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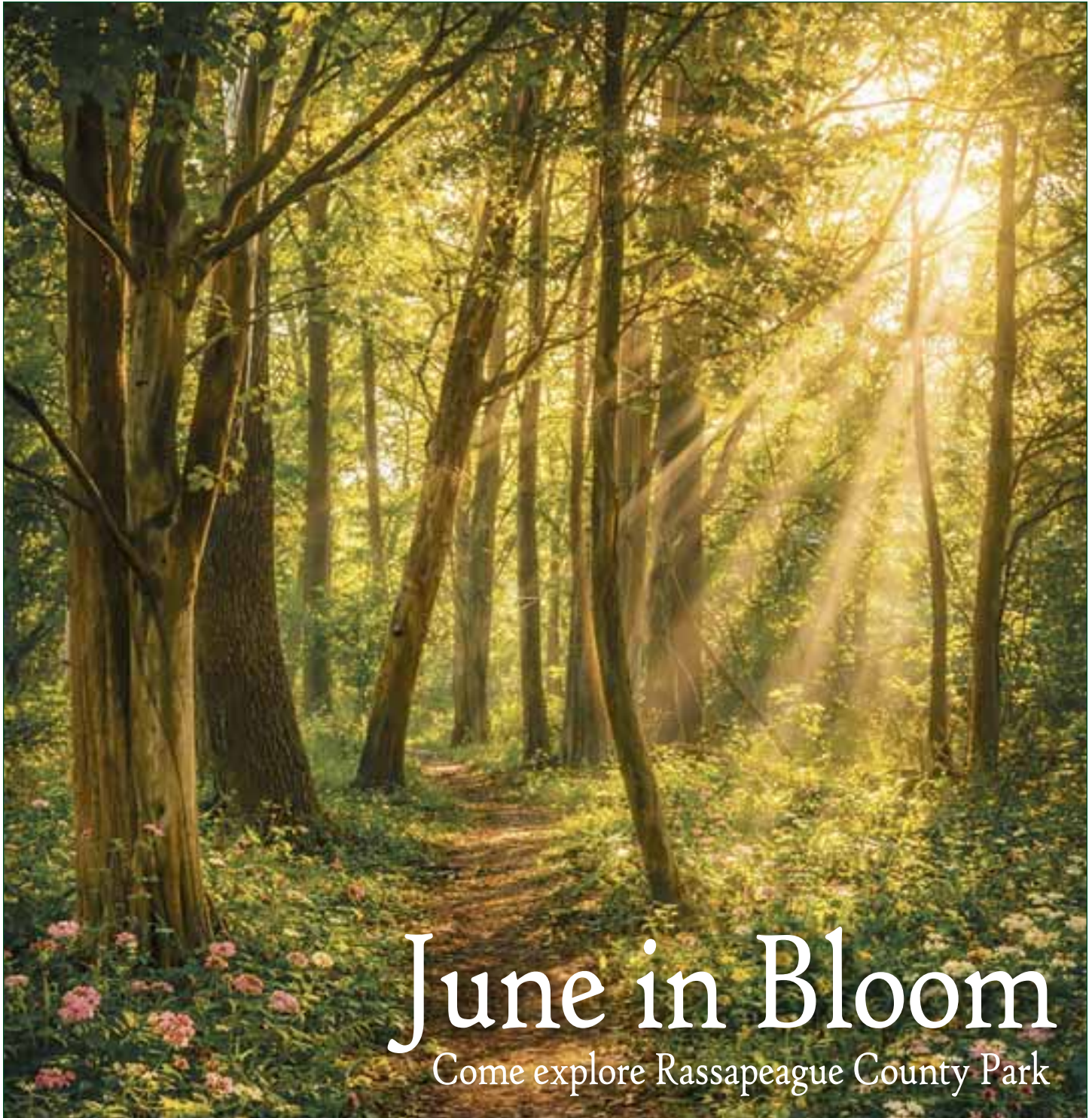
JUNE  
2026

Volume 39  
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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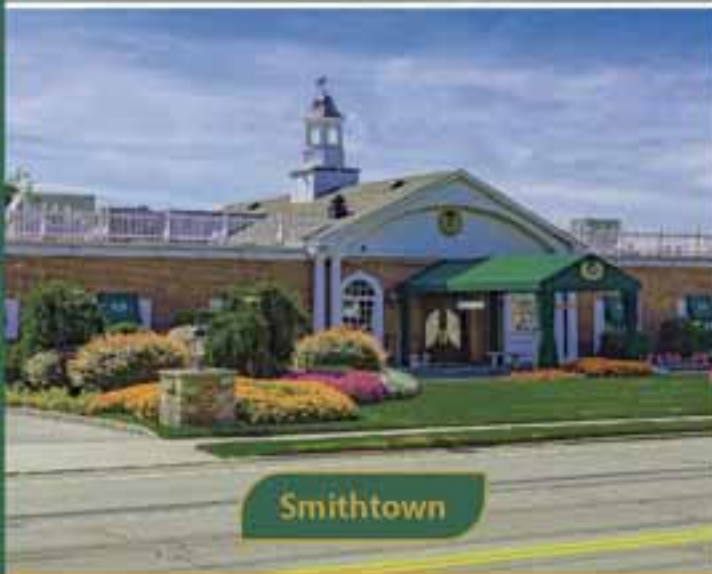
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# Our Town

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## OUR TOWN - ST. JAMES -

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## PLEASE NOTE:

Advertising & Editorial Deadline for the **JULY** edition of OUR TOWN • ST. JAMES is **THURSDAY, JUNE 11 - 12 NOON.**

Distribution takes place on **JUNE 22, 2026.**

## MERCHANT SPOTLIGHT

### Caterina Valentina Salon

230 Lake Avenue • (631) 374-8972

At a young age, what an incredible gift it is to know what you want to do for the rest of your life; to derive so much pleasure from your work that it becomes a calling rather than simply a job.

Caterina Valentina Salon owner Caterina Giordano is exactly that kind of person. As a youngster, she offered makeovers to friends and loved seeing how her artistic talents in hair styling and makeup helped them feel beautiful and confident. She has always enjoyed helping others and, as she says, was truly “born to do this.”

Today, Caterina is no longer the child practicing her skills on friends. She is now a seasoned industry professional with deep and varied expertise. Yet the excitement she feels when seeing the joy in her clients’ eyes remains exactly the same. During our conversation, she rarely spoke about her own accomplishments. Instead, she spoke



again and again about the impact her work has on her clients. It is a refreshing perspective. Her clients mean everything to her, and their happiness is what inspires and motivates her. Caterina’s extraordinary talent is reflected in the many positive reviews and loyal relationships she has built over the years.

What happens when you walk into the salon at 230 Lake Avenue? You step into an oasis of style and sophistication. You are welcomed by a team of dedicated stylists whose shared goal is simple: to help every client look and feel their best. The staff functions like a family, and their clients quickly become part of that family as well.

The salon serves women, men and children, offering a full range of services. Their specialties include glamorous wedding hairstyles, available both onsite and offsite, as well as Blow-Out and Bubbly Parties that are perfect for birthdays and bachelorette celebrations. Hair coloring is another area in which the salon excels, with extensive expertise and attention to detail.

The salon is currently home to four highly talented stylists, and due to growing popularity and demand, the team is expanding and looking for additional talented artists to join the family.

Stop in and experience a business with exceptionally high standards. See firsthand the expertise, warmth and genuine joy the staff brings to each and every client who walks through the door.



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## FOR SALE



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## FOR SALE



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## PENDING



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## PENDING



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

**\$499 990.**



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A R O U N D T O W N

## Miracles and the Past Amazing Year at Celebrate St. James Center for the Arts

by Natalie Weinstein, President  
 “Amazing”, “extraordinary”, “truly a happening” – these were words I’ve heard over and over again as nights and days at the Center have been filled with the beautiful voices of kids and adults – culminating in seven sold out performances of *Fiddler on the Roof* and two sold out shows of *Shrek Jr.* Truly, as the lights went down in the still undecorated theatre – magic occurred on stage. It was palpable and more than once brought me to tears. Kudos to our dear Tony Chiofalo and his talented team at Lighthouse Repertoire Theatre, our resident theatre company.

As I reflect on this past year as president, with the most passionate and talented people, both on and off stage that have given so much to Celebrate St. James, I almost need to pinch myself to believe what has

happened. Last spring, we received a Suffolk County grant for a lift elevator so everyone could attend events on the second floor (and two weeks later, I broke my foot!). A willing and devoted new executive board and amazing program director pushed my wheelchair around (literally!) while we crossed our fingers awaiting the results of the Gardiner matching grant application. When the funds arrived in June, we made plans to close the building in August, but not before our 1st children’s workshop rehearsed and performed *Annie Jr.* in July.

Construction was completed in September, thanks to Phil DeBlasio and his wonderful team of contractors, our talented architect, Mike Morbillo, and our terrific town liaison, Joe Arico, head of Buildings and Parks for Smithtown. No more

leaky roof and the original stage – exposed to view – with a Gala in October, honoring them all along with Bob Retnauer, our plaza designer, and Fran Cirillo, a major benefactor and supporter.

The end of the year tested the waters as we advertised our 1st main stage show, *Anastasia* which was advertised on our new marquee, with reviews that showed that the talent the Center had attracted was right up there with the best of them. In the New Year, our Valentine’s Day Heart of Broadway show bought our very first dinner theatre to the Center and people are still talking about it!

All the while, adults and kids art, amassed by Jack Ader, our Executive Vice President, and Sandra Ciruolo, our Art Vice President, beautifully enhanced the walls of

continued on page 8

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A R O U N D T O W N

## Celebrate St. James Center for the Arts

continued from page 6  
the old Calderone. Guitar music was heard as a new friend, Cris Mirabella, joined our ranks, and more and more people stop by and join us.



Now, a year later, we anxiously await three matching grants (fingers crossed) as we hear the amazing voices, in rehearsal for *South Pacific* appearing, on stage June 5 through 14, and prepare for our kids summer theatre boot camp which will debut *The Little Mermaid Jr.*

Not a day goes by that I am not humbled and grateful to the people who are on Team Celebrate. Their passion, commitment, intelligence and talent is something to behold.

Every day another person chooses to name a theatre seat or give a donation, large or small, or bring their art and tell us how much they want to be part of us, or I see the faces of the adorable children who get up on a stage that is over a century old and truly become performers – and my heart sings. I know there is magic in the air and a legacy we are creating that St. James deserves.

### June Events at Celebrate St. James Center for the Arts

**South Pacific** –  
Mainstage Production  
June 5-14  
Presented by Lighthouse Repertory Theatre.

**Summer Sunsets – Paint & Sip**  
Wednesday, June 17, 7-9:00 p.m.  
Ages: Adults  
Cost: \$50

Enjoy an evening of creativity, relaxation, and summer-inspired painting.

**Summer Kickoff Art Workshop**  
June 19, 9:00 a.m.-12:00 p.m.  
Ages: 6-12  
Cost: \$75

A fun and creative workshop designed to celebrate the start of summer through hands-on art activities.

### Teen Battle of the Bands

June 21, 4:30 p.m.  
Local teen bands take the stage in an exciting live music showcase. Visit our website for event details and band submissions.

### Celebrate Connections

June 28, 1:00 p.m.  
An inclusive all-abilities social event focused on creativity, connection, and community engagement.

### The Dedications – Free Community Concert Series Kickoff

June 28, 7:00 p.m.  
Location: Celebrate Park  
Kick off the summer with a free outdoor community concert featuring The Dedications.



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**Ad and Article  
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Thursday,  
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12 noon**



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AROUND TOWN



## Running for a Worthy Cause

Deepwells was the location of the third annual 5 mile run to raise money for the soon to arrive Stony Brook Ronald McDonald House, a treasured resource supporting the family of children facing medical challenges.

James Remien and Cynthia Lippe were the incredible force behind this massive undertaking. They had 827 runners and raised \$125,000 for the very worthy cause!





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**St. James, NY | MLS# 999279. \$879,000.**  
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**PENDING SALE**



**Nissequogue, NY | MLS# 961073. \$ 1,699,000.**  
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**Head of Harbor, NY | MLS# 988563. \$1,425,000.**  
Under contract in 4 days. Multiple offers over asking price.



**Nissequogue, NY | \$1,450,000**  
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Designed for both entertaining and everyday coastal living, the home includes spectacular indoor and outdoor gathering spaces, magnificent landscaping, and breathtaking sunsets stretching to Connecticut. Ideally located approximately 60 miles from Manhattan near Stony Brook University and Stony Brook Hospital, this private waterfront retreat offers an unparalleled blend of luxury, serenity, and convenience. MLS# 000034. \$6,800,000.

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

by Arline Goldstein

June is a month filled with celebrations. We honor graduates moving from kindergarten to first grade, from middle school to high school, and from college into the many exciting paths that await them. June is also the season for weddings, as we celebrate brides and grooms beginning their new lives together. And, of course, June is the month when we celebrate fathers, grandfathers, and all the special father figures in our lives. At the St. James General Store, you can always find the perfect and unique gift to show your love and appreciation.

Did you know that Father's Day became a national holiday nearly 60 years after Mother's Day? Mother's Day was designated a national holiday in 1914 by President Woodrow Wilson, while Father's Day was not officially recognized until 1972, when President Richard

Nixon signed it into law. Today, Father's Day is celebrated on the third Sunday in June.



Thinking about how to celebrate Father's Day on June 21? Perhaps you're planning to fire up the grill for a backyard barbecue. Here at the General Store, you'll find a magnificent selection of sauces and marinades, from Spicy Honey to Cherry Balsamic Grilling Sauce, all for just \$7.95 a bottle. The variety is truly mind-boggling.



While cooking at home was once considered mostly a woman's role, more and more men are discovering the joy of cooking, especially outdoors at the grill. Browsing through the kitchen section, I came across some wonderfully practical  
continued on page 16

# Imagine...

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A R O U N D T O W N

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

continued from page 14  
and entertaining gadgets that any cook would enjoy: kitchen scissors, knife sharpeners, tube squeezers, taco shell holders that keep tacos upright and cozy, wooden spoons, and so much more.

More and more men in my life seem to take great pleasure in preparing meals that are delicious, beautifully presented, and enjoyed by family and friends. Even the carved wooden Indian statue, dating from the late 19th or early 20th century, with its magnificent feathered headdress, seems as though it may be searching for the perfect



Father's Day gift.

People truly think of everything these days. Imagine Dad waking up to the rich aroma of dark roasted coffee, not from the kitchen, but from a candle by Cedar Crate Market. Light it, and the fragrance fills the room. There are soaps for the morning shower, garlic presses for the culinary enthusiast, and even sifters for dads who love to bake. Dad might also appreciate an apron or a hat featuring the General Store logo for outdoor grilling days. Mugs are always a favorite gift, and the

store offers two different sizes featuring charming images of the General Store itself.

Ms. Potts certainly has not forgotten the children. She has selected the most adorable stuffed animals to delight and comfort youngsters of all ages. You'll also find fascinating games for children, along with ever-popular kaleidoscopes. Turn the end and watch the colors and patterns shift into designs that are never the same twice. A crate filled with Raggedy Ann and Andy dolls brings back memories for many visitors. First created by cartoonist Johnny Gruelle for his daughter Marcella, Raggedy Ann was introduced alongside a 1918 book series and



continued on page 18



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### LINDENHURST "WATERFRONT EXCLUSIVE"



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### ST. JAMES "OUR EXCLUSIVE"

Circa Gambrel style home, 3 BRs, 2 full baths, living room with fireplace, dining room, kitchen, open porch, rear porch. Walk up attic. Detached 2 car garage, In ground pool. 1.14 acre. Sold as is.

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### ST. JAMES "WHOLE HOUSE RENTAL"

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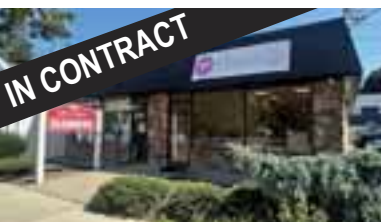
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A R O U N D T O W N

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



continued from page 16 became an enormous success. Raggedy Andy followed in 1920. Be sure not to overlook the Clearance Counter either, where treasures are always waiting to be discovered.

Many dads are just as devoted to their furry companions as they are to family, and the store offers gifts for dogs and cats alike. One especially thoughtful idea is placing a favorite photograph of you and your dad into one of the beautiful gold frames displayed throughout the

shop. Available in many shapes and sizes, it's the kind of heartfelt gift that will surely be treasured for years to come.

One never knows whom they might meet in the Book Loft. During my visit, I met Ken Makes and his wife, Patricia, who were visiting Long Island from Vermont. They had come to see Ken's father, who lives in Hampton Bays. Ken explained that he grew up there and had heard about the St. James General Store for years before finally deciding to stop in. He was holding a book about Hampton Bays and said his father would be delighted to read it. Ken also shared that his family history on Long Island dates back to the 1800s, and that his great-great-grandfather fought in the American Civil War. As our conversation continued, Ken mentioned that he plays guitar in the cover band Free Bird, which recently per-

formed at Deepwells. He also told me he is building his own house in Vermont, at which point his wife simply shook her head. I'm still not entirely sure what that meant! One thing is certain: you meet the most interesting people at the General Store.

Continuing through the Book Loft, I discovered a wonderful title, *Sleep and Relaxation: A Natural and Herbal Approach* by Barbara Heller. Other books that fathers might enjoy include *Dad Skills* by Chris Patterson. Perhaps Dad is searching for a new hobby. *Beekeeping for Beginners* by Kim Flottum certainly sounds intriguing. Books on camping, fishing, and golf also make excellent



continued on page 20

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A R O U N D T O W N

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

continued from page 18  
Father's Day gifts. Does your father have a beard? There's even a wonderful Gentleman's Beard Kit available. If fishing is his passion, consider picking up the 3D Fish Cards, and for the gardener, a Pollinator Wand. Baseball season is in full swing, and books about the Mets, Dodgers,



or Giants are sure to delight any baseball enthusiast. Still wondering what to get Dad for Father's Day? Chances are, you'll find it at the St. James General Store.



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# AROUND TOWN



Nearly 200 supporters participated in the third annual Paige Keely Foundation Golf Classic, honoring former St. James Elementary School first grader, Paige Keely, who passed away in 2018 from an undiagnosed brain arteriovenous malformation. *photos courtesy of Smithtown CSD*



## Swinging for a Cure

It has been eight years since Paige Keely, a first grader at St. James Elementary School, tragically passed away at just 6 years old from an undiagnosed brain arteriovenous malformation. In the wake of that loss, Paige's mother, Gina Keely, has turned her grief into purpose – dedicating herself to raising awareness and funding research to detect this

condition earlier in life.

"The goal is to find this at the earliest stages of life," said Keely.

On May 4, nearly 200 supporters gathered at Nissequogue Golf Club for the third annual Paige Keely Foundation Golf Classic. The event brought the community together for a day of golf, dinner, raffles, auctions and entertainment. Proceeds

from the outing help fund critical initiatives, including a two-year research fellowship with Stony Brook University Medicine focused on advancing brain AVM awareness and early detection.

"The earlier we find it, the more treatable it becomes," Keely said.



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STORIES OF THE SPIRIT

### Mom in Heaven

by Joe Giaquinto,  
Psychic Medium and  
Paranormal Investigator

In my last article, I spoke of my dad who passed in the spring of 2012. I spoke of the messages from heaven he gave our family. Mom survived him for another thirteen years. At the end of June this past year, she joined dad in heaven.

Mom was a prolific artist – a watercolorist – who painted and drew beautiful iconic landscape and seascape impressionist paintings of Long Island, upstate New York, and New England.

Mom and I were always very close. As her eyesight worsened with macular degeneration and her mobility lessened, I functioned as her caregiver – her ‘guy Friday’, or as I often told people with a smile, “I’m just the taxi driver.”

I drove my mother to all the art exhibits, art events and painting

workshops. The trips were memorable: I got to see beautiful painterly locations from Maine and upstate New York to Washington, DC. We met many talented artists during these trips, and I helped her with the show entries, advertising and exhibit setups.

When mom was alive – one thing was certain. Both of us were psychically inclined. She’d joke that it was the Russian in her.

For example, one evening, I was getting ready for a Zoom webinar with Kerriann Flanagan Brosky – author of several books on Long Island’s historic ghosts. The webinar was going to discuss the haunted Revolutionary War location at Strongs Neck in East Setauket.

I still had some time before the webinar, so I went into the living room to say hi to mom. She was getting ready for the Yankees game on TV. (Mom usually waited about a



half hour before tuning into the game – she wanted to let them play an inning before she’d yell at the TV when their batters struck out!

As I walked past mom on the way continued on page 26

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STORIES OF THE SPIRIT

### Mom in Heaven

continued from page 25  
to my office, I casually remarked to her, "Don't you want to see [Aaron] Judge get a home run?"

When the webinar was over, I re-joined mom in the living room. The Yankee game was still on, and they were leading 3 to 1 over the Tampa Bay Rays. That's when mom told me, she had decided to turn on the game sooner – in the first inning. And guess what? Judge was first up at bat – and he hit a home run on the first pitch.

Another time, Mom and I were watching the Family Feud game show. As the game was progressing, we were trying to decide what to eat for dinner. We spoke about J&R's Steakhouse in Calverton (which was her favorite place to go) and she suggested we should get a hamburger for dinner. Well, that sounded great to me; I envisioned a nice juicy hamburger in a bun with

all the trimmings and a side order of fries.

Meantime, neither of the two competing teams on Family Feud had reached 300 points, so Steve Harvey, the emcee, took one person from each team to play the sudden-death round (where whomever gets the topmost clue will automatically win the game.)

Steve Harvey then told the two players what the clue would be – a phrase they had to complete. He said, "Hamburger – blank."

One evening, mom and I were watching the Five Show on Fox; they were talking about how Vice President Kamala Harris had a different feeling towards the unvaccinated citizens – that they were not the cause of the latest COVID-19 viral spread. Mom remarked that Kamala was doing the good-cop/bad-cop thing. Less than five minutes later, one of the panelists


commented that Kamala was playing good-cop/bad-cop!

Michael Kay, the sports commentator for the Yankees, was on the air during a televised game and the Yankees had a lead – until the bottom of the 9th inning. The pitcher, Aroldis Chapman, had allowed multiple walks and several runs to score, due to a lack of control over his pitches. Suddenly, the Yankees were looking at a loss. Mom and I both blurted out how the game was a real 'nail-biter.' Not five seconds after we chimed that comment, Michael Kay said that this game was a real nail-biter!

When mom's time to leave us came near, she entered the Mary Tully Hospice Inn located in Melville. During her stay, mom had a great rally for about three days in which she was talking with everyone, recounting favorite family  
continued on page 28



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## Mom in Heaven

continued from page 26 stories. We were all there to witness her vibrancy.

Then, mom asked my sister and I a very emotional question, "So, I'm not going home again, am I?"

I told mom, "Anything can happen. Lots of people bounce back and leave hospice." (Only God knows when we depart this life and, as both a Catholic and a Spiritualist, I would never tell a person there was no hope.)

But subtle signs showed she was nearing end-of-life, including an increase in pain requiring more medication, a lack of kidney output, and her loss of interest in eating.

During the fourth to eighth day, mom was in and out of sleep. She still recognized the family. However, more changes were occurring (elevated heart rate, irregular breathing, lack of drinking and food intake.) By the ninth day, Mom was

non-communicative.

Since my sister and I were busy making final arrangements for mom's passing; we were stepping in and out of the room to check on her. On this day, mom was quiet – asleep the entire morning and afternoon.

However, in the late afternoon, when my sister approached the door to mom's room, she heard mom talking. She figured the hospice nurse was in the room with her. Instead, she found mom alone in the room – and talking to Rosemary (her old friend from Williamsburg, Brooklyn.) Mom had kept in touch with Rosemary for many years until she passed about a year ago.

And here was mom talking to her friend in heaven – calling out Rosemary's name and carrying on some sort of conversation with her! My sister was happy to hear mom talk-

ing with Rosemary's spirit. Perhaps they were planning to meet when mom made her transition from this world.

When mom was still at home, nearing her last days before hospice, she slept a lot of the time. She only watched minimal television. One day, I asked her if she'd like to watch some YouTube TV. She wanted to see a performance by her favorite opera singer, Renata Tebaldi. It was an operatic selection called "O Mio Babbino Caro."

I plugged my laptop into our big screen television, located the video, and played it for her. Mom explained that it was about a man who loved a woman, but the father did not approve. It's a very beautiful song and a familiar melody.

After Renata finished singing, I asked Mom if she would like to watch a movie. We both agreed on  
continued on page 30

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442 River Road, Nissequogue | For Rent - \$4,500.

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### Mom in Heaven

continued from page 28  
*Moonstruck* with Nicholas Cage and Cher, which includes the very popular Italian song at the movie's opening scene, "That's Amore" by Dean Martin.

About two weeks after mom passed, I was driving to a neighbor-

ing Whole-Foods market to get some takeout for dinner. At the very last moment, I made an impulsive decision to stop at a local Italian restaurant for dinner instead.

The restaurant had a nice little dining room and a seating section for a quick slice of pizza. I went to

the counter and ordered a dish of pasta puttanesca and sat down at one of the pizza-section tables to wait for my order.

The restaurant had a speaker system set up where they could play songs from a music-streaming service. The playlist included many types of song genres – Italian, Rock & Roll, Top 40s Pop and contemporary selections. The selections were random.

My spaghetti dinner had now arrived, and as soon as I began to eat, I heard an Italian opera song performed by a male singer playing over the speaker. The tune sounded familiar, so I asked Kyle, one of the servers, if he could tell me the name of the song.

He replied, "Joe, I think it's an Italian opera song called, "O Mio Babbino Caro."

What a beautiful message from my mom! If I had gone into the restaurant at any other time, or had I passed up the restaurant and gone to my original Whole-Foods market, I would not have heard that song play.

And do you know what the very next song was? "That's Amore" by Dean Martin!

I'm not too surprised my mom would pick that location to play those two songs for me. After all, the restaurant is called Mamas.

At my niece and her husband's 1929 home, they have a beautiful and cozy living room with a large entertainment center that has a flat-screen TV built into it. On the very top of that furniture, close to the ceiling, sat a black witch's hat.

The hat was a prop mom had bought for Halloween one year where she dressed up as a witch, went to my sister's home, knocked on the front door and said, "Trick or treat." It was hilarious.

When my niece had family visiting one day, they were gathered in the living room and started talking about how they missed their grandma.

continued on page 63

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## AUNT MEME'S WISE WORDS

### "Tuck In"

by Fran Posner

One of my fondest memories of my Aunt Meme is after she said good night in person or on the phone, she would always say, with a musical lilt in her voice, "Now tuck in."

Meme had a ritual before bedtime. She believed if you followed a ritual, you would have a good night's sleep.

According to Wikipedia, "In psychology, the term ritual is sometimes used in a technical sense for a repetitive behavior systematically used by a person to neutralize or prevent anxiety."

As someone who used to fall asleep on the couch watching T.V., fully clothed and still fully made-up, it was tortuous to wake myself up after several tries and force myself upstairs to my bedroom. I realized that this ritual was causing me unnecessary anxiety. Other than buying a one level ranch home, I started to take Meme's advice.

Meme knew the benefits of quality sleep and the downside of sleep deprivation. Our brains and bodily systems are actually very busy during sleep doing things that cannot be done while awake. Some benefits of sleep include: Heart Health (regulates blood pressure and inflammation), Cognitive Function and Memory (improves focus and problem solving), Physical Repair (rebuilds tissues and muscles), Mood Stability (helps manage stress).

Everyone is different so you can find a ritual that works for you! During the day, Meme ate healthy foods in moderation, was always moving and didn't snack after dinner. When she was ready to tuck in, Meme started with removing her makeup, brushing her teeth, flossing, a warm bath or shower, body cream, getting into her P.Js, then hand and face cream. She put a bottle of water on her night table, cooled down the room, read a little and turned off the lights. Then, counted her blessings instead of sheep!

You might think that you have to start tucking in at 3 in the afternoon. However, when a ritual becomes consistent, it takes less time and you reap all the benefits!

P.S. For those of you who are raising children or are caregivers, you can't always count on undisturbed sleep. If you possibly can, take a nap during the day – Meme said: "Sleep is cumulative." Prioritize, let unimportant things go so that you can take care of yourself as well.



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I N T H E N E W S

# Smithtown Rotary Highlights Those Making a Difference

On Long Island a growing effort is underway to address a challenge that has long gone overlooked: supporting adults with autism as they transition into independent, fulfilling lives. At the heart of that effort is the Winters Center for Autism, a non-profit facility dedicated to providing job training, life skills, and meaningful employment opportunities.

Founded by Joe and Michele Winters, the center was created to fill a critical gap in services. While many programs exist for children with autism, support often diminishes significantly once individuals reach adulthood. The Winters Center aims to change that narrative by focusing on long-term success beyond the school years.

Located in West Babylon, the facility offers a wide range of programs designed to prepare participants for real-world employment. These include vocational training, resume building, interview preparation, and social skills development. The center also partners with local businesses to help place participants into jobs that align with their strengths and interests.

"We want to give individuals the

tools they need not just to find a job, but to thrive in it," the organization has emphasized through its mission and outreach efforts.

The campus itself reflects that vision. Equipped with training classrooms, recreational areas, and community spaces, it serves as both a learning environment and a place for personal growth. Programs are tailored to each individual, helping participants build confidence while developing practical skills that can translate into the workplace.

The need for such services is significant. Nationally, unemployment rates among adults with autism remain high, often due to a lack of accessible training and employment pathways. By connecting participants with supportive employers and providing ongoing guidance, the Winters Center is working to reverse that trend locally.

Community response has been strong, with businesses and residents alike recognizing the value of a more inclusive workforce. The center continues to build partnerships across Long Island, creating opportunities not only for its participants but also for employers seek-



**Smithtown Rotary Club President Ron Rothman (right) welcomes Christine Ponzio (left), Executive Director of the Winters Center for Autism.**

ing dedicated and capable workers.

As awareness grows, the Winters Center for Autism stands as a model for how communities can come together to support individuals with autism well into adulthood. Its mission is simple but powerful: to ensure that every individual has the chance to lead a productive, independent, and meaningful life.

For additional information go to: [www.winterscenterforautism.com](http://www.winterscenterforautism.com) or call 631-635-1169.

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I N T H E N E W S

## 492 Residents Dispose of 23,300 Pounds of Sensitive Documents at Spring Shredding Event

On Saturday, May 26, the Town of Smithtown hosted a record-breaking Paper Shredding Event at the Municipal Services Facility (MSF) in Kings Park, where 492 residents safely disposed of more than 11.65 tons (23,300 pounds) of sensitive personal documents. The impressive turnout exceeded last year's totals and reflected the continued growth and popularity of the Town's paper shredding program among residents.

The bi-annual event, coordinated through the partnership between the Town's Department of Environment and Waterways (DEW) and the Municipal Services Facility, provided residents with a secure and convenient opportunity to safely destroy confidential paperwork while helping reduce the risk of identity theft. Two full-service shredding trucks from Data Shredding Services, Inc. of Hauppauge operated throughout the day, continued on facing page



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I N T H E N E W S

continued keeping wait times short and traffic moving efficiently.

"This program continues to grow year after year, and we are extremely proud to see such a strong community response to this important service. Breaking last year's record with nearly 500 residents participating and more than 11 tons of documents collected is a tremendous accomplishment. Events like this not only help residents safely protect their personal information but also reflect our community's shared commitment to public safety and responsible disposal practices. I want to sincerely thank the hard-working teams at MSF and DEW for their exceptional coordination and dedication in making this another successful event for our residents."

- Supervisor Edward Wehrheim

MSF and DEW staff worked throughout the day to assist residents, direct traffic, and ensure the event operated smoothly from start to finish. Residents expressed appreciation for the quick and professional service provided by Town staff and the shredding crews.

"We are incredibly pleased with the turnout and grateful to residents who continue to take advantage of this valuable community program. This event gives residents a safe and reliable way to dispose of potentially sensitive documents while helping prevent identity theft. I would like to thank Supervisor Wehrheim for his continued support, as well as the outstanding MSF team - Matt Laux, Tom Pascarella, and the Saturday crew - along with the DEW team led by Rich Kitt, Brooke, and Tom, for their hard work and professionalism throughout the event." - Michael P. Engel-

mann, P.G.,  
Solid Waste Coordinator

The Paper Shredding Event was held at the Municipal Services Facility, located at 85 Old Northport Road in Kings Park, from 9:00 a.m. to 3:00 p.m. The next Town of Smithtown Paper Shredding Event is

scheduled for Saturday, October 17, 2026.

Residents are encouraged to download the Town of Smithtown mobile app, available free on Google Play and the App Store, for updates on upcoming programs and community events.



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## Smithtown Senior Citizens Department Offers a Medical Alert Program to Help Residents Live Safely and Independently at Home

The Town of Smithtown Senior Citizens Department, in partnership with American Medical Alert Corp., a Connect America company, is proud to offer the Smithtown Senior Citizens Medical Alert Program – an initiative designed to help seniors live safely and independently in their homes.

“The safety and well-being of our senior residents is always a top priority. This program provides an added layer of security while supporting independence, allowing seniors to remain in their homes with confidence and peace of mind. The Senior Citizen Department does an excellent job ensuring the process is simple and seamless.”

– Supervisor Edward R. Wehrheim

The program provides residents with access to reliable, easy-to-use medical alert systems that offer peace of mind for both seniors and their families. Features include 24/7 monitoring, immediate connection to trained emergency operators, and GPS tracking capabilities, ensuring help is always within reach when it matters most.

The program is available with no long-term commitment or start-up costs. Affordable monthly monitoring options include in-home units at \$18.00 per month and GPS-enabled units at \$30.00 per month.

Residents interested in enrolling or learning more about the Smithtown Senior Citizens Medical Alert Program are encouraged to contact the Senior Citizens Department at (631) 360-7616 or visit [www.smithtownny.gov](http://www.smithtownny.gov).

### How To Join the Smithtown Senior Center:

Smithtown residents, ages 60 years and older can join (no fee is required) by filling out a brief application on-site, along with proof of residency such as a driver’s license.

A membership card and welcome packet will be provided, along with a tour of the facility by a Senior Center Club Leader. The welcome packet includes a current calendar of activities, classes, and events, as well as brochures for services and amenities available exclusively for members.

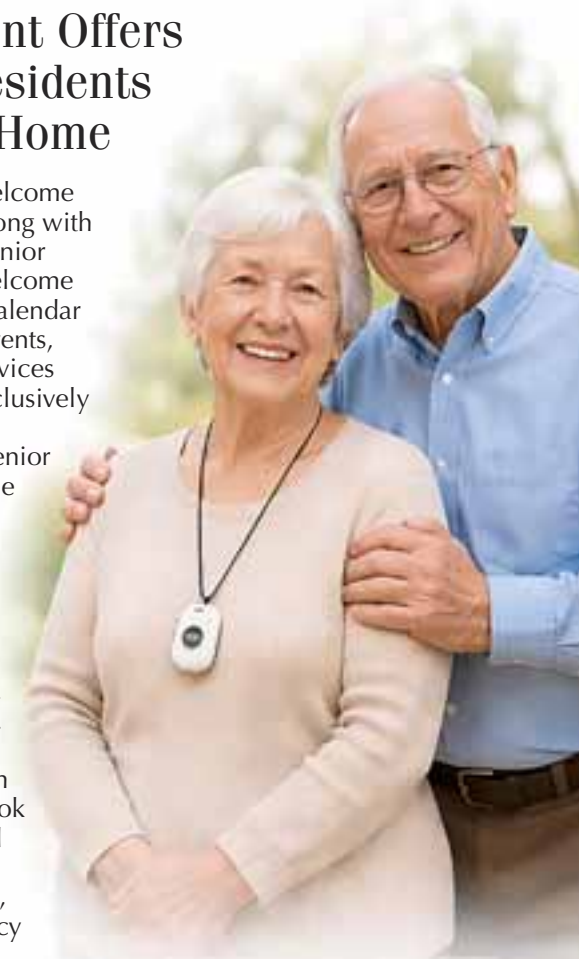
The Eugene Cannataro Senior Citizens Center offers a wide array of activities, clubs and programming geared towards improving quality of life for residents, ages 60 years or older. Every day, the center offers a full schedule of arts, fitness, and wellness programming. Members can choose to join a variety of clubs, from gardening, quilting and book clubs to one of seven social clubs, featuring Casino & Theater outings, luncheons, parties, community advocacy and volunteer opportunities.

In addition to a wealth of entertaining programming, the Smithtown Senior Citizens Department offers a variety of at home maintenance and repairs services.

The Senior Center is open Monday-Friday from 8:30 a.m. to 4:00 p.m. (July & August Hours: 8:30 a.m. to 3:30 p.m.) Lunch is served daily. Transportation is also available for members.

For questions or additional information, please call (631) 360-7616 or for Transportation: (631) 265-8811.

Eugene Cannataro Senior Center is located at 420 Middle Country Road, Smithtown, NY 11787.



## Pets For Adoption at Smithtown Animal Shelter



**Adopt Marty**

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

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

While making your acquaintance, Marty can be a bit nervous at first, but he quickly melts into an affectionate wiggle machine once he feels safe. When he recently met a group of middle school-aged children, this big mush immediately

transformed into a giant cuddle bug, rubbing against them for attention and soaking up every bit of love he could get.

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

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



**Adopt Lotus!**

Meet Lotus! This beautiful grey tabby sweetheart may be a senior, but don't let her age fool you – with her tiny frame and adorable features, Lotus still looks more like a young kitten and has so much love left to give.

Estimated to be about 15 years old, this extraordinary lady has en-

dured more than her fair share of heartbreak. Found as a declawed stray, her microchip revealed a heartbreaking story involving not one, but two different families in her past. Despite everything she has been through, this resilient girl remains gentle, affectionate, and ready to finally find the loving forever home she deserves.

She enjoys companionship and would likely do well in a home with children, other cats, and possibly calm dogs. While she does have hyperthyroidism, she continues to enjoy attention, comfort, and the simple joys of being cared for.

This sweet girl would make a wonderful companion for a special family looking to open their heart and home to a gentle, loving cat who still has so much joy and affection to share.

If you are interested in meeting Lotus, 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: [TownofSmithtownAnimalShelter.com](https://www.smithtownny.gov/TownofSmithtownAnimalShelter.com)

### **Foster Opportunity:**

If you have no other pets or young children at home, and are looking for a way to serve your community, please consider signing up to be a foster. Foster parents provide temporary care for cats, kittens, and dogs in their own homes. Some animals need as little as two weeks of care, while others may need care for extended periods of time. The shelter provides: food, litter, litter box, large crate, bedding, all veterinary care and medicine for foster animals, foster training and plenty of continuing support to foster parent volunteers.

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

continued on page 44

# China, A Most Fascinating Country!



by Irma Gurman

My father once told me that if I dug a hole deep enough, I'd wind up in China. While that may not be entirely accurate, the extremely long flight there is certainly not for the faint of heart. I set my watch 12 hours ahead, which was quite confusing because the hours were the same as at home, but that's where the resemblance ended.

We visited many cities during our journey, but I'll focus on Beijing, our Yangtze River cruise, Shanghai, the Li River and the Xi'an Terracotta Warriors.

Beijing is a bustling city of 22 million people. It is filled with newly constructed buildings, neon lights, countless bicycles, food vendors, amazing department stores,



noodles, noodles and more noodles, and unbelievable traffic. Crossing the street can feel like taking your life into your own hands, but once you make it across, the city is a wonderful place to explore. Around every  
continued on facing page

# TRAVELS WITH IRMA

continued corner is another temple or exotic experience.

There's the Forbidden City. With close to 10,000 rooms, it is easy to get lost in this incredible wonderland. Another must-see is Tiananmen Square, known for the tragic events of June 3, 1989, as well as the beautiful Summer Palace, which features a lake and colorful dragon boats. Another highlight of Beijing is a visit to the historic hutongs, narrow alleys and small streets dating back to the 13th century. Wandering through these charming passageways feels like stepping back in time. And, of course, no visit would be complete without seeing the Great Wall.

A Yangtze River cruise offers breathtaking views of gorges, hills, temples and villages. The Three Gorges Dam is an impressive modern engineering feat, although we couldn't help but feel for the many people who were displaced after living there for generations. While aboard the boat, we learned how to play mahjong and even had a contest to see who could pick up the most marbles with chopsticks. I won! My prize was, appropriately enough, a pair of chopsticks.

Shanghai, with a population of more than 30 million people, is the largest city in China. It features diverse architectural styles, especially along the Bund, the historic waterfront area with strong European influences situated beside the Huangpu River. By the 1940s, the Bund was home to many important financial institutions. We also visited the beautiful Yuyuan Garden in Old Town, which was built in the 16th century as a tribute to a wealthy nobleman's parents.

If you have ever seen a traditional Chinese silk painting featuring misty peaks and dramatic landscapes, you were likely looking at scenes inspired by the lovely Li River in Guilin, which has inspired poets and painters for centuries. As we sailed its waters, we passed bamboo groves, quiet fishing vil-

lages and cormorants stretching their wings to dry in the sun.

Another unforgettable highlight of China is seeing the 8,000 Xi'an Terracotta Warriors, along with 130 chariots and more than 700 horses, created over 2,000 years ago for Emperor Qin Shi Huang's mauso-

leum. Each figure has a unique face and hairstyle. The soldiers remained buried until their discovery in 1974.

One could spend a month in China and still only begin to scratch the surface of this fascinating country. Believe me, it's well worth that long flight.

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## Interesting Facts About America's National Parks

America's National Park Service is more than 100 years old. President Woodrow Wilson signed the act that created the NPS on August 25, 1916, and since then the parks have attracted a steady stream of nature lovers who want to take in all the beauty the parks have to offer. National parks are a source of pride for hundreds of millions of Americans, and the following are some interesting facts about these special places across North America.

- **Acadia National Park** in Maine is the oldest national park east of the Mississippi River, tracing its origins to 1916. Landscape architect Charles Eliot and American preservationist George Dorr were influential in the establishment of the park, as was American financier John D. Rockefeller, Jr., who was vital to the construction of a network of carriage roads that ran throughout the park upon its opening.

- **Arches National Park** is appropriately named. The park, located in eastern Utah, features more than 2,000 natural sandstone arches, including the well-known and widely recognized Delicate Arch.



- **Biscayne National Park** south of Miami, Florida, is 95 percent water. Perhaps that's why a half dozen shipwrecks spanning nearly a century have been mapped on the park's Maritime Heritage Trail.

- **Capitol Reef National Park** in south-central Utah contains rocks that History.com notes have estimated to be as much as 270 million

years old.

- Sea turtles are among the many notable features of **Dry Tortugas National Park**, which is located roughly 70 miles west of Key West. Accessibility is another notable quirk of the park, which can only be reached via seaplane.

- **Glacier Bay National Park** in southeast Alaska is covered by 2,000 square miles of glaciers. No roads lead to Glacier Bay National Park, which is typically reached by air or sea travel.

- **Great Basin National Park** in Nevada features the Lehman Cave system, which began forming 550 million years ago while the area was still submerged in a shallow ocean.

- American fjord fans may think of Norway when seeking these beautiful bodies of water, but they can see some right within the nation's borders as well. **Kenai Fjords National Park** in Alaska contains numerous coastal fjords that were carved by glaciers.

- The national park system is so expansive it actually extends south of the equator. **The National Park of American Samoa** is the only national park south of the equator, and even features a World War II gun emplacement.



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## The Visual Arts: More Than an Elective – They Are an Opportunity at The Knox School

This year, Knox student artists have earned recognition in several prestigious juried exhibitions and competitions, showcasing the strength of The Knox School’s visual arts program at both the local and regional levels. Students Baixuan “Michael” Li ’26 and Emma Morgan Tabah ’26 were selected for the highly competitive Drexel University High School Photography Contest, with Emma receiving a Judges’ Favorite distinction for her work. Additional Knox students have also had artwork featured through Suffolk County Community College, Five Towns College, Atelier Gallery in St. James, Celebration St. James, the Asian American Alliance, and other regional exhibitions.

At The Knox School, the visual arts are more than an elective – they are an opportunity for students to discover their creativity, develop confidence, and share their unique perspectives with the world. Through the Knox Creative Arts Academy, students explore a wide range of artistic disciplines including photography, studio arts, ceramics, and mixed media while building both technical skills and personal expression.

That emphasis on creativity reflects founder Mary Alice Knox’s original vision of a progressive education enriched by art, music, and creative expression – a philosophy that continues to shape the student experience more than 120 years later.

For Emma, photography became an unexpected passion after she initially enrolled in the course to fulfill a fine arts requirement. “I took it, and I fell in love with photography,” she shared. “The teachers really help you expand your horizons and learn so many



new skills.”

The Visual Arts Department is led by Mrs. Patty Colombraro, photography teacher and curator of the Knox Solarium Art Gallery. With decades of experience as both an educator and practicing artist, Mrs. Colombraro has helped cultivate a program that supports students of all experience levels – from beginners exploring art for the first time to advanced students preparing portfolios for college and exhibition opportunities.

“One of the most important things art does is help students build confidence beyond their expectations,” Mrs. Colombraro explained. “I’m not just teaching photography – I’m teaching them about life, about beauty, and about learning more about themselves.”

Small class sizes and individualized instruction allow Knox students to receive meaningful

mentorship and guidance throughout their artistic journey. Michael Li credits the program with helping him grow not only as an artist, but as a person. “We have a really fantastic teacher, Mrs. C., who teaches you art skills, but also teaches you about the skill of living your life,” he said.

Through creativity, mentorship, and meaningful opportunities to share their work, Knox students are encouraged to grow not only as artists, but as confident and thoughtful individuals.

The Knox School is currently accepting applications for the 2026-2027 school year. Families interested in learning more about the school’s arts programs, student opportunities, and campus community are encouraged to contact the Admissions Office at [admissions@knoxschool.org](mailto:admissions@knoxschool.org) or call 631.686.1600 to inquire.

## The Blackboard Bulletin



### Smithtown High Schools Hit It Out of the Park at Six Flags Music Competition



**Smithtown High School East and Smithtown High School West musicians recently had outstanding performances at the Music in the Parks Festival at Six Flags Great Adventure.**

*photos courtesy of Smithtown CSD.*

Talented musicians from Smithtown High School East and High School West recently had outstanding performances at the Music in the Parks Festival at Six Flags Great Adventure.

The Smithtown High School East Treble Choir earned first place with a Superior Rating and was also awarded the prestigious Esprit De Corps Trophy for outstanding character, positivity, and

camaraderie throughout the festival. Senior Joseph Siino was additionally recognized with a medal for conducting one of the choir's performances.

High School West's Jazz Choir, Jazz Ensemble, Concert Band and Concert Orchestra all earned top honors and distinguished ratings. The Jazz Choir and Jazz Ensemble received Superior ratings, while the Concert Band and Concert Or-

chestra earned Excellent ratings. The Jazz Choir was also named Best Overall Choir of the festival with a near-perfect score.

A special congratulations to senior Cordelia Comando, named Best Overall Vocalist, and junior Keira Strumpfler, who earned Best Overall Jazz Soloist for her outstanding tenor saxophone performance.

# The Blackboard Bulletin



## A Family Affair: Smithtown High School East Siblings Earn Grant for High School

Three siblings from Smithtown High School East were honored on April 27 as the Long Island Water Council awarded the school a \$2,500 grant in recognition of their success in the 2026 Long Island Water Quality Challenge.

Junior Hannah Sack, freshman Julia Sack, and senior David Sack submitted their winning proposal, "Reducing Nitrogen Pollution Through a Rain Garden and Nitrogen Filter Bed." Their project was selected among the top entries in the prestigious competition, a STEAM-based initiative presented by the Long Island Regional Planning Council in partnership with the New York State Department of Environmental Conservation. The challenge encourages students in grades 6-12 to develop innovative solutions to improve water quality.

The students' proposal outlines plans to transform the school's courtyard into a "living lab," incorporating native plants to naturally filter stormwater and protect local groundwater resources.

"This achievement perfectly embodies the Smithtown Promise – applying STEAM excellence to solve real-world problems for our



**Three siblings from Smithtown High School East were honored on April 27 as the Long Island Water Council awarded the school a \$2,500 grant in recognition of their success in the 2026 Long Island Water Quality Challenge.**  
*photos courtesy of Smithtown CSD.*

community," said Smithtown High School East Principal Paul McNeil.

In addition to receiving certificates of achievement from state

and county officials, the team secured a \$2,500 grant to support the implementation of their project on school grounds.

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## Occasions

BY JULIA TERESA

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## What's the Buzz About Pollinators?

Many people live busy lives, but when they stop to smell the roses they might see a pollinator balanced on the petals. It's easy to think of pollen only in terms of what it does to those suffering from seasonal allergies, but pollen is essential for plant and animal life.



The Ecological Society of America says pollen is a plant's male sex cells that must be transferred from one flower to the stigma of the same flower or another for the plant to produce fruit and seed. Although some of this pollination occurs naturally, such as that aided by the wind or among plants that are self-pollinating, the vast majority of plants cannot move pollen without helpers, or pollinators. Check out these facts about pollinators and pollination to learn why they're important to ecological health.

- Insects are the primary pollinators, although birds, bats and other creatures also can spread pollen around. The Xerces Society for Invertebrate Conservation credit honeybees, bumblebees, butterflies, moths, wasps, flies, and beetles with pollinating the most plants. However, the ESA says between 200,000 and 300,000 invertebrate species are estimated to serve globally as pollinators.

- Bees and other pollinators play critical roles in food production. The United States Department of Agriculture says more than 100

U.S.-grown crops rely on pollinators.

- About 75 percent of all flowering plants rely on animal pollinators.

- Pollinator.org says blueberries, chocolate, coffee, vanilla, almonds, pumpkins, and peaches are just some of the foods and beverages that are produced with the help of pollinators.

- Most bee species native to North America are "solitary bees." They don't live in colonies and rarely sting unless physically threatened or injured. Bees largely can be left alone to do their thing and people can cohabitate comfortably nearby.

- Honeybees have different jobs than other species. A honeybee colony is made up of one reproductive queen, sexually undeveloped female workers and male drones.

Drones mate with the queen so she can lay eggs, and the workers are responsible for caring for eggs, cleaning the hive and collecting nectar, pollen and other resources for the colony.

- Pollinators have been on the decline for a number of reasons. The Pollinator Partnership says threats to pollinators include pollution, pests, pathogens, changes in land use that degrades their habitats, and climate change. Honeybees, monarch butterflies and native bumble-

bees have all exhibited declines in recent years, according to the USDA Animal and Plant Health Inspection Service.

- People can help protect pollinators by creating pollinator-friendly garden habitats with native plants best suited to local areas. Individuals also can select old fashioned varieties of flowers whenever possible, since breeding has caused some modern blooms to lose the nectar/pollen needed to feed pollinators. Also, install houses for bats and native bees to encourage them to take up residence, and avoid the use of pesticides around the landscape.

Pollinators are vital to the health of the ecosystem. Without pollinators, food supplies would dwindle and the planet's plant life would suffer.

## Pets For Adoption continued from page 37

### Thinking About Adoption:

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

Residents who have other pets

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

Hours at the Smithtown Animal Shelter are currently Monday-Sat-

urday 10 a.m.-3 p.m. Sundays and Wednesday evenings by appointment only. While we are open to the public, we ask that you call ahead to schedule an appointment. To inquire about the a pet or to meet your potential soulmate, please call the Smithtown Animal Shelter at 631-360-7575.

THIS PRECIOUS EARTH

## Interesting Facts About the World's Oceans

Oceans cover more than 70 percent of the Earth's surface. According to the National Oceanic and Atmospheric Administration, oceans contain nearly all of the Earth's water, which is just one reason why studying oceans and ways to protect them is so important.

Oceans attract billions of visitors and vacationers each year, and learning about them can instill an even greater appreciation for these vast and vital bodies of water. The following are some interesting facts about the world's oceans that might surprise even the most devoted sea lovers.

- Ocean water is constantly moving. Many people love being near an ocean because of its calming effects, but even when waves aren't crashing onto the shore water is never sitting still. According to the U.S. Geological Survey, the water cycle guarantees that the Earth's



water supply is constantly on the move.

- Oceans affect the climate. The USGS notes that oceans affect and regulate the Earth's climate by circulating vital heat and moisture around the globe. That's why processes like the Gulf Stream in the Atlantic Ocean can affect the climate across the planet and not just

in Atlantic coastal regions.

- Oceans feature incredible biodiversity. The World Wildlife Federation reports that the oceans are home to more than 240,000 known species. But that incredible biodiversity only tells a portion of the story of the world's oceans, as the WWF notes studies have suggested

continued on page 46

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## THIS PRECIOUS EARTH

### Interesting Facts About the World's Oceans

continued from page 45  
there are millions of undiscovered species in the deep sea, which remains largely unexplored.

- Oceans make human life possible. The WWF notes oceans absorb more than 25 percent of human-induced carbon emissions and store as much heat as Earth's entire atmosphere, making these bodies of water vital to maintaining human life.

- Oceans contain critical minerals that fuel the economy and

bolster national security. The USGS defines critical minerals as non-fuel minerals that are essential to economic or national security and have a supply chain that is vulnerable to disruption. The ocean contains 37 of 50 critical minerals, including cobalt, lithium, manganese, and titanium. Without this supply, life as humans know it would be vastly different, and considerably less safe and economically secure.

- Less than 10 percent of the world's oceans have been mapped.

Sea exploration has existed for millennia, but that doesn't mean humans know all there is to know about the layout of the world's oceans. The USGS notes just 10 percent of the world's oceans have been mapped as of 2025, which leaves a lot more to learn about these vast bodies of water.

The world's oceans are vital to human life and a healthy planet Earth. More information about the oceans can be found at [usgs.gov](https://usgs.gov) and [wwf.org](https://wwf.org).

### 6 Ways Anyone Can Protect the World's Oceans

Oceans play an essential role across the planet. Covering around 70 percent of the Earth's surface, oceans are integral to regulating the weather, manufacturing oxygen and creating food sources. But oceans are under a constant onslaught linked to various conditions like habitat destruction and marine pollution.

Although one person cannot protect and save the oceans alone, collectively people have the ability to affect great change. The following are six tips for ocean conservation.

**1. Watch water usage.** Conserving water around homes and businesses means excess runoff and wastewater will not flow into the ocean where it can adversely affect the animals living there.

**2. Avoid plastic one-use items.** According to the Oceans Research Institute, plastic pollution is a huge threat to marine animals. Each year approximately eight million tons of plastic enters the oceans, which harms animals in various ways. Cutting back on usage of disposable plastic items can contribute to healthier marine ecosystems.

**3. Reduce use of pollutants.** Everything from fertilizers to weed killers to soaps can end up in ocean waters through runoff. Choosing products that contain nontoxic chemicals is much safer for the environment, and particularly the oceans.

**4. Shop for sustainable seafood.**



Overfishing can decimate entire species of fish and other marine animals. It also destroys marine habitats. Choosing sustainable seafood is a more eco-friendly way to enjoy foods without compromising marine regions. Apps like Seafood Watch can help people find places to shop for sustainable options.

**5. Practice safe boating.** Recreational boaters should treat the oceans and surrounding ecosystems with respect. Anchoring in sandy areas far away from coral and sea grasses is a start. Boaters should be mindful of any trash on ships and never dump items overboard. Adherence to "no wake" zones also

helps protect delicate coastal ecosystems.

**6. Volunteer and support conservation organizations.** Getting involved is one way to impart change. Participating in beach clean-ups, donating money for marine research efforts and spreading awareness about the plight of the oceans and what can be done to protect them are steps anyone can take.

The oceans need all the help they can get to remain clean, safe and prosperous. Learn more about oceans from the NOAA's National Ocean Service at <https://oceanservice.noaa.gov/ocean>

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## A Funny Thing Happened While Talking With a Contractor...



by Natalie Weinstein, ASID Allied

I am working with a contractor who has a long and credible history with a couple who are former clients

who are also recycling me at their new digs at the Ritz Carlton in North Hills. Mike asked my advice for his son and daughter-in-law who recently purchased a "pristine" older home in Smithtown. As with many young homeowners, this purchase in a desirable community pretty much maxed out their budget. They bought the home because of its location and because it had been so well cared for by its former owners, thinking there was nothing left for them to do. They would move in with their furniture which was mostly going to be "placeholder" for a while since a new baby was coming along to their new home, as well.

The questions he asked of me on their behalf and my answers seemed to fit into the universal challenge of most new homeowners, (and those ready for a redo, but not a major renovation) so I thought sharing them with you might be helpful:

In their "new" center hall colonial, the entry foyer/kitchen floor was beige 12 x 12 ceramic tiles in perfect condition. Can't afford to change. What to do?

1. The wood floors and kitchen

cabinets were oak, but in the "orangey" color of the 70's and 80's that went with the mission style of furniture of the former owners. What to do?

2. The paint color in the hallway on the 1st and 2nd floor was of a pinky cast which didn't go with the wood floors throughout. What to do?

3. The step carpet was a beige which matched the entry tile, but not the walls. What to do?

All these decisions will affect their existing furniture as well as future purchases. My advice, after learning of the couples "style "now and in the future, was one that I believe gave them the easiest and most viable path to the future.

Answer 1 – Keep the beige tiles – too expensive to pick up in hallway and kitchen and is a neutral color which can easily be adapted to blend with their existing home's grey color scheme or any color scheme. Purchase an inexpensive area rug in the entry to blend their existing colors with a little beige in it.

Answer 2 – This is a tough one. Since there is nothing viable about keeping the orange color flooring throughout the rest of the house, strip and re-stain into a dark brown or ebony before move in. This is an expensive project, no doubt, but necessary because it will be like getting rid of the "elephant in the room" everywhere! Since Dad is a contractor, get his price and forego any new furniture purchases to accomplish this, if necessary.

Answer 3 – Today, a coat of paint is much more expensive than in the past, but it accomplishes two things: it makes a home feel clean and new, and it rids you of the mismatch of colors. In this case, I suggested a bright white, like Benjamin Moore Chantilly Lace in a matte and satin with semi-gloss on the trim. This is the "new" white that not only gives them a clean bright look, but makes it easy for them to blend the tile and wood floor with any color palette.

The next big issue was the "orangey" color of their oak kitchen cabinets. Plentiful and in great condition, I suggested they spray them white, keeping the dark granite countertops and beige tile backsplash. They are an excellent "placeholder" for a re-designed kitchen down the road.

So – good luck to all you new homeowners or those who might be in the same situation in their existing home and are looking to update without a major redo. Be sensible and mindful of your budget, but spend it where it gives you the most ability to change your look into the future.

**Editor's Note:**

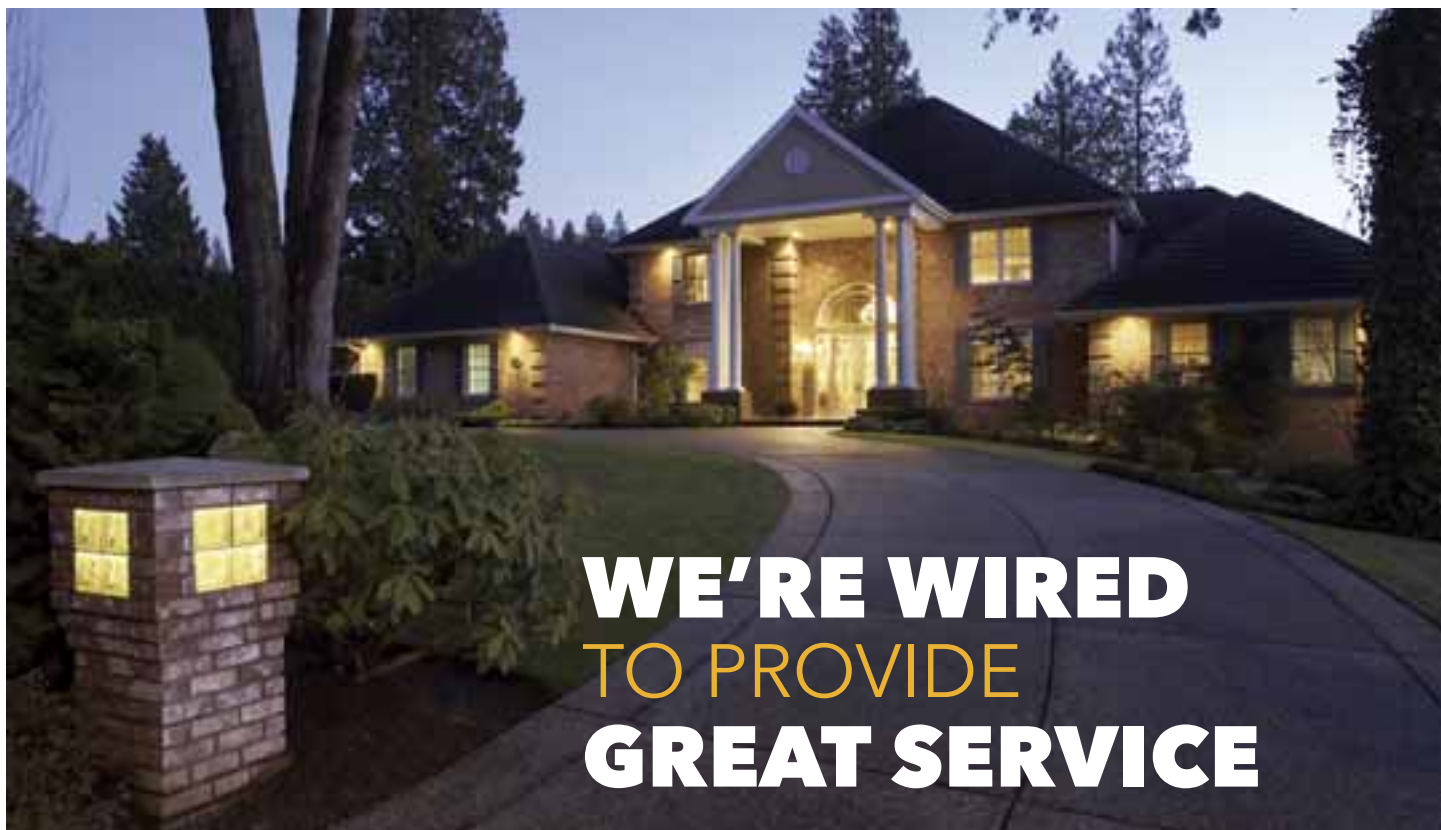
Natalie Weinstein, ASID Allied, is an accredited designer, acknowledged business leader, entrepreneur, author, media personality and motivational speaker. Her interior design firm, Natalie Weinstein Design Associates, has been creating lifestyle changes in homes and public spaces, decorating for countless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

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## Ten Financial Steps to Take Before and After Your Wedding Day

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

Special dedication to my daughter Rebecca and her fiancée Matt on their July wedding! Love you both.

Getting married is a major decision that comes with a financial to-do list that's arguably more important than choosing a venue or a cake. Talking openly about money can help set you and your partner up for a stronger future.



### What financial conversations should I have with my fiancé?

Head into your marriage with honest conversations about money, including these four topics:

1. Discuss how your families handled finances when you were young, whether you're a spender or saver and what debt you're willing to take on.
2. Share how much you each earn, spend and save. Discuss assets and debts, including mortgages, student or auto loans and credit card balances; your partner's debt can become joint debt after marriage.
3. Align on a budget as a couple that reflects the life you want to build – where you'll live; what you'll spend on housing, travel and hobbies; and how often you'll review your finances together.
4. Talk through your goals. Make separate lists of short-, medium- and long-term financial dreams and compare them. You'll likely find some common ground, and where you don't, look for ways to compromise. A financial advisor can help.

### Should I ask for a prenup?

Couples with significantly different assets or debts, those expecting large inheritances or those blending

families are more likely to want to consider a prenuptial agreement. A prenup outlines how assets, debts, future income, inheritance and even spousal support will be handled during the marriage and if it ends, but it cannot address child custody.

### Should my new spouse and I blend our finances?

Regarding couples blending finances, there's no one right answer. Some couples combine everything, others keep accounts separate and many land somewhere in between. Agree on who pays which bills, how major decisions get made and what spending threshold triggers a check-in.

### What financial tasks should we complete after getting married?

Once you're married, these six tasks deserve attention.

1. Take advantage of the special enrollment period, which typically lasts 30 days after getting married, to update employer benefits such as health insurance. Revisit retirement plan contributions if your combined income has grown.
2. Review insurance coverage. Combining homeowners or renters, auto and umbrella policies can often reduce costs. Make sure you have enough life insurance.

3 Update beneficiaries on insurance policies, retirement plans, investment accounts, bank accounts and real estate.

4 If you change your name, order multiple copies of your marriage certificate. You'll need them to update your Social Security card, financial accounts, and employer and medical records.

5. Update your W-4 withholding to reflect your new marital status and ask a tax professional whether filing jointly or separately makes more sense.
6. Work with an attorney to create or update your will, medical directive, and financial and health care powers of attorney. Your estate plan should reflect your new life together.

### Marriage is a fresh start.

With honest conversations, careful planning and the right professional support, you can build a financial foundation as strong as your relationship.



### 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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Financial Advisor

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## Add Some Additional Flavor to Your Memorial Day BBQ

Memorial Day weekend is a time for both reflection and relaxation across the United States. Memorial Day mourns and honors military personnel who lost their lives while serving in the American Armed Forces. Memorial Day parades honor such individuals, and the parades also instill pride in Americans during a much-beloved weekend across the United States.

Though Memorial Day is observed annually on the last Monday in May, the three-day holiday weekend marks the unofficial start of summer for millions of people each year. That kickoff typically includes lots of backyard barbecues. As millions gather to celebrate Memorial Day this year, those tasked with manning the grill can consider these ways to add some extra flavor to foods cooked over an open flame.

- Monitor temperatures with a meat thermometer. Overcooking foods cooked over an open flame is a common mistake. Overcooked foods tend to taste dried out and fail to offer that signature juiciness associated with well-cooked barbecue staples like steak and other types of red meat. People manning the grill this Memorial Day are urged to utilize a meat thermometer, which can ensure foods maintain their juicy flavor profile and do not dry out. The ideal internal cooking temperature varies de-



pending on which foods are being cooked, so be sure to stick to a recipe or look up the appropriate internal cooking temperature for foods that will be cooked over an open flame.

- Utilize wood chips or chunks. Another way to add flavor is to grill foods over wood chips or chunks. Chips or chunks might be flavored (mesquite is a popular flavor) or unflavored. Cooks should know that adding flavored or unflavored chips or chunks will impart a smoky flavor to anything cooked on the grill.

When using a gas grill, cooks can put the chips or chunks in a smoker box or wrap them in a foil pouch to impart extra flavor without adversely affecting the grill.

- Dry rub meats. Some people marinate grilled foods prior to cooking, but marinade can drip off when cooking food and lose much of its value in regard to adding flavor. Dry rubs are made from spices, herbs and other seasonings that won't fall or burn off when foods are cooking. Dry rubs can add extra flavor when applied hours before cooking or even shortly before placing foods on the grill.

- Slow down. "Low and slow" is a motto embraced by people who love to smoke foods, and that same approach can be applied to more traditional grilling as well. Even if you don't have all day to cook

like you would if you choose to smoke foods, cooking low and slow can ensure foods are juicy and full of that unique taste that's only possible when cooking over an open flame. Keep vents open only on a crack and cook foods at lower temperatures than you otherwise might. While the foods won't be cooked as fast, they will boast more of that signature smoky flavor grilling enthusiasts love.

There's no shortage of ways to impart some extra flavor to grilled foods this Memorial Day.

## Did You Know...

Peanut butter may not seem like a typical "diet" food when reading a nutrition label. After all, peanut butter is high in calories and fat, even for a small portion size of a tablespoon or two. However, many health experts point to peanut butter (in moderation) as a smart option. According to Avery Zenker, R.D., with Everflex Fitness, peanut butter contains healthy unsaturated fats, fiber, protein, and essential vi-

tamins and minerals. It's also widely available and generally affordable. Certain studies suggest that eating peanut butter can help a person feel full longer, stabilize blood sugar levels and boost metabolism. It's best to choose natural, unsweetened peanut butter over processed versions. Keep in mind that overeating peanut butter can contribute to weight gain.





Jessamyn Go  
*Color Block Raku Vases*

## Gallery North Features Award Winning Artists in the Winner's Circle Exhibition



Denisse Aneke

Gallery North is pleased to present The Winner's Circle exhibition celebrating the award-winning artists of the 2025 Outdoor Art Show and Music Festival. The exhibition will be on view June 4 to July 12, 2026. An opening reception will be held Thursday, June 4, 6-8 p.m. The exhibition and reception will be free and open to the public.

The exhibition features recipients of the Best in Show award and best in categories including wood craft, fiber art, jewelry, painting, photography, and pottery at the 2025 Outdoor Art Show and Music Festival hosted by Gallery North. Featuring some of the finest art and craft from regional artists and artisans over its long 60-year history, the festival is a vital part of the regional art community and a significant tradition for the public. The 2025 festival judges included artist, curator and Stony Brook University professor, Jason Paradis; self-taught artist and retired Alfred Van Loen Gallery cu-

lator, Deborah Katz; and veteran Outdoor Art Show and Music Festival exhibitor specializing in wearable art, Jo Wadler, who each evaluated over 95 exhibitors to present the 14 available awards.

The Winner's Circle includes artists, Mary Jane van Zeijts, Flo Kemp, Lori Rosen, Denisse Aneke, Annie Wray Penders, Mike Josiah, Nick Simms, Russell Pulick, William Demaria, Jessamyn Go, John Lazzaro. These artists are all exceptional representatives of Long Island's creative community and are an essential part of the Outdoor Art Show and Music Festival's importance to the cultural offerings of the region. Gallery North is proud to celebrate their significant achievements within their respective mediums.

This exhibition is generously sponsored by the Field Family, Jefferson's Ferry, Printers 3 and Suffolk County's Department of Economic Development and Planning. The ex-

hibition and reception will be free and open to the public.

**Gallery North** is a public, not-for-profit, fine art gallery promoting the region's finest contemporary regional art and craft. Established in 1965, Gallery North is located at 90 North Country Rd., Setauket, and focuses on contemporary art in a variety of disciplines, including painting, drawing, printmaking, ceramics, and sculpture. Exhibits explore the diversity and vitality of the arts on Long Island, while classes, workshops, talks, and annual festivals involve community members in the lively process of art making. Next door, in The Studio at Gallery North, the community is provided with a diverse selection of educational programming, including classes and workshops in a variety of

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## Survey Says?

# DON'T ASK!

by June Capossela Kempf

No sooner had I unpacked my groceries than my inbox bleeped. The store sent me a copy of my bill. I was grateful for that, but unprepared for the request to fill out a 'short' survey. I clicked the link to give a good report for the helpful and pleasant checkout clerk and gave her a great big 10. No big deal. The survey was short and sweet.

The next survey request came from my drug store. I jumped to the task of giving that shopping experience a rating, but this survey was more complex than our IRS tax form. After spending 20 minutes on this inquisition I bailed. But that was 20 minutes out of my life. I don't have time for this. In the comments section I asked, "Why can't all these evaluators follow the example of my grocery store?" Before I knew it, there was another bleep... from the grocery store. This time they wanted *more* feedback "Please take a moment to review the store." I had to choose between Google or Direct Contact. I hit the Google button, then was directed to a link, leading me to a Google disclaimer, "Profiles may appear publicly with your name, picture or profile." An inner voice screamed ALARM! So I quickly found the cancel button, vowing never to get suckered in again. My resolve was successful. When I ignored their requests a few times the retailers gave up.



Then I made a doctor's appointment. Shortly before the date, a message came through requesting a pre-exam check-in (to save time filling out the paperwork at the office). The most important question of course was "who is responsible for paying the bill." It took about 10 minutes to get that chore done ahead of time, but when I got to the office, I was handed a clipboard and a pen.

"Just have a seat and fill out the form."

"But I already did online," I protested.

"Guess, it didn't get through." I was told. "Just fill it out, it won't take long." So I sat down and wrote out my name, DOB, and insurer. I didn't even get to the part that asked what medications I was on when an attendant opened the door to the inner sanctum, and called out, "June?"

"I didn't finish." I said, holding the clipboard up in the air.

"Don't worry. The intake nurse will finish it inside. Follow me."

Sure enough, they already had all the answers to all the questions I had already answered online. I began to wonder how high my blood pressure was going to read

As soon as I returned home from

the doctor's, another email arrived...

"Thank you for your recent visit with Doctor Wonder. To help us improve quality care, please click here to provide feedback."

As I waded through the 5 page "How are we doing" inquiry, I was tempted to hit delete. On second thought, I opened the survey.

First Question: Language: English NEXT

"Qual es su direccion?"

I hit the back arrow and, for the fun of it, pressed the Spanish icon.

What is your address? Your birthday, your gender, etc... in English. I hit NEXT

"How likely are you to recommend Dr. Wonder on a scale of 1 to 10?"

Aggh! What do I do?

All in all, there were 18 questions on the form, enough to encourage all negative responses. but I checked off all high numbers. Then wrote a glowing referral – a complete reversal from my former resolve. That inner voice railed again.

"WHY?? "

I suddenly realized that this was a medical office I was evaluating.

Fear was the motivation. Fear of retribution. Could a negative review set me up for some uncomfortable and painful future doctor's exams – that will not only cost me extra copays but generate surveys – forever more?

### 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.

# Is It Sauce or Is It Gravy ?

by Carol Giuliani

I live in a senior community, and some of us have formed a book club that meets once a month. As we discuss books, we also learn a lot about each other. During one such discussion, spaghetti was mentioned. Suddenly, one of our members loudly declared, "It's called gravy!"

Being Italian myself, I was surprised because my family always called it sauce. I had heard there was some controversy over the name, but I had never met someone so passionate about what to call the red, spicy topping on spaghetti. To me, gravy was brown and served over roast beef. Still, I certainly did not want to get into a debate with my very outspoken friend.

"Sunday sauce," as we called it in my family, was a tradition. I remember grabbing a piece of white bread and dipping it into the simmering pot of "sauce," and I can still taste it today. I am sure my friend feels the same way about her "gravy."

After book club, I decided to do a little research to find out who was right.

In Italy, sauce is called sugo and refers to a traditional tomato sauce made with ripe tomatoes, extra virgin olive oil, onions, and seasonings. When meat such as sausage, pork, or beef is added, it is called ragù. There is really no Italian translation for what Americans call gravy.

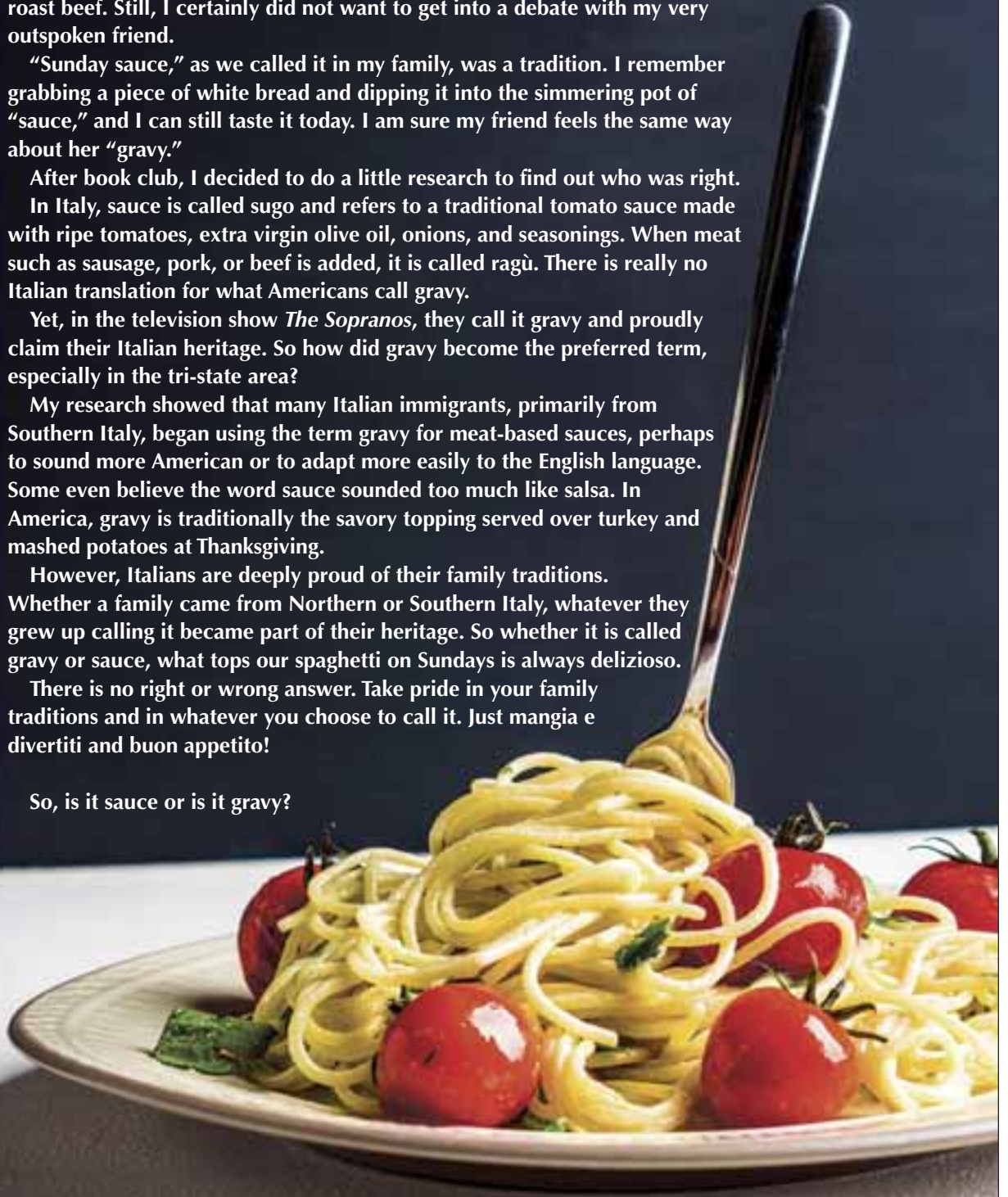
Yet, in the television show *The Sopranos*, they call it gravy and proudly claim their Italian heritage. So how did gravy become the preferred term, especially in the tri-state area?

My research showed that many Italian immigrants, primarily from Southern Italy, began using the term gravy for meat-based sauces, perhaps to sound more American or to adapt more easily to the English language. Some even believe the word sauce sounded too much like salsa. In America, gravy is traditionally the savory topping served over turkey and mashed potatoes at Thanksgiving.

However, Italians are deeply proud of their family traditions. Whether a family came from Northern or Southern Italy, whatever they grew up calling it became part of their heritage. So whether it is called gravy or sauce, what tops our spaghetti on Sundays is always *delizioso*.

There is no right or wrong answer. Take pride in your family traditions and in whatever you choose to call it. Just *mangia e divertiti* and *buon appetito!*

So, is it sauce or is it gravy?





# Suffolk County North Shore Artisans CALENDAR OF EVENTS

## Our Town is Online!

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



Stay up to date with Our Town!

## 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](http://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](http://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](mailto:catering@shandoncourt.net) 631-581-5678

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

**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](http://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](http://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](http://www.longislandmuseum.org)



**Fundraising/Golf:** Mon Jun 1, 11am-9pm, 2026 Habitat for Humanity Golf Outing, Stonebridge Country Club, 2000 Raynors Way, Smithtown, NY 11787, 631-422-4828

**Exhibition:** Mon Jun 1, 11am-5pm, June Feature Artisan of the Month: Erica Zap, The Reboli Center for Art & History, 64 Main Street, Stony Brook, NY 11790, [www.rebolicenter.org](http://www.rebolicenter.org), 631-751-7707

**Music Club:** Mon Jun 1, 7-8pm, Vinyl Listening Club, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, [www.connetquotlibrary.org](http://www.connetquotlibrary.org) 631-567-5079

**Exhibition:** Tue June 2 - July 12, 11am-5pm, PAINT THE TOWN! A Plein Air Exhibition, The Reboli Center for Art & History, 64 Main Street, Stony Brook, NY 11790, [www.rebolicenter.org](http://www.rebolicenter.org), 631-751-7707

**Seniors/Playing Cards:** Tue Jun 2, 7-8:30pm, Playing Cards, Cheats, and Conjuring, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, [www.connetquotlibrary.org](http://www.connetquotlibrary.org) 631-567-5079

**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](http://www.longislandmuseum.org) 631-751-0066

**Seniors/Nature Education:** Wed Jun 3, 11am-12pm, Feathers in the Water...Waterbirds of Long Island, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, [www.connetquotlibrary.org](http://www.connetquotlibrary.org) 631-567-5079

**Music:** Wed Jun 3, 1pm, Young at Heart: Nat King Cole Meets the Crooners, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY

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# Suffolk County North Shore Artisans CALENDAR OF EVENTS

continued

11790, [www.thejazzloft.org](http://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:** 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](http://www.thejazzloft.org), 631-751-1895

**Family/Education:** Thu Jun 4, 11am-4pm, Rainbow Scavenger Hunt, The Whaling Museum & Education Center, 301 Main Street, Cold Spring Harbor, NY 11724, [www.cshwhalingmuseum.org](http://www.cshwhalingmuseum.org) 631-367-3418

**Senior/Educational:** Thu Jun 4, 2:30-3:30pm, Virtual/In-Person: The Founding Mothers, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, [www.connetquotlibrary.org](http://www.connetquotlibrary.org) 631-567-5079

**Health & Wellness:** Thu Jun 4, 3:30-4:30pm, Fitness Dance, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, [www.connetquotlibrary.org](http://www.connetquotlibrary.org) 631-567-5079



**Seniors/Support Group:** Thu Jun 4, 7-8:30pm, New Beginnings Support Group, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, [www.connetquotlibrary.org](http://www.connetquotlibrary.org) 631-567-5079

**Art/Music:** Thu Jun 4, 6-8pm, The Winner's Circle Opening Reception, Gallery North, 90 North Country Road, Setauket, NY 11733, [www.gallerynorth.com](http://www.gallerynorth.com), 631-751-2676

**Art Exhibit:** Thu Jun 4-July 12, The Winner's Circle, Gallery North, 90 North Country Road, Setauket, NY 11733, [www.gallerynorth.com](http://www.gallerynorth.com), 631-751-2676

**Seniors/Educational:** Thu Jun 4, 7-8:30pm, Help! I Can't Find My Floor, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, [www.connetquotlibrary.org](http://www.connetquotlibrary.org) 631-567-5079

**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](http://www.thejazzloft.org), 631-751-1895

**Seniors/Dancing:** Fri Jun 5, 5:30-7pm, Country Line Dancing, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, [www.connetquotlibrary.org](http://www.connetquotlibrary.org) 631-567-5079

**Seniors/Support Group:** Fri Jun 5, 10:30am-12pm, Dementia Care-giver Support Group, Connetquot Public Library, 760 Ocean Avenue,

Bohemia, NY 11716, [www.connetquotlibrary.org](http://www.connetquotlibrary.org) 631-567-5079

**Music:** Fri and Sat Jun 5 & 6, 8-10pm, Live and Let Die: The Music of Paul McCartney, The Suffolk, 118 E Main Street, Riverhead, NY 11901, [www.thesuffolk.org](http://www.thesuffolk.org), 631-727-4343

**Performance:** Fri-Sun Jun 5-7, Matinees 2pm, Evenings 8pm, Lighthouse Repertory Theatre presents Rodgers and Hammerstein's Broadway Music South Pacific, Celebrate Saint James Center for the Arts, 176 Second Avenue, Saint James, NY 11780, [www.lighthouse-theatrecompany.com](http://www.lighthouse-theatrecompany.com), 516-272-6597

**Art / Craft Fair:** Sat Jun 6, 10am-4pm, The Brick's Annual Spring Pottery and Craft Fair, The Brick Clay Studio & Gallery, 2 Flowerfield, Suites 57 & 60, St. James, NY 11780, [www.thebrickstudio.org](http://www.thebrickstudio.org) 1-833-THE-BRICK

**Music Masterclass:** Sat Jun 6, 2pm, SPIRITUS Masterclass for High School Violin and Piano Students, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, [www.longislandmuseum.org](http://www.longislandmuseum.org) 631-751-0066

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# Suffolk County North Shore Artisans CALENDAR OF EVENTS



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**Dance Audition:** Sat Jun 6, 12-1pm, Scholarship Audition For Dance, The Ballet Center, 1863 Pond Road, Ronkonkoma, NY 11779, [www.theballetcenter.org](http://www.theballetcenter.org) 631-737-1964

**Art/Photography Workshop:** Sat Jun 6, 3-7pm, Photography & Memory Workshop w/Diana Salomon, Gallery North Setauket, 90 N Country Road, Setauket, NY 11733, [www.gallerynorth.org](http://www.gallerynorth.org), 631-751-2676

**Flea Market:** Sat Jun 6, 9am-4pm, Hoarder's Flea Market Father's Day Shopping Event, Hoarders Outdoor Flea Market, 10 Hawkins Road, Centereach, NY 11720, [www.hoardersfleamarket.com](http://www.hoardersfleamarket.com) 631-605-1424

**Pets/Family:** Sat and Sun Jun 6 and 7, 9am-5pm, North Fork Dog Dock Diving Weekend Greenport Polo Grounds, 170 Moore's Lane, Greenport, NY 11944, [www.northforkdogdockdivingweekend.com](http://www.northforkdogdockdivingweekend.com) 631-276-8685

**Art Workshop:** Sun June 7, 12-3pm, Plein Air Painting Workshop with Doug Reina, The Reboli Center for Art & History, 64 Main Street, Stony Brook, NY 11790, [www.rebolicenter.org](http://www.rebolicenter.org), 631-751-7707



**Family Recreation:** Sun Jun 7, 8:30am, Turtle Walk, Sweetbriar Nature Center Smithtown, 62 Eckernkamp Drive, Smithtown, NY 11787, [www.sweetbriarnc.org](http://www.sweetbriarnc.org)

**Antique Flea Market:** Sun Jun 7, 9am-3pm, Antique Flea Market, Antiques At Northport's Antique Flea Market, 404 Ft Salonga Road, Northport, NY 11768

**Music:** Sun Jun 7, 2-4pm, Sound Symphony Orchestra Concert, Comsewogue High School, 565 Bicycle Path, Port Jefferson Station, NY 11776, [www.soundsymphony.org](http://www.soundsymphony.org)



**Photography Workshop:** Mon Jun 8, 6:30-7:30pm, Beginner Photography, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, [www.connetquotlibrary.org](http://www.connetquotlibrary.org) 631-567-5079

**Education:** Tue Jun 9, 7-8pm, Virtual/In-Person: Islip Town During the American Revolution, Connetquot Public Library, 760 Ocean Avenue, Bohemia, NY 11716, [www.connetquotlibrary.org](http://www.connetquotlibrary.org) 631-567-5079

**Music:** Wed Jun 10, 7pm, Jam Session - Hosted by the Frank Hanson Trio, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, [www.thejazzloft.org](http://www.thejazzloft.org), 631-751-1895

**Adult/Craft:** Thu Jun 11, 6:30pm, Crafts & Cocktails: Beachy Windchimes, The Whaling Museum &



Education Center, 301 Main Street, Cold Spring Harbor, NY 11724, [www.cshwhalingmuseum.org](http://www.cshwhalingmuseum.org) 631-367-3418

**Music:** Thu Jun 11-Sat 13, 7pm, Viva Cuba!, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, [www.thejazzloft.org](http://www.thejazzloft.org), 631-751-1895

**Adults/Clay Workshop:** Fri Jun 12, 5-8pm, Sip, Make, Play: Clay Garlic Grater, Gallery North Setauket, 90 N Country Road, Setauket, NY 11733, [www.gallerynorth.org](http://www.gallerynorth.org), 631-751-2676

**Music/Opera:** Fri Jun 12, 7pm, Opera Night, Long Island, ONLI, Unitarian Universalist Fellowship of Huntington, 109 Browns Road, Huntington, NY 11743, [www.operanight.org](http://www.operanight.org), 631-261-2387

**Craft / Knitting:** Fri Jun 12, 2-3:30pm, Stitch & Chit-ch(at), Free, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, [www.longislandmuseum.org](http://www.longislandmuseum.org) 631-751-0066

**Animals/Nature/Yoga:** Fri Jun 12, 6:45-7:45pm, Goat Yoga Smithtown Historical Society, 211 E Main Street, Smithtown, NY, 11787 [www.smithtownny.gov](http://www.smithtownny.gov), 631-265-6768

continued on facing page

Suffolk County North Shore

Artisans

# CALENDAR OF EVENTS



continued

**Music:** Fri Jun 12, 8pm, John Waite with Special Guest John Cafferty, The Suffolk, 118 E Main Street, Riverhead, NY 11901, [www.thesuffolk.org](http://www.thesuffolk.org), 631-727-4343

**Performance:** Fri-Sun Jun 12-14, Matinees 2pm, Evenings 8pm, Lighthouse Repertory Theatre presents Rodgers and Hammerstein's Broadway Music South Pacific, Celebrate Saint James Center for the Arts, 176 Second Avenue, Saint James, NY 11780, [www.lighthouse-theatrecompany.com](http://www.lighthouse-theatrecompany.com), 516-272-6597

**Maritime/Event:** Sat Jun 13, 9am-2pm, Maritime Day and Blessing of the Fleet, Northport Village Park - Bayview Avenue, Northport, NY 11768, [www.maritimeday.net](http://www.maritimeday.net) 516-428-7700

**Music:** Sat Jun 13, 8pm, Darlene Love, The Suffolk, 118 E Main Street, Riverhead, NY 11901, [www.thesuffolk.org](http://www.thesuffolk.org), 631-727-4343

**Children/Craft:** Sun Jun 14, 11am-1pm, Stars & Stripes Signal Flags, The Whaling Museum & Education Center, 301 Main Street, Cold Spring Harbor, NY 11724, [www.cshwhalingmuseum.org](http://www.cshwhalingmuseum.org) 631-367-3418

**Comedy:** Sun Jun 14, 5pm, One Funny Lisa Marie "The Stand By Me Tour", The Suffolk, 118 E Main Street, Riverhead, NY 11901, [www.thesuffolk.org](http://www.thesuffolk.org), 631-727-4343

**Music:** Wed Jun 17, 7pm, Jam Session - Hosted by the Frank Hanson Trio, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, [www.thejazzloft.org](http://www.thejazzloft.org), 631-751-1895

**Adults/Paint & Sip:** Wed Jun 17, 7-9pm, Summer Series - Paint & Sip, Celebrate St James, 176 2nd Street, St James, NY 11780, [www.celebratestjames.org](http://www.celebratestjames.org), 631-984-0201

**Music:** Wed Jun 17, 5-7:30pm, Grooves on the Green, Station Yards, 9 Hawkins Avenue, Ronkonkoma, NY 11779

**Festival:** Thu Jun 18, 5-10pm, Port Promenade, Main Street between Library Drive and Central Drive, Port Washington, NY 11050, [www.portwashingtonbid.org](http://www.portwashingtonbid.org) 516-883-8890

**Art Workshop:** Thu Jun 18, 6:30-9pm, Summer Acrylic Still Life Painting with Julia LaMarca, The Reboli Center for Art & History, 64 Main Street, Stony Brook, NY 11790, [www.rebolicenter.org](http://www.rebolicenter.org), 631-751-7707

**Music Cruise:** Thu Jun 18, 6:45-9:30pm, 2026 Sounds on the Sound, 102 West Broadway, Port Jefferson, NY 11777,



<https://www.zeffy.com/en-US/ticketing/2026-sounds-on-the-sound> 631-473-1414,

**Film:** Thu Jun 18, 7pm, FILM@LIM: New Wave Dare to Be Different / Free Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, [www.longislandmuseum.org](http://www.longislandmuseum.org) 631-751-0066

**Music:** Thu Jun 18, 7pm, The Bad Little Big Band, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, [www.thejazzloft.org](http://www.thejazzloft.org), 631-751-1895

**Art Workshop/ Children:** Fri Jun 19, 9am-12pm, Summer Art Kickoff, Celebrate St James, 176 2nd Street, St James, NY 11780, [www.celebratestjames.org](http://www.celebratestjames.org) 631-984-0201

**Artist Reception:** Fri Jun 19m 6:30-8:30pm, June's Third Friday: An Artist's Reception for Paint the Town!, The Reboli Center for Art & History, 64 Main Street, Stony Brook, NY 11790, [www.rebolicenter.org](http://www.rebolicenter.org), 631-751-7707

**Children/Craft:** Fri Jun 19, 11am-1pm, Liberty at Sea, The Whaling Museum & Education Center, 301 Main Street, Cold Spring Harbor, NY 11724,

continued on page 60



# Suffolk County North Shore Artisans CALENDAR OF EVENTS



continued from page 59  
[www.cshwhalingmuseum.org](http://www.cshwhalingmuseum.org)  
631-367-3418

**Film/Music:** Fri Jun 19, 7-9pm, Cat's in the Cradle Film to Screen at LIMEHOF on Father's Day Weekend, Long Island Music and Entertainment Hall of Fame, 97 Main Street, Stony Brook, NY 11790, [www.limusichalloffame.org](http://www.limusichalloffame.org), 631-721-3428

**Craft/Street Fair:** Sat Jun 20, 10am-4pm, King's Park Day Craft and Street Fair, Kings Park Main Street, 1 Main Street, Kings Park, NY 11754, [www.islandfairs.com](http://www.islandfairs.com) 631-885-1267

**Flea Market/Music:** Sat Jun 20, 9am-4pm, Cars & Guitars Classic Car Show! Live Music, Hoarders Outdoor Flea Market, 10 Hawkins Road, Centereach, NY 11720, [www.hoardersfleamarket.com](http://www.hoardersfleamarket.com) 631-605-1424

**Children / Art Workshop:** Sat Jun 20, 9:30-10:30am, Art Explorers Club, The Heckscher Museum of Art, 2 Prime Avenue, Huntington, NY 11743, [www.heckscher.org](http://www.heckscher.org), 631-380-3230

**Music:** Sat Jun 20, 8pm, Devon Allman's Blues Summit, The Suffolk, 118 E Main Street, Riverhead, NY

11901, [www.thesuffolk.org](http://www.thesuffolk.org), 631-727-4343

**Music:** Sun Jun 20, 3-5pm, 'The Chain: A Fleetwood Mac Experience' Performed Live (Soundswap Series), Sousa Bandshell at Sunset Park, 325 Main Street, Port Washington, NY 11050, <https://portwashington.librarycalendar.com> 516-883-4400

**Music:** Sun Jun 21. 4:30pm, Battle of the Bands Competition, Celebrate St James, 176 2nd Street, St James, NY 11780, [www.celebratestjames.org](http://www.celebratestjames.org) 631-984-0201

**Celebrate:** Sun Jun 21. 12-5pm, Father's Day @LIM, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, [www.longislandmuseum.org](http://www.longislandmuseum.org) 631-751-0066

**Animals/Nature/Yoga:** Tue Jun 23, 6:45-7:45pm, Goat Yoga Smithtown Historical Society, 211 E Main Street, Smithtown, NY, 11787 [www.smithtownny.gov](http://www.smithtownny.gov), 631-265-6768

**Art/Therapy:** Wed Jun 24. 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](http://www.longislandmuseum.org) 631-751-0066

**Books/Discussion:** Wed Jun 24, 6:30pm, Beyond the Book: Travels with George, The Whaling Museum



& Education Center, 301 Main Street, Cold Spring Harbor, NY 11724, [www.cshwhalingmuseum.org](http://www.cshwhalingmuseum.org) 631-367-3418

**Music:** Wed Jun 24, 7pm, Jam Session - Hosted by the Frank Hanson Trio, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, [www.thejazzloft.org](http://www.thejazzloft.org), 631-751-1895

**Music:** Thu Jun 25, 7pm, Interplay Jazz Orchestra, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, [www.thejazzloft.org](http://www.thejazzloft.org), 631-751-1895

**Craft / Knitting:** Fri Jun 26, 2-3:30pm, Stitch & Chit-ch(at), Free, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, [www.longislandmuseum.org](http://www.longislandmuseum.org) 631-751-0066

**Comedy / Improv:** Fri Jun 26, 10:30pm, Friday Night Face Off, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, [www.theatrethree.com](http://www.theatrethree.com), 631-928-9100

**Music:** Fri Jun 26, 7pm, Pat Bianchi Organ Trio, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, [www.thejazzloft.org](http://www.thejazzloft.org), 631-751-1895

continued on facing page



# Suffolk County North Shore Artisans CALENDAR OF EVENTS



continued

**Music:** Sat Jun 27, 7pm, Bennie Wallace Quintet, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, [www.thejazzloft.org](http://www.thejazzloft.org), 631-751-1895

**Festival:** Sat and Sun Jun 27 and 28, 11am-6pm, Hoshyla Farms Lavender Festival, Hoshyla Farms, 132 Ryerson Avenue, Manorville, NY 11949, [www.hoshylafarms.com/2026lavenderfestival](http://www.hoshylafarms.com/2026lavenderfestival)

**Music:** Sat and Sun Jun 27 and 28, 2 and 8pm, The Doo Wop Project, The Suffolk, 118 E Main Street, Riverhead, NY 11901, [www.thesuffolk.org](http://www.thesuffolk.org), 631-727-4343

**Art Cocktail Gala:** Sat Jun 27, 7-10pm, 10 Year Anniversary Cocktail Gala, The Reboli Center for Art & History, 64 Main Street, Stony Brook, NY 11790, [www.rebolicenter.org](http://www.rebolicenter.org), 631-751-7707

**Social Event:** Sun Jun 28, 1pm, Celebrate Connections, Celebrate St James, 176 2nd Street, St James, NY 11780, [www.celebratestjames.org](http://www.celebratestjames.org), 631-984-0201

**Music:** Sun Jun 28, 7pm, The Dedication - Free Community Concert Series Kickoff, Celebrate St James, 176 2nd Street, St James, NY

11780, [www.celebratestjames.org](http://www.celebratestjames.org), 631-984-0201

**Music:** Sun Jun 28, 3-5pm, 'Five-Stone' Performs Live Classic Rock! (Soundswap Series), Sousa Bandshell at Sunset Park, 325 Main Street, Port Washington, NY 11050, <https://portwashington.librarycalendar.com> 516-883-4400

**Craft Fair:** Sun Jun 28, 10am-5pm, Farmingdale Craft Fair, 361 Main Street, Farmingdale, NY, [www.nassaucountyfairs.com](http://www.nassaucountyfairs.com)

**Children Summer Camp:** Week One: Jun 29-July 2, 9:30am-12pm, Tiny Explorers Summer Camp, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, [www.longislandmuseum.org](http://www.longislandmuseum.org) 631-751-0066

## July

**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](http://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](http://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](mailto:catering@shandoncourt.net) 631-581-5678

**Art Exhibit:** Until July 12, 11am-5pm, PAINT THE TOWN! A Plein Air Exhibition, The Reboli Center for Art & History, 64 Main Street, Stony Brook, NY 11790, [www.rebolicenter.org](http://www.rebolicenter.org), 631-751-7707

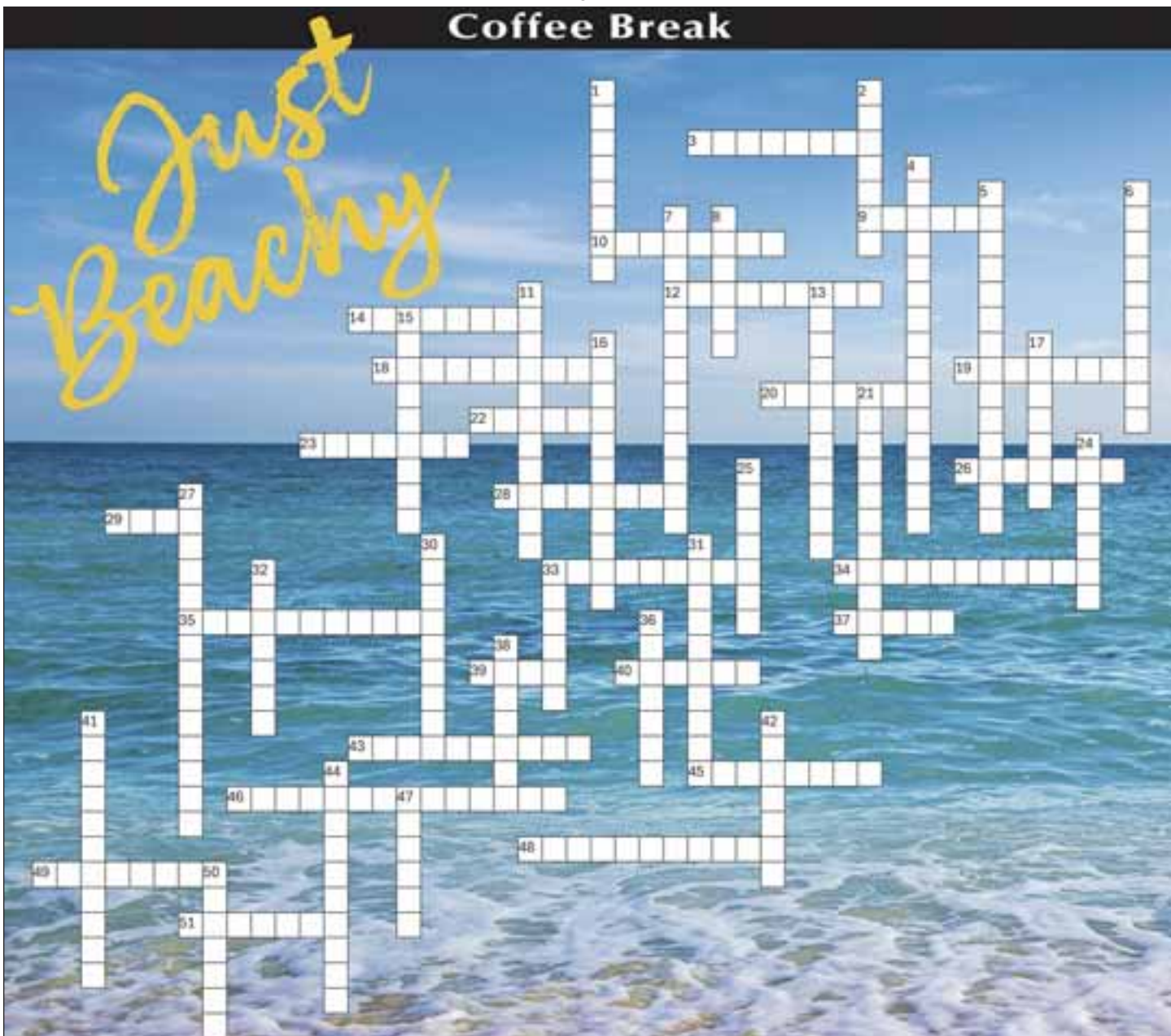
**Art Exhibit:** Until July 12, The Winner's Circle, Gallery North, 90 North Country Road, Setauket, NY 11733, [www.gallerynorth.com](http://www.gallerynorth.com), 631-751-2676



**Visit ourtownstjames.com**  
to see a complete listing of  
2026 North Shore  
Art Events

# Coffee Break

*Just Beachy*



**Across**

- 3. Summer cookout
- 9. Moon's far point
- 10. Salt concentration
- 12. Natural hex pattern
- 14. Summer nuisance
- 18. Insect study
- 19. Emancipated
- 20. Layered cloud

**Down**

- 1. Floating seaweed zone
- 2. Heat-driven air rise
- 4. Living light
- 5. Postwar era
- 6. Freedom commemoration
- 7. Electric strike
- 8. Blanket outing
- 11. Fertilization transfer
- 13. Union enforcement code

- 22. June zodiac
- 23. Surfboard coating
- 26. Ember circle
- 28. Coastal microhabitat
- 29. Repellent compound
- 33. Wave rider
- 34. Storm tower cloud
- 35. Shore wanderer
- 37. Celestial loop

- 15. Heliotracker bloom
- 16. Earth's water
- 17. Moon's close point
- 21. Weather layer
- 24. Strong current
- 25. Heat-moisture index
- 27. June full moon
- 30. Summer shrub
- 31. Pressure-related

- 39. Solstice month
- 40. Surface reflectivity
- 41. Sun eruption
- 45. Grill fuel
- 46. Light-to-food process
- 48. Green pigment
- 49. Wave edge
- 51. Solar blemish

- 32. Periodic brood insects
- 33. Campfire stack
- 36. Skin pigment
- 38. Puffed cloud type
- 41. Invisible sun energy
- 42. Summer glow bug
- 44. Summer Solstice
- 47. Rain cloud
- 50. Balanced light day

# Coffee Break

## SUDOKU CHALLENGE

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

RIDDLES & TEASERS



## June Bug

### Question 1:

What do you see once in June, twice in November, and not at all in May?

### Question 2:

A word I know, six letters it contains, remove one letter and 12 remains. What is it?

### Question 3:

A grandfather, two fathers, and two sons went fishing. They were only three people. How is this possible?

Puzzle Solutions on page 68

## THE FINISH LINE

### Stories of the Spirit

continued from page 30

Suddenly, from the top of the entertainment center, the witch's hat lifted into the air and, like a leaf gently falling from a tree during the fall, floated down and landed on the floor, right in front of everyone – a sign grandma was still around.

When I heard the 1934 song, "Blue Moon" at Starbucks at the end of March, I figured it was another musical sign from my

mom. It wasn't the normal folky or new-age songs Starbucks played. And when I heard the same song a second time at Starbucks – this time in a jazzy female vocal rendition, I knew the meaning of it – Dad and Mom were now together in heaven – "Blue Moon" was their wedding song.

It also meant I was not alone. My parents were watching over me. It was a sign from both.

For both you and I will always be

with our loved ones in spirit.

### Gallery North

continued from page 53

mediums, such as watercolor, life drawing, papermaking, as well as printmaking, done in house on our printing press.

For more information, visit gallery-north.org or find us on Facebook, Instagram, YouTube, TikTok, or X/Twitter (@gallerynorthli).

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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 can't seem to shut my mind off. I replay conversations, second-guess decisions, and think through every possible outcome—and I know I take it to extremes. At work, I get stuck and can't complete tasks. At home, I feel disconnected because I'm always problem-solving. I tell myself I'm being thorough, but it doesn't feel productive anymore. I'm exhausted and stuck in a loop. How do I stop overthinking without becoming careless?*

—Stuck in My Head

Dear Stuck in My Head,

What you're describing is rumination – the mind trying to solve problems that either no longer exist or can't be solved in that moment. It can feel productive, but it rarely leads to better outcomes. A useful filter is: *Is action required right now?* If yes, move forward. If not, continued thinking is just keeping the loop going. Set limits around decision-making. Give yourself a defined window, make the best call with the information you have, and move on. Reopening the same decision usually adds stress, not clarity. Also, separate reflection from rumination. Reflection leads to a takeaway. Rumination circles without resolution. Finally, stay engaged in the present. Overthinking thrives in unstructured space. The goal isn't to think less – it's to think with purpose, then stop when that purpose is met.

**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](http://www.FamilyAndPersonalCounseling.com) and [www.RonVillano.com](http://www.RonVillano.com) to listen to his featured interviews.

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## Do's & Don'ts of Essential Oil Use



by Terri Pace

### Getting Started

For both the proficient and novice essential oil user, there are some general recommendations which guide us all in our usage. We use this frame-

work to assure safety, and to maximize their benefits in our life! Here are my top Do's and Don'ts for safe and effective use of essential oils:

**Do...** use essential oils of the highest quality! Plants enhance the effect in the body! 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, therapeutic grade essential oils for your family!

**Don't...** expect therapeutic outcomes from an essential oil which was fabricated in a lab or adulterated from its natural beauty.

**Do...** choose the ideal way to use your essential oil! Mix up the method (aromatic, topical or internal) based on the outcome(s) you seek. For example, I choose to diffuse essential oils when I am looking to uplift my mood or to influence my emotions! This diffuser blend has quickly become my new favorite: 5 drops Siberian Fir, 4 drops of Clary Sage, 2 drops of Roman Chamomile, 1 drop of Jasmine.

**Don't...** be afraid to experiment and find your own favorites!

**Do...** apply essential oils topically on or near the area of concern. For example, if you have some head tension, apply Lavender and Peppermint essential oils on or near the temples or at the base of the skull. For muscle discomfort, apply Wintergreen and Marjoram essential oils directly on those "cranky" muscles.

**Don't...** apply "warm" oils on sensitive areas of your body. Cinnamon, Peppermint, Oregano, Wintergreen, and Lemongrass, for example, are best diluted when applied topically; and make sure not

to touch your eyes or other sensitive parts of your body after applying them with your hands!

**Do...** dilute your essential oils with a carrier oil. This will NOT minimize the effect! It can actually enhance the benefits as it slows absorption through the many layers of tissues of the skin (keeps it local to that area longer!). My favorite carrier oil is fractionated coconut oil. This carrier oil has had the long-chain fatty acids removed, which makes it liquid at room temperature and extends its shelf life.

**Don't...** use inferior carrier oils with therapeutic grade essential oils. Inferior carrier oils can easily degrade your high-quality essential oils and reduce their therapeutic benefits.

**Do...** When adding essential oils to your water, be sure the container is made of glass, stainless steel, or ceramic. Add a few drops of Tangerine essential oil to your glass of water to support healthy digestion and metabolism, healthy immune function...and it has natural cleans-

continued on facing page



## Looking for Local Activities and Events?

Check out

[ourtownstjames.com](http://ourtownstjames.com)

to view

Cultural Events, Workshops

and Happenings

on Suffolk County's North Shore!

*Don't see an event listed?*

Contact [info@ourtownstjames.com](mailto:info@ourtownstjames.com)



# HEALTH NOTES

continued  
ing properties and a sweet tangy  
aroma!

**Don't...** use plastic containers. Plastics may leach chemicals if scratched, heated, or exposed to high quality essential oils! Certain essential oils can breakdown these containers! Try it yourself! Apply a drop of Grapefruit on a Styrofoam cup and watch it dissolve it right in front of your eyes! When necessary to use a plastic container, make sure it has a high permeability resistance rating!

**Do...** Protect your high-quality essential oils from the ultraviolet rays of the sun by storing them in cobalt blue and amber-tinted glass containers which reflect the sun's rays.

**Don't...** expose your essential oils to extreme temperatures. These extremes can cause deterioration to the quality of your oils.

**Do...** create a daily routine using essential oils which support the organs and systems of your body! I use a variety of different oils throughout the week, but there are



certain oils which I use every single day! I use essential oils in our household products (hand soap, cleaner concentrate), personal care products (body wash, skin care, shampoo and conditioner, lip balm), and also in my vitamin and mineral supplements! They are an integral part of the simple solutions I use every day to eliminate, mitigate and elevate!

**Don't...** just apply it once! Stay away from a "one and done" approach!

People often wonder how to select the right product(s) for their health goals, how to use a product they ordered, or how to be more consistent in their daily routines! It is my goal to make the use of natural solutions SIMPLE and EFFECTIVE! How can I help you get started or support your current regime?

Learning more about essential oils is simple! Join our wellness community! Participate in our free workshops (both in person and online, group or individual). I'm happy to help you create success with simply natural solutions for your unique health priorities. Call me 631-487-1627 or email me at [simply.natural@outlook.com](mailto:simply.natural@outlook.com).

Find information on events and workshops here: <http://simplynaturalseminars.eventbrite.com/> No purchase necessary to attend!

*\*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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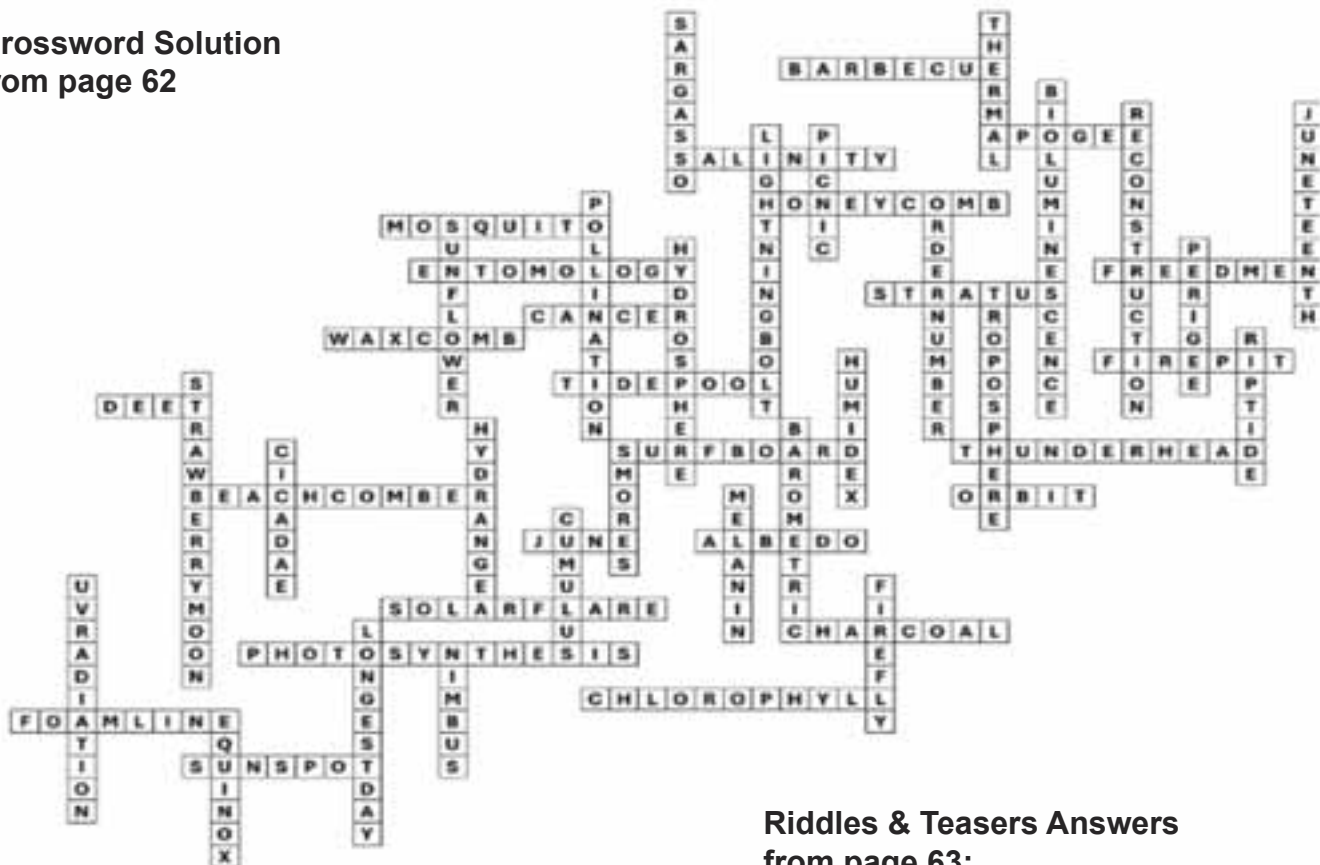
**Terri Pace**  
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C O F F E E B R E A K

Crossword Solution  
from page 62



Riddles & Teasers Answers  
from page 63:

1. The letter "e"
2. Dozens
3. There are three generations:  
grandfather, father, and grandson

Sudoku Solution from page 63

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



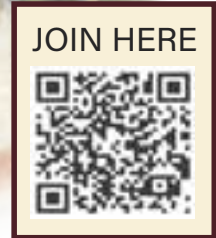
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