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JULY
2025

Volume 38
Number 2

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

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PLEASE NOTE:

Advertising & Editorial Deadline
for the **AUGUST** edition of OUR TOWN • ST. JAMES is
THURSDAY, JULY 10, 2025 - 12 NOON.

Distribution takes place on **July 29, 2025.**

Rely Pharmacy

by Scott Posner

Rely Pharmacy is owned by local residents Christina Loeffler and Mady Pisano. The pharmacy was started in 2015 with a monumental idea. Christina and Mady were both working at a grocery store pharmacy. As technology was becoming ever more present there was a growing disconnect with the patients. They decided to embark on their own venture where patient care was paramount.

Let's take a look back at how these two dynamos came together. Christina was raised in Centereach. Her mom was from Kings Park and her grandfather owned a glass shop on Main Street in Smithtown, just west of where the pharmacy is now located. At 17, while working at a grocery store as a cashier, she was asked to fill in at the pharmacy counter. Christina found her calling immediately. She loved the interaction with the customers and excelled at her work so much that the pharmacist suggested that she go to pharmacy school. She never regretted her decision for one moment. Christina is the very proud mom of two daughters, Hailey (10) and Scarlett (8) who attend St. Patrick School in Smithtown.

Mady grew up in Turkey and loved the pharmacy business since childhood. She found her calling very early on. She loved everything about her local pharmacy, from the smell of the store to the impact they had on their patients. She worked her way up the ranks and eventually opened her own pharmacy in Turkey. Mady's courageous nature was also always very present. In 2003, she decided to take a huge chance and bring her daughter, Asli, to America seeking a better life for them both. She was a single mom and left everything behind to start again in America. Things have worked out exceptionally well for her. What about Asli? Did moving here work out well for her as well?



We would ask her but she is a bit busy with her studies at Harvard Dental School! Yes, mom and daughter are a true American success story. Mady and her wonderful husband Michael are also board members of the St James Chamber of Commerce, constantly volunteering their time and energy.

Time to get back to what makes Rely Pharmacy so different. Yes, they provide free delivery. Yes, they even provide pill boxes to make sure prescriptions are managed properly. However that is the simple stuff. Google reviews confirm that patients LOVE the staff at Rely. They built the business because they saw that personal service was missing. Patients were becoming numbers and staff at their former employer was constantly changing, preventing them from gaining crucial familiarity with each patient. They do not want people calling the pharmacy and getting countless voice prompts. They don't want pa-

tients to have to go online or use an app to fill their orders. Why not? Simple, they said. Caring for someone's medical needs required intimate knowledge of each patient's needs, history and circumstance. They described how many drugs of different names actually do the same thing and how frequently they come across situations where they correct redundant prescriptions. They also want to know how people are reacting to their medications. Mady and Christina make themselves a very crucial safety check for all of their patients.

As a customer of Rely, I can attest to their extreme level of care, familiarity and service. They run a very welcoming business and it is easy to see why so many of their reviews show how they are loved by their patients.

Rely is located at 731B Middle Country Road, St. James.
631-656-8902. www.RelyRx.com

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Suffolk County Legislator Rob Trotta Recognizes St. James Jewelry Shoppe

In 2023, the Suffolk County Legislature designated May as "Small Business Month" to recognize the important contributions that small businesses provide to the communities where they are located and to the economy. Each legislator selects a small business, with less than 25 employees, from their legislative district. At the May 6 General Meeting of the Legislature, each legislator recognized their respective honoree. The St. James Jewelry Shoppe on Lake Avenue in St. James was chosen by Legislator Trotta. Current owner Lenny Piskorz started working in the jewelry business while in high school and took over this store

in 2008. "Lenny and his staff provide exceptional service to meet the needs of their customers, and his store is an asset for the community," said Legislator Rob Trotta.

St. James Jewelry Shoppe has been a full-service jewelry store for over 40 years. The shop offers a wide variety of gold, silver and platinum jewelry and specializes in customized jewelry and repair work, including eyeglasses, all of which are done on the premises. Lenny's artistic talents and craftsmanship shine when transforming a customer's ideas from drawings, pictures or concepts into a one-of-a-kind piece of jewelry.



Pictured at the Suffolk County Legislature are Smithtown Jewelry Shoppe owner Lenny Piskorz and Suffolk County Legislator Rob Trotta.

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Vinyl Revival - Funk/Motown/70s Dance/Classic Rock

Deepwells Farm Historical Society Presents 2025 Summer Music Festival!

THE RED, WHITE & BLUE JAM!... 'Amped Up' for Freedom – A Music Celebration!

A full day of live music on the Porch! Join us on Saturday, July 12 at 1 p.m. for an unforgettable day of music, community, and celebration at the historic Deepwells Mansion - The Cultural Centerpiece of Historic St. James.

Enjoy live performances by talented Long Island cover bands, playing from the iconic front porch of this beautiful circa 1845 mansion.

Grab your blankets, lawn chairs, and good vibes – it's first come, first served for your perfect spot on the lawn! Relax, kick back, and enjoy a full day of music under the summer sky.

Food – Grab a bite from one of the on site food trucks offering zepoles, ice cream, tacos and more –

or swing by one of St. James' amazing local eateries and bring your own picnic! Want to pack a dinner from home? Go for it – coolers are welcome! We've even had sushi delivered right to our gates in the past! The options are endless! And best of all? Admission is FREE! Don't miss this fabulous community event.

About Deepwells Farm Historical Society

Deepwells Farm Historical Society is a registered 501(c)(3) non-profit organization. Unlike many others, our board is made up entirely of volunteers – we have no paid staff and no revenue from membership dues. Every dollar we raise comes directly from com-

munity fundraising events and donations.

Our events are imagined, planned, and brought to life by a passionate and hardworking board of directors who volunteer countless hours to share the beauty and history of Deepwells Mansion with the public. Their dedication is fueled by a deep love for the mansion and its place in our community.

All proceeds to benefit Deepwells Farm Historical Society – for the maintenance, restoration and preservation of Deepwells Farm.

Our upcoming Music Festival will feature free admission for all to enjoy. If you do wish to support us further, there will be donation buckets and raffles available for purchase – and any contribution, big or small, will be deeply appreciated. Every bit helps preserve this historic treasure for generations to come. So whether you donate or simply come to enjoy the day, thank you for being part of our story.

Now... **check out the awesome lineup and get ready for a great time!**

OUR 2025 LINE UP!

- Vinyl Revival - Funk/Motown/70s Dance/Classic Rock - This

continued on page 10



Black and Blue - Rolling Stones Tribute



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- ❖ RUSLAN SPRAGUE (Jul 21-25) & (Jul 28-Aug 1)
- ❖ CORY STEARNS (Aug 4-8)
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Reservation Deposit (Applicable toward tuition)	\$600	\$450
Six Weeks	\$2,600	\$2,000
Five Weeks	\$2,250	\$1,700
Four Weeks	\$1,875	\$1,400
Three Weeks	\$1,475	\$1,100
Two Weeks	\$1,050	\$775
One Week	\$600	\$450
Daily	\$140	\$110
Single Class	\$ 50	\$ 40

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2025 Summer Music Festival at Deepwells Farm

continued from page 8
cover band is extremely popular, and in high demand, playing all over Long Island and NY. A 9-12 piece band dishing out 'crazy fun' wherever they perform. Channeling their talents to create a fun, upbeat song list that features some stellar vocals, excellent musicianship and fitting vocal harmonies.

- **Black and Blue Rolling Stones Tribute** - Long Island's leading Stones tribute band. A high energy 7-piece band that captures the heart, soul & swagger of The Rolling Stones with unmatched authenticity from gritty blues roots to stadium-shaking rock anthems they deliver the full-spectrum Stones experience-complete with driving guitars, soulful harmonica and a rhythm section that doesn't quit.

- **Stoned Temple Project** - More than just an STP tribute band, this is a powerhouse four-piece band that starts as a stone temple pilot tribute – and then takes you further. STP, Nirvana, Pearl Jam, Creed, Collective Soul & more. Stoned Temple Project rips through the hits with raw energy, precision and passion. Fueled by lifelong friendship and undeniable chemistry they deliver massive authentic sound that pays homage not only to STP but to the entire golden era of 90s grunge & alternative rock.

- **Freebird - Lynyrd Skynyrd Tribute Band** - Freebird is a seasoned high-powered tribute band dedicated to delivering the authentic sound and spirit of Lynyrd Skynyrd - but they don't stop there. With decades of experience and a



Stoned Temple Project



Freebird - Lynyrd Skynyrd- Tribute Band

loyal following across Long Island, the tri-state area and Florida, this band knows how to bring southern rock to life. From Skynyrd's legendary hits to the classics from the Allman Bros., Marshall Tucker Band, Charlie Daniels, Molly Hatchet & more -Freebird is more than a tribute-Its a southern rock experience that keeps fans coming back for more!

Last but not least...

- **Don Audio Sound** is back once again to bring it all together – ensuring top-quality sound and seamless band transitions for an unforgettable music festival experience.

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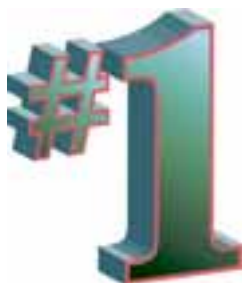
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St. James Challenge Fundraiser Held at Deepwells

On May 10, Deepwells Farm welcomed 645 runners and walkers for the second annual St. James Challenge, a 5-mile race and 5K Fun Run that raised \$86,000 for the new Ronald McDonald House at Stony Brook Children's Hospital.

This will be the first Ronald McDonald House in Suffolk County – just steps away from the county's only children's hospital and pediatric level 1 trauma center. The 60,000 sq. ft. facility will offer 30 bedrooms and spaces where families can eat, rest, work, and play while staying close to their hospitalized children.

Following the race, the community gathered for a block-party celebration, complete with local

vendors, raffles, and children's activities – much of it made possible by more than 40 student volunteers.

It was grassroots community building at its finest. To learn more or support the campaign, visit www.rmhcny.org



Thank You, St. James, for Your Generosity

The Sts. Philip and James Knights of Columbus Council #12839 thanks King Kullen and the generous shoppers of St. James who contributed during our semi-annual Food Drive on Saturday, May 17. Twenty shopping carts of groceries, consisting of food, paper products and toiletries, were donated, along with \$232 in cash and \$60 in gift

cards. The groceries were delivered to the Smithtown Emergency Food Pantry where they were gratefully received by the Food Pantry Director, Pat Westlake. The cash and gift cards will be donated to the Sts. Philip and James Parish Outreach Program.

Coincidentally the Saturday, May 17, 2025 issue of *Newsday* (page

A5), highlighted a hunger crisis on Long Island: *LI Hunger Worsening*. We are grateful that with the co-operation of the St. James King Kullen and the generosity of our St. James community, some relief will be provided for those in need.

Thank You Saint James!

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A R O U N D T O W N

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

by Natalie Weinstein, President

We are on our way! On May 22, we heard from the Gardiner Foundation that we are being awarded our grant request. It is for the first phase of the renovation of the historic Community Cultural Arts Center, Theatre & Plaza. Thanks to the generosity of two wonderful supporters, Celebrate St. James was able to apply for this matching grant which will enable us to replace the roof (protecting the original tin ceiling) and stabilize the original stage. This is planned to occur during the month of August when the building will be closed – but much will still be happening.



In July, we are launching our musical theatre camp run by Lighthouse Repertory



Theatre Company where children will be learning the basic theatre skills from professionals. Kids from grades 3-6 are invited to participate July 7-July 25 from 1-4 p.m., Monday through Friday with show performances on July 26 of Annie Jr. For the younger set, the Smithtown Youth Bureau will be hosting Mommy and Me classes on July 3, 10, 17, and 24. For more information and registration, go to www.smithtownny.gov/215/Youth-Bureau. Line Dancing with Natalie

Boyle continues on Monday nights for the month of July, from 7-8:30 p.m., as well. Cowboy boots and hats are optional – fun guaranteed. Visit our juried art show at the building all through July. Join the fun at family game night on Friday, July 11 from 5:30-8:30 p.m. where pizza is always involved. Our popular summer concerts are back on Sunday evenings at 7 p.m. in Celebrate Park July 13, 20, and 27. For a relaxing Thursday evening, join our book club on Zoom at 7:30 p.m. on July 24.



In August, we are joining forces with Our Town for an amazing weekend, August 15-17, to
continued on page 48

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

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A LOCAL LEGEND

Robert Murphy – The Road Home

by Amy Biondi

For Robert Murphy, Smithtown's Highway Superintendent since 2016, the roads he oversees and maintains are more than just infrastructure – they are the very pathways of his personal and professional life. Originally raised in Saint James, Murphy's journey from a local paperboy to a respected town official is a testament to perseverance, integrity and deep community roots. With over 25 years of civil engineering experience, a workforce of over 130 employees and 470 miles of road and infrastructure to oversee, Murphy brings both technical precision and personal passion to the role.

His career began after graduation from Suffolk Community College with a degree in Construction Technology. His first real job was surveying with Sidney B. Bowne & Son, a Smithtown based engineering firm where he spent 13 years learning the terrain – sometimes quite literally. "I got poison ivy many times macheting my way to the stakes through the foliage." He recalls with a laugh. From local roads to subdivision surveys, Murphy knows Smithtown by heart.

In the early 2,000s he moved to Arizona for 13 years and entered the private world of subdivisions. He was quite impressed with Arizona's collaborative high-tech approach to subdivision development, and it inspired him in applying modern engineering principals to



maintain Smithtown's extensive infrastructure. The experience opened his eyes to new efficiencies; like developers meeting with officials before investing in costly plans and it

is this strategy he also admires and sees echoed in the approach of Town Supervisor Ed Wehrheim. "He wants to make sure projects make sense for the community." And Murphy agrees with the mission that planning should be smart, collaborative and grounded in what the community needs.

Wanting to expand his knowledge of the technical side of land development, he spent time in Red Deer, Canada where he mastered a specialized software program for land development. After eight months of learning in this extremely remote location he was placed in charge of Urban Land Development for the company he was working for. In 2008 however, the private sector lost its momentum and subdivision work became sparse. He then returned to Long Island. Soon after he learned that the Highway Superintendent at the time, Glenn Jorgensen, was looking for a deputy superintendent and he interviewed and got the job. Upon Mr. Jorgensen's resignation, he was the natural choice to take over and was assigned as the new Highway Superintendent. He has been in that position ever since.

Leading the department has been no small task. Budget caps challenge every project, but Murphy's innovation and commitment have kept things moving. "We do our own welding, in-house painting, drainage, and paving," he explains,

continued on page 18



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OUR TOWN • JULY 2025

A L O C A L L E G E N D

Robert Murphy – The Road Home

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noting that many townships outsource these services. This self-reliance is part of Smithtown's strength – something instilled in him by former Highway Superintendent Jim Dowling, who was also Murphy's Little League Coach and early mentor.

Murphy's proudest achievement to date is the Lake Avenue revitalization in Saint James – a project that became a cornerstone of his legacy. "The water mains were failing, and the infrastructure needed to be replaced," he said. With full support from the Town Board, the entire job was done in-house. As this year's Grand Marshall in the 2025 Saint James St. Patrick's Day parade, it was a special moment for Murphy to lead the festivities and take that well-earned victory lap down the road he helped breathe new life into. Hooking into the sew-

age treatment plant at Fairfield is next on the agenda.

Infrastructure is more than concrete and steel to Superintendent Murphy... He is a vocal advocate for new sewer systems calling them the "key to sustainable growth." As the town faces aging systems, he is focused on securing more grant money for reparations to offset the use of tax money in addressing urgent needs. He wants to be remembered by future generations by way of improved infrastructure and feels revitalization projects are very important.

Yet for all his professional accomplishments, Murphy remains a humble hometown guy. He feels it is an honor to be able to serve the community he grew up in and wants to do all he can to keep Saint James a nice place. And as much as it has changed, Saint James remains the same for him. Going down Lake

Avenue, the familiarity of certain places still being there (like Lake Avenue Deli and King Kullen) fills him with nostalgia and town pride. He is also deeply involved in community service – volunteering for the Parkinson's Therapy Center, where his wife Kim and late mother-in-law have long been pillars. He rounds that service out by being a member of the Rotary Club and the Knights of Columbus. In his free time, he enjoys his gardening and spending time with his family which includes two grandchildren.

Today, Superintendent Murphy's legacy lives in the pavement beneath your feet, the sewers that will safeguard our community, and the sense of continuity that keeps Saint James feeling like home. He also does feel bad if the occasional snowplow knocks down a mailbox. "We always fix it," he says with a smile.



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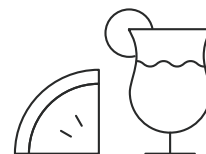


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A R O U N D T O W N

Coming Home to St. James

by Nicole Garguilo

If you had told 18-year-old me—fresh out of Smithtown High School—that one day I'd leave Manhattan and come back home to St. James, I would've called you crazy.

At the time, I had my heart set on the city, dreaming of singing at Lincoln Center and making a name for myself in the big leagues. I went off to study at the Manhattan School of Music, convinced I was never coming back. But life, as it does, had other plans. There's an old saying: You want to make God laugh? Make plans.

After graduating, I began auditioning for roles. Then, just three months later, the world changed forever – 9/11. Auditions stopped, and so did the dream. Thankfully, I had minored in criticism – essentially journalism – which led me to a job at Rolling Stone and even-



tually sparked a lifelong passion for writing. Truthfully, I'd always strug-

gled with nerves on stage, but writing made sense to me. It filled the creative void I thought only music could. I eventually left Rolling Stone for New York Magazine, then Metro, where I had the freedom to create entertainment publications. I thrived. And when the time was right, I started my own digital marketing and events company.

In 2008, I bought a little slice of the American Dream in Hoboken, New Jersey – just up the block from where Sinatra grew up and learned to dream. I loved everything about that chapter of life. I was building something meaningful – until it all came crashing down with Hurricane Sandy.

My business equipment, stored in what I thought was a pristine container, was destroyed in the flood. My apartment, though a floor above the worst of it, became toxic from
continued on page 22

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AROUND TOWN

Coming Home to St. James

continued from page 20
unaddressed water damage. I lost two of my cats and began getting sick from mold exposure. It became clear that I couldn't stay. And the help we were promised never came. The Governor, the Mayor, FEMA, insurance – they all turned their backs. So I came home. Broken, disillusioned – but hopeful that St. James could be my reset.

At first, it wasn't easy. I stayed in my childhood bedroom, alone with my dog and cat. I didn't reach out to old friends. I felt lost – until I visited my grandma, Mary Garguilo. She was grieving the loss of my Pop. Together, we lifted each other up. My dog, Flex, got her outside again, chatting with neighbors, being the neighborhood consigliere once more.

It was "Nonna Mary" who encouraged me to start my business again – right here. I designed a few

websites, and slowly rebuilt. That's when I met someone who would change my life: then-Town Councilman Ed Wehrheim. Along with a group of community members, he encouraged me to launch a hyper-local news site focused on community-driven stories. My grandma used to ask, "When is that man going to run for Supervisor? This town needs new life."

Before she passed, she made me promise I'd tell Ed he had her blessing – and her Sicilian guilt trip. He listened. And the rest is history.

Ed Wehrheim became Town Supervisor. And over the past eight years, we've been a great team. Ed has led the way in transforming Smithtown, especially our beloved St. James. From the revitalization of Lake Avenue to the new parks and community spaces, our town is alive again. I get chills seeing kids riding bikes, playing in the pocket

park, couples walking, and small businesses thriving. It's what gets me up in the morning.

But we didn't stop there. During the pandemic, we acted. We didn't wait for anyone to let us down this time! We built a system to help first responders and vulnerable residents. We delivered PPE to hospitals, groceries to seniors, and lunches to kids on school programs. We partnered with fixed-income communities like Sienna Village during storms and emergencies. When floodwaters washed out roads last year, we built temporary access routes and got people the help they needed. Note: We're still working on helping many people.

We've preserved the stories of dozens of veterans so their memories are never lost. We've modernized town services – created a mobile app, redesigned a more

continued on facing page

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A R O U N D T O W N

continued
accessible website, and now you can even get your parking sticker online.

We work hand-in-hand with local Chambers of Commerce, spotlighting small businesses, launching initiatives like the Avenue of Heroes, and helping apply for grants to strengthen our downtowns.

I could go on, but here's the heart of it: The 18-year-old version of me couldn't imagine a life back home – but she did imagine making a difference.

And I think she'd be proud. She didn't kick the can. She gets the job done everyday... and what a noble and rewarding job she has!

I love St. James. I love the people who make this place so special. And I feel truly blessed every day to work for the community that raised me, believed in me, and brought me back home.

In closing... I'd just say that while I had my own plans... I think God's idea for me was much better! Not sure I agree with all that took place that led me here. But I am thankful every day!

Nicole Garguilo
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Town of Smithtown Recognizes Local Veterans at Town Hall

On Wednesday, May 28, 2025, the Town of Smithtown hosted a heartfelt ceremony at Town Hall to honor six outstanding United States Veterans for their service to the nation and continued contributions to the community. The event, led by Supervisor Ed Wehrheim, marked the beginning of a meaningful new tradition dedicated to recognizing the courage, sacrifice, and ongoing leadership of local veterans.

Supervisor Wehrheim was joined by Councilman Thomas J. McCarthy, Councilwoman Lisa Inzerillo, Councilman Tom Lohmann, and Town Clerk Thomas D. McCarthy, who also chairs the Veterans Assistance Committee. Together, they paid tribute to these remarkable individuals – each of whom has not only served with honor in the military but continues to make a lasting impact in civilian life.

“As a veteran, it brings me great honor to recognize and celebrate fellow service members who have worn the uniform with distinction and who continue to serve this community with that same selfless dedication. Each of these Veterans represent what makes this country –



Pictured (L-R): Salvatore Riccobono, Martin Thompson, Olivia McMahan, John Barnett, Robert P. Doyle and Stewart Myers.

and this town – so exceptional. They answered the call to defend our freedoms, and when that chapter ended, they continued to lead, give back, and strengthen the very community they had fought to protect... As we begin to commemorate the upcoming 250th anniversary of our great nation next year, it's especially meaningful to celebrate those whose lives embody the ideals of liberty, duty, and

honor. Today, we begin a tradition we will proudly continue—honoring the veterans who walk among us, quietly leading with humility and purpose. On behalf of the Town of Smithtown, we thank them for their service, sacrifice, and continued commitment to our community.” - Supervisor Ed Wehrheim

Supervisor Wehrheim extended a special thank you to Nick Passarella, Active Duty Firefighter for the U.S. Air Force and Nassau County Police Officer, as well as Town Clerk Thomas D. McCarthy and Councilman Tom Lohmann for organizing and inspiring the initiative. During the ceremony, each veteran was called to the podium to receive an official Certificate of Appreciation from the Town of Smithtown, recognizing their honorable service to the United States and their meaningful contributions to the community post-discharge. The ceremony celebrated not only their military achievements but also the leadership and example they continue to provide in civilian life.

Spotlight on Tribute To Service:

- Salvatore Riccobono U.S. Army, 1965–1967 St. James Resident | Vietnam Veteran | NYPD Retired -Salvatore Riccobono proudly served in the United States Army

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Custom Victorian Style Colonial with circular Belgian block lined asphalt driveway. This beautiful 4 BR, 2½ bath home has a two-story entry foyer, 9' ceilings, arch. roof, hardwood floors, tile & w/w carpet. Andersen windows throughout, gas double sided fireplace, 200 amp electric, 22kw gas whole house generator, full bsmt. w/large outside entrance. Bosch tankless gas three zone heat, two zone CAC. Level fenced rear yard. central vac as-is, rear deck.



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Diamond ++ brick Colonial, quality thru-out. Custom moldings, hardwood floors & high ceilings (9', 11' & 18'), grand 2 story entry foyer, large gourmet ELK w/granite, maple cabs & SS appls. First floor primary suite, FLR & DR w/frplc. Home office w/private entrance. 4 BRs, 3 full baths, 2 half baths. Full basement, low line septic. two 275 gal oil tanks. Andersen thermopane windows w/transom windows. CAC, 200-amp electric w/generator hook up only, hydronic heating. 3 car side entry garage. One level acre, large koi pond w/2 waterfalls, cul-de-sac. Must see!



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\$5,000 mo. plus utilities



ST. JAMES "RENOVATED RANCH"

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



\$649,900.

SMITHTOWN VILLAGE OF THE BRANCH "NEW TO MARKET"

Custom contemporized Colonial w/two story entrance foyer, vaulted ceilings, two car side entry garage & 3/4 unfinished basement. This 3 BR, 2 1/2 bath home has a den w/wood burning fireplace & large eat-in-kitchen. Two zone Burham furnace with Riello head, CAC, 200 amp electric, public water. Architectural roof +/- 5 years old, inground sprinklers, cedar wood & fieldstone siding, blacktop half circular driveway, large bi level rear deck & level private evergreen screened rear yard.



\$885,000.

ST. JAMES "RENOVATED COLONIAL"

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



\$749,000.

SAYVILLE "EXPANDED CAPE"

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



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SMITHTOWN "OFFICE FOR RENT"

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ST. JAMES "STORAGE SPACE FOR RENT"

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A R O U N D T O W N

Town of Smithtown Recognizes Local Veterans

continued from page 24
from 1965 to 1967, achieving the rank of Specialist E-4. From May 1966 to May 1967, he was deployed in Vietnam, where he served in a combat support group for helicopter medical evacuation and at the 93rd Evacuation Hospital, providing critical aid under some of the most intense conditions of the war. Following his military service, Sal continued a life of public service as a New York City Police Officer, assigned to the East Village on Manhattan's Lower East Side – then one of the city's most volatile neighborhoods. For over a decade, he served in a plainclothes unit, working tirelessly to remove violent criminals from the streets and protect the community. In his hometown of St. James, Sal has remained a steadfast advocate for veterans. He played a key role in the restoration of the Sherwood Brothers Me-

morial, honoring fallen service members, and has long been the driving force behind organizing Veterans and Memorial Day ceremonies and parades—often working behind the scenes.

- Stewart Myrers U.S. Army, 1956–1958, St. James Resident | Korean War Era Veteran | NYPD Retired - Stewart Myrers served in the United States Army during the Korean War era, departing the U.S. on Christmas Day, 1955 aboard a troop ship. He served honorably in Korea, achieving the rank of Private First Class. After his military service, Stu joined the New York City Police Department, where he served from 1968 to 1985. He spent a decade in the elite Tactical Patrol Unit, a division that required a 6-foot height minimum and often operated in high-stakes environments. Stu also served on a specialized security detail for Queens District Attorney

Santucci, exemplifying his dedication to protecting the public both in uniform and at home.

- Master Sergeant Olivia McMahon U.S. Air Force, 1997–2017 St. James Resident | USAF Veteran | Suffolk County Police Sergeant Master Sergeant- Olivia McMahon served over 20 years in the United States Air Force, with multiple deployments across various combat zones. As a highly decorated member of the Security Forces, Olivia was stationed full-time at Gabreski Air National Guard Base, where she played a critical role in national defense operations. Following her distinguished military career, she transitioned to law enforcement and now serves as a Sergeant in the Suffolk County Police Department. Olivia continues to embody the core values of courage, discipline, and service in every

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AROUND TOWN

Town of Smithtown Recognizes Local Veterans

continued from page 26
facet of her life.

- Martin Thompson, U.S. Navy, 1966–1995, St. James Resident | Navy Submariner | Community Leader - Martin Thompson served in the U.S. Navy for nearly three decades as a submariner, a role that demands precision, endurance, and unwavering calm. After retiring from military service, Marty continued his life of public service as a Lieutenant in the Suffolk County Police Department, Chief of Police in Head of the Harbor, and a longtime leader in the St. James Fire Department, where he has served for over 41 years, including as Chief, Commissioner, and currently President. An active member of the VFW, American Legion, Submarine Veterans, and several other civic organizations, Marty is a true fixture in the St. James community.

- Robert P. Doyle U.S. Army,

1970–1975, Nesconset Resident | Army Intelligence | Detective Sergeant, Retired-Robert Doyle served in Army Intelligence during the early 1970s, participating in classified operations during a critical era in U.S. military history. After his military service, he built a remarkable 37-year career in law enforcement with the Nassau County Sheriff's Department and later the Suffolk County Police Department. He spent 15 years in the Homicide Squad and concluded his distinguished career as a Detective Sergeant. Known for his sharp investigative mind and steadfast dedication to justice, Bob Doyle's legacy continues to inspire both veterans and officers alike.

- John Barnett U.S. Navy, 1986–2014 Veteran of Iraq & Afghanistan | Retired NYPD & MTA Officer-John Barnett served proudly in the United States Navy, including de-

ployments in both Iraq and Afghanistan. Following his military service, he worked as a Transit Officer and Detective with the NYPD and MTA. In 2012, while on duty in a NYC subway station, John was brutally attacked and stabbed in the eye by a known anti-police assailant. Despite losing vision in one eye, John continues to serve and inspire others. He is a passionate supporter of Paws of War, raising funds and awareness by running marathons with the goal of completing one in all 50 states. John Barnett's life is a testament to resilience, bravery, and unwavering service—both in the line of duty and beyond. This newly established tradition reflects the Town's enduring gratitude for its veteran community and reaffirms Smithtown's commitment to honoring those who have served, both in uniform and here at home.

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



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Meet the Harbormasters

by Scott Posner

It's worth getting to know the crew at the Roger J. Balducci Marine Facility located at Long Beach. The building was renovated 2 years ago and now serves as an excellent post for the 2 full-time and 10 part-time harbormasters. The facility is

named after St. James resident and 23 year Harbor Master who passed away in 2004. Dylan Harris sat down with me to share information about what they do. Dylan joined the team in August of 2024 and has quickly come to realize the special nature of the people of our town

and holds his co-workers in very high regard. They are charged with search and rescue, aiding disabled marine vessels, enforcing environmental conservation laws, making sure navigational rules are obeyed, maintaining navigational aids and providing support to all Smithtown beaches.

This hardworking group answers over 100 calls for assistance and over 50 waterway incidents per year. The tools at their disposal include 4 boats, 1 airboat, a Utility Terrain Vehicle (UTV) and All Terrain Vehicle (ATV) for beach access, a patrol truck and Sport Utility Vehicles (SUVs). In a 1 year period they provided 9,700 hours of total activity and 4,500 hours of on water operations. Keeping us safe and protecting the incredible resources Smithtown has to offer is their passionate mission.

Brianna's Law is now in effect for all New York waters, requiring every operator of a boat or jet ski to have a NY Boating Safety Certificate. Like a car, if you are behind the wheel, you need the certificate.

When asked how we can boat in the safest way possible, they had the following suggestions:

- File a Float Plan so someone else is aware of you plans.
- Be aware of the weather and be prepared to alter plans if needed.
- Make sure you have the required safety equipment on board, especially a communication device.
- Courtesy and common sense are required by all crew members.
- Know the rules of the road.
- Know the lay of the land. i.e., tides, bottom features, channel locations.
- Kayakers are required to have a Personal Flotation Device (PFD) and whistle. Wearing the PFD can save lives.

continued on page 32

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AROUND TOWN



Meet the Harbormasters

continued from page 30

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YOU CAN HELP

Pets for Adoption at Smithtown Animal Shelter

Adopt Sunny!

Get ready to meet Sunny, an extraordinary fella who's ready to fill your life with joy, adventure, and unconditional affection.

Sunny is a stunning three-year-old male



Alaskan Malamute. His handsome face is delicately outlined in black, making him truly unforgettable. While his enchanting good looks are undeniable, they are not the only thing that will capture your heart.

Beneath Sunny's striking appearance lies a heart as warm as sunshine. He adores every person he meets, greeting everyone with a wagging tail and bright, expressive eyes. His sweet, affectionate nature and gentle demeanor make him an instant favorite among the shelter staff and visitors alike. Spend just one moment with Sunny, and you'll see why he's impossible to forget.

Like any Alaskan Malamute, Sunny is highly intelligent, energetic, and playful – a teenager with a zest for life and an endless supply of curiosity. He thrives on interaction and would flourish in a home that offers an active lifestyle and plenty of mental stimulation. Whether it's a family hike, a romp in the backyard, or a cuddle on the couch, Sunny is ready for it all.

Sunny has previously lived with children and would be best suited to a home with kids over eight years old. While he cannot live with cats, his compatibility with other dogs is still being evaluated. Sunny is healthy, vibrant, and brimming with potential, just waiting for the right family to help him shine.

Shelter staff and volunteers agree: Sunny is the kind of dog who leaves paw prints on your heart. He's affectionate, lively, and endlessly loving. Any family would be lucky to welcome him home.

If you think your home might be the fairytale ending Sunny deserves, we invite you to fill out an application and schedule a Meet & Greet. Spend time with him in our cozy domestic spaces, the dog runs, or

enjoy a stroll on our scenic walking paths.

Additional Foster Opportunity:

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

Thinking About Adoption:

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

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

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

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

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



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We Are Smithtown Rotary! Making a Difference in Our Community

Smithtown Rotary is a proud part of this community and Rotary International. Established in 1959, we were one of the first clubs to be chartered on Long Island and the first club in Smithtown. Our forty plus members are visionary women and men who unite through a shared sense of passion to serve the entire Smithtown area and beyond. We volunteer our time and personal

resources through ongoing fundraising initiatives, as well as major events such as our annual "Go for the Green" 5K Run and our newest effort, a fall Cornhole Tournament. The funds we raise through our activities enable us to give thousands of dollars in support of local organizations, as well as groups and individuals in need. Very simply said, "We Make Money to Give it Away!"

Following the principle motto of Rotary, "Service Above Self," our members work together to solve real problems both locally and around the world. Among the ongoing projects Smithtown Rotary sponsors are:

- **Feeding Those in Need** – Supporting Smithtown Food Pantries
- continued on page 36



We Are Smithtown Rotary! Making a Difference in Our Community

continued from page 35
with regular monetary donations and food drives, as well as gift cards to multiple local families at Thanksgiving.

• Children and Education –

Providing activities and gifts to children living in the Smithtown homeless shelters, donating holiday gifts to families through Smithtown Children's Foundation, and partnering with Smithtown Schools to support the High School IAB Program and Interact Clubs, providing volunteering opportunities as well as yearly scholarships to deserving seniors.

• Saving Lives –

Funding heart surgeries around the world with annual donations to Long Island founded "Gift of Life" International, and continuing our "Buy a Heart, Save a



continued on page 47

ST JAMES CHAMBER OF COMMERCE PRESENTS

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Fifteen Smithtown High School East and West students received Rotary Club awards at a ceremony held at Smithtown High School East, on May 15. *Photos courtesy of Smithtown CSD.*

Smithtown High School students Honored at Rotary Club Awards

Fifteen Smithtown High School East and West students received awards on May 15 during the 2025 Smithtown Rotary Club awards ceremony.

"We are here to acknowledge your journey. Your journey is a testament to your character... You are the true embodiment of what it

means to be a student and a role model," said Smithtown High School East Assistant Principal Mike Aleci.

Every district high school guidance counselor recommended one student who has overcome significant obstacles or adversity to excel in school. High School West Assis-

tant Principal Annemarie Freund closed the ceremony, praising the students for not just reaching a final destination, but embracing "the journey we undertake to arrive there."

Congratulations to the following students and counselors: Sophia Chirco (guidance counselor: Michele Randall), Olivia Thode (guidance counselor: Marissa Urso), Audrey Krane (guidance counselor: Kate Baker-Dorney), Hunter Colwin (guidance counselor: Brian Alemaghides), Bryan Miranda Hernandez (guidance counselor: Maggie Shanley), James Gregory (guidance counselor: Kelly Brouthers), Paula Araujo Parra (guidance counselor: Isabella Aviles), Ariana Aucone (guidance counselor: Karen Schmalz), Katherine Gonzalez (guidance counselor: Sara Stone), Alyssa Smith (guidance counselor: Robert Woods), Micha Raimondi (guidance counselor: Dorothy Caputo), Jessica Maloney (guidance counselor: Diane Giannico), Elena Ottesen (guidance counselor: Patricia Coppola), Abigail Sorrells (guidance counselor: Michael Agostino), Hannah Angelus (guidance counselor: Chelsea Shirreffs).

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Smithtown High School East senior, Nicole Clemans, won the Section XI Individual County Championship in badminton on May 14.

Photos courtesy of Smithtown CSD.

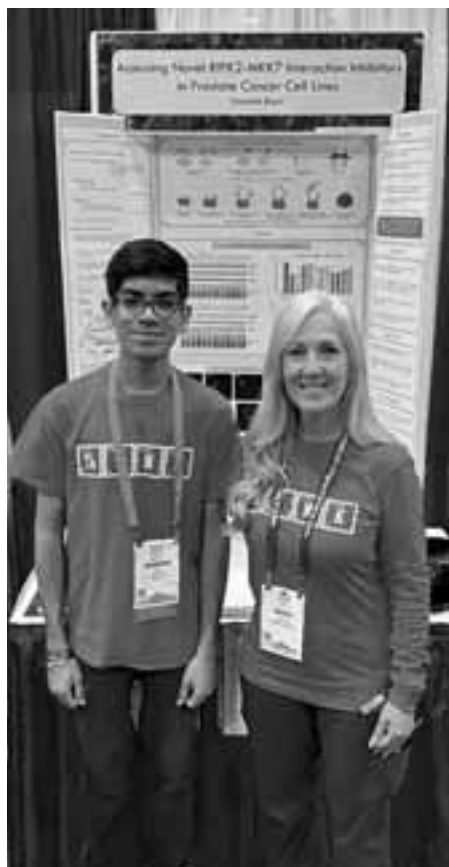
Badminton's Best: Smithtown High School East Wins County Title

Smithtown High School East senior, Nicole Clemans, won the Section XI Individual County Championship in badminton on May 14 at Half Hollow Hills East High School.

Clemans is the Smithtown Central School District's first county champion in badminton, according to district Director of Athletics, Jason Lambert.

The senior completed a 2-0 sweep in the finals.

Smithtown High School East Senior Takes On the World



Smithtown High School East senior, Daanish Bassi, recently earned fourth place in the world's largest international STEM research competition for high school students.

Held from May 10-16 in Columbus, Ohio, the Regeneron International Science and Engineering Fair features the top STEM students from around the world.

Daanish earned fourth place in his category of Cellular & Molecular Biology. Over 2,000 students from around the world competed with their scientific research in 22 categories.

Daanish's research, "Assessing Novel RIPK2-MKK7 Interaction Inhibitors in Prostate Cancer Cell Lines," focused on investigating the inhibition of a protein-protein interaction in a lethal disease, metastatic prostate cancer.

Smithtown High School East senior, Daanish Bassi, with Smithtown High School East Science Research Coordinator, Maria Zeitlin.

Photos courtesy of Smithtown CSD.

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ARTS & ENTERTAINMENT

Gallery North Features Dan Welden in *Symphony of the Present Moment: Recent Paintings by Dan Welden*

Gallery North, 90 North Country Road, Setauket, is pleased to present *Symphony of the Present Moment: Recent Paintings by Dan Welden*, on view from June 26 to August 10, 2025. An opening re-

ception will be held Thursday, June 26, from 6-8 p.m. As a complement to the exhibition, Gallery North will host, *Lasting Impressions, An Evening with Dan Welden: Film Screening & ArTalk* on Saturday, July 26

from 7-9 p.m. The exhibition and reception will be free and open to the public.



Symphony of the Present Moment is Dan Welden's first solo exhibition at Gallery North. Welden is primarily known as the pioneer of alternative printmaking, yet this new exhibition will be composed entirely of mixed media paintings on canvas. Delicate lines reminiscent of paths traveled by animals or the fissures found in rock strata lead



viewers across a plane of organic gestures and harmonic color that embody the artist's awareness of the moment. Welden conducts each composition with an array of tools including brushes, pencils and sticks using experimentation, instinct, intuition and verve. He explains, "My act of painting becomes symphonic to me, resonating an excitement where there is no ego. The art finalizes when linear strokes knit the work together to become a birth of pure energy."

Based in Sag Harbor, Dan Welden has exhibited in over 100
continued on facing page

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The Language of Flowers Art Exhibit at Mills Pond Gallery

Smithtown Township Arts Council presents *The Language of Flowers* at Mills Pond Gallery, 660 Route 25A, St. James, now through July 25. Regular gallery hours are Wed.-Fri. 10 a.m.-4 p.m., Sat. and Sun. 12-4 p.m. Admission to the gallery is always free. For more information or directions, call 631-862-6575, or visit our Web site at www.millspondgallery.org/

Whether gifted, grown in a garden, or admired in nature, flowers delight us with their natural beauty. Using oil, acrylic, alcohol ink, colored pencil, dye-

sublimation photographic print, fused glass, gouache, graphite, ink, mixed media, oil, pastel, pen & ink, photography, pyrography and watercolor the exhibiting artists have found astonishing ways to portray the delicacy of flowers whether represented in realism, impressionism or abstraction. No matter the style, we are sure gallery visitors will enjoy this bouquet of original works.

The exhibit features the work of 84 artists from 49 Long Island communities plus New Jersey.



James Kelson, *Number 51*,
photography



Patricka Rubbino, *Roadside Bouquet*,
colored pencil and pastel

Right: Ellen Ferrigno, *Flowering Echinaceas
& Other Herbs*, watercolor



Gallery North Features Dan Welden in *Symphony of the Present Moment: Recent Paintings by Dan Welden*

continued from previous page solo exhibitions and 700 group shows worldwide. He was awarded a lifetime achievement award from the A/E Foundation in New York, a title of Professor Emeritus from Escuela de Bellas Artes in Cusco, Peru and most recently a Pollock/Krasner Foundation Grant.

This exhibition is generously sponsored by bld architecture, the Field Family, Jefferson's Ferry, Pet ER

24/7, Printers 3 and Suffolk County's Department of Economic Development and Planning. The exhibition, and reception will be free and open to the public. Registration required for the film screening.

Gallery North is a public, not-for-profit, fine art gallery promoting the region's finest contemporary regional art and craft. Established in 1965, Gallery North is located in the historic area of Setauket, and focuses on contemporary art in a variety of disciplines, including painting, drawing, printmaking, ce-

ramics, and sculpture. Exhibits explore the diversity and vitality of the arts on Long Island, while classes, workshops, talks, and annual festivals involve community members in the lively process of art making. Next door, in The Studio at Gallery North, the community is provided with a diverse selection of educational programming, including classes and workshops in a variety of mediums, such as watercolor, life drawing, papermaking, as well as printmaking, done in house on our printing press. For more information, visit gallerynorth.org or find us on Facebook, Instagram, YouTube, TikTok, or X (@gallerynorthli).



Remember Me?

Author unknown

Hello,

Remember me?

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

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

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

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

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

Remember little sister?

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

What happened?

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

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

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

Is it a sin to be patriotic anymore?
Is it out of fashion?
Have you forgotten what I stand for?
Where I've been?.

**Normandy. Iwo Jima. Korea. Vietnam.
Baghdad. Fallujah. Kandahar. Ground Zero.**

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

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



And I'll know that...

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Our Town Celebrates Art Appreciation Month

Art Appreciation Month is upon us, and there's no better place to celebrate than along the North Shore of Suffolk County. From Huntington to Greenport, our region is home to a remarkable community of artists, musicians, performers, and cultural institutions that enrich our lives through their creativity and passion. This month is a time to recognize their contributions, deepen our connection to the arts, and celebrate the beauty and inspiration they bring to our communities.

Traditionally, Art Appreciation Month is a time to reflect on the

role art plays in shaping culture, education, and the human experience. It is more than an acknowledgment of aesthetics – it is a celebration of expression, imagination, and the shared stories that bind us. In every brushstroke, musical note, or stage performance, art reminds us of our collective voice and the power of creative connection.

Here in St. James, we are proud to be at the heart of this artistic movement. The local arts scene is flourishing, with cultural gems such as the Mills Pond Gallery, the Atelier at Flowerfield, Brick Clay

Studio and Gallery, and the Celebrate St. James Cultural Arts Center.

These organizations not only support and showcase incredible local talent but also serve as gathering places where creativity is nurtured and shared. St. James is a community deeply committed to the arts – and we invite everyone to experience that commitment firsthand.

While we celebrate the incredible offerings here in our hometown, we also encourage residents to explore the many other arts venues across the North Shore – and to warmly welcome fellow art lovers to discover what

St. James has to offer. The arts thrive when they are shared, and fostering this kind of regional connection ensures a vibrant and enduring creative community.

In support of this, we are proud to launch two exciting new features in our newspaper, created in association with the St. James Chamber of Commerce. The Arts Share Directory is a comprehensive guide to local galleries, studios, museums, and performance spaces across the region—making it easier than ever to find and support creative spaces both near and far. Alongside it, our new Art Calendar of Events will highlight exhibitions, concerts, workshops, performances, and festivals throughout the North Shore. To keep the community connected and informed, we are also working to maintain an online version of the calendar, available year-round to art enthusiasts within and beyond St. James.

To cap off this celebration, we are thrilled to announce the North Shore Artist Showcase at the historic Deepwells Mansion in St. James. This three-day event will take place Friday, August 15 from 5:00 p.m. to 8:00 p.m., and Saturday and Sunday, August 16 and 17 from 12:00 p.m. to 4:00 p.m. The showcase will feature curated art exhibits, live music, demonstrations, and hands-on workshops by local artists. In true plein air tradition, artists are invited to bring their easels or sketchbooks and spread out across the mansion's scenic grounds to capture the beauty of Deepwells or the charm of the nearby St. James General Store.

We invite artists, art lovers, families, and friends to join us in honoring Art Appreciation Month. Come explore, create, and celebrate the extraordinary talent that makes the North Shore – especially our beloved St. James – a true cultural treasure.

*For more information email
info@ourtownstjames.com*



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Art Appreciation MONTH



Art Demos

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Theatre

Dance

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**Friday, Aug 15..... 5pm-8pm
Saturday, Aug 16.... 12pm-4pm
Sunday, Aug 17..... 12pm-4pm**

Museums

Bring a sketchbook and draw on the grass!!!

Deepwells Farm, 2 Taylor Lane, St James, NY 11780.

For more information, call 631-697-4065

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!



July

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

Music: until Oct 26, Sat & Sun, 2-4pm, Music Throughout The Village – Port Jeff, Musicians will be placed in multiple different locations throughout Port Jeff Village, Port Jefferson, NY 11777, www.PortJeffChamber.com, 631-473-1414

Children's Workshop: Session runs on Tuesdays from July 1-Aug 26, 10am-12pm, Summer Art & Craft Classes for Children: Making costumes, accessories and props, Old Town Arts and Crafts Guild, 28265 Main Road, Cutchogue, NY 11735. www.oldtownartsguild.org, 631-734-6382

Music: Wed July 2, 6:30-8pm, Teddy Kumpel & Nome Sane, Jill Russell Stage in Harborfront Park, 101A E. Broadway, Port Jefferson, NY 11777. Free! www.gpjac

Music: Wed July 9, 6:30-8pm, The Lucky One's, Jill Russell Stage in

Harborfront Park, 101A E. Broadway, Port Jefferson, NY 11777. Free! www.gpjac

Performance: Thu July 10-Aug 24, Footloose, The Musical, John W. Engeman Theater, 250 Main Street, Northport, NY 11768. www.engemantheater.com/main-stage, 631-261-2900

Comedy: Fri July 11, 8pm, The Long Island Comedy Festival, Theatre Three, 412 Main Street, Port Jefferson, NY 11777. www.theatrethree.com, 631-928-9100

Performance: Fri July 11-Aug 3, Wednesdays and Fridays 8pm and Sundays 7pm, Othello, Carriage House Players, Suffolk County Vanderbilt Museum: 180 Little Neck Road, Centerport, NY 11721, www.carriagehouseplayers.org 516-557-1207



Art Activity: Fri July 11, 1:30-3:30pm, Painting Just For Fun!!!, Old Town Arts and Crafts Guild, 28265 Main Road, Cutchogue, NY 11735. www.oldtownartsguild.org, 631-734-6382

Music: Sat July 12, 1pm, Red White & Blue Jam, Deepwells Farm, 2 Taylor Lane, St James, NY 11780, 631-862-2808

Music: Sat July 12, 8pm, Amber Ferrari's Joplin's Pearl, Woodstock Show, Theatre Three, 412 Main Street, Port Jefferson, NY 11777. www.theatrethree.com, 631-928-9100

Art: Sat July 12-July 17, 2-4pm, Wet Paint Festival Artist's Reception at the Reboli Center, The Reboli Center, 64 Main Street, Stony Brook, NY, 11790, www.rebolicenter.org, 631-751-7707

Craft Fair, Sat July 12 (Rain date July 13) 9am-4pm, Fine Arts, Crafts and Antiques Fair, Old Towne Arts and Crafts Guild, 28265 Main Road (Route 25), Cutchogue, NY, www.oldtownartsguild.org, 631-734-6382

Performance: July 12-Aug 15, 7pm-8pm, Shakespeare in the Courtyard: The Merry Wives of Windsor, Suffolk County Vanderbilt Museum: 180 Little Neck Road, Centerport, NY 11721, www.vanderbiltmuseum.org, 631-854-5579

Children's Workshop: Mon July 14-18, 9am-12pm, Junior Astronomer Workshop, \$250. Suffolk County Vanderbilt Museum: 180 Little Neck Road, Centerport, NY 11721 www.vanderbiltmuseum.org. 631-854-5579

continued on page 51



We Are Smithtown Rotary!

continued from page 36
Heart" Fundraisers to benefit this organization.

- **Ending Polio** – Supporting Rotary Foundation's PolioPlus program through club and individual donations. PolioPlus is the world's largest private-sector public health program working to eradicate polio globally, and has significantly reduced polio cases by 99.9 percent since its first vaccination project in 1979.

In addition, Smithtown Rotary Club gives regularly to numerous local veteran and community not for profit groups, and also to special projects such as California Fire Relief and by working with a local parish to provide help to an orphanage in Ukraine. Most recently, we made substantial donations to Fire Departments in Nesconset, Saint James and Smithtown, Lending Comforts to the Sick, Splashes of Hope, as well as funding a new patio being installed at The Smithtown Historical Society.

Each year, our club participates in Rotary's Epic Day of Service, and this year on May 17th, Smithtown Rotary was the primary sponsor for the newly established Smithtown Opioid and Addiction Task Force's "Pay it Forward" Event, held on the grounds of the Smithtown Historical Society. In previous years, our club in partnership with Rotary International, planted peace poles at the Smithtown Historical and Smithtown High School.

Smithtown Rotary Club is a welcoming group that meets for lunch on the first and third Wednesday of each month at Garden Grill in Smithtown and one evening each month for dinner at Villa Olivetti in Saint James. At weekly meetings, we host speakers and representatives from various charitable organizations, and enjoy great fun and fellowship.

A few times each year, we also sponsor club socials such as our annual picnic and trips to local venues like The Jazz Loft and LI Ducks

games. Coming together for regular meals and working together at various service events and projects gives members the opportunity to not only serve others, but to network and to form lifelong relationships.

If you are interested in joining our merry band of community servants, please consider joining us for lunch or dinner. To learn more, you may contact Donna Napolitano, our membership chair, at donnanap9@gmail.com



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THE FINISH LINE

News from the St. James Community Cultural Arts Center

continued from page 14
celebrate the arts at Deepwells Farm. Many of our local artists will be displaying and selling their work in the Celebrate St. James room. Also, included will be members of the cast of A Bronx Tale, which will be performed that same weekend at the Knox School in the evenings each of these days. In addition,

members of our Celebrate St. James team will be at Deepwells to meet and greet visitors and share our calendar for the coming year highlighting all the historical and cultural events planned. And... floor plans of the future St. James Cultural Arts Center will be on hand. We know you will be as excited as we are!
Join us and become a part of our

efforts to make St. James one large community family through the arts.



CLASSIFIED ADVERTISING

FOR RENT: Art Groups/Leagues/ Galleries etc. – large & small spaces on 1st floor of St. James Calderone Theatre, 176 Second Street, St. James. Can be divided into gallery rooms and art show exhibit areas. For more information contact – 631-862-6198 or 516-242-9242. 7/25

PIANO, VIOLIN, COMPOSITION LESSONS. Compose music and songs – maybe get rich and famous. Will Decker. Woodlawn Ave., St. James. 862-6448. 7/25

FOR RENT: Small office spaces and common area – relieve the work at home stress and move to a light and bright environment – ½ block from LIRR in charming St. James. Call for details 631-862-6198 or 516-242-9242. 7/25

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

FOR RENT in St. James: Space available for an instructional learning center with individual one-on-one spaces as well as classroom size areas. For details contact 631-862-6198 or 516-242-9242. 7/25

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

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

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

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

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A Very Memorable Cross Examination

by June Capossela Kempf

Grandpa Jones decided to once again seek political office just before his 80th birthday. However, the party sought to run him through a cognitive workup before they nominated him. They set him up for the revealing exam with a junior psychologist, Dr. Wonder, who nervously searched through his brand-new backpack as soon as he entered the small examining room.

After the proper introductions were made, the doctor asked, "Now Mr. Jones, why do you think you are here?"

"Because they are trying to disqualify me from running," Grandpa answered. "But I'm not as demented as they think."

"Of course not." Dr. Wonder replied. "All this involves is a few questions and some cognitive exercises."

The doctor continued to explain the process and when finished said: "Before we begin, I am going to give you five words that I'd like you to repeat right back to me, and then again early on in this procedure, and finally at the very end of this session. Three times total. Ready? ... Dog, Shoe, Red, Violet, Party."

Grandpa repeated four of them right away but left the word 'shoe' out.

"Good, now tell me how you are feeling?" Doctor W. asked.

Pretty good, "Grandpa said as Dr. Wonder handed him a set of papers, then instructed the old man to draw a circle, then place numbers in it like a clock and finally place hands on the clock to show the time to be 11:15.

"You know, doc, if they were asking youngsters of today to read time on a clock, they couldn't do it because they can only tell time digitally. I can do both."

"You are absolutely right. Now, do you recall the words I gave you?"

Once again Grandpa repeated four of the words – still leaving the word 'shoe' out.

"I can only remember 4 words,"

he said.

The next phase consisted of the following questions.

1. What's the next number in the sequence 2, 4, 6, 8?" The old man got that one right away.

2. What is the antonym of 'Happy'?

"Sadly," Grandpa snapped.

At this point, the good doctor delved deeper.

"Do you live alone?"

"No, I live with my wife, who is in the waiting room."

"Can you shower and dress yourself?"

"Yes."

"Do you rent or own property?"

"I own a house."

"Is it in a nice neighborhood where you feel safe?"

"Why, do you want to buy it?"

Dr. Wonder ignored that question and continued his inquisition by asking Grandpa to repeat a sentence to him:

"On a Sunday afternoon, I took a long walk."

Grandpa parroted the sentence back, and then Dr. Wonder repeated the same sentence, with an additional phrase: "...to the park to meet a friend. Grandpa repeated the whole sentence verbatim.

The rest of the test went deeper: "If you are in a store and realize you forgot your grocery list, what do you do?"

"Wing it," the old timer snapped with agitation.

"How is your hearing?"

"Good enough to hear your queries."

"Are you depressed?"

"I don't think so."

"Have you ever contemplated suicide?"

"No," Grandpa said, "but murder is entering my mind at the moment." Dr.

Wonder furiously began writing stuff down in his notepad. After a minute or so he continued the interrogation.

"Do you have any hobbies?"

"Sure, I like to do crosswords, watch baseball and meet with my friends and constituents."

"Constituents? Oh, I forgot all about that," Dr. Wonder mumbled.

"Who's got the memory problem?"

Finally, the doctor was ready to sum up the results.

"You are in good shape and scored in the right parameters for a man of your age, so I am going to order a brain scan, just to be on the safe side."

"You mean to keep on testing, so you can keep on charging a fee. Right?"

The flustered medic dared not answer the wise old man. All he could do was ask Grandpa to repeat those 5 words once again.

"I can only recall one,"

"And that is?"

"Shoe," he chuckled, "... as in SHOO IN?"

With that, the session ended. Dr. Wonder ordered the brain scan, and Grandpa went on to get elected for a six-year term to the office of County Judge.

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.



Suffolk County North Shore Artisans CALENDAR OF EVENTS

continued from page 46

Art: Tue July 15-Aug 17, 11am-5pm, Silent Auction: Exclusive Joseph Reboli Originals, The Reboli Center, 64 Main Street, Stony Brook, NY, 11790, www.rebolicenter.org, 631-751-7707

Art: Tue July 15-Aug 17, 11am-5pm, Canine Comedy: A Paw-Some Art Show / Carol Luz, 64 Main Street, Stony Brook, NY, 11790, www.rebolicenter.org, 631-751-7707

Music: Wed July 16, 6:30-8pm, The Suffolk Shuffle, Jill Russell Stage in Harborfront Park, 101A E. Broadway, Port Jefferson, NY 11777. Free! www.gpjac

Music: Wed July 16, 7:30-9:30pm The Huntington Community Band presents "Big Band Blast", Heckscher Park, 164 Main Street, Huntington, NY 11743. FREE! www.hcband.org

Film: Thu July 17, sunset - come early for games!, Wicked, Deepwells Farm, 2 Taylor Lane, St James, NY 11780. 631-862-2808

Performance: Thu July 17-Aug 3, 7:30-9:30pm, Andrew Lloyd Webber's School of Rock, North Fork Community Theatre, 12700 Old Sound Avenue, Mattituck, NY



11952. www.nfct.com/show/school-of-rock-the-musical, 631-298-4500.

Film: Thu July 17-26, Stony Brook Staller Center for the Arts 30th Annual Stony Brook Film Festival, 100 Nicolls Road, Stony Brook, NY 11794. www.Stonybrookfilmfestival.com, 631-632-ARTS (2787)

Music: Fri July 18, 8pm, Don Jovi. The Ultimate Tribute to the Music of Bon Jovi, Theatre Three, 412 Main Street, Port Jefferson, NY 11777. www.theatrethree.com, 631-928-9100

Music: Fri Jul 18, 8pm, The Hit Men, Suffolk Theater, 118 E. Main Street, Riverhead, NY 11901. www.thesuffolk.org, 631-727-4343

Music: Sat July 19, 8pm, The One Hit Wonderers, Theatre Three, 412 Main Street, Port Jefferson, NY 11777. www.theatrethree.com, 631-928-9100

Art: Sat July 19, 2-4pm, Opening Reception / Canine Comedy: A Paw-Some Art Show by Carol Luz, The Reboli Center, 64 Main Street, Stony Brook, NY, 11790, www.rebolicenter.org, 631-751-7707

Music: Sat Jul 19, 8pm, Yacht Rock Gold, Suffolk Theater, 118 E. Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343

Art Workshop: Sat July 19 10am-2pm, Suburban Art League presents: Howard Rose Workshop, Cedarmere Estate, 225 Bryant Avenue, Roslyn Harbor, NY 11576, www.friendsofcedarmere.org, 516-544-3944

Performance: Sat July 19-20, Much Ado about Nothing. The Minstrel Players Northport, Houghton Hall, Trinity Episcopal Church, 130 Main Street, Northport Village, NY 11768. www.theminstrelplayersinc.org

Music: Wed July 16, 7pm, Jam Session, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org, 631-751-1895

Music: Thu July 17, 6pm, Jazz on a Summers Day film screening, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org, 631-751-1895

Music: Tue July 22, 6pm, Summer SWAP Dal Segno Trio w/Tom Manuel & Georgia Heers, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org, 631-751-1895.

Music: Wed July 23, 6pm, Guitar in the Garden, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org, 631-751-1895

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Suffolk County North Shore Artisans CALENDAR OF EVENTS

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Music: Wed July 23, 7pm, Jam Session, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org, 631-751-1895

Music: Wed July 23, 6:30-8pm, The Haymakers, Jill Russell Stage in Harborfront Park, 101A E. Broadway, Port Jefferson, NY 11777. Free! www.gpjac

Music: Wed July 23, 7:45-9:30pm, The Huntington Community Band presents "Landmarks and Bucket-lists", Heckscher Park, 164 Main Street, Huntington, NY. FREE! www.hcband.org

Music: Thu July 24, 6pm, Monteleone: The Art of the Guitar Festival - Opening Reception, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org, 631-751-1895

Music: Fri July 25, 5pm, The Art of the Guitar Festival - Johnathan Stoubt, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org, 631-751-1895

Music: Fri July 25, 7pm, Monteleone: The Art of the Guitar Festival - Hot Club of Cowtown, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org, 631-751-1895



Music: Fri July 25-Aug 3, 12pm-4pm, BAFFA Art Gallery presents Season of Change, BAFFA Gallery, 47 Gillette Avenue, Sayville, NY. www.baffa.org, 631-589-7343

Music: Fri July 25, 8pm, Strange-love: The Depeche Mode Experience, The Suffolk: 118 E Main St, Riverhead, NY 11901, www.info@suffolktheater.com, 631-727-4343

Music: Fri July 25, 8pm, The Fast Lane - Eagles Tribute, Theatre Three, 412 Main Street, Port Jefferson, NY 11777. www.theatrethree.com, 631-928-9100



Music: Sat July 26, 8pm, The Brooklyn Bridge, Theatre Three, 412 Main Street, Port Jefferson, NY 11777. www.theatrethree.com, 631-928-9100

Performance: July 26-27, Much Ado about Nothing, The Minstrel Players Northport, Houghton Hall, Trinity Episcopal Church, 130 Main Street, Northport Village, NY 11768. www.theminstrelplayersinc.org

Music: Sat July 26, 12pm, Monteleone: The Art of the Guitar Festival - John Monteleone Workshop w/Johnny Farina, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790.



www.thejazzloft.org, 631-751-1895

Music: Sat July 26, 4pm, Monteleone: The Art of the Guitar Festival - The Blue Guitars, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org, 631-751-1895

Music: Sat July 26, 7pm, Monteleone: The Art of the Guitar Festival - Tuck & Patti, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org, 631-751-1895

Music: Sat Jul 26, 8pm, Bee Gees Gold, The Suffolk: 118 E Main St, Riverhead, NY 11901, www.info@suffolktheater.com, 631-727-4343

Barn Dance: July 26 5pm, Hallockville Museum Farm Country Barn Dance, 6038 Sound Avenue, Riverhead, New York 11901, 631-298-5292

Music: Fri-Sat July 26-27, 8pm, Bee Gees Gold: The Tribute, The Suffolk: 118 E Main Street, Riverhead, NY 11901, www.info@suffolktheater.com, 631-727-4343

Music: Sat July 26, 7pm, Freestyle Feast Bald Hill - TKA, George Lamond, Judy Torres, Noel, The Cover Girls, Cynthia, Coro, Lisette Melendez, SOAVE, Pretty Poison, continued on facing page

Suffolk County North Shore Artisans CALENDAR OF EVENTS



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XXMark MK, and the Forever Freestyle Band, 1 Ski Run Lane, Exit 63 LIE North, Ocean Avenue, Farmingville, NY 11738, www.champbaldhill.com

Music: Sun Jul 27, 8pm, Bee Gees Gold, Suffolk Theater, 118 E. Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343

Music: Sun July 27 3pm-4:30pm, Jazz! At the Barn presents Summer Strings, Conklin Barn, 2 High Street, Huntington. www.jazzatthebarn.com

Music: Wed July 30, 7pm, Jam Session, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org, 631-751-1895

Music: Wed July 30, 6:30-8pm, Cole Fortier, Jill Russell Stage in Harborfront Park, 101A E. Broadway, Port Jefferson, NY 11777. Free! www.gpjac

Music: Wed July 30, 8-9:30pm The Huntington Community Band presents "Broadway Milestones", Heckscher Park, 164 Main Street, Huntington, NY. FREE! www.hcband.org

Comedy: Thu July 31, 8pm, Long Island Comedy Festival, The Suffolk: 118 E Main St, Riverhead, NY 11901, www.info@suffolktheater.com,

631-727-4343

Art: Thu July 31-Aug 23, 11am-6pm, Fotofoto Gallery presents Open Call: SUMMER JAM – a Non-Juried Exhibition/Fundraiser of Photography, Art, Sculpture, Printmaking and more, Fotofoto Gallery 14 W. Carver Street, Huntington, NY, www.fotofotogallery.org, 631-549-0448

Music: Thu July 31, 7pm, Dark Star Orchestra – 2025 Summer Tour, Catholic Health Amphitheater at Bald Hill, 1 Ski Run Lane, Exit 63 LIE North, Ocean Avenue, Farmingville, NY 11738, www.champbaldhill.com

August

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

Music: until Oct 26, Sat & Sun, 2-4pm, Music Throughout The Village – Port Jeff, Musicians will be placed in multiple different locations throughout Port Jeff Village, Port Jefferson, NY, 11777,



www.PortJeffChamber.com, 631-473-1414

Music: Fri Aug 1, 8pm, The Jersey Beach Boys, Theatre Three, 412 Main Street, Port Jefferson, NY 11777. www.theatrethree.com, 631-928-9100

Art: Fri Aug 1 - Sept 30, Christie Jones presents: Artist Residency with The Caumsett Foundation, Caumsett State Park 25 Lloyd Harbor Road, Lloyd Harbor, Instagram: @christiejonesstudio and @caumsettfoundation

Music: Fri Aug 1, 8pm, The Lords of 52nd Street, The Suffolk: 118 E Main Street, Riverhead, NY 11901, www.info@suffolktheater.com, 631-727-4343

Music: Fri, Aug 1, 6pm, Jazz 101: If The Blues Was Whisky I'd Stay Drunk All The Time— What is The BLUES?, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org, 631-751-1895

Music: Fri, Aug 1, 7pm, Champion Fulton Trio, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org, 631-751-1895

Music: Sat Aug 2, 8pm, Theatre Rock Live!, Theatre Three, 412 Main Street, Port Jefferson, NY

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Suffolk County North Shore Artisans CALENDAR OF EVENTS



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11777. www.theatrethree.com, 631-928-9100

Music: Sat Aug 2, 7pm, Havana Night In The Garden, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org, 631-751-1895

Art: Sat Aug 2, Meet the Masters Art Workshop: Diego Velazquez, East End Arts, 141 East Main Street, Riverhead, NY 11901. 631-369-2171, www.eastendarts.org/

Craft Fair, Aug 2 (rain date Aug 3), 9am-5pm, Fine Arts and Crafts Fair, Cutchogue-New Suffolk Historical Councils Village Green, Main Road, Cutchogue, NY, 11935, www.oldtownartsguild.org, 631-734-6382

Music: Sun, Aug 3, 8pm, Scott Bradlee - Postmodern Jukebox, Suffolk Theater, 118 E. Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343

Music: Wed Aug 6, 6:30-8pm, Gene Casey & The Lone Sharks, Jill Russell Stage in Harborfront Park, 101A E. Broadway, Port Jefferson, NY 11777. Free! www.gpjac

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

Music: Wed, Aug 6, 7pm, Jam Session, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org, 631-751-1895

Craft Workshop: Wed August 6 10am-1pm, Sound Avenue Stitchers Get-Together: The Stitchers meet at the Hudson-Sydłowski House meeting room on the first Wednesday of each month. All are welcome to join, just come on by! Hallockville Museum Farm, 6038 Sound Avenue, Riverhead, New York 11901, 631-298-5292

Music: Wed Aug 6, 8pm, Joanne Shaw Taylor, The Suffolk: 118 E Main St, Riverhead, NY 11901, www.info@suffolktheater.com, 631-727-4343



Music: Thu Aug 7, 7pm, Nicole Zuraitis' Sings the Keely Smith Songbook, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org, 631-751-1895

Music: Thurs Aug 7, 8pm Texas Flood, The Suffolk: 118 E Main Street, Riverhead, NY 11901, www.info@suffolktheater.com, 631-727-4343

Music: Fri Aug 8, 8pm, The Gambler Returns, Theatre Three, 412 Main Street, Port Jefferson, NY 11777. www.theatrethree.com, 631-928-9100

Music: Aug 8-10, Music Documentary Film Festival, Long Island Music and Entertainment Hall of Fame, 97 Main Street, Stony Brook, www.limusichalloffame.org, 641-689-5888

Music: Fri Aug 8, 7pm, Nicole Zuraitis' Sings the Keely Smith Songbook, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org, 631-751-1895

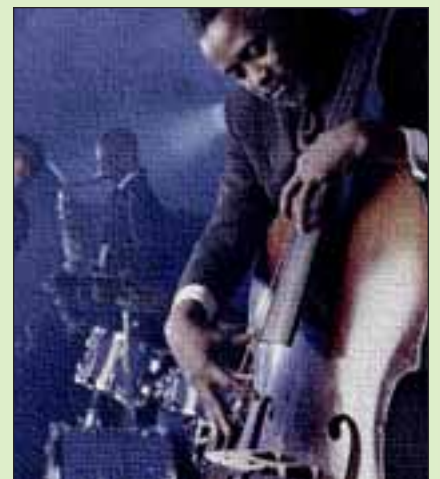
Performance: Aug 8, 7:30-10:30pm, Blue Light Club, North Fork Community Theatre, 12700 Old Sound Avenue, Mattituck, NY 11952. www.nfct.com/show/school-of-rock-the-musical, 631-298-4500.

Music: Sat Aug 9, 8pm, Beatlemania Now, Theatre Three, 412 Main Street, Port Jefferson, NY 11777. www.theatrethree.com, 631-928-9100

Music: Sat Aug 9, 7pm, Nicole Zuraitis' Sings the Keely Smith Songbook, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. www.thejazzloft.org, 631-751-1895

Music: Sat Aug 9, 8pm, The Ultimate Vegas Variety Show, The Suffolk: 118 E Main St, Riverhead, NY 11901, www.info@suffolktheater.com, 631-727-4343

Art: Sat Aug 9, 12pm-2pm, BAFFA Art Gallery presents Iron and
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Suffolk County North Shore Artisans CALENDAR OF EVENTS

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Steel, BAFFA Gallery, 47 Gillette Avenue, Sayville, NY.
www.baffa.org, 631-589-7343

Music: Sat Aug 9, 7pm, The Concert – A Tribute to Abba, Catholic Health Amphitheater at Bald Hill, 1 Ski Run Lane, Exit 63 LIE North, Ocean Avenue, Farmingville, NY 11738, www.champbaldhill.com

Music: Sun Aug 10, 6pm, Danny Bacher Memorial Concert, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790.
www.thejazzloft.org, 631-751-1895

Performance: Aug 10, 2:30-4:30pm, Blue Light Club, North Fork Community Theatre, 12700 Old Sound Avenue, Mattituck, NY 11952. www.nfct.com/show/school-of-rock-the-musical, 631-298-4500.

Children's Workshop: Aug 11-15, 9am-12pm, Junior Astronomer Workshop, \$250. Suffolk County Vanderbilt Museum: 180 Little Neck Road, Centerport, NY 11721, www.vanderbiltmuseum.org, 631-854-5579

Music: Wed Aug 13, 6:30-8pm, The Hoodoo Loungers, Jill Russell Stage in Harborfront Park, 101A E. Broadway, Port Jefferson, NY 11777. Free! www.gpjac

Music: Wed Aug 13, 7pm, Jam Session, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY



11790. www.thejazzloft.org, 631-751-1895

Music: Fri Aug 15, 8pm, The Lords of 52nd Street, The Suffolk: 118 E Main Street, Riverhead, NY 11901, www.info@suffolktheater.com, 631-727-4343

Music: Fri Aug 15, 8pm, Ted Vigil – John Denver Tribute, Theatre Three, 412 Main Street, Port Jefferson, NY 11777. www.theatrethree.com, 631-928-9100

Performance: Aug 15-Sept 7, Wednesdays and Fridays 8pm and Sundays 7pm, Coriolanus, Carriage House Players, Suffolk County Vanderbilt Museum: 180 Little Neck Road, Centerport, NY 11721, www.carriagehouseplayers.org 516-557-1207

Music: Sat Aug 16, 8pm, Dr. K's Motown Revue, Theatre Three, 412 Main Street, Port Jefferson, NY 11777. www.theatrethree.com, 631-928-9100

Music: Sat Aug 16, 8pm, Brian Stokes Mitchell, Suffolk Theater, 118 E. Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343

Music: Sat Aug 16, 7:30pm, Tyler Hubbard with special guests Parmalee and Brandon Wisham, Catholic Health Amphitheater at Bald Hill, 1 Ski Run Lane, Exit 63 LIE North, Ocean Avenue,

Farmingville, NY 11738, www.champbaldhill.com

Music: Sat Aug 16, 8pm, Brian Stokes Mitchell, The Suffolk: 118 E Main St, Riverhead, NY 11901, www.info@suffolktheater.com, 631-727-4343

Craft Fair: Sat Aug 16, 9am-5pm, Fine Art and Crafts Fair, Summer Antiques On the Bay, Mattituck Park District, Great Peconic Bay Blvd, Mattituck, 11935 www.oldtownartsguild.org, 631-734-6382.

Music: Sat Aug 16, 12-7pm, Long Island Bluegrass & Roots Music Festival, Kerrigan Road, Tanner Park, Copiague, NY, libluegrassfestival.org, 631-587-3696



Performance: Sat Aug 16-Sept 15, 7-8pm, Shakespeare in the Courtyard: King Lear, Suffolk County Vanderbilt Museum: 180 Little Neck Road, Centerport, NY 11721, www.vanderbiltmuseum.org, 631-854-5579

Visit ourtownstjames.com to see a complete listing of 2025 North Shore Art events



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OUR TOWN ART APPRECIATION

North Shore Art Share Directory

ART ALLIANCES

Greater Port Jefferson Art Council,
101 East Broadway, Port Jefferson, NY 11772.
P. 631-473-5220 Website: gpjac.org

Huntington Arts Council, Inc.,
213 Main Street, Huntington, NY 11743.
P. 631-271-8423. Website: huntingtonarts.org

ART COLLECTORS

Fine Art Collectors Gallery,
Buyers of Private Collections and Estates.
Ronkonkoma, NY 11779. P. 516-924-4433
Website: fineartcollectorsgallery.com

ARTS EDUCATION & WORKSHOPS

East End Arts & Humanities Council,
141 East Main Street, Riverhead, NY 11901.
P. 631-369-2171. Website: eastendarts.org

Long Island High School for the Arts,
P. 516-622-5678.
Website: longislandhighschoolforthearts.org

Studio E Art & Clay, 77 Broadway,
Rocky Point, NY 11778. P. 631-744-4001
Website: studioeartclass.com

Sweet Arts, 105 Main Street,
Northport, NY 11868. P. 631-837-3350.
Website: northportsweetarts.com

The Atelier at Flowerfield, 2 Flowerfield, Suite
6 & 9, St. James, NY 11780. P. 631-250-9009.
Website: theatelieratflowerfield.org

ART GALLERIES

Alex Ferrone Gallery, 25425 Main Road,
Cutchogue, NY 11935. P. 631-734-8545
Website: alexferronegallery.com

Buster Levi Gallery, 121 Main Street,
Cold Spring, NY 10516. P. 845-809-5810.
Website: busterlevigallery.com

D. Velez Art Gallery & Fine Art Boutique,
380 New York Avenue, Huntington, NY 11743.
P. 516-462-6030.
Website: dvelezartgallery.com

Fotofoto Gallery, 14 W. Carver Street,
Huntington, NY 11743. P. 631-549-0448.
Website: fotofotogallery.org

Gallery North, 90 North Country Road,
Setauket, NY 11733. P. 631-751-2676.
Website: gallerynorth.org

Greenport Art and Design,
67380 Main Road, Greenport, NY 11944.
P. 631-246-9091. Website:
greenportartanddesignemporium.com

Haven Gallery, 50 Main Street,
Northport, NY 11768. P. 631-757-0500.
Website: havengallery.com



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OUR TOWN ART APPRECIATION

North Shore Art Share Directory

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Michael Ray Gallery, 37 Hollis Drive,
Sound Beach, NY 11789.
P. 516-455-5137,
Website: michaelraygalleries.com

Mills Pond Gallery, 1432,
660 NY 25A, St James, NY 11780.
P. 631-862-6575.
Website: millspondgallery.org

North Fork Art Collective,
Fiedler Gallery, 207 Main Street,
Greenport, NY 11944.
P. 631-506-9490.
Website: northforkartcollective.com

Nova Constellatio Gallery,
419 Main Street, Greenport,
NY 11944.
P. 516-443-0242.
Website: novaconstellatiogallery.com

VSOP Projects, 311 Front Street,
Greenport, NY 11944.
P. 631-603-7736. Website: vsopprojects.com

Sidewalk Alley Art & Framing,
28 N Country Road, Port Jefferson, NY 11777.
P. 631-521-4577

The Firefly Artists, 90 Main Street,
Northport, NY 11768.
P. 631-651-5545. Website: thefireflyartists.com

The Old Town Arts and Crafts Guild -
Fine Art & Crafts Center,
28265 Main Road (Route 25),
Cutchogue, NY 11935,
P. 631-734-6382,
Website: oldtownartsguild.org

The Reboli Center for Art and History,
64 Main Street, Stony Brook, NY 11790.
P. 631-751-7707, Website: rebolicenter.org



Chorus Line Dance Studio, Holiday Show

ARTIST STUDIOS

Glass Art Studios, 304 Hallock Avenue,
Port Jefferson Station, NY 11776.
P. 631-509-6688.
Website: glassartstudios-li.com

Heartspace Gallery & Studio/Instruction,
29 Main Street 2nd Floor, Cold Spring Harbor,
NY 11724. P. 631-252-3666.
Website: heartspacegalleryny.com

Karla Gudeon Art and Design
12 Renwick Avenue, Kings Park, NY 11754.
P. 631-553-4779. Website: karlagudeon.com

The Brick Studio & Gallery, 2 Flowerfield -
Suites 57 & 60, St. James, NY 11780.
P. 1-833-THE-BRICK, Website:
thebrickstudio.org

CULTURAL CENTERS

Deepwells Farm Historical Society,
2 Taylor Lane, St James, NY 11780.
P. 631-854-3719.

St James Cultural Arts Center,
176 2nd Street, St James, NY 11780.
P. 631-984-0201.
Website: celebratestjames.org

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OUR TOWN ART APPRECIATION

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DANCE

3D Dance Studios, 770-06 Grand Boulevard,
Deer Park, NY 11729. P. 631-595-2618.
Website: 3ddancestudios.com

Backstage Studio of Dance,
200 Wilson Street, Port Jefferson Station, NY
11776. P. 631-502-3643.
Website: backstagestudioofdance.com

Canvas Dance Art, 10/12 Lawrence Avenue,
Smithtown, NY 11787. P. 631-601-4550.
Website: canvasdanceartsl.com

Chorus Line Dance Studio, 380 Lake Avenue,
St James, NY 11780. P. 631-584-7575.
Website: choruslinedance.com

Ballroom Factory Dance Studio,
620 Waverly Avenue #H,
Patchogue, NY 11772.
P. 631-868-3500.
Website: ballroomfactory.com

Dance Magic Ballroom,
Smithtown, NY 11787.
P. 631-584-7100.
Website:
dancemagicballroom.com

Fred Astaire Dance Studios,
Port Jefferson, NY 11777,
P. 917-371-4348
Website: fredastaire.com/
port-jefferson

Just Dance Dance Studio,
80 Lake Avenue South, Suite 13,
Nesconset, NY 11767.
P. 631-366-6016.
Website:
justdancedancestudio.com

Long Island Academy of Dance,
275 Route 25A, Suite 39, Miller
Place, NY 11764.
P. 631-331-8830.
Website:
liacademyofdance.com

Roseland School of Dance,
299-10 Hawkins Avenue, Lake Ronkonkoma,
NY 11779. P. 631-588-7970.
Website: roselanddance.com/Ronkonkoma

Shimmy Shimmy Dance Studio,
323 Route 25A, Miller Place, NY 11764.
P. 631-278-7724.
Website: shimmyshimmydancestudio.com

The Ballroom of Huntington,
508 New York Avenue, Huntington, NY 11743.
P. 631-385-7271.
Website: ballroomofhuntington.com

MUSEUMS

**Long Island Museum of American Art,
History and Carriages**, 1200 Route 25A,
Stony Brook, NY 11790. P. 631-751-0066
website: longislandmuseum.org

**Long Island Music and
Entertainment Hall of Fame**,
97 Main Street, Stony Brook, NY 11790.
P. 631-689-5888.
Website: limusichalloffame.org

Preservation Long Island,
161 Main Street, PO Box 148,
Cold Spring Harbor, NY 11724.
P. 631-692-4664.
Website: preservationlongisland.org
Continued on page 60



Long Island Museum of American Art, History and Carriages.

OUR TOWN ART APPRECIATION

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Suffolk County Vanderbilt Mansion, Museum and Planetarium,
180 Little Neck Road,
Centerport, NY 11721.
P. 631-854-5579.
Website: vanderbiltmuseum.org

The Heckscher Museum of Art,
2 Prime Avenue,
Huntington, NY 11743.
P. 631-380-3230.
Website: heckscher.org

The Whaling Museum & Education Center, 301 Main Street, Cold Spring Harbor, NY 11724. P. 631-367-3418.
Website: cshwhalingmuseum.org



Woodstock music-fest Deepwells Farm porch-summer 2019

MUSIC EDUCATION

East End Arts & Humanities Council,
141 East Main Street, Riverhead, NY 11901.
P. 631-369-2171. Website: eastendarts.org

Grace Music School,
10-10 Fort Salonga, NY 11768.
P. 631-239-6169.
Website: gracemusicschool.com

Mirabela Studio of Music and Art,
149 North Country Road,
Port Jefferson, NY 11777. P. 631-363-0707.
Website: mirabelastudio.com

Nassau-Suffolk Academy of Music,
Melville, NY. In-home and virtual lessons.
P. 516-387-5099.
Website: nassausuffolkacademyofmusic.com

School of Rock Port Jefferson,
4837 Nesconset Highway,
Port Jefferson Station, NY 11776.
P. 631-476-7625. Website: schoolofrock.com

Suffolk County Community College - Music Department, Farmingville, NY 11738.
P. 631-451-4346.
Website: sunysuffolk.edu/explore-academics/majors-and-programs/music

The Long Island Studio of Music,
In home lessons.
P. 718-809-7116/646-387-6501.
Website: longislandstudioofmusic.com

PERFORMING ARTS/CENTER

89 North Music Venue, 89 N Ocean Ave,
Patchogue, NY 11772. P. 631-730-8992.
Website: 89northmusic.com

Bayway Arts Center, 265 E Main Street,
East Islip, NY 11730. P. 631-581-2700.
Website: baywayartscenter.com

Boulton Center, 37 West Main Street,
Bay Shore, NY 11706. P. 631-969-1101.
Website: boultoncenter.org

Catholic Health Amphitheater at Bald Hill,
1 Ski Run Lane, Farmingville, NY 11738.
P. 631-676-7500. Website: chambaldhill.com

Clare Rose Playhouse at St. Joseph's University,
155 W. Roe Boulevard, Patchogue, NY 11772.
P. 631-654-0199.
Website: sjny.edu/long-island/student-life/clarerose

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CM Performing Arts, 931 Montauk Highway, Oakdale, NY 11769. P. 631-218-2810. Website: cmpac.com

Dance Elektra Performing Arts Centre, 2603, 10 Wilcox Avenue, Suite #4, Center Moriches, NY 11934. P. 631-878-6168. Website: danceelektra.com

Dance Pointe Performing Arts Center, 280 S Middle Country Road, Selden, NY 11784. P. 631-451-2260. Website: dancepointe.org

East End Arts Art Gallery, 133 E Main Street, Riverhead, NY 11901. P. 631-727-0900. Website: eastendarts.org/art-galleries

Gateway Playhouse, 215 S Country Road, Bellport, NY 11713. P. 631-286-1133. Website: thegateway.org

John W. Engeman Theater At Northport, 250 Main Street, Northport, NY 11768. P. 631-261-2900. Website: engemantheater.com

Patchogue Theatre for the Performing Arts, 71 E Main Street, Patchogue, NY 11772. P. 631-207-1313. Website: patchoguetheatre.org

Royalnova Performing Arts, 32 Center Court, Center Moriches, NY 11934. P. 631-878-7500. Website: royalnova.com

Shea Theatre, Suffolk County Community College, 533 College Road, Selden, NY 11784. P. 631-451-4163. Website: sunysuffolk.edu/explore-academics/majors-and-programs/theatre-arts/box-office/index.jsp

Smithtown Performing Arts Center, 2 E Main Street, Smithtown, NY 11787. P. 631-724-3700. Website: smithtownpac.org

Staller Center for the Arts, 100 Nicolls Road, Stony Brook University, NY 11794. P. 631-632-2787. Website: stallercenter.com

Stereo Garden, 9 Railroad Avenue, Patchogue, NY 11772. P. 631-699-8151. Website: stereogardenli.com

The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790. P. 631-751-1895. Website: thejazzloft.org

The Suffolk, 118 E. Main Street, Riverhead, NY 11901. P. 631-727-4343. Website: thesuffolk.org

The Plaza Cinema & Media Arts Center, 20 Terry Street #121, Patchogue, NY 11772. P. 631-438-0083. Website: plazamac.org

Theatre Three, 412 Main Street, Port Jefferson, NY 11777. P. 631-928-9100. Website: theaterthree.com

ThinkBIG! Theatre Arts, 42 S Ocean Avenue, Patchogue, NY 11772. P. 631-307-4042. Website: thinkbigtheaterarts.org

Vail-Leavitt Music Hall, 18 Peconic Avenue, Riverhead, NY 11901. P. 631-727-5782. Website: classicjazzvisions.org

Westhampton Beach Performing Arts Center, 76 Main Street, Westhampton Beach, NY 11978. P. 631-288-1500. Website: whbpac.org

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Share the Arts!!**



by Natalie
Weinstein,
ASID Allied

These past several weeks, I have been mostly homebound because of a broken foot, but undeterred, I have managed some of my duties thanks to the patience of Celebrate's new executive board and my dear clients. My kitchen table has been my command center where I have been able to execute many of my duties while in a wheel chair. I share this with you because there is one important part of a design project that will have to wait on my mobility which I hope to regain shortly. This piece, the final piece of any design project, is as critically important as the initial floor plan design. It is the art and accessory stage which is the difference between an "OK" room and a "showstopper."

Now you might be thinking – "I don't want my home to look like a museum or art gallery." In truth, it's just the opposite. Your art and accessories bring out the warmth and personality of your space and YOU! They are the finishing touches that can become a focal point, merge style, bring color into a room and even become a conversation starter. Bland becomes beautiful, as well as interesting and unifying. It's like the closing chapter of a book when everything come together.

One of my lovely (and patient) clients is living with empty shelves in their étagères, as well as blank walls, until I can get them to one of my favorite sources, Marlin Art Gal-

Art & Interior Design



leries in Deer Park. The good bones of their room are in place with a new space plan and furniture, but the transformation awaits. First, we will "shop at home" for favorite pieces they already own (I love to see client's faces when repurposed objects take on a new life). Next there is a discussion of what is needed before we head out to shop.

The hundreds of choices in this gallery can be overwhelming, but with a little guidance and preparation, it becomes a fun learning experience. Should we select large pieces or small for a grouping? Do we want to match the furniture style? What medium will look best? So many choices – but when the client's innate interests and taste kick in, the choices are whittled down. The good news is that we can now try them all at home and

see which works best. This final piece of the design puzzle is the happy ending to the story of an inviting and beautiful home.

Next time – tips on choosing art and accessorizing, or if you can't wait, check out my "Design Pro on the Go" handbook or CD where a whole chapter is devoted to this most important topic.

Editor's Note:

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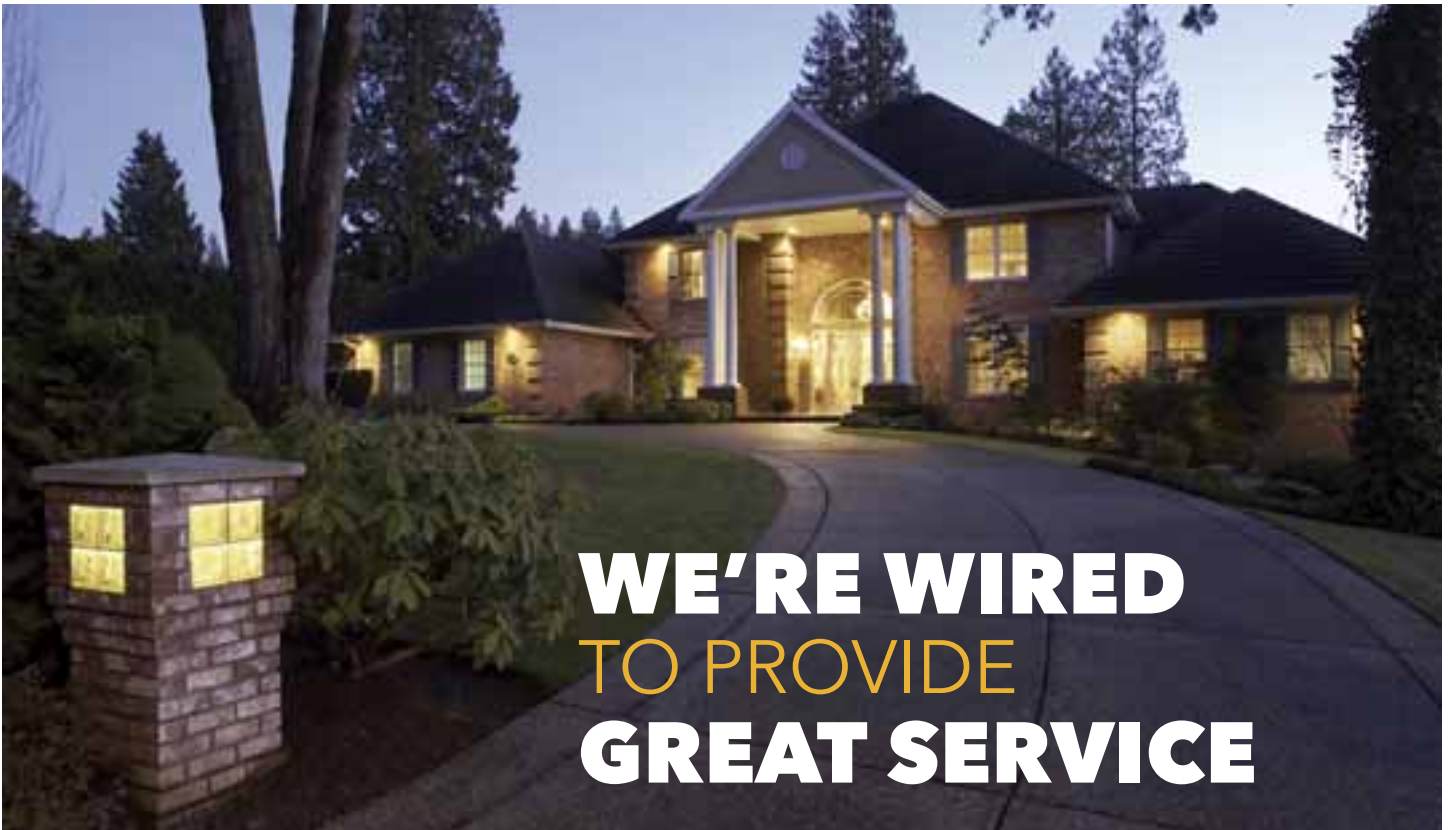
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NO JOB TOO BIG OR TOO SMALL



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

You should always be able to ask as many questions as you'd like when working with your financial advisor. So, before you have your annual review, think carefully about what you'd like to ask.

Here are a few suggestions:

- *Are my goals still realistic?* When you first began working with your financial advisor, you may well have articulated several financial goals. For example, you might have said that you wanted to pay for most of your children's college education, or that you'd like to retire at age 55, or that you hope to travel internationally every year during retirement. In fact, you could have many different goals for which you're saving and investing. When you meet with your financial advisor, you'll certainly want to ask whether you're still on track toward meeting these goals. If you are, you can continue with the financial strategies you've been following;

but if you aren't, you may need to adjust them. The same is true if your goals have changed. You and your financial advisor will want to build a strategy to address any new or different goals such as emergency cash needs, having adequate insurance protection or estate planning.

- *Am I taking on too much – or too little – risk?* Put market declines in perspective. The financial markets always fluctuate, and these movements will affect the value of your investment portfolio. Suppose you watch the markets closely every day and track their impact on your investments. You may find yourself fretting over their value and wondering whether you're taking on too much investment risk for your comfort level. Conversely, if during an extended period of market gains your own portfolio appears to be lagging, you might feel that you should be investing more aggressively, which entails greater risk. In any case, it's important to consult with your financial advisor to determine your risk tolerance

and use it as a guideline for making investment choices.

- *How will changes in my life affect my investment strategy?* Your life is not static. Over the years, you may experience any number of major events, such as marriage, remarriage, loss of a spouse, birth of children or grandchildren, changing jobs or illness leading to early retirement. When you meet with your financial advisor, you will want to discuss these types of changes, because they can affect your long-term goals and your investment decisions.

- *How are external forces affecting my investment portfolio?* Generally speaking, you will want to create an investment strategy based on your goals, risk tolerance and time horizon. And, as mentioned, you may need to adjust your strategy based on changes in your life. But should you also make changes based on outside forces, such as interest rate movements, political events, inflation, new tax legislation or news affecting industries in which you have invested substantially? Try not to make long-term investment decisions based on short-term news. Yet, talk with your financial advisor to make sure your investment portfolio and spending strategy are not out of alignment with relevant external factors.

By making these and other inquiries, you can help yourself stay informed about your overall investment picture and what moves, if any, you should make to keep advancing toward your goals. A financial advisor is there to provide you with valuable guidance — so take full advantage of it.

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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June is National Men's Health Month

by William Kent

Hearing health affects a man's lifestyle, and if he wants to stay active, feel younger and remain socially and professionally engaged, he should address any hearing loss he may be experiencing. National Men's Health Week runs in the month of June.

Studies show that men who address their hearing loss with the use of hearing instruments or other appropriate treatment, most often improve their quality of life because it helps them maintain a more engaged, active lifestyle at both work and home. Fortunately, the vast majority of people with hearing loss can benefit from hearing instruments. In fact, eight out of ten hearing instrument users say they're satisfied with the changes that have occurred in their lives specifically due to their hearing instruments.

For decades, research has shown an association between unaddressed hearing loss and a whole range of physical, mental and emotional conditions – from depression, anxiety, and strained relationships to cognitive decline, difficulty learning new tasks, and even failing grades. A national Better Hearing Institute study, in fact, uncovered income loss as an under-recognized consequence of leaving hearing loss unaddressed. People with untreated hearing loss, the study found, lose as much as \$30,000 in income annually, depending on their degree of loss. But the use of hearing instruments was found to reduce the risk of income loss dramatically – by 90-100 % for those with milder hearing loss, and from 65-77% for those whose hearing loss was severe to moderate. The study also found that people with severe hearing loss who do use hearing instruments are twice as likely to be employed as their peers who don't use them.

In recent years, considerable information has emerged on the link between hearing loss and several common chronic diseases that men suffer – including heart disease, dia-



betes, chronic kidney disease, Alzheimer's disease and depression. While research is still needed to fully understand the association between hearing loss and these illnesses, this relatively new information makes it all the more important that men take a Hearing Check Up and include hearing health as part of their routine medical care.

Men are reminded that there are simple things they can do to protect their hearing. Listening to smartphones and MP3 players only at a low volume, and wearing earplugs in noisy environments like sporting events, clubs, concerts, or when using power tools and riding motorcycles are examples.

A Technological Transformation

Many men enjoy and keep pace with the latest in consumer electronics. It's surprising, then, to find that so many men are not fully aware of the technological revolution that has occurred in the hearing aid marketplace in the past few years. Unfortunately, the lack of awareness of recent advances holds many back from dealing with their hearing health.

Here are four little-known facts about today's modern hearing instruments that active, youthful-minded men should know:

1. *They're virtually invisible.* Many of today's hearing instruments sit

discreetly and comfortably inside your ear canal, providing both natural sound quality, and discreet and easy use.

2. *They automatically adjust to all kinds of soundscapes.* Whether it's the rustling of sheets and whispers on the pillow that you're after, easy conversation in a crowded restaurant, or the chirp of crickets on a late summer's evening, recent technological advances have made hearing instruments far more versatile than ever before and in a broad range of sound environments.

3. *You can do water sports and sweat while wearing them.* Water resistant digital instruments have arrived. This new feature is built into some newly designed hearing instruments for those concerned about water, humidity and dust. This feature suits the active lifestyles of swimmers, skiers, snowboarders, intensive sports enthusiasts, and anyone working in dusty, demanding environments.

4. *They love iPhones, Smartphones, home entertainment systems, and other prized electronics.* Wireless, digital hearing aids are now the norm. That means seamless connectivity-directly into your hearing instruments at volumes that are just right for you, from your smartphone, iPod, television, and other beloved high-tech gadgets. What's more, you own the volume. No one around you needs to be affected.

To be informed healthcare consumers, men need to realize that today's state-of-the-art hearing instruments are highly effective, sleek, and sophisticated wearable electronics that can help them stay actively connected, not only to life, but also to their other prized electronics, from smartphone to home entertainment systems.

Today's hearing instruments make
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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 have been very grateful for so many things in my life. Good family, children, friends. I have a wonderful career and I have enough resources to retire on. I am near to 70 years old, now living by my myself, and am starting with some of the health issues that comes along with "old age." Since I'm still working but can retire at any time, people ask me "why keep working?" The answer is that I'm fearful of making this final decision because that will

mean that I am entering into the "last part of my life." As I have already watched friends and family pass on, I find myself more worried. I know it's time to take care of me and enjoy so how do I get a different perspective on this necessary transition?
– Not Old Yet

Dear Not Old Yet,

Life and lifestyle transitions can be a very stressful time for anyone. You are facing two at once: being in your senior years AND leaving your career. No matter if you just jump in and retire or you take a more gradual step-back approach, both will require you to be mentally ready to make the change. Take an inventory of what your fear looks like – is it, for example, not being needed or forgotten? Is it the loss or change of work relationships? Or is it an old idea implanted from your past about getting "old" and "frail?" These types of thoughts take up space in your mind's garage and can often hold you back from taking reality based steps because you are trying to live a "what if" life. So you should actually begin the process of retirement before you retire by checking in on yourself. Consider adding talk therapy to your journey to act as a bit of a tour guide to help you along. When you put it all together, understanding what may be holding you back often holds the key on how to let go and move forward.

Editor's Note:

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

Men's Health Month

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it quite simple for young, middle age or older men who have hearing loss to better their lives thru 'selective' amplification. Usually the only one that knows that you're wearing them is you. Our advice, very simple, schedule a hearing test, (most health insurance covers annual hearing test in full or little out of pocket expense) and speak to your hearing healthcare professional for direction. Begin to "Hear the DifferenceSM." Schedule your hearing test now rather than later, it may change your life forever.

Editor's Note:

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

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“The First Wealth is Health”



by Terri Pace

Good health is the foundation on which to build your life, your experiences and those of your family. My mom often encouraged me to carefully consider decisions

that would affect my health and well-being, saying: “Once you lose your health, you’ve lost everything.”

In 1860, the American philosopher Ralph Waldo Emerson is credited with writing: “The first wealth is health.” I invite you to consider what life would be like if you invested in your health with this axiom as your guiding principle.

Intervention as a Modern Approach

The World Health Organization’s definition of health emphasizes that HEALTH is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Considering that definition, we as a society are NOT healthy.

The NIH includes these illnesses as our biggest health challenges today: Heart Disease and Stroke, Cancer, Opioid Addiction, Infectious Diseases, and Diabetes. This is not just a quality of life issue as many of these are also leading causes of death. And even more alarming is that these chronic illnesses are common and costly, and many are preventable!

In response, the modern approach primarily directs its efforts at symptom management. “Unmet root needs” create the underlying

“root causes,” and when these root needs are ignored, symptoms persist, and frustration abounds.

“Chasing those symptoms with synthetic, unnatural, manufactured solutions with their accompanying side effects, too often results in new symptoms to chase. And that makes for a very profitable business model! One that generates over \$9 trillion globally. I ask you, are we healthier because of it?”*

Caveat: Are there times when having solutions at our fingertips is just what’s needed? Of course! However, while firefighting is great for acute healthcare urgencies, it is not a sustainable approach to wellness.

“The bottom line: The intervention model is simply NOT well-care. It is like playing a game of whack-a-mole! And you know how that goes! The same things just keep continued on facing page

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HEALTH NOTES

continued rearing their ugly head. Our health is the same. Chasing symptoms kicks the can down the road and can increase risks as real causes go unresolved."

What is a Wellness Lifestyle?

A Wellness Mindset is all about nurturing your well-being. This natural approach focuses on intentional efforts aimed at meeting the body's needs and resolving root causes... often with side benefits, not side effects!

The result? Considerably less symptoms and a far better quality of life!

"Let's simplify the natural approach even more: Solving root causes is about too much of the wrong things (toxicity) and not enough of the right things (deficiency).

Too much of the wrong thing can look like excessive exposure to toxins from cleaning and personal care products with harmful, endocrine disrupting chemicals, too much stress, ultra processed food, a body overrun with unwanted guests, fat cells blown up with toxins, or constipation.

Too little of the right thing might be a lack of adequate nutrition, too little sleep, water, or exercise, and a need for more loving relationships. You get the idea!"*

Live & Love a Natural Solutions Lifestyle

So how do we LIVE this principle of a natural solutions approach? Here are four easy steps to begin YOUR wellness journey:

1. Foundational Wellness (**in with the good**) – infuse your body with ALL the nutrients it needs and use a quality probiotic to sustain gut health...every day!
2. Personal & Home Care (**out with the bad**) – reduce your toxic load by choosing natural and safe products!



3. Targeted Solutions – use essential oils and supplements to address specific root needs.

4. Informed Self-Care – support your body with natural solutions for life's little urgencies.

There are super simple ways we can influence our health experiences in a positive way by meeting the root needs of the body! As we address them, you may notice many of those nagging unpleasant experiences simply disappear. For those that remain, we target solutions for

your specific needs.

Contact me for your FREE health assessment and let's create your customized personal wellness protocol together!

Want to learn more?

<http://oils.link/TerriPace> Visit this website for health topics, workshop recordings, and more information on upcoming events.

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

**These statements have not been evaluated by the Food and Drug Administration. The products mentioned are not intended to diagnose, treat, cure, or prevent any disease.*

About the Author

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

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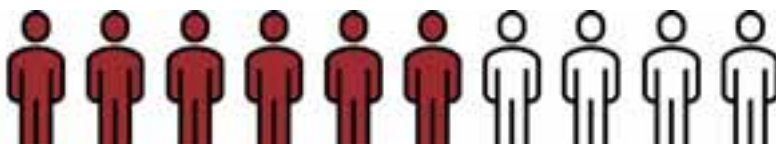
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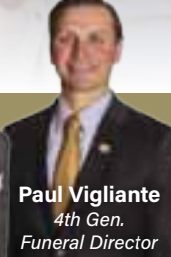
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