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JUNE
2025

Volume 38
Number 1

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

Our Town

S • T • J • A • M • E • S

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Is A Time Of Remembrance

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FALLEN HEROES

In Their Memory,
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Details on page 12





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PLEASE NOTE:

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

Distribution takes place on **June 24, 2025.**

MERCHANT SPOTLIGHT

Eddie's Power Equipment

by Scott Posner

The year was 1964. The Beatles invasion of America started, Lyndon B. Johnson was the President, Mary Poppins and the Ford Mustang made their debuts. Also that year, Eddie and Alice Jacobs opened Eddie's Power Equipment at 553 Lake Avenue, just across the street from St. James Elementary school where their daughter Meg would attend.

The building was constructed in the 1930s and served as a candy store followed by a bait and tackle store. For the next 61 years, and counting, Eddie's Power Equipment would serve the community's outdoor power equipment needs. Alice worked in the business and retired at 82 years young. She also volunteered tirelessly over the years for the Chamber of Commerce and her energy and enthusiasm never ceased to amaze everyone.

Eddie and Alice's daughter, Meg, started working for the business as a child when it opened. She would prepare mailings and work around the store from the start. While attending Smithtown East, she met her future husband Charlie Shutka.

They both graduated from Smithtown East in 1971. Meg and Charlie eventually took over ownership of the business where Charlie has now been for over 50 years. About 10 years ago, their son Jason joined the

business where he shares ownership with his parents.

Meg and Charlie have been active in the St. James Chamber of Commerce since the early 1980s. They show up at just about every event always ready to lend a hand. Meg currently serves on the Chamber Board of Directors. The beauty of locally owned businesses is their ability and desire to contribute to their town in order to make it a better place for everyone. Meg and Charlie have been huge contributors for years!

Charlie and Jason are incredibly knowledgeable about what they sell and service. As a long time customer, I enjoy the guidance I am offered before making my purchase decisions. Plus they are there to make sure my numerous purchases are kept in top-notch condition. I have learned the difference between price and cost over the years dealing with them. I purchased my Toro snowblower from them almost 20 years ago. Big box stores may have had a less expensive alter-

continued on page 45





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AROUND TOWN

Celebrate St. James – Past-Present-Future News from the St. James Community Cultural Arts Center

by Natalie Weinstein, President

Excitement abounds as we welcome so many more people to the Community Center. April saw the new, bright and talented board of directors led by the old recycled me who has become re-energized by the talent surrounding me, both old and new. Councilwoman and dear friend to St. James, Lynne Nowick, installed and extolled the officers with music by Lou Mazzaferro, beautiful tulip bud vases gracing the tables, thanks to Kerry Maher, and the most delicious desserts by Garguilos Bakery and Dirty Cheese-cake by Lili (Yum!).

The history of vaudeville throughout the country and especially here in St. James was the topic of Christina Hurtado-Pierson's talk in April. Christina is researching this topic for her PhD and has been working



with us to uncover the history and mystery of the old Calderone. Her planned 45 minute talk, lasted over 2 hours. She was so interesting and animated! Then, for laughs (and we were really laughing), the Retirement Village People with our friend, comic Stevie GB, came to visit at our Friday night coffee house in May. With our new "pseudo - stage" and lift/elevator, everyone thought it felt like a real cabaret.

Our new board was there rep-

resenting Celebrate St. James at the 5K run to benefit the Ronald McDonald House the day before Mother's Day, and Ruth Harrigan, was our guest business, Honey-Gramz, at our monthly Meet & Greet in May. A beekeeper and entrepreneur, she is so welcome to our St. James community of businesses. What an interesting woman!

Following came Friday night with James Cagney – well – not really him – about him in such an enjoyable way, presented by Larry Wolff, a vaudeville historian. So things are hoppin' –



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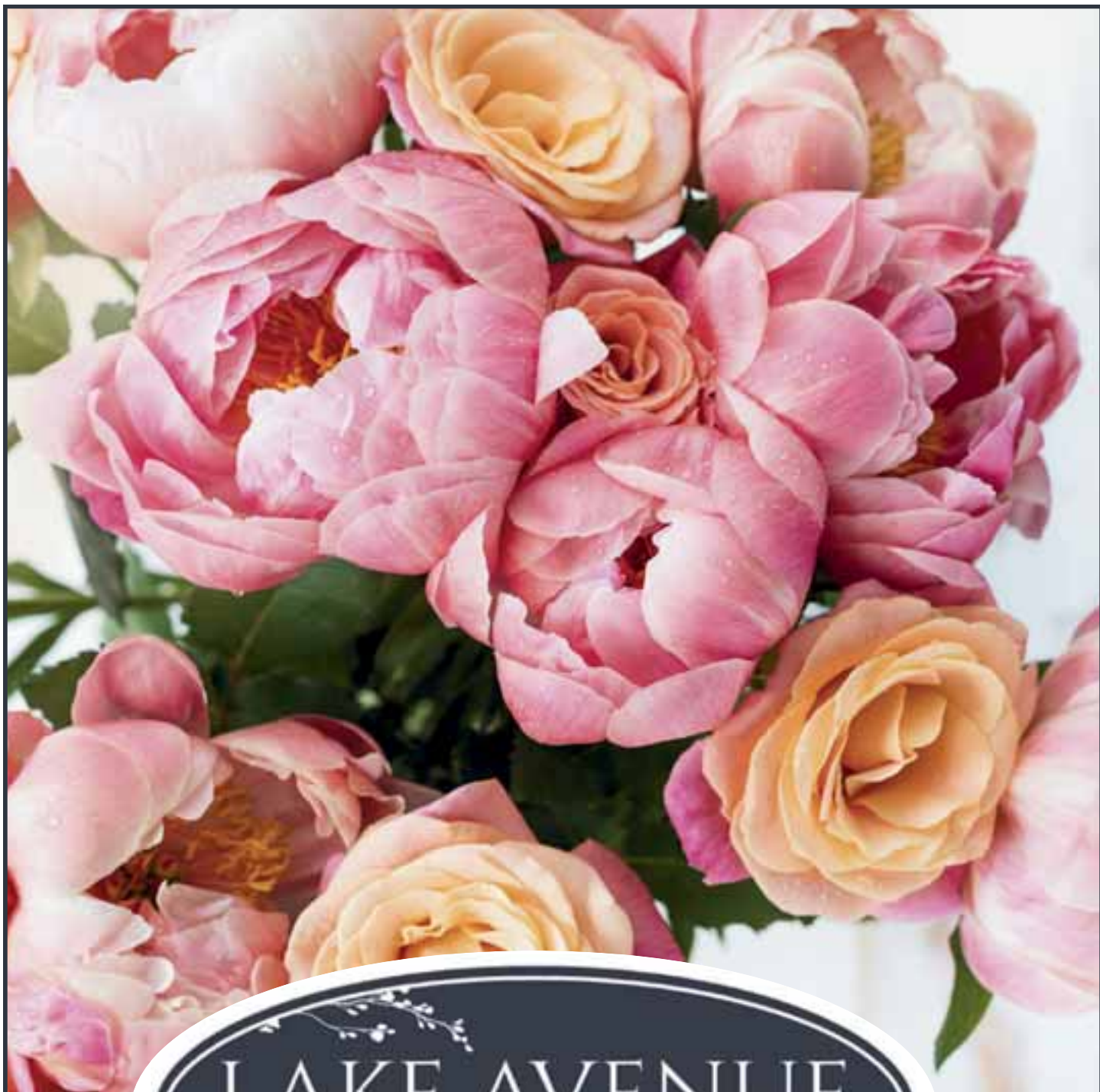
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AROUND TOWN

Celebrate St. James – Past-Present-Future

continued from page 6

actually, not only figuratively, but literally – as Natalie Boyle continues her Monday night line dancing classes into the late summer.

So what's planned for the coming month? (All information is on our website).

- On Saturday, May 31 from 10:00 a.m. to noon, we are introducing our first family art workshop.



- Hope to see you at the Episcopal Church's famous Strawberry Festival on June 7. We'll be there!

- Tuesday night June 10 at 7:00 p.m. we welcome members and



guests to a great salute to summer event with guest business, Peach & Pine. Now you'll taste and see why the lines around their new shop on Lake Avenue is a constant every weekend.

- A beautiful Light-house production of "Birthday Candles" will

be presented at Mills Hall, Friday night and Saturday matinee and evening, June 13 & 14. Check our website (celebratestjames.org) for more information and ticket purchases.

We're here for you, St. James. Check us out. Take a tour, tell us what you want to see and do, think about volunteering. You'll never meet a more congenial group of people as well as our new Education/Program Director, Jillian Mayer. Become a member and watch us grow – with you and for you.

Next month – great news is coming!



Birthday
A play by Noah Haidle
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Christine is a native Long Islander, who has built her life around faith, family, and respect for all. When not helping home buyers and sellers she enjoys quality time with her family and friends and can frequently be seen around and about the community. She is an avid animal lover and supporter with a particular affinity towards cats and German Shepherds.

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Passing of the Torch to the St. James Chamber of Commerce

by Scott Posner

I had the pleasure of delivering the first issue of the returning Our Town to one of the paper's founders, Ruth Garthe. Ruth was absolutely thrilled to see the paper back in publication and very proud to know that the Chamber of Commerce will be running it for the betterment of the business community.

Ruth and Robin Clark worked together before they started the Our Town Newspaper. In 1987 they decided to strike out on their own and brought *Our Town St. James* to life. The first issue was just 16 pages but the paper grew steadily from that day forward. In fact, over the next 37 years, Ruth and Robin continued to bring the paper to the St. James community... not a month was missed.

Ruth shared the story about getting their first computer. Before that they were doing the paper using

Compuserve typesetting equipment (yep - those in the industry might have heard of these), dark room equipment, X-acto knives, and waxers... That's another story - hard to explain but it worked. Ruth's husband, Bill, gave them a computer he was no longer using but it did not come with any instructions. Many of you may remember the confusion when learning a computer for the first time. Ruth and Robin decided to take a course at a Quark XPress class to help them to become comfortable with computer graphics and publishing. Ruth remembers trying to learn how to properly use the mouse. One of her early challenges was having to get up and walk all the way down the length of the table to get the mouse to do what she wanted. Today we take for granted the simple techniques that were once foreign

continued on page 45



Ruth Garthe

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AROUND TOWN

Thic Chic Plus Size Thrift Boutique Opens in St. James

Board members of the St. James Chamber of Commerce were on hand for the ribbon cutting for the Thic Chic Plus Size Thrift Boutique. Owner Happie Pomisel shared that this is the only plus size thrift store on Long Island. Sizes start at XL and go up from there. Selections are available for women and men and the inventory changes daily.

They are located at 367 Lake Avenue, next to Celebrate Park. Current hours are Thursday and Friday, 11 a.m.-6 p.m., Saturday and Sunday 12-4 p.m. Their website is thicchic.com



EXCITING NEWS - St. James!

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Details are currently being finalized & will be shared with the community by Memorial Day.

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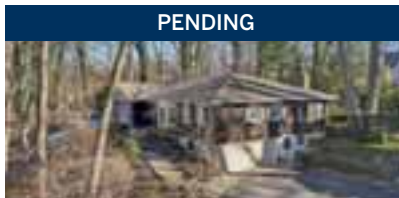
East Setauket, NY

This beautifully updated home combines timeless character with today's conveniences, featuring high ceilings, central air, gas heat, an updated kitchen, and a main-floor primary suite. Located across from Setauket Harbor, it offers updated modern systems, a detached carriage house garage, and inviting outdoor spaces—all in a prime location with low taxes. MLS# 808906. \$915,000.



Nissequogue, NY

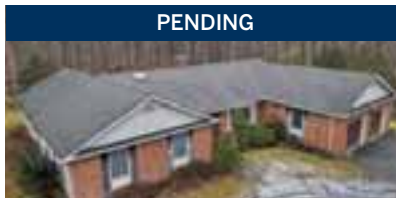
Set on 4+ acres with 970' of waterfrontage along the River, this totally renovated home combines historic charm with modern elegance featuring high-end finishes, a private dock, and breathtaking water views. Thoughtfully updated with an open floor plan, high end systems and multiple outdoor living spaces, it offers a rare lifestyle of serenity, sophistication, and natural beauty. MLS# L3574321. \$1,349,000.



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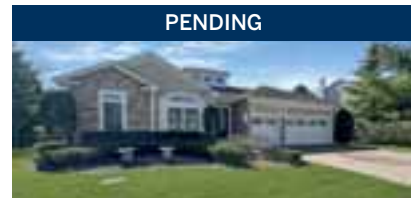
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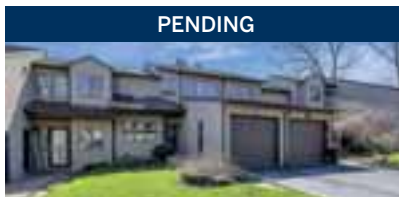
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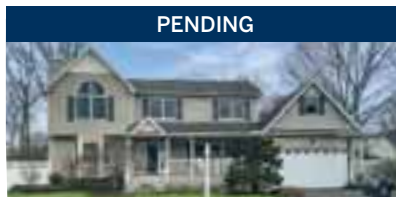
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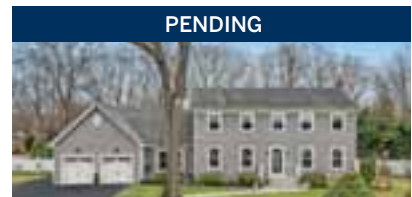
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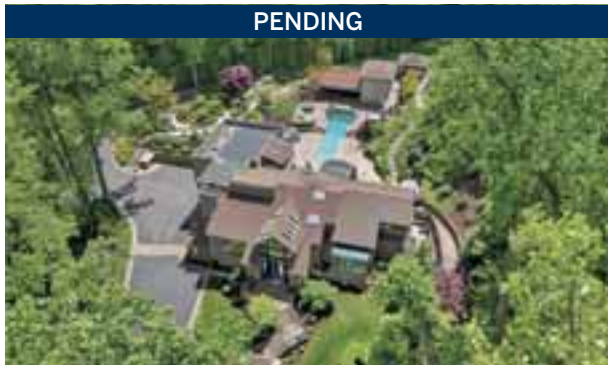
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A R O U N D T O W N



Saint James Chamber of Commerce Spring Egg Hunt

The annual Spring Egg Hunt was held at Deepwells on April 19. Rain delayed the event a week, but the sun and many egg hunters showed up for a very fun day! Thank you to all our Chamber members for making this day possible and thanks to the volunteers that make it happen.

The first Spring Egg Hunt was in 1997, and it was Megan Shutka's Girl Scout Gold Award project. It included a Passover puppet show,

Ukrainian egg display and egg hunt. It was coordinated with her Girl Scout troop under the leadership of Cafte Walsh. The St. James Chamber of Commerce helped sponsor the event and provided immense help during the event. Megan spent countless hours going to just about every business in Saint James for donations for prizes. The first egg hunt was held at Moriches Park on the baseball fields and was organized according to age groups.

Megan returned many years to help with the event – either as the Easter Bunny or as a helper. The Chamber of Commerce has sponsored the event every year. Our current Easter Bunny is Megan's mother, Meg Shutka, from Eddie's Power Equipment.

Thank you to this year's sponsors: Eddie's Power Equipment, AJ's Garage, P. Deblasio Builders, St. James Pasta and Mister Softee.

continued on page 18

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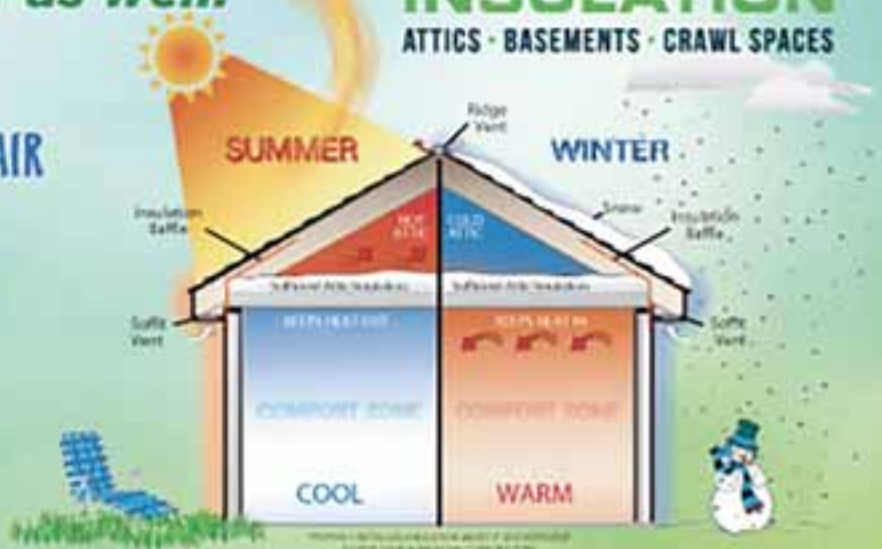
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\$1,755,000.

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\$429,000.

ST. JAMES "RENOVATED RANCH"

Totally renovated 2 BR 1.5 bath Ranch on .37 acre with detached 1 car garage. Brand new Shaker style kitchen cabinets with quartz countertops & SS appls, wood burning frplc., brand new natural gas HW heat, new insulation, new 150 amp electric, vaulted ceilings, open floor plan, LR/DR, deck, arch. roof, separate 40 gal HW heater. Must see, close to town and low taxes. Appearance - Diamond.



\$649,900.

SMITHTOWN "OFFICE FOR RENT"

1st floor dry office, 900+/- sq. ft., hardwood floors, 9' ceiling, CAC, oil hot water heat, kitchenette, ½ bath, convenient to Main Street. Landlord requires references & credit score of 700 or better.

ST. JAMES "STORAGE SPACE FOR RENT"

1,750 sq. ft. storage space, fully insulated & sheet-rocked, heated and air conditioning, 9' ceilings, 2 large garage doors Ideal for car or equipment STORAGE ONLY!

\$2,400 mo. plus utilities

SAYVILLE "EXPANDED CAPE"

Diamond updated & expanded Cape with 3 BRs, 1 full bath, covered front porch, oversized 2.5+ detached garage w/loft, hot & cold water & electric. White Shaker style cabinets w/quartz tops & SS appls, gas cooking, ceramic tile, wood & LVT flooring. National Grid gas frplc. in step down den w/high ceilings, ceiling fan & skylight. 2 first floor BRs & full bathroom w/shower tub combination. Open dining room, large primary BR upstairs w/built ins & closets. Rear deck w/semi in-ground salt water pool. Partial basement w/ laundry, 150 amp electric, Weil McClain oil furnace, public water. IG sprinklers. Arch. roof, vinyl siding, Andersen windows, BB lined driveway. Thru wall AC units. Fenced rear yard.



LISTED & IN CONTRACT

\$695,000.

ST. JAMES "RENOVATED COLONIAL"

Totally renovated 3 BR, 2 and a ½ bath home on .25 acre, with Azek front and vinyl siding. Thermopane windows, architectural roof, covered front porch with Trex decking. Wide plank hardwood floors, brand new Shaker style kitchen cabinets and quartz countertops with new SS appls. New LED hi-hat lighting, 2 new bathrooms, gas heat, Navien hot water, rear Trex deck. 200 amp electric, blacktop driveway, unfinished basement. Whole house fan. Must see!



\$799,000.

APARTMENTS FOR RENT

ST. JAMES. 1st floor, living room, EIK, 2 BRs, full bath, washer and dryer, patio area, convenient to town. **\$2,300 mo. plus utilities**

ST. JAMES. Just renovated, second floor apt, entry foyer, living room, kitchen with new Shaker cabinets, quartz tops, SS appls, large BR & new full bath with tub. **\$2,500 mo. plus utilities**

ST. JAMES. Cottage with CAC, Living room, EIK with granite tops, 1 BR plus office, 2 full baths, W/D, rear deck. **\$3,000 mo. plus utilities**

SMITHTOWN. 2nd floor totally updated, living room, EIK, 2 BRs, full bath, convenient to town. **\$2,750 mo. plus utilities**

STONY BROOK "MEDICAL OFFICE CONDO"

Prestigious brick building in Medical Park. Former Periodontist office, includes all equipment & furniture. 3 exam rooms, office & lab room. 1.5 baths. Full basement, part finished. Gas heat, CAC, Ample parking. Diamond condition. **\$329,000.**



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AROUND TOWN



Thank You for Your Support!

Sherwood Bros. Post 1152, located on Lake Ave., recently held a fundraiser to raise funds for the upkeep of the St. James Post 1152.

We would like to send our heartfelt thanks to the many local businesses who so generously donated gift baskets or gift certificates to raffle off.

Gift Baskets:

Honey Grainz, Lake Ave Floral, Miceys Ice Cream, Pure Canine St. James Beverage, St. James Pasta & Pork, Spages Pharmacy, Splash & Dash.

Gift Cards:

Diva Nails & Spa, Dolled Up NY, Fusion Hair Salon, Grape Culture Wine & Spirits, King Kullen, Kubat Barber Shop, Lau Vietnamese Pho, Mercept Bros. Meats, My Darling Jeans, Salon 230, Soul Brew, The Stone Goat, St. James Barber, The

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AROUND TOWN



Neither Snow Nor Rain... Our St. James Post Office Delivers

by Scott Posner

They touch the lives of every business and resident 6 days a week. They have been a vital part of our community far longer than any of us have lived here. "Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds." That's right, it's our beloved Post Office! The Post Office has been a fixture on Lake Avenue since its dedication in 1963. How many of you noticed the dedication plaque just to the left of the main door when you exit? I didn't after

all these years. Even more interesting, is the original Post Office Department Appointment letter from May 13, 1856. It is still there. The post office was originally located in the currently operating Saint James General Store.

I was interested in meeting the people that make our mail move day after day, month after month and year after year. What I found was an amazing group of dedicated people that are professional, considerate and fun. They had no shortage of ideas for how to take a creative photo. Since I am not sure

if we are covered for Our Town photo liability, I had them keep their feet on the ground.

The group is led by Officer in Charge, John Coppola. John has over 20 years of experience and oversees 25 clerks and letter carriers. Our post office delivers over 7,000 pieces of mail per day. There are about 20 separate routes with each having between 300 and 468 stops. Most surprising, 70% of those routes are walking routes. In the Post Office, the counter sees roughly 200 visitors per day.

continued on page 24



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AROUND TOWN

Our St. James Post Office Delivers

continued from page 22

I was delighted to meet Debbie Bletsch. Although there are carriers who have been with the post office since 1992 and 1999, Debbie has been with the postal service since 1986 and in Saint James since 1988! A remarkable 39 years! Over the years, Debby has watched babies become adults and kids from the past now with kids of their own. She shared her most memorable time over those 39 years was when Covid hit, back in 2020. As essential workers, the staff of the post office reported to work everyday. The air was thick with fear but they all knew they had a job to do. They drove to work past signs telling them to go home and stay inside. She remembers the gratitude that customers expressed regularly. They appreciated the ability to send and receive letters and packages from everyone they were cut off from

during those dark days. Debbie loves the unchanged, friendly small town feel Saint James still has to this day.

This is NOT an advice column but I have a bit of advice for you... Go into our local post office and see the historic plaque by the door. Better yet, see our own amazing piece of local history, Debbie Bletsch. I know sending a text or email may be easier, but I promise a much more significant result by sending a card or a note to a friend or loved one. There is nothing like opening a card or letter to show a much higher level of care and concern. While we live in an electronic world, sometimes a good old fashioned analog touch proves much warmer.

11780 Employees in the photos:
Officer in Charge: John Coppola
Letter Carriers: Emilio Delgado,
Matthew Spear, Robert Gioielli,



Maurice Mataban, Scott Weisblatt, Susan Edwards, Cornelius Keefe, Kerri Maliney, Venus Rodriguez, William Hores, Terence Moran, Daniel Michaels, Eugene Gurney, Michael Lentino. Clerks: Ryan Davis, Nathlie Holland, Deborah Bletsch, Tracy Russo, Michael Summerfold. Camera Shy: Meagan Price, Kathleen Petraro, Shauna Garella, Joseph Rueda, Michael Camilleri, and Michael Kizer.

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OUR TOWN • JUNE 2025

AROUND TOWN

Join St. James Cub Scout Pack 228



Calling all incoming K-5 boys and girls in Dogwood, Mills Pond, St. James Elementary and Sts. Philip and James Schools are welcome to join our Pack for the upcoming 2025-2026 Cub Scouting season.

Please contact the pack at info@sjpack228.com if you have any questions. You can also visit us at our next Pack Night on May 30, 7 p.m. at Saint James Elementary (Old Gym), where we will be fea-



turing Robotics Clubs: Smithtown Robotics and Plainview Robotics. To learn more please visit our Pack website at SJPack228.com

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11:00AM REGISTRATION
DAYS EVENTS INCLUDE:
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11:00AM REGISTRATION

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Registrations due by August 22, 2025

AROUND TOWN

A Product of St. James

by Lawrence Glazer

We moved into St. James in July 1983. Both of my children were raised there and went through Smithtown schools. St. James Elementary was especially important to my kids. My daughter's fourth grade teacher, Mrs. Fletcher, unfortunately died the year she had her. The outdoor reading area was dedicated to her memory. Ilana was the student who spoke at the dedication. We are in touch with Nina Dees still after all these years. She taught both kids in St. James Elementary.

My son Eliot was in the very first issue of Our Town because of a contest held by the paper asking children to write in about their mother for Mother's Day. Picture and all!

Both of my children were involved at the junior high and high school level in music and theatre.

They've both gone on to careers in comedy, TV and performing. My son, Eliot, is a television writer, now based in LA, and has written on *New Girl*, *Younger*, and *I, Carly*. He is currently working on a book based on his comedy and continues (with friends from Smithtown High School) to work on music as well.

My daughter Ilana had a TV show for five seasons called "Broad City" on which she produced, wrote and starred in. It was very culturally important and remains so. She also is a standup comic yet, currently, is appearing on Broadway in "Good Night and Good Luck"... not a comedy. Rather it is based on the movie of the same name from 2005 produced by and starring George Clooney. It is a very pertinent play in today's world.

Both of my kids are still very good friends with some of their St. James buddies. It was a great town for them to grow up in and they still visit. The town and people influenced who and where they are today.



Editors note:

Lawrence Glazer is a past president of the St. James Chamber of Commerce. He served our community well for many years. Lawrence and his wife Sandi now reside in Delray Beach, Florida.



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Breaking Records at the Earth Day Hazardous Household Waste Event

The Town of Smithtown Department of Environment and Waterways, in coordination with the Municipal Services Facility, collected over 37 tons of hazardous waste during the annual Earth Day Household Hazardous Waste Collection Event on Saturday, April 26, 2025. A total of 651 households safely disposed of thousands of pounds of toxic materials that cannot be placed in regular curbside pickup – making this one of the most successful collection events to date.

“As we marked Earth Day last week, it was truly uplifting to witness our community unite in record numbers for the first of three Household Hazardous Waste Disposal events this year. Thanks to the dedication of our environmentally conscious residents – and the exceptional teamwork of the MSF staff, Public Safety Fire Marshals, DEW crew, Reworld (formerly Covanta), and our trusted contractor Radiac – we are actively protecting Smithtown’s drinking water, parks, air, and treasured waterways for future generations... These free events, held three times a year, give every resident the opportunity to make a meaningful impact – and this year, Smithtown rose to the occasion like never before. I want to personally recognize our outstanding department leaders, including Solid Waste Coordinator Mike Engelmann, Environmental Director David Barnes, MSF Director Matt Laux, DEW Senior Analyst Rich Kitt, MSF Foreman Tommy Passariello, Environmental Technician Brooke Ferreira, and our dedicated partner at Reworld, Brian Aerne. Their commitment ensures a safe, efficient, and even enjoyable experience for all who participate... Beyond collection day, these initiatives help foster a culture of sustainability and responsibility throughout our community. Together, we’re preserving the natural beauty and quality of life that make Smithtown such an extraordinary place to live.”



– Supervisor Edward R. Wehrheim

This year’s event was made possible through the tremendous collaboration and support of the Town’s Department of Public Safety Fire Marshals, DEW staff, and Reworld (formerly Covanta). Their efforts supplemented the work of Radiac Environmental Services, the Town’s licensed HHW contractor, to ensure a safe, efficient, and seamless experience for all residents.

Additionally, the Town saw record participation in a targeted waste diversion initiative focused on propane tanks, lithium-ion batteries, and mercury-containing devices, demonstrating a growing community commitment to environmental safety and sustainability.

“The 2025 Earth Day Hazardous Household Waste collection event was a great success. The rain didn’t stop hundreds of residents from responsibly disposing of potentially hazardous chemicals and products. Participating in the Town’s Hazardous Household Waste collection events profoundly impacts protect-

ing our drinking water, air, and natural resources while enabling the Town to maintain high-quality parks, recreational facilities, roads, and waterways for all residents to enjoy. Special thanks to Supervisor Ed Wehrheim for his support and leadership on environmental initiatives such as these, MSF staff, Public Safety Fire Marshals, DEW staff, and Reworld staff (formerly Covanta) for supplementing the work of Radiac (HHW contractor) and providing safe and efficient service to all residents. We continue to encourage residents to consider using environmentally friendly alternatives for in and around the home”. - Michael P. Engelmann, P.G. Solid Waste Coordinator
A portion of the wastes collected for manifested disposal include: mercury, waste oil based paints/flammable paints, gasoline, paint thinners, waste gases, petroleum distillates, flammable solids, oxidizer liquids and solids, sodium/potassium nitrates, acids, corrosives, pesticides, herbicides, fertilizers, misc. toxic liquids (i.e.

continued on facing page



I N T H E N E W S

continued
Chlordane, etc.) and solids, lac-
quers, lithium batteries, battery
acids and various other toxic com-
pounds.

Reworld (formerly Covanta) dis-
tributed over 150 \$5 Home Depot
gift cards to residents for recycling
potentially dangerous lithium-ion
and other batteries, propane tanks
and mercury containing devices



thereby preventing these harmful
items from curbside disposal. 112
propane tanks were recovered at
the event. Record participation with
these hazardous waste diversions.
Additionally, eco-friendly reusable
coffee k-cups were also provided by
DEW to interested residents.

The next household hazardous
waste collection events are sched-
uled for July 12 & October 4, 2025.
Hazardous Household Waste col-
lection events are for Smithtown
Township residents only. Proof of
residency will be confirmed upon
entry.

DID YOU KNOW?

Residents can also dispose of
electronic waste, free of charge, at
the Town Recycling Center located
at 85 Old Northport Road. Elec-
tronic waste, such as computers,
printers, TV's, monitors, automotive
and household batteries, can be
dropped off during regular hours for
proper recycling.

FREE MULCH:

Mulch is also available free of
charge to residents. Smithtown res-
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10 bags per visit. We offer free
loading of loose mulch into your
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AROUND TOWN

Smithtown Shreds 11.0 Tons of Paper

On Saturday, May 3, Smithtown residents turned out in strong numbers to take part in the Town's bi-annual paper shredding event, safely and securely disposing of over 11 tons (19,980 pounds) of sensitive documents. Held at the Municipal Services Facility (MSF), the event saw a steady flow of participants throughout the day, all utilizing the confidential, full-service shredding provided by Data Shredding Services, Inc. This popular initiative is offered free of charge to residents (with a three-box limit per person), thanks to the ongoing partnership between the Department of Environment and Waterways (DEW) and MSF, as part of the Town's commitment to public safety, identity protection, and environmental responsibility.

"We launched this service to give residents a safe, secure, and convenient way to dispose of sensitive personal documents – and it has grown into something truly impact-

ful. We're incredibly proud of how successful the shredding event has become, with more and more residents taking part each year. It brings real peace of mind, knowing you can protect your personal information from falling into the wrong hands while also disposing of documents in an environmentally responsible way. A heartfelt thank you to Solid Waste Coordinator Mike Engelmann, the MSF team, Matt Laux, Tom Pascarella, and the DEW team led by Richard Kitt for their outstanding service and seamless coordination. The growing turnout and smooth execution of this event each year is a true testament to its value and the commitment of our team to serving the Smithtown community."

– Supervisor Ed Wehrheim

The Department of Environment and Waterways and Municipal Services Facility provided additional support staff to move vehicles. Residents were pleased with



the service MSF and DEW staff provided and the two trucks from Data Shredding Services of Hauppauge. Participants enjoyed short to no wait times and the opportunity to safely dispose of their documents while avoiding the potential risk of identity theft.

"This Spring's Shredding Event was well attended, exceeding last fall's total weight collected (October 2024 was 9.43 tons or 18,860 pounds). We are pleased that Smithtown residents continue to take this opportunity to purge documents containing personal information at no risk. Thank you to Supervisor Wehrheim for supporting this program, the MSF team, Matt Laux, Tom Pascarella, and the DEW team, Richard Kitt, for keeping the process running smoothly and offering outstanding service to the community."

– Michael P. Engelmann, P.G.

Solid Waste Coordinator

The May Shred Event was hosted at the Municipal Services Facility, located at 85 Old Northport Road in Kings Park, from 9:00 a.m. through 3:00 p.m. Data Shredding Service, Inc. is a full-service confidential shredding service in Hauppauge. The next paper shredding event is scheduled for October 18, 2025. For updates on upcoming free events hosted by the Town of Smithtown, download the Mobile App, which is available for free on Google Play and the App Store.





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Our Town's Hidden Gems

by Scott Posner

The David Weld Sanctuary: A Hidden Gem in Saint James, NY. I am embarrassed to admit that after living in St. James for over 3 decades my recent visit was my first. My wife Debby and younger daughter Julie decided to take an Easter morning hike

Nestled along the North Shore of Long Island in Saint James, the David Weld Sanctuary offers a serene escape into nature, rich with history and diverse landscapes.

A Legacy of Preservation

The sanctuary is named after David Weld, a partner in the investment firm White, Weld & Co. In the 1960s, David and his wife Mary purchased the land from author and actress Cornelia Otis Skinner and her husband, Alden Blodgett. Skinner, known for works like *Our Hearts Were Young and Gay*, often wrote in a cabin on the bluff overlooking the Long Island Sound.

In 1969, the Welds began donating portions of their property to The Nature Conservancy, culminating in a total of 125 acres by 1979. Their neighbors, the Woodys and the Millers, also contributed land, ensuring the preservation of this natural haven for future generations.

Diverse Habitats and Geological Wonders

Visitors to the sanctuary can explore a variety of ecosystems:

- **Old Fields:** Dotted with red

cedars and wildflowers, these areas are teeming with butterflies and birds.

- **Red Maple Swamps:** Home to a variety of wetland species.

- **Hardwood Forests:** Featuring towering tulip trees, red maples, and spicebush.

- **Glacial Features:** The landscape showcases large boulders and a 60-foot-deep kettle hole, remnants of the last Ice Age.

Trails meander through these habitats, leading to a 50-foot bluff with panoramic views of the Long Island Sound and a secluded beach adorned with glacial erratics.

A Sanctuary for Wildlife

The diverse environments support a rich array of wildlife. Bird-watchers can spot species such as bank swallows nesting in the bluffs, brants, hummingbirds, and orioles. In the warmer months, eastern tiger swallowtail butterflies flutter among the tulip trees, whose leaves serve as a food source for their caterpillars.

Visiting the Sanctuary

Open daily from 9 a.m. to 5 p.m., the David Weld Sanctuary offers approximately three miles of trails suitable for hikers of all levels. Parking is limited to about six vehicles, and dogs are not permitted. Visitors are advised to plan accordingly and respect the preserve's guidelines to ensure its continued protection.



Location:

697 Boney Lane, Saint James, NY 11780

The David Weld Sanctuary stands as a testament to the dedication of individuals committed to conserving natural spaces. Whether you're a history enthusiast, nature lover, or seeking a peaceful retreat, this sanctuary offers a unique glimpse into Long Island's natural and cultural heritage. See you on the trail.



NEDVIN HOME TEAM

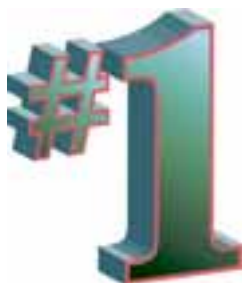
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IN THE SCHOOLS

Dharahaas Digs DNA

Smithtown High School East junior, Dharahaas Nalla, has placed third out of more than 1,200 participants worldwide in the American Society of Human Genetics DNA Essay Contest. This year, students weighed the risks and benefits of using artificial intelligence in genetic testing.

Dharahaas had to respond to the following essay prompt: "Artificial intelligence (AI) – advanced computer systems that can quickly analyze large amounts of data – is being used in many areas of healthcare, from diagnosing diseases to recommending treatments. Now, experts are also using AI to help interpret genetic testing results, which examine your DNA to understand your risk for certain diseases or guide treatments. If you had to undergo genetic testing, would you want AI to be used to help make sense of your results?"

The contest included 45 states and 59 countries. For his efforts, Dharahaas has earned \$400.



From left, Ms. Maria Zeitlin, Th!NK Discovery Science Research Coordinator, Dharahaas Nalla, and Dr. Stephanie O'Brien, Smithtown Central School District Science Department Director.

Photo courtesy of Smithtown CSD.

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Smithtown High School East and West students recently celebrated their commitment to playing sports in college. *Photos courtesy of Smithtown CSD.*

Smithtown High School Student-Athletes Celebrate College Sports Commitment

Smithtown High School East and West students recently celebrated their commitment to playing sports in college. Some are staying at home and continuing their athletic careers at universities such as Hofstra and LIU, while others are traveling a bit further and heading to Syracuse University and the University of Delaware.

"Today is a day to celebrate all of our student athletes, their parents and their accomplishments," SCSD Director of Athletics, Jason Lam-

bert, said to the students and family members. "We are very excited that you're going to be able to represent Smithtown at the next level. Remember, you always have a home here."

Calling it a "senior college commitment ceremony," family members smiled, took pictures and applauded, as seniors proudly wore their college colors in two separate ceremonies held at Smithtown High School East and West.



Dogwood Thanks School Bus Drivers

Dogwood Elementary School Principal Renee Carpenter welcomed Dogwood's school bus drivers on May 9 for its annual "Bus Driver Appreciation" breakfast.

"Beyond just transportation, you provide a bridge between our students' homes and their education," said Principal Carpenter. "You play a vital part in our students' lives, offering a sense of security and reliability that is immeasurable. On behalf of all the staff, students, and families at Dogwood Elementary School, a big thank you for your dedication and service. Your hard work and commitment do not go unnoticed, and we are incredibly grateful for everything you do." Kindergarten students from Mr. Weinstein and Mrs. Raineri's classes sang "Wheels On The Bus" for the drivers while the fifth grade news broadcasting club presented a thank-you video.

The Dogwood leadership club created snack gift bags for all the drivers to take with them as part of their community service project.



Dogwood Elementary School hosted its annual "Bus Driver Appreciation" breakfast on May 9.

Photo courtesy of Smithtown CSD.

IN THE SCHOOLS

SCPD's Aviation Unit Educates Smithtown High School Students

Suffolk County Police Department pilot, Dennis Fitzgerald, along with members of the Suffolk County Police Department's Aviation unit made a prearranged landing at Smithtown High School East on April 23 to teach students about their work.

"We are the air ambulance for Suffolk County," Fitzgerald told biomedical science students from Smithtown High School East and West.

Joining Mr. Fitzgerald aboard the department's medevac helicopter was pilot Darrell Randolph and paramedics, Amanda Hill and Dennis Frankie.

The officers explained that they most often respond to medical emergencies involving trauma, such as a car accident. A heart monitor, stretcher, blood pressure and medication are all on board.

The helicopter is equipped with an infrared camera that can locate



people because they emit body heat. The second pilot in the cockpit also can monitor a color camera that can zoom up to 18 times.

The crew also responds to missing person's calls, particularly involving elderly Alzheimer's patients, as well as water rescues.

The visit continues a close part-

nership between the Smithtown Central School District and the Suffolk County Police Department. Photo caption: Smithtown High School students received a visit from the Suffolk County Police Department's Aviation unit to learn more about their work.

Photo courtesy of Smithtown CSD.

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TRAVELS WITH IRMA



Brazil

by Irma Gurman

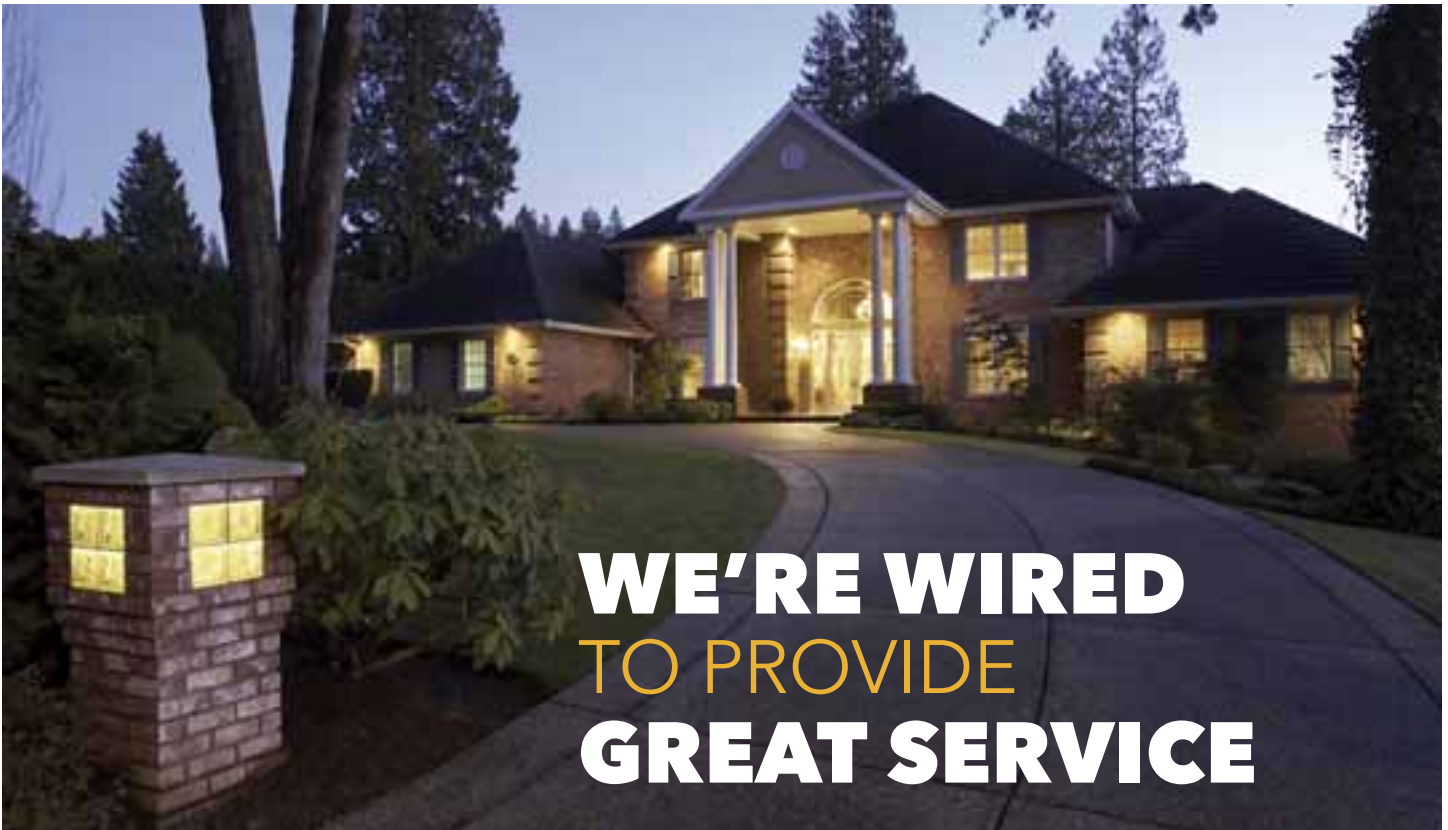
Rio de Janeiro is one of the most beautiful cities in the world, but it is also considered dangerous. However, Overseas Adventure Travel reassured us that we would have a guide with us at all times and that we would be safe. It was now or never and we chose now. OAT kept their word. Our guide never left us alone and we got to enjoy our trip to Brazil in safety.

Rio does not disappoint. Surrounded by mountains, graced by the Christ the Redeemer statue atop Corcovado, famous for its beautiful beaches of Copacabana and Ipanema and for Carnival which attracts hundreds of thousands of tourists each year, Rio is a lively and colorful place to visit. It also is well known for its slums, known as

the favelas, and we visited a cultural center which offered many after school activities so that the children would remain off the streets. The center was so successful that one of its gymnastics students was to be participating in the Olympics.

We strolled the beaches in daylight and at sunset, watched the natives playing beach volleyball
continued on page 44





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Brazil

continued from page 42
and tasted acai for the first time.
On the beach of Ipanema we saw a statue of Antonio Carlos Jobim who wrote The Girl From Ipanema.

The next morning we took a cable car up to Corcovado and enjoyed the spectacular scenery. Christ the Redeemer was erected to celebrate Brazil's independence in 1922 and is 96 feet high.

Good bye to Rio and on to Salvador, the beautifully preserved city which was founded in 1549 by Portuguese settlers and was the first colonial capital of Brazil. It was also one of the first slave markets on the continent, with slaves arriving to work on the sugar plantations. The area was named a UNESCO world cultural center in 1985. The women, in their huge skirted costumes, are called Bahias.

We stopped off in Manaus and visited the beautiful opera house

where Enrico Caruso sang. Then, from Manaus we boarded a boat on the Amazon, our home from which we viewed its flora and fauna. We then arrived at our eco-lodge in the Pantanal, an 81,000 square mile area filled with at least 100 species of birds, many of them unheard of in the United States such as curassows, caciques, potoos and anis. We also met a very friendly but not very attractive tapir.

Did you ever see a pirhana up close? Well, we were going fishing and honestly, we were scared. They may be small, but they can bite off your finger in a flash. So we held the rods VERY far away from our body, and when we were done, we celebrated with champagne, returned to our lodge and made pirhana soup.

Time to return to Rio for our trip home. We were chock full of mem-



ories and visions of beauty. It was one of our most memorable trips ever! Thank you, Brazil, and boa viagem!

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Eddie's Power Equipment

continued from page 4
native but there is no doubt that I would have needed to replace it years ago. My snowblower has had a VERY hard life, clearing many driveways over the years and it still runs like new. Yes, the price may have been a bit higher but the overall costs have been significantly less. Plus, I can always count on Eddie's Power Equipment to always be there to answer any of my questions.

They are proud Stihl dealers and rave about the quality and product lineup offered. While Stihl has been on the forefront of battery powered equipment, they still offer an amazing array of gas powered tools as well. As a proud Stihl tool owner I can attest to the quality of both their gas and battery powered equipment.

Besides Jason, Meg and Charlie have three other children, all raised in Saint James. Scott is a science teacher in Northport. Eric works in IT for the Town of Brookhaven. Megan, who lives in Norfolk, retired from the Navy as a Lieutenant Commander, serving as an information officer. See the Spring Egg Hunt article in this issue which

Passing the Torch

continued from page 10
to us all.

Ruth spoke of the fun she had over those 37 years producing the paper with Robin. She loved the people she came in contact with and got an especially great feeling from the compliments she would often receive about the paper they cared so much about.

We are excited to keep this legacy alive and welcome you all to participate. If you would like to write a column or, even better, want to advertise, please contact us by email at info@ourtownstjames.com



Megan started as a Girl Scouts project.

Meg and Charlie have noticed many changes in St. James over the past 60 years. Businesses change, roads have improved but the small town charm remains unchanged. St. James is still the special town they

came to love many years ago. Eddie's Power Equipment has "staying power." In over 60 years of excellent service in St. James, we marvel at the contribution and consistency they have contributed to the small town feel that makes our town so special.



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FOR KIDS

Kids Museums On the Go Program
*"Mad Science – Optical Illusions
with the Long Island Steam Group"*

Hosted by Linda Catucci
Saturday, May 31,
10:00 a.m.-12:00 p.m.
\$55.00 pp. Materials included

Kids One Day Workshop *"Happy Father's Day Painting"*

Hosted by Linda Catucci
Saturday, June 14,
10:00 a.m.-12:00 p.m.
\$55.00 pp. Materials included

Kids Museums On the Go Program *"Go Wild About Llamas with the Suffolk County Farm & Education Center"*

Hosted by Linda Catucci
Saturday, June 21,
10:00 a.m.-12:00 p.m.
\$55.00 pp. Materials included

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Mondays, 10:00 a.m.-1:00 p.m.
Multi-Week Program, \$65.00/class

**Painting with Pastels IN-STUDIO –
Jane McGraw-Teubner – All Levels**
Monday, 10:00 a.m.-1:00 p.m.

Multi-Week Program, \$65.00/class

Basic Watercolor, IN-STUDIO – Elizabeth Fusco - All levels

Mondays, 1:30-4:30 p.m.

Multi-Week Program, \$65.00/class

Oil: Light, Color & Composition IN-STUDIO – Randall DiGiuseppe – All levels

Tuesdays, 10:00 a.m.-1:00 p.m.

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Mastering Watercolor, IN-STUDIO – Bill Graf – All Levels

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Foundational Drawing & Painting, IN-STUDIO – Randall DiGiuseppe High School and up

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Portrait Drawing & Painting, IN- STUDIO – Bill Graf – All Levels

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continued on facing page

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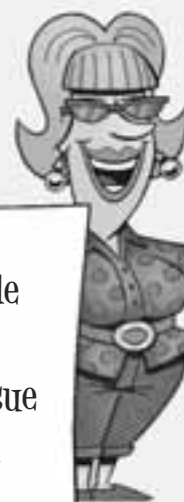
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ARTS & ENTERTAINMENT

continued
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Wednesdays, 6:00-9:00 p.m.
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James Beihl – All Levels

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Gallery North Presents 21st Annual Wet Paint Festival at Nassakeag Elementary School and Merritt Hawkins House

Gallery North is pleased to announce the Wet Paint Festival, a two-day plein air painting event hosted every June. With over 50 participating artists, visitors can observe plein air painters as they capture the area's historic and natural beauty.

The Wet Paint Festival will take place from 10 a.m. to 4 p.m. on Saturday, June 7 and Sunday, June 8 on the grounds of Nassakeag Elementary School and the Merritt Hawkins House, located at 490 Pond Path in Setauket. The event will be free and open to the public.

For its 21st year, the Wet Paint Festival's featured location will be the grounds of Nassakeag Elementary School and the Merritt Hawkins House. Centered at the elementary school grounds, the Wet Paint Festival will provide a hub for artists, as they explore and paint the Merritt Hawkins House, the trails that meander through the woods nearby, and the elementary school's beauti-



ful greenspaces. The school, wooded trails and historic house will provide the ideal setting for our local public to observe plein air painters at work and learn about their local history and ecology.

Through partnerships with the Four Harbors Audubon Society, Sweetbriar Nature Center, Tri-Spy Tours, and WUSB 90.1 fm/107.3 fm Stony Brook, there will also be a wealth of other activities to complement the artists and their paintings on display. Local naturalists will

provide lectures on the wildlife and plant life of the surrounding area, a local historian will lead tours discussing the history behind the Merritt Hawkins House property, and regional artists William Low and Steve Behler will lead guided tours on plein air painting. Gallery North will also team up with WUSB 90.1 fm/107.3 fm Stony Brook, to present live musical performances each day. And, to enrich the festival experience, visitors will also be able

continued on page 55

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Setauket Artists Return for Their 4th Exhibition at Deepwells Mansion

Spring has arrived and the Setauket Artists return to Deepwells Mansion. We will host a Reception on Sunday, May 18, 1-4 p.m. Refreshments will be available, and the public is welcome to come and join us!

The exhibition continues through June 15. Deepwells Mansion will be open Wednesdays-Sundays, 11 a.m.-4 p.m. The final day of the exhibition will be June 15.

The exhibit displays approximately 100 paintings on the first and second floors of the mansion. The first floor will also showcase smaller paintings on tabletop easels, as well as a gift shop where you can buy original scarves, greeting cards, books, and Russel Pulick pottery.

There will be a variety of media in the artwork on display, including oil, watercolor, acrylic, pastel along with hand painted photographs and cyanotypes by Marlene Weinstein.

Participating artists include Ross



Pond at Bayard Cutting Arboretum by Ross Barbera

Barbera, Shain Bard, Robert Berson, Kyle Blumenthal, Sheila Breck, Joyce Bressker, Renee Caine, Al Candia, Gail Chase, Anthony Davis, Julie Doczi, Bill Dodge, Paul Edelson, Margaret Governale, Melissa Imossi, Larry Johnston, Flo Kemp,

Karen Kemp, Joanne Liff, Jane McGraw-Teubner, Eleanor Meier, Fred Mendelsohn, Muriel Musarra, Annette Napolitano, Paula Pelletier, Joan Rockwell, Robert Roehrig, Carole Scinta, Barbara Jeanne Siegel, Susan Trawick, Maria Lourdes Velez, Marlene Weinstein, Patricia Yantz, Patricia Solan.

All paintings are for sale. There will also be matted original art and matted giclee prints.

In addition, four paintings will be raffled off by artists Patty Yantz, Paul Edelson, Eleanor Meier, and Carol Scinta.

Many of the paintings on display are inspired by the beauty of Long Island, landscapes and seascapes.

The artists are excited to return to Deepwells Mansion. What can be more inspiring than spending time in a beautiful mansion built in 1845 and its beautiful 19th Century Greek-Revival style estate? When the visitors come to see the art they will be excited to get a close look at the beautiful mansion. The artists know to direct the visitors upstairs for more art viewing and to also peruse the room behind the art that holds the history of the mansion, including the condition of disrepair
continued on facing page



Stony Brook Fred Mendelsohn

ARTS & ENTERTAINMENT

continued



Daffodils by Paula Peletier

and ruin the Mansion endured and the incredible restoration work that took place to return the Mansion to it's rightful glory.

Downstairs viewers will also have the pleasure of viewing two original paintings above two fireplaces in the parlor. We, the Setauket Artists, respectfully recognize

the fragility of the plaster frames of "Winthrop Taylor's Great Aunt Antoinette and Great Uncle William" and we hang our art while leaving these antique paintings undisturbed. This also brings much delight from the public when perusing our art to come across such

treasures!

For more information about our art group please visit: www.setauketartists.com.

Thank you,
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ARTS & ENTERTAINMENT

ART EXHIBIT AT THE MILLS POND GALLERY THROUGH MAY 31

*Between Artist, Artwork and Audience –
Emotional Connections in Art*



**Remembering John Muer
by Kusuma Bheemineni**

Smithtown Township Arts Council presents *Between Artist, Artwork and Audience – Emotional Connections in Art* at Mills Pond Gallery, 176 Mills Pond Rd., St. James, now through May 31. Regular gallery



Nothing to Cover Me by William Drost

hours are Wed.-Frid. 10 a.m.-4 p.m., Sat. & Sun. 12-4 p.m. Admission to the gallery is always free.

For more information call 631-862-6575 or visit our website at www.millspondgallery.org. All parking in rear lot – GPS parking address 176 Mills Pond Rd., St. James, NY 11780

Have you ever wondered about-

What is going on in a painting? For the viewer, art can be a doorway into the soul, passion, conflict, or love that is woven into each artwork. Their creations sometimes reveal unspoken personal struggles or achievements, which cause the viewer to connect with a familiar experience in their life or inspire a new way of seeing the world. How we see art is uniquely affected by the lives we have lived. The exhibiting artists communicate their thoughts, feelings, and experiences in their artwork. Viewers may connect with the art reflecting their own lives. We hope their exhibited work will touch our viewers whether they are intrigued, nostalgic, uplifted, calmed, hopeful or otherwise. Exhibiting artists have all shared brief personal connection statements which will be available to gallery visitors.

A statement by one of the exhibiting artists, Joseph Gattulli, helps to define the essence of this exhibit... "My art is not just about visual aesthetics; it is an invitation to engage with the deeper, often unspoken aspects of our emotional lives. I hope that viewers find a sense of connection and empathy, recognizing their own journeys within the narrative of my art."

continued on facing page



The Great Indoors – Brown Bear by Christopher Hanson

ARTS & ENTERTAINMENT



Lauren Capturing the Sunset
by Robert Roehrig



Above: *Nifty-Fifties* by Rhoda Gordon



Left: *My Grief, My Love* by Amanda Szczurowski

continued

Ninety-six artists exhibiting 100 works are included in the exhibit. Artists hail from 48 Long Island communities as well as Brooklyn, Queens, Irvington and Larchmont NY, NJ, OH, MA, NV. Works were created using Acrylic, Charcoal, Conte, Gouache, Watercolor,

Acrylic, Colored Ink, Oil, Graphite, Ink, Mixed Media, Monotype Print, Oil, Pastel, Pencil, Watercolor, and Woodcut.

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Media Mayhem

by June Capossela Kempf

As soon as I pour my morning coffee and switch on our 65-inch TV, I get hit right between my weary eyes with the vision of an enormous 4-foot arm pit sprawled all over the screen deeply piercing through my comfort zone. The sight of it could curdle the cream in my cup.

If that's not bad enough, the ad draws further attention to the more intimate body parts that stink from top to bottom. In the real world, that much BO calls for showering – not slathering more deodorant all over your toxic tucus which, by the way, only sweetens the 'bottom line' of the greedy sponsors. PU!

If you do get around to taking a shower, the ads offer a multitude of body wash products that will not only clear the air, but smooth and restore all the disintegrating cells of your aging layers of skin. The promotions swarm all over the networks like killer bees, until you are convinced that you can spray, shake and vacuum all the nasty fumes of the world away. You can even burn fragrant candles, if you don't mind the smoky stink arising from the ashes of one fully engulfed home sweet home. Ouch!

Right on the heels of the deodorant debacle, more offensive commercials slither across the TV monitor suggesting that you may have some obscure and deadly ailment you never heard of. By ingesting a 'miracle drug' for kidney ailments, you could get well enough to dance all over a stage with a bunch of bloomin' idiots. Then, just when you think, "maybe



I should try that," you are clobbered with a litany of deadly side effects, ranging from heart and lung damage to kidney disease, depression and death... Then ending with this warning:

Do not take if allergic to REAL-SICO. How do I know if I am allergic to REALSICO if I never used it???? Without a doubt, this proves that the cure is ten times worse than the alleged disease.

On top of all this, if you are trying to follow a show, the intruding commercials go on for a full five minutes, before returning to their 'regular 'programs' that last for a mere three minutes, then switch back to a new round of confusing assaults until I wonder, "am I watching a public health documentary or a pitch for baggy under eye cream?"

Obviously, the ad geniuses know that bombarding a captive and gullible audience with lots of drivel, works. Even the dumbest presentation, like raining microphones on a

new car, is expected to be well received by the ordinary consumer, who is plopped on the couch, sopping it all up like a soggy sponge.

Luckily, I believe I have an effective escape strategy. I can avoid all the media hype simply by venturing out where nothing can get a strangle hold on me. A place with no internet, no influencers and no infomercials to mess with my mind, right? It's my own personal happy place where I am free to tend to all the flowers and veggies in my garden without the infamous internet. But first I need to consult Father Nature on his Facebook page to see what kind of fertilizer to... What? Did I say Facebook? Oh no! I was hopelessly scammed all the time. Now I am really depressed.

Editor's Note:

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

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THE FINISH LINE

Gallery North Presents 21st Annual Wet Paint Festival

continued from page 48

to purchase food from Level Up Kitchen and enjoy a delicious picnic in an idyllic setting. An ice cream truck and kids activities will also be available, so bring the family too! Gallery North is thrilled to present this special experience. Our hope is that this cultural event will teach the public about plein air painting and inspire a new generation of artists.

After the Festival, all participating artists will be featured in an exhibition at The Reboli Center for Art and History in Stony Brook Village from July 8 to July 13. The exhibition will be free and open to the public.

Gallery North is delighted to collaborate with The Reboli Center for Art and History, Four Harbors Audubon Society, WUSB 90.1 fm/107.3 fm, Sweetbriar Nature



Center, Tri-Spy Tours and Level Up Kitchen. The Wet Paint Festival is generously sponsored by the Village Art Collective, Bryant Funeral Home, Tasty Frosty, and Suffolk County's Department of Economic Development and Planning.

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

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by Natalie
Weinstein,
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June is Busting Out All Over



I hope that reminds you of a classic Rogers and Hammerstein show tune from *Carousel* – and not your home or garage. Now that the weather has finally turned “spring like,” and summer isn’t far behind, it’s surely not the time to begin putting away the snow shovels to get out the volleyball net. If you’re already prepared for a summer “staycation,” congrats! If not, plan on using your next rainy day wisely so that you can enjoy summer fun and entertaining without the stress.

The key is to pare down, lighten up and free your space and yourself of what seems to have needlessly filled both over the winter (and perhaps before). If you are so used to your clutter that you don’t even see it anymore, try this trick. Step outside your front or garage door and imagine you are entering your neighbor’s home (maybe the one you’re not too fond of). Walk, climb or pole vault through, if necessary, and see how it feels. Navigating someone else’s mess, when you don’t have to take ownership of it, is a lot easier than facing your own.

Now that reality has set in, make a plan of what goes to the curb and what can be organized. If you have limited space in a clothing closet, you probably store clothing seasonally. If you haven’t done so – try it. If the same is true of your garage, group winter usage and summer sports so they can be shifted front and center when needed. In both

cases, you’ll find “stuff” you never knew you had, or even wanted, that’s just taking up space. Now – kiss it good-bye.

Using space wisely is what designing is all about. Lighten your “in house” space – by removing some draperies, throws, pillows and rugs for the summer season and bring in some greenery, florals and if there is time, paint a few brighter, lighter walls. Then take your “inside” – “out” – onto your patio, porch, or backyard. Spruce these areas up with great indoor – outdoor rugs, seating, lighting, dinnerware (deposable, of course) and more. Add your al fresco summer menu, a few outdoor games and a karaoke machine. Now your neat and organized interior will stay that way. Your powder room, can easily get a summer face-lift, as well, with new towels (you guessed it – paper,

of course, that speaks “summer”), a new area rug and seasonal accessories.

We all need time to relax and recharge and doing your due diligence, first, will make your summer so much more enjoyable and stress free. So – happy summer – everyone!

Editor’s Note:

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FINANCIAL FOCUS

How Should You Respond to Tariffs?

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

The Trump Administration has announced tariffs on trade with other countries. While there has been a lot of uncertainty as to how these policies will evolve, it's generally agreed that tariffs can be inflationary, and they have also sparked volatility in the financial markets. How should you respond to tariffs – as a consumer and an investor?

As a consumer...

- *Review your budget.* If you're worried that higher prices will put stress on your cash flow, look for ways to cut costs, perhaps by eating out less often or eliminating streaming services you no longer use. Look for items that could easily be swapped for cheaper alternatives, like generics for brand names. You may even be able to get a better deal from your cable or internet providers, just by asking.

- *Build or replenish an emergency fund.* It's typically a good idea to have an emergency fund containing three to six months' worth of living expenses in a liquid, low-risk account. Usually, you'd want this fund available to meet large, unexpected expenses, such as a medical bill or a new furnace. But with the possibility of tariffs causing inflation in some sectors, you might also want your emergency fund ready to handle price increases in items such as car parts.

- *Accelerate large purchases susceptible to tariffs.* If you're already planning on making a large purchase, and you think the price may be affected by tariffs, you might want to act now, if you can afford to do so. Some items that may be susceptible to tariffs include automobiles, smartphones and computers.

As an investor...

- *Diversify.* Tariffs may affect some industries, such as automobiles and consumer electronics,

more than others, such as health-care and pharmaceuticals. But rather than making hasty "buy" and "sell" decisions based on tariffs and their possible effects, try to build and maintain a diversified portfolio containing a mix of stocks, bonds and other securities. Diversification is the best defense against the market volatility caused by tariffs – or, for that matter, caused by any other factor. While diversification cannot guarantee a profit or protect against a loss, but at any given time, some asset classes may be up, or not hit as hard as others. And if your portfolio is heavily invested in an asset going through a downturn, you'll likely take a much bigger hit than if your dollars were spread across the wide array of available investment types.

- *Keep following a long-term strategy.* Right now, tariffs are certainly in the headlines as a potentially disruptive force in the financial markets. But there have always been such forces – wars, natural disasters, political turmoil, and so on – and while they have caused volatility for a while, the markets regained its footing, sooner or later.

And the most successful investors were the ones who stayed the course throughout the disruptive events, rather than jumping out of the market until things cooled down. This doesn't mean you should never make changes in response to market conditions – at times, you may need to adjust your portfolio somewhat. But by following a long-term strategy based on your risk tolerance, time horizon and financial goals, you'll be better equipped to cope with market gyrations.

Tariffs can lead to uncertainties in the financial world. But by thinking carefully about how you might respond, you can bring more clarity to your own situation.

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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HEALTH NOTES

Getting a Hearing Test May Be Good for Your Memory

by William Kent

If you want to help your memory and cognitive performance, you may want to get a hearing test and if necessary treat your hearing loss. There is a growing body of research that shows a definitive link between hearing loss and cognitive function.

According to Brandeis University Professor of Neuroscience Dr. Arthur Winfield, effortful listening due to unaddressed hearing loss is associated with increased stress and poor performance on memory tests. His research shows that even when people with unaddressed hearing loss perceive the words that are being spoken, their ability to remember the information suffers, more likely because of the draw on their cognitive resources that might otherwise be used to store what has been heard in memory. This is especially true for the comprehension of quick, informational complex speech that is part of everyday life.

"Even if you have a mild hearing loss that is not being treated, cognitive load increases significantly," says Winfield. "You have to put so much effort just to perceive and understand what is being said that you divert resources away from storing what you have heard in your memory." As people move through middle age and their later years, as Winfield suggests, it is reasonable for them to get their hearing tested annually. If there is a hearing loss, it is best to take it seriously and



treat it.

A number of studies have come to light over the past few years showing a link between hearing loss and dementia. Specifically, a pair of studies out of John Hopkins found that hearing loss is associated with accelerated cognitive decline in older adults and that seniors with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing. We have been spreading this information for a number of years now and I strongly believe that these facts are important for patients and their care takers to keep in mind when forgetfulness becomes apparent. Many experts believe that interventions, like hearing instruments, could potentially delay or prevent dementia. Research is ongoing.

Other studies indicate that maintaining strong social connections and keeping mentally active as we age might lower the risk of cognitive decline and Alzheimer's ac-

cording to the Alzheimer's Association. Also interesting is the Better Hearing Institute research shows that people with hearing difficulty who use hearing instruments are more likely to have a strong support network of family and friends, feel engaged in life and meet up with friends to socialize. Some even say that using hearing instruments has a positive effect on their relationships.

In our lifetime many of us have ups and downs in relationships and in either physical or mental health. The idea is to control the negative effects which we are faced with so it does not have a long lasting or serious effect on our lives. We should pay attention and listen to what our body is telling us, and take whatever step that is necessary to arrive at what one feels is the correct treatment. From a hearing standpoint it's simple, get a hearing test. For most, an annual audiometric evaluation is covered by health insurance, often with little or no out of pocket expense. Think about it and then listen to your body... it's speaking. All you have to do is... listen.

Editor's Note:

William Kent is the Founder and Director of Long Island Hearing, an Audiology and Hearing Instrument Practice established in 1985. With offices in both Nassau and Suffolk Counties, they can be reached at 1-800-698-5200 for more information or to schedule an appointment.

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HEALTH NOTES

Ask Ron



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

Dear Ron,

My 28 year old son is living home with me. He struggles with holding a job even though he has a college degree. When he is not working, he just hangs around the house and does nothing. I will come home at the end of the day and see the same set of dishes, and even more, clothing, and even more, and stuff lying all around the house and it just bothers me to no end that he just doesn't see it. Hard for me to understand why he can't understand that if he has the time available right now,

then help me out. I ask him about it and he says that he's been busy looking for jobs; but he's never left the house. In some cases, if he is doing a job that I would normally pay for, like power washing, I am willing to give him some cash to put in his pockets for his help. I think I'm being fair... so how can I get him to help me out while he keeps looking for work?

— Loving and frustrated Mom

Dear Mom,

Seems like a bit of direction and organization may help bridge the gap between you and your son. Start with a clear conversation of how he can help you out while looking for a job. A list of daily, on-going tasks like "put the dishes you use in the dishwasher" and "take care of your own laundry" posted on the fridge or bathroom can keep the reminders fresh. Add in other tasks when needed but with a solid deadline: "please take in the garbage can before 3pm." Advise him that you recognize that applying for jobs takes a bit of time in the day to both apply and think about the application process but right now, he can help you out so you can be available to help him. And now a word for your point of view.... for sure as a mom you feel that frustration. Just double check and make sure to keep that feeling in check so you son feels empowerment and support at home to give him the confidence to work through a difficult process.

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



by Terri Pace

What if the key to relaxation and well-being was as simple as a walk in the woods? The Japanese practice of shinrin-yoku, or forest bath-

ing, offers a scientifically proven way to enhance both physical and mental health by immersing yourself in nature.

What is Shinrin-Yoku?

The term shinrin-yoku was coined by the Japanese Ministry of Agriculture, Forestry and Fisheries in 1982, and because of its noticeable benefits, quickly gained in popularity across the globe. Those who practice forest bathing experience reduced stress, improved

sleep, greater emotional resilience, and a stronger immune system.

As a species, we are bombarded by stressors of the modern world every single minute of every single day. And it is no surprise that this triggers a response from our nervous system.

We are designed for awareness of the world around us.

The body is in a constant state of observation and reaction! The nervous system coordinates all the activities of the body and provides an ability for us to respond and adapt to changes.

We are designed to respond to the world around us.

We may react with a "fight or flight" response to danger (perceived or otherwise) and then bring all systems of the body back to normal when it is over (homeostasis).

The goal of the nervous system is to help you SURVIVE, not nec-

essarily THRIVE.

With sustained activation of our survival mode (fight or flight), this may have detrimental effects on our digestive, immune, and detoxifying processes. That is why it is critical to engage in activities that support the body's return to homeostasis! Every day!

Creating a Forest Bathing Experience

Now, I am not asking you to hug a tree, although you can if you want. I am suggesting that you make it a point to do these three things every day, however briefly:

- (1) Disengage from the hectic world and simply connect with nature.
 - (2) Breathe in the forest and breathe out the stress!
- continued on facing page

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HEALTH NOTES



continued

- (3) Recall this peaceful embrace whenever you need it.

Understanding the difficulty in “connecting with nature” or taking daily walks in the forest, I’d like to bring the forest to you!

Enjoy an experience with Shinrin-yoku, the essential oil blend, crafted to mimic the refreshing aromatic chemistry of the great outdoors. Simply opening your bottle will reconnect you with nature and bring back the sense of calm and balance from your forest bathing experience.

You are Invited to...

Join us for a pseudo-forest bathing experience on June 5th at 7:00 p.m. right here in St. James!

- Participants will learn about the science and history of aroma and healing, with a focus on aromatherapy and forest bathing.
- Participants will enjoy giving and getting an AromaTouch Technique Hand Massage, complemented with customized aromatherapy for their personal needs.
- Participants will engage in a guided imagery session to cultivate feelings of grounding, peace, and presence.
- Participants will learn about the Shinrin-yoku aromatherapy blend and how to integrate it into daily life.

Register here to get more information and the location!
<https://snsforestbathing202505.eventbrite.com>

By using potent and pure essential oils, we can influence the reaction of our nervous system and easily counterbalance the chemistry of the nervous system’s “fight or flight” mode. There are many choices at your fingertips to help you enjoy relaxing and peace-filled days.

Want to learn more?

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About the Author – Terri Pace

Terri and her family are longtime residents of St. James and owners of Pace’s Steak House in Hauppauge. Terri is a certified Holistic Health Coach. She is an educator, sharing her experiences and knowledge on the use of simply natural solutions to support the structure and functions of the body for optimal health and wellness.

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HEALTH NOTES



WELLNESS: Mind-Body Balance in Dentistry

January 2025 3/6/25

by Asli Pisano

Translating the benefits on the yoga mat to the dental chair

AS A DENTAL STUDENT, I am constantly reminded that dentistry is a uniquely demanding field. While most people are aware of the mental demands required to study and practice dentistry, fewer recognize the physical toll it can take. The long hours spent hunched over patients, the precision required in our hand movements, and the intense focus needed to excel all contribute to significant stress on the body and mind. Through my practice of yoga and Pilates, I've discovered transformative practices that have become essential for managing the demands of dental school, promoting mindfulness, and even inspiring me to become an instructor.

Physical benefits of yoga and Pilates in dentistry

The repetitive motions of using

dental instruments, maintaining awkward postures for prolonged periods, and the need for fine motor skills can lead to musculoskeletal issues, particularly in the neck, back, shoulders, and wrists. A study published in the August 2009 *Journal of Dental Research* found that over 70% of dental professionals experience musculoskeletal pain, particularly in the lower back, neck, and shoulders. Additionally, the sedentary nature of our work can lead to poor posture, muscle imbalances, and even chronic pain. As dental students, we are already beginning to feel these effects during our clinical training. Recognizing this, I turned to yoga and Pilates to counteract these physical strains and enhance my overall well-being.

With its emphasis on stretching, flexibility, and strength, yoga helps counteract physical strain by enhancing posture and alignment. The deep stretches in yoga can alleviate tension in areas commonly affected

in dentistry such as the shoulders, back, and neck. Research published in the May 2013 *Clinical Journal of Pain* supports the effectiveness of yoga in reducing chronic pain and improving flexibility, making it a valuable tool for dental professionals at risk for musculoskeletal issues.

Pilates focuses on core strength, balance, and controlled movements, which are crucial for maintaining proper posture during dental procedures. Pilates builds a strong foundation through core engagement, which can prevent back pain and promote stability. By regularly practicing Pilates, I've noticed a significant improvement in my posture, which translates to a more comfortable and sustainable working position in the clinic.

Mental benefits of yoga and Pilates in dentistry

Mindfulness, a practice deeply continued on facing page

HEALTH NOTES

continued rooted in yoga and Pilates, is the ability to be fully present in the moment. A study published in the July 2004 *Journal of Psychosomatic Research* showed that mindfulness practices reduce stress, enhance focus, and improve emotional regulation.

Mindfulness is not just a practice on the yoga mat; it can profoundly impact how we approach our work as dental professionals. By cultivating mindfulness through yoga and Pilates, we can develop greater patience, empathy, and focus, all of which are essential qualities for providing excellent patient care.

With its focus on breath control and meditation, yoga offers a pathway to cultivate mindfulness. Each session on the mat is an opportunity to disconnect from the stresses of the day and reconnect with the present moment. Through mindful breathing and movement, I've learned to manage anxiety and maintain mental clarity in and out of the dental clinic.

While often seen as a purely physical practice, Pilates also incorporates elements of mindfulness. The precision and control required in Pilates demand a deep connection between mind and body. By concentrating on the quality of



movement rather than the quantity, Pilates fosters a sense of mindfulness that extends beyond the mat and into daily life.

Research from the September 2020 *Mindfulness* has shown that mindfulness practices can reduce the risk of burnout and improve job satisfaction among healthcare professionals. By incorporating mindfulness into daily routines, we can enhance our ability to manage stress and maintain a positive outlook even in challenging situations.

Mindfulness is not just a practice on the yoga mat; it can profoundly impact how we approach our work as dental professionals.

My journey to becoming an instructor

My journey into yoga and Pilates began as a way to cope with the physical and mental demands of school, but it has evolved into a passion that I'm eager to share with others. The benefits I've experienced – improved posture, reduced

stress, and a stronger connection between mind and body – have inspired me to pursue certification as a yoga instructor.

Becoming an instructor feels like a natural progression of my practice. It allows me to not only deepen my own understanding of these disciplines but also to

help others – particularly those in physically and mentally demanding fields like dentistry – discover the transformative power of yoga. Teaching will give me the opportunity to promote mindfulness, body awareness, and wellbeing within my future dental practice and community.

Integrating yoga, Pilates, and mindfulness into dentistry

Yoga and Pilates have been instrumental in helping me navigate the physical and mental challenges of dental school. These practices have not only strengthened my body and mind but have also introduced me to the concept of mindfulness, which is essential in my personal and professional life. I am excited to share these benefits with others and promote a holistic approach to health and well-being in the field of dentistry.

Asli Pisano, Chapter President and District Chief of Staff Harvard '26
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CHAMBER OF COMMERCE NEWS



The May 5th St. James Chamber of Commerce meeting was hosted at Smithtown Mercedes. Our guest speaker was Smithtown Supervisor Ed Wehrheim who shared the many improvements seen throughout the town and updated us on future projects. We also received an update on the Our Town St. James Newspaper. This will be the 2nd edition after the return and we hope to make it bigger and better!

Special thanks to Nancy Buzzetta and Mark Hersh for hosting the meeting, complete with amazing food from Elegant Eating.



CLASSIFIED ADVERTISING

FOR RENT: Art Groups/Leagues/ Galleries etc. – large & small spaces on 1st floor of St. James Calderone Theatre, 176 Second Street, St. James. Can be divided into gallery rooms and art show exhibit areas. For more information contact – 631-862-6198 or 516-242-9242. 5/25

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JOIN THE SMITHTOWN GARDEN CLUB – Learn about gardening and meet new people. Club meets the 2nd Tuesday of the month at the Brush Barn on Middle Country Road in Smithtown. Call Sarah at 516-672-9971 for more info.

FOR RENT in St. James: Space available for an instructional learning center with individual one-on-one spaces as well as classroom size areas. For details contact 631-862-6198 or 516-242-9242. 5/25

VOLUNTEERS NEEDED – The Society for Lending Comforts to the Sick, located at 71 Blydenburg Ave. in Smithtown, is in need of volunteers for their Thrift Shop. The shop is open on Tuesdays and Fridays from 10 a.m. until 2 p.m. The Lending Room for medical equipment is open every Monday, Wednesday and Thursday from 4-7 p.m. and Saturday morning from 9 a.m.-12 noon. For more information call 631-265-1674.

AMERICAN LEGION HALL FOR RENT – The Sherwood Brothers American Legion Post 1152, located at 95 Lake Avenue, St. James, is looking to rent its hall for all occasions. Reasonable rates, air conditioned, heat, tables, complete kitchen and ample parking. Call Marty Thompson at 631-445-8447.

WANTED: Volunteers – Join the Smithtown Historical Society's Volunteer Corps. Looking for committed, long-term volunteers to join in preserving our shared local history. INTERESTED??? They need help in buildings and grounds keeping, beautification/ decorating; children's programming; special events... and much more. For more information call 631-265-6768 or visit info@smithtownhistorical.org.

LOOKING FOR HELP? Place a classified ad in Our Town and reach over 6,600 families and businesses for only \$5 for the first 20 words and .10¢ for each additional word. For information please send email to info@ourtownstjames.com

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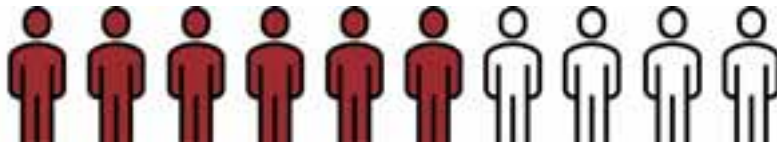
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