. To get there, you had a simple plan: save \$1 million and buy the beach house you always wanted.

But when retirement arrives, reality hits. After accounting for keeping your current home, everyday expenses and health care, \$1 million doesn't stretch as far as you thought, and the beach house remains a dream. The problem wasn't your discipline – it was that your number was never really your number. It was arbitrary, not anchored to what your ideal retirement would actually cost.

How can you make sure your retirement number is right for you?

A solid savings goal starts with a clear picture of the retirement you want. Think through where you plan to live, whether you'll keep your current home or downsize, how much you plan to travel, if you'll help children and grandchildren financially and what health care might cost you later in life. Build a realistic monthly budget, then multiply by 12 months to find your annual need. Adjust this amount for inflation until the first year of retirement.

Then, multiply that figure by 25 to get a sense of how much may be needed to save. It's a formula based on the idea of withdrawing 4% annually from your savings, assuming you retire in your mid-60s. If you need \$60,000 a year, your target is



around \$1.5 million. You may need more or less depending on your lifestyle, health, unexpected expenses, Social Security benefits and other income. No single rate or strategy will work for everyone. A financial advisor can help you determine your number and strategy.

Once you know your target, the path forward becomes clearer. Here are a few tips for next steps:

Start early. The sooner you begin saving, the more time compound interest has to work in your favor. Small amounts set aside automatically each paycheck have the opportunity to grow significantly over decades.

Live below your means. Spending less than you earn is one of the most powerful wealth-building habits. When your income rises, save and invest the difference instead of upgrading your lifestyle.

Keep your debt under control.

Since credit cards and other high-interest debt can slow your progress, pay off balances monthly when possible.

Invest consistently. If your employer offers a 401(k), aim to contribute at least 10%-15% of your salary, and increase your contributions after every raise. If you max out your 401(k), a traditional IRA or Roth IRA may offer additional tax-advantaged growth (eligibility and contribution limits apply).

Boost your income when you can. Develop new skills, ask for a raise or explore a side income. Every extra dollar saved moves you closer to your goal.

The difference between a retirement you love and one full of compromises often comes down to the planning you do today. Know your real number, build a solid plan and get the right help along the way.

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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Senior Tuck Snack Shop Teaches Valuable Real-World Business and Leadership Skills

At The Knox School, learning extends far beyond the classroom – sometimes even into a student-run snack shop. Known as Senior Tuck, this popular campus destination is operated entirely by the senior class, offering students a hands-on opportunity to develop real-world business and leadership skills while serving their school community.

Located in the lower gym, Senior Tuck functions as a small-scale, student-run enterprise where seniors oversee daily operations – from taking orders and handling transactions to restocking inventory and coordinating student volunteer shifts. Through this experience, students gain practical insight into responsibility, teamwork, and financial management, while developing the confidence to lead and make decisions in a real-world setting – skills that will serve them well beyond their time at Knox.

“Not everybody has experience working a job,” explained Kaon Homma, Senior Class Vice President. “But in Senior Tuck, you can experience something like that and learn responsibility...you can learn how the business works, how to handle money, and how to be accountable.”

In addition to building business acumen, Senior Tuck plays an important role in student life. It serves as a gathering place where classmates connect, recharge, and enjoy time together during the school day. “A lot of kids like to gather at Tuck as a hangout spot,” said Senior Class President Janet Lu. “It’s a little social hub for students to rest aside from all the academic work.”

The impact of Senior Tuck extends beyond campus life through its meaningful fundraising efforts.



Proceeds from the shop directly support senior class initiatives, including the annual prom – helping to make this milestone celebration accessible and memorable for all students.

More than just a snack shop, Senior Tuck embodies the Knox approach to education: empowering students to take initiative, think entrepreneurially, and apply

what they learn in meaningful, real-world ways.

Families interested in learning more about The Knox School’s programs and student leadership opportunities are encouraged to inquire about Fall 2026 enrollment. To connect with the Admissions Office, please email admissions@knoxschool.org or call 631-686-1600.

The Blackboard Bulletin



Smithtown High School East Commencement Speaker Chosen

After a historic voting process, Smithtown High School East senior Madeline McCullough has been selected as this year's graduation honor speaker.

"Overjoyed, this is something I've been dreaming about since 5th grade," Madeline said.

Gold Cord students cast their votes on April 17 to determine the graduation speaker. When the votes were tallied, Madeline and Tyler Gallub were tied – marking the first time a tie has occurred in the school's voting process, according to school officials. Principal Paul McNeil announced the tie to students, prompting a runoff vote in which Madeline was ultimately selected.

"It was really intense; I didn't expect that. I know Tyler would've

been an amazing choice, we are both in National Honor Society as president and vice president, so either way I was happy with the outcome," Madeline said.

The announcement came during the Gold Cord Breakfast, which celebrates students who have achieved a cumulative 4.0 GPA, as well as those earning a 4.4 GPA and recognized as Gold Cord with distinction.

Addressing the students, Principal McNeil encouraged them to carry their success forward. "I want you to remember this moment if things get a little tough as a freshman in college – keep this in mind as proof that you can do it. Find your why," he said.

Graduation is scheduled for Thursday, June 26.



Smithtown High School East senior Madeline McCullough has been selected by her peers as this year's graduation honor speaker.

photo courtesy of Smithtown CSD

A Fairy Tale Celebration Comes to Life at Dogwood Elementary

After weeks of excitement and preparation, second graders at Dogwood Elementary School brought storybooks to life as they transformed into their favorite fairy tale characters for the school's beloved annual Fairy Tale Ball, held on March 30. Dressed in creative costumes, students sang, danced and delighted families with a magical performance to remember.

A cherished tradition at Dogwood, the Fairy Tale Ball serves as the grand finale to the second grade's reading and writing exploration of the fairy tale genre. This year, students presented performances involving "Little Red Riding Hood," "The Three Little Pigs" and "Goldilocks and The Three Bears."

Blending English Language Arts and social studies, the experience gave students a chance to showcase both their creativity and their learning in a meaningful way.



After weeks of excitement and preparation, second graders at Dogwood Elementary School brought storybooks to life as they transformed into their favorite fairy tale characters for the school's beloved annual Fairy Tale Ball, held on March 30.

photo courtesy of Smithtown CSD

The Blackboard Bulletin



A Night of Sports Celebration at Smithtown Board of Education Meeting



Swimming

The Smithtown Central School District Board of Education honored high school winter sports teams and athletes during their April 14 BOE meeting.

photos courtesy of Smithtown CSD

The Smithtown Central School District Board of Education highlighted the achievements of several winter sports athletes and teams at the April 14 board of education meeting.

Jason Lambert, the Smithtown Central School District director of athletics, introduced the athletes and teams and gave a brief description of their accomplishments, which were met with thunderous ap-

plause.

The following teams and athletes were honored: High School West boys basketball (Suffolk County and Long Island Champions).

High School East race walker, Sophia Alvarez (Suffolk County Race Walk Champion and NYS Bronze Medal winner).

continued on facing page

Wrestling



Race Walking





Sports Celebration

continued

SCSD girls bowling team (second place in Suffolk County, second consecutive undefeated season Trishna Desai (All-County, All-Long Island, All-State).

High School East wrestler, Matthew McDermott (Suffolk County Wrestling Champion, New York State finalist, Nationals finalist).

SCSD Boys Swim & Diving: Runner-up finishes at both the Long Island Challenge and the Suffolk County Championships. All-American status in the 200 Freestyle Relay and set the fastest public-school time in New York State history.



Smithtown High School East Leadership Students Paying it Forward

Smithtown High School East Leadership students are making a meaningful impact beyond the classroom by spending time with residents at Lakeshore Assisted Living and Amber Court Assisted Living.

photos courtesy of Smithtown CSD

Smithtown High School East Leadership students are making a meaningful impact beyond the classroom by spending time with residents at Lakeshore Assisted Living and Amber Court Assisted Living. Through simple but powerful acts like giving manicures, playing games and sharing conversations, students are building connections and bringing joy to others.

"These visits remind us that leadership is about service, compassion and showing up for your com-



munity," said High School East social studies teacher, Joseph Toth. "We're so proud of our students for spreading kindness and making a difference one smile at a time."

Suffolk County North Shore Artisans CALENDAR OF EVENTS

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

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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.

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

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

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

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 Heck-

scher 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

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

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

Craft / Knitting: Fri May 1. 2-3:30pm, Stitch & Chit-ch(at), Free, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

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Suffolk County North Shore Artisans CALENDAR OF EVENTS

continued

Music: Fri May 1, 7pm, Strictly Sinatra, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Craft Fair: Sat May 2. 10am-5pm, Spring Craft Fair, Spring Craft Fair Yaphank, 1 Old Dock Road, Yaphank, NY 11980, 631-466-4440

Art Workshop: Sat May 2. 12-2pm, Mother's Day Brunch and Art Workshop, Celebrate St James, 176 2nd Street, St James, NY 11780, www.celebratestjames.org 631-984-0201

Music: Sat May 2, 2pm & 7pm, Strictly Sinatra The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Family Recreation: Sun May 3. 1pm, Sunday Funday: Baby Shower for Wildlife, Sweetbriar Nature Center Smithtown, 62 Eckernkamp Drive, Smithtown, NY 11787, www.sweetbriarnc.org

Music: Sun May 3, 4-6pm, Ridotto Concert: The Euclid String Quartet, Huntington Jewish Center, 510 Park Avenue, Huntington, NY 11743, www.ridotto.org, 631-385-0373

Comedy: Sun May 3. 7pm, Craig Ferguson: Pants on Fire, The Paramount, 370 New York Avenue, Huntington, NY 11743, www.paramountny.com



Art Workshop/ Children: Mon May 4. 6-7pm, May The Fourth Be With You, Celebrate St James, 176 2nd Street, St James, NY 11780, www.celebratestjames.org 631-984-0201

Music: Mon May 4, 7pm, SBU Jazz Orchestra, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Music: Tue May 5, 7pm, SBU Graduate Jazz Combos, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Music: Tues May 5, 7-9pm, Cathy Rose Salit Jazz Quartet at Madiran The Wine Bar, 209 NY-25A, East Setauket www.madiranthewinebar.com 631-675-2778

Music/Therapy: May 6, 11am, Mornings @LIM: Jack & Mary: Music from the Heart / An In the Moment program, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Music: Wed May 6, 1pm, Young at Heart: We Take Requests, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Music: Wed May 6, 7pm, Jam Session - Hosted by the Frank Hanson Trio, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

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

Workshop: Fri May 8. 6-7:30pm, Junk Journaling Workshop, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Comedy: Fri May 8, 8-10pm, Italian Bred, The Suffolk, 118 East Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343

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

Craft Fair: Sat May 9, 10am-4pm, Northport Craft and Gift Fair, Northport High School, 154 Laurel Hill Road, Northport, NY 11768, www.islandfairs.com, 631-885-1267

Come Explore: Sun May 10, 12-5pm, Mother's Day@LIM Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

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Suffolk County North Shore Artisans CALENDAR OF EVENTS

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Music: Mon May 11, 7pm, Alejandro Espinosa, trombone (Bright Moment Series: Presenting some of the newest upcoming voices in the Jazz scene), The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Music: Wed May 13, 7pm, Jam Session - Hosted by the Frank Hanson Trio, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Art Exhibit: Thu May 14-June 11, 10am-4pm, CONTRAST: A Drawing Exhibition in Black and White, The New Atelier, 2 Flowerfield, Suites 6 & 9, St. James, NY 11780, www.theatelieratflowerfield.org, 631-250-9009

Performance: Thu May 14-June 28. Times vary - see website, Lerner & Loewe's Camelot, John W. Engeman Theater, 250 Main Street, Northport, NY 11768, www.engemantheater.com, 631-261-2900

Craft / Knitting: Fri May 15. 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: Fri May 15, 7pm, Lou Rawls Review with Rahsaan Cruse, vocals backed by The Jazz Loft Soul Groove Machine Big Band, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Music: Fri May 15, 8-10pm, The Wailers, The Suffolk, 118 East Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343

Music: Fri May 15, 9pm, Bonjourney: The Best of Journey and Bon Jovi 317 Main Street, 317 Main Street, Farmingdale, NY 11735, www.317mainstreet.com, 516-512-5317



Dog Diving: Sat May 16-Sun May 17. 9am-5pm, Greenport Harbor Brewery's Original Dog Diving Weekend, Greenport Harbor Brewery, 42155 Main Road, Peconic, NY, <https://www.zeffy.com/en-US/ticketing/original-north-fork-dog-dock-diving-event>, 631-477-1100

Spring Farm Festival: Sat May 16. 12am-4pm, Spring Farm Festival, Smithtown Historical Society, 239 Main Street, Smithtown, NY 11780, 516-220-8217

Spring Festival / Nature: Sat May 16. 10am-5pm, Rooted: A Local Spring Festival, Free, Downtown Wading River, 2 Sound Road, Wading River, NY 11792. 631-431-7080



Performance: May 16-June 21, Young Frankenstein, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9100

Author Talk: Sat May 16. 1pm, The American Revolution and the Fate of the World with author Richard Bell, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Music: Sat May 16, 2pm, Cinema Jazz Series Presents: A Man Called Adam (1966), The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Music: Sat May 16, 8-10pm, Frontiers, The Suffolk, 118 East Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343

Music: Sat May 16, 7pm, Lou Rawls Review with Rahsaan Cruse, vocals backed by The Jazz Loft Soul Groove Machine Big Band, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Music: Sat May 16, 9pm, Disco Unlimited at Stage 317! 317 Main Street, 317 Main Street, Farmingdale, NY 11735, www.317mainstreet.com, 516-512-5317

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Suffolk County North Shore Artisans CALENDAR OF EVENTS



continued

Photography Workshop: Sun May 17. 9:45am-2:30pm, iPhone Photography Workshop with Photographer Anthony Graziano, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Music: Sun May 17, 7-9pm, Sunday Street Concert: Celebrating Bob Dylan's Birthday, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Music Festival: Sun May 17. 10am-5pm, Nesconset Spring Fling, Music Fest and Food Truck Rodeo, Nesconset Gazebo Park, 127 Smithtown Blvd., Nesconset, NY 11767, 516-220-8217

Nature Workshop: Mon May 18, 2-3:30pm, Nature in Art, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079

Art Workshop: Mon May 18, 6-8pm, Fiber Arts Club, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079,

Golf: Mon May 18, 11am-9pm, LIM's Golf Classic - Pars & Stripes: An America250 Celebration, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Music: Wed May 20, 7pm, Jam Session - Hosted by the Frank Hanson Trio, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Music: Wed May 20, 5-7:30pm, Grooves on the Green, Station Yards, 9 Hawkins Avenue, Ronkonkoma, NY 11779

Charity Event: Wed May 20, 6-10pm, Long Island Head Start's 60th Anniversary Celebration, 199 Mills Pond Road, St James, NY 11780, 631-758-5200

Performance: Thu May 21, The Parlor of Mystery, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9100

Children's Performance: May 21-Jun 14, Don't Let The Pigeon Drive The Bus, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9100



Art Workshop: Thu May 21, 6:30-8pm, Plant & Sip Succulent Terrarium Workshop - Choose your container, Moonfish Brewery, 221 E Main Street, Suite 5, Riverhead, NY 11901, www.mysucculentshop.com

Music: Thu May 21, 7pm, The Bad Little Big Band, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Film: Thu May 21, 7pm, Film@LIM: OBEX, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Music: Thu May 21, 7pm, Interplay Jazz Orchestra, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Music: Fri May 22, 9pm, Lovesong: New Wave Resurrected, 317 Main Street, 317 Main Street, Farmingdale, NY 11735, www.317mainstreet.com, 516-512-5317

Music: Fri May 22, 8-10pm, Classic Stones Live, The Suffolk, 118 East Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343

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Suffolk County North Shore Artisans CALENDAR OF EVENTS



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Country Line Dancing: Fri May 22, 5:30-7pm, Country Line Dancing, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079,

Craft Workshop: Sat May 23, 11am, Lavender & Eucalyptus Shower Swag Workshop, Hoshyla Farms, 132 Ryerson Avenue, Manorville, NY 11949, 631-975-2434

Music: Sat May 23, 8-10pm, Celebrating America's 250th Birthday with Don McLean, The Suffolk, 118 East Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343

Music: Sat May 23, 8-10pm, Celebrating America's 250th Birthday with Don McLean, The Suffolk, 118 East Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343

Dinner Party: Sat May 23, 5:30-8:30pm, Mangia & Mingle Singles Italian Dinner Party 40s, 50s & 60x + Mineola, Eric's Italian Bistro, 70 E Old Country Road, Mineola, NY 11501, 631-592-9804

Craft Workshop: Sun May 24, 2pm, Lavender & Eucalyptus Shower Swag Workshop, Hoshyla Farms, 132 Ryerson Avenue, Manorville, NY 11949, 631-975-2434

Music: Sun May 24, 8-10pm, The Lords of 52nd Street, The Suffolk, 118 East Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343

Educational: Tue May 26, 1:30-3pm, Ancient Wisdom: North Node Moves into Aquarius, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079,

Educational: Wed May 27, 6:30pm, Beyond the Book: Sea People, The Whaling Museum & Education Center, 301 Main Street, Cold Spring Harbor, NY 11724, www.cshwhalingmuseum.org, 631-367-3418

Educational: Wed May 27, 11am-12pm, Virtual/In-Person: Double Indemnity and the Advent of Film Noir, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, www.connetquotlibrary.org, 631-567-5079,

Art Workshop/Therapy: Wed May 27, 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: Wed May 27, 7pm, Jam Session - Hosted by the Frank Hanson Trio, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Comedy / Improv: Fri May 29, 10:30pm, Friday Night Face Off, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9100

Craft / Knitting: Fri May 29, 2-3:30pm, Stitch & Chit-ch(at), Free, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Art Workshop: Fri May 29, 6-8pm, Family Archive Workshop w/Diana Salomon, Gallery North, 90N Country Road, Setauket, NY 11733, www.gallerynorth.org

Children / Art Workshop: Sat May 30, 9:30-10:30am, Art Explorers Club, The Heckscher Museum of Art, 2 Prime Avenue, Huntington, NY 11743, www.heckscher.org, 631-380-3230

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Suffolk County North Shore Artisans CALENDAR OF EVENTS



continued

Book Talk/Author: Sat May 30, 1pm, "Making Long Island: A History of Growth and the American Dream" with Lawrence R. Samuel, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Art Gala: Sat May 30, 5-8pm, Diamond Jubilee, Gallery North, 90N Country Road, Setauket, NY 11733, www.gallerynorth.org

Performance: Sun May 31, It's Dorothy, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9100

June

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.

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

www.vanderbiltmuseum.org
631-854-5579

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

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

Children's Performance: Until Jun 14, Don't Let The Pigeon Drive The Bus, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9100

Performance: Until June 28. Times vary - see website, Lerner & Loewe's Camelot, John W. Engeman Theater, 250 Main Street, Northport, NY 11768, www.engemantheater.com, 631-261-2900

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

Music: Wed Jun 3, 7pm, Jam Session - Hosted by the Frank Hanson



Trio. The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Music: Wed Jun 3, 5-7:30pm, Grooves on the Green, Station Yards, 9 Hawkins Avenue, Ronkonkoma, NY 11779

Music/Therapy: Wed Jun 3, 11am, Mornings@LIM: Music & Movement - Memory Disco / An In the Moment Program, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Music: Wed Jun 3, 1pm, Young at Heart: Nat King Cole Meets the Crooners, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Music: Thu Jun 4, 7pm, The Jazz Loft Big Band w/Special Guest Carlos Jimenez, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Visit ourtownstjames.com
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2025 North Shore
Art events



TREATING HEARING LOSS. WHAT DOES THAT SAY ABOUT YOU?

by William Kent

Are you brushing off a hearing problem because you're afraid it might say the wrong thing about you, well think again. Research shows that people with hearing loss who use hearing instruments enjoy a better overall quality of life. In fact, you just may be surprised and inspired by these 6 things that treating hearing loss says about you.

You're a Go Getter.

Research has found that people with hearing loss who use hearing instruments are more likely to tackle problems actively. Addressing hearing loss shows self assurance and a willingness to deal with issues head on. Most hearing instrument users in the workforce even say it has helped their performance on the job.

You value Your Relationships.

Healthy relationships rest largely on good communication. Treating hearing loss lets close family and friends know that you want to stay connected and involved in your relationships with them. Most individuals who currently wear hearing instruments say it's not only helped their overall ability to communicate effectively in most situations, but it also has had a positive effect on their relationships; they're more likely to have a strong social network.

You like to be active.

If you enjoy an active lifestyle, you're not going to let an untreated hearing loss stop you. Treating it means you have every intention of keeping up pace of a fulfilling life. In fact, people with hearing difficulty that use hearing instruments get more pleasure in doing things, and are more likely to exercise and meet up with friends to socialize, research by the *Better Hearing Institute* shows.

You love living life.

The more exuberance you have for life, the less likely it is you'll let untreated hearing issues get in your way. When you address it, you let the world know that you enjoy and love life and you're going to live it with gusto. Research has shown that people with hearing loss, who use hearing instruments, are more likely to be optimistic and feel engaged in life.

You're tech savvy and make the most of what modern life has to offer.

Sleek and cutting edge, **today's wireless digital hearing instruments are a front runner in personal consumer electronics.** Believe this? Today's advanced technology offers solutions, enriches life and makes us more efficient. I'm sure most of us do. Well, today's modern hearing instrument's, accomplish all

three of these. When you invest in your hearing health and utilize this state of the art technology, you make a clear statement that you're a present day thought leader ready to step up and reap the rewards that modern technology has to offer. It also signals that you're up to date on technology and not apprehensive to take advantage of it for your own personal enhancement.

Your Next and Final step to Success. Get a Hearing Test.

Most health insurance plans (including Medicare) cover all, or most of the cost for an annual hearing evaluation. If hearing help is recommended, there might be benefits for hearing instruments available thru health, union, workers compensation, or other benefit sources. No cost, or low cost, financing is available thru certain providers as well. Speak with your Hearing Health Care Provider for more information. Step up to a better and more fulfilling life with better hearing. With professionally fit hearing instruments, you will.... "Hear the Difference."

Take care of yourself; eating healthy, exercise, annual health checkups including, blood work and other tests your physician may suggest. Don't overlook a hearing test, call us or your hearing health provider to schedule; its quick, easy and most affordable.

Editor's Note:

William Kent is the Director of Long Island Hearing, an Audiology and Hearing Instrument Dispensing Practice. With offices in Nassau and Suffolk County they can be reached at 1-800-698-5200 for more information and to schedule a complimentary consultation.

"Hear the Difference" is a registered trademark of Long Island Hearing, Inc.

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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'm a mid-career business professional who was told in a recent performance review that I need to be "more flexible." I have high standards and stay organized, which has helped me succeed. Now I'm hearing I can be rigid or controlling. I don't want to lower my standards, but I also don't want this to hold me back. How do I adjust without losing what makes me effective?

—Holding the Line

Dear Holding the Line,

High standards often drive success. But it can also be a strength pushed too far. The goals should be more about expanding your range of expectations from your team. Do you need to have results right at noon or will getting them at 1pm be OK? You received an excel report. And while it has typos and scattered formatting, all the information is accurate. Did you get what you, in essence, asked for? When standards become inflexible, they can limit productive collaboration and stress out team who want to perform but have become scared to apply themselves. Shift from controlling the process to working with the outcomes. Practice pausing before correcting, inviting all input, and tolerating small variations. This will help build trust and teamwork because being flexible doesn't weaken leadership. It allows it to scale upward toward success.

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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HEALTH NOTES

Off the Beaten Path



by Terri Pace

Essential Oil Favorites

Essential oils are more and more common these days, and our favorites are easy to name; for example, Lavender, Lemon, Peppermint, Eucalyptus, and Tea Tree. These aromas are well known and easy to distinguish even for an essential oil beginner. These remain our favorites because of their versatile uses in our everyday lives. For example...

- **Lavender** is calming to our nervous system, helps with stressful moments, and can promote restful sleep! It's also great for skin and provides relief from the itch of bug bites.
- **Peppermint** is great to open our airways, alleviate occasional stomach upset and pain, cool us down when overheated, and invigorate us after a long day!
- **Tea Tree** is a favorite to cleanse skin and protect against environmental and seasonal threats.

Off the Beaten Path

Let's go "off the beaten path" and expand our list of favorites to include three less common essential oils, but equally versatile and beneficial to use in our daily routine!

Lime Essential Oil

- With its stimulating and refreshing aroma, use this essential oil to cleanse the air and uplift your mood.
- Use a drop or two to remove grease spots (add to laundry loads) and sticker residue.
- Add a few drops to your drinking water to enhance the flavor and it will also act as an internal cleanser.*
- Combine with Tea Tree essential oil for a soothing scalp massage.

All citrus essential oils have similar properties and health benefits as listed above. However, because of the different chemistry within Lime essential oil, there are unique properties which support the organs and systems of our body. Daily use of this essential oil can promote healthy weight management, improve metabolism, support cardiovascular health, support for brain and nervous systems, maintain healthy blood sugar and cholesterol levels, healthy immune function and response, improved gastrointestinal function, and even relief of occasional heartburn and indigestion.*

Rosemary Essential Oil

- This wonderful essential oil supports healthy respiratory function and may help to support healthy digestion. Take 1-2 drops in a capsule to support healthy internal organ function.*

- Apply to scalp and massage for an abundant looking head of hair. Rosemary helps reduce nervous tension and occasional fatigue.*
- Diffuse while studying to maintain concentration.
- It also naturally repels insects.

Thyme Essential Oil

Though we often cook with this spice, many are not aware of the incredible health benefits received beyond its amazing flavor! Integrate Thyme essential oil into your daily routine by applying 1-2 drops on the bottom of your feet each morning or take internally in a capsule.

WHY? Here is a short list of health benefits*:

- Thyme has antioxidant qualities.
- It supports bone health.
- Thyme supports the health of the cardiovascular system.
- It supports healthy cellular function.
- It supports the health of the circulatory system.
- Thyme is cleansing to the gastrointestinal tract and the digestive system.
- It supports the healthy function and response of the immune system.
- It supports healthy liver function.
- Thyme supports the health of the lungs and respiratory system.

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HEALTH NOTES

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- It supports healthy musculoskeletal function.
- It promotes the health of the nervous system.
- It may help to support healthy metabolism and weight management.
- Thyme may ease symptoms of normal menstruation in women.

Terri's Tip: I love to cook with essential oils and one of my favorite recipes is Garlic Rosemary Pork, with Rosemary, Thyme and Black Pepper essential oils. Want the recipe? Simply email simply.natural@outlook.com and I will send it to you!

Secret to Success:

1. Use your favorites! Their varied health benefits are scientifically proven and are so easy to obtain.
2. Take it to the next level and incorporate new essential oils into your daily routine. Be brave and mix it up a bit with essential oils "off the beaten path" like Lime, Rosemary, and Thyme! These three essential oils have amazing health

benefits and deserve a spot on the list of your favorites!

3. Learning more about essential oils is simple! Join our wellness community! Participate in our free workshops (both in person and on-line).

You're Invited...

Not into group workshops or classes? I invite you to contact me for your free private, personal wellness consultation and to get samples of essential oils which can support your specific wellness goals: simply.natural@outlook.com

Optional Invite: Living Well Challenge

1. Register for our next 5-Day Living Well Challenge (QR code in accompanying ad)
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lular and cardiovascular health, and a strong microbiome. When you support your foundation, everything else in your wellness journey becomes easier. The real cost isn't the price of the tools you will use – it's the long-term cost of doing nothing and hoping your body can produce the energy it needs to thrive.

Essential oils are safe, effective and very affordable. However, not all essential oils are created equal! Be an educated consumer and use only certified pure, tested grade essential oils for your family!

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



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Smithtown Rotary

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In response to this devastating loss, the Emily Finn Foundation has been newly formed to address critical issues affecting young people, including mental health, gun safety, domestic violence, and violence prevention. Emily's mother shared that the foundation reflects her daughter's compassion and passion for helping others. Through outreach and education, the organization seeks to honor Emily's memory by working to prevent future tragedies and protect vulnerable youth.

Together, these presentations reflect the Smithtown Rotary Club's ongoing commitment to service, awareness, and community support, highlighting how mentorship, advocacy, and resilience can create meaningful and lasting impact.

Aunt Meme

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"middle of the road."

Meme had patience for whatever she was creating and saw it through no matter how long it took.

By maintaining high standards, Meme achieved professional and academic success, but she also balanced those standards with self-compassion, allowing for human error. She would forgive her mistakes and calmly start over.

Instead of a perfectionist, I think Meme would prefer to be remembered as a dedicated and conscientious person who just wanted to do things right! And DID!

Boston

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hard to believe that this lovely park began that way, but in 1895 a large parcel of soil was brought in, transforming it into the park and garden we enjoy today. One of the most beloved features of the Public Garden is the statues of Mrs. Mallard and her eight ducklings, inspired by the book *Make Way for Ducklings*



by Robert McCloskey. Children delight in climbing on the ducks. The iconic swan boats operate from April through September.

We also toured Fenway Park, America's oldest Major League ballpark. We learned about its rich history, sat in the press box, and visited the Red Sox Hall of Fame. Since 1912, it has been the home of the Boston Red Sox. One of its most famous features is the "Green Monster," the towering left-field wall. The stadium has hosted the World Series eleven times, with the Red Sox winning six championships there.

If museums are your passion, be sure to visit the Museum of Fine Arts and the Isabella Stewart Gardner Museum. The Museum of Fine Arts, founded in 1870, houses more than 500,000 works of art. The

Gardner Museum, designed to resemble a Venetian palace, includes a stunning courtyard garden. It made national headlines in 1990 when several masterpieces were stolen in a crime that remains unsolved.

Thankfully, Bostonians treasure their historic buildings, many dating back to the Colonial period. A walk through almost any part of this lovely and vibrant city is truly a delight.



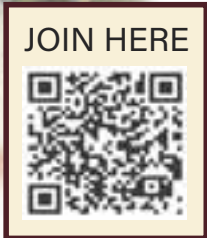
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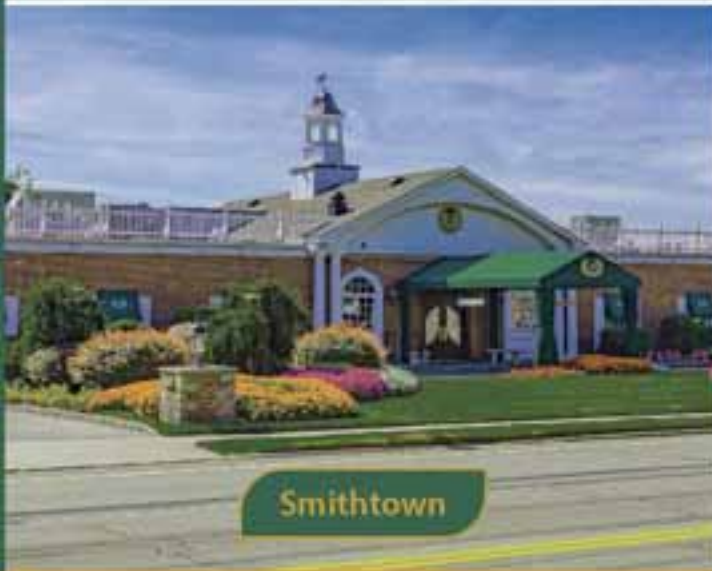
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