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JULY
2026
Volume 39
Number 2

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



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I N T H I S I S S U E



MERCHANT SPOTLIGHT:

Premier Hearing Aid Center 4

AROUND TOWN:

News from Celebrate St. James
Center for the Arts 6-8
What's Happening at the
St. James General Store? 10-14
The Brick Studio Art Show at Deepwells..... 16
St. James Honors Our Heroes 18
St. James Summer Nights
and St. James Community Market 20
The Spy Next Door 22-24
The Revolution Was Happening Right Here 26-28
New Businesses In St. James 32

AUNT MEME'S WISE WORDS:

Food Shopping Tips 30

IN THE NEWS:

Smithtown Rotary Highlights Local Organizations
Making at Difference 34
Smithtown Rotary Presents Paul Harris Fellow Awards 38

TRAVELS WITH IRMA:

Beautiful Portugal 40-41

THE BLACKBOARD:

Helping Students Identify and Pursue Their Goals
is Central to the Educational Experience at Knox School42
Sweet Success for Smithtown High School Musicians 43

COOK'S CORNER:

Fresh Ingredients Are Perfect for Summertime 45

DESIGN IDEAS:

Celebrating Summer and Fourth of July at Home 46

FINANCIAL FOCUS:

Five Questions That Could Change How You See Retirement 48

ARTS & ENTERTAINMENT:

Gallery North Features William Low in *Light Remembered* 50
Short Story: *Creatures Big and Small* 51
Short Story: *My Italian Childhood* 52
Suffolk County North Shore Artisans Calendar of Events 54-57

ST. JAMES CHAMBER OF COMMERCE MEMBERS

..... 53

COFFEE BREAK:

Crossword Puzzle, Sudoku and Riddles & Teasers 58-59

CELEBRATIONS

William/Benson to be Married 61

HEALTH NOTES:

Ask Ron Villano 62
How to Enjoy the Great Outdoors of Summer 64-65

DIRECTORY OF ADVERTISERS

.....66-67

PLEASE NOTE:

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

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

Premier Hearing Aid Center

22 Southern Blvd., Suite 118, Nesconset
631-972-5211
premierhearingaidcenter.com

We all know the cell phone commercial that asks, "Can you hear me now?" Unfortunately, the reality is that more and more Americans can answer that question with a resounding "No," and we're not talking about cellphone reception.

I recently had the pleasure of meeting twin sisters Jennifer Kent-Briante and Jessica Kent at their newly opened office. Jennifer and her husband of 18 years live in St. James with their two children. She is passionate about her work and treasures the time she spends with her family. Jessica shares that same passion for helping people and finds great fulfillment in making a positive difference in the lives of others. She is also a longtime Mets fan and resides in Smithtown.

Premier Hearing Aid Center is located at 22 Southern Boulevard, Suite 118, in Nesconset. While their youthful appearance might suggest otherwise, Jennifer and Jessica bring a wealth of industry experience to their practice. Their father, William Kent, has worked in the hearing industry since 1985, operating Long Island Hearing. The sisters began helping in the family business at just 12 years old and quite literally grew up learning every aspect of hearing care.

With their proud father cheering them on, they have now opened an office of their own, serving a wide range of clients. In fact, after speaking with them, I became a client on the spot.

During our conversation, we discussed the changes they have observed over the years. One particularly alarming trend is the significant decrease in the average age of those seeking hearing assistance. They explained that many people simply do not do enough to protect their hearing, and they are seeing an increasing number of young adults in need of services. The popularity of gaming, earbuds, headphones, and prolonged exposure to loud noises has contributed to hearing issues among younger generations.

I proudly shared that I wear foam ear protection while operating loud yard equipment. After Jennifer and Jessica demonstrated the difference custom-made ear protection can

make, I immediately ordered a set for myself. The accompanying photo shows the mold injection process used to create custom ear protection. They carefully explained each step and made this somewhat nervous patient feel completely at ease.

Jennifer and Jessica take great pride in the relationships they build with their clients. Their business is founded on honesty, integrity, compassion, and a healthy dose of love and respect. They emphasize that hearing care is not a one-time transaction. You don't simply walk in, receive a hearing device, and never return. Instead, they encourage clients to come back three to four times each year to ensure their devices remain properly adjusted and functioning at their best.

Best of all, those follow-up visits are free.

They firmly believe that ongoing service is the key to achieving the best long-term results and are committed to providing exceptional



care. Hearing aid technology has also advanced dramatically in recent years. Many devices now offer Bluetooth connectivity, allowing users to answer phone calls directly through their hearing aids or even locate a misplaced device. Artificial intelligence features can provide

continued on page 44





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St. James, NY | MLS# 966893. \$1,169,000.

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News from the Celebrate St. James Center for the Arts – It Was a Happening!

by Natalie Weinstein, President

The ribbon-cutting ceremony on June 10 was a joyful celebration of the historic St. James Theatre’s remarkable survival and exciting future. For more than a century, the building has served many roles in our community – as a vaudeville theater, movie house, gathering place, office space, furniture consignment store, and now, once again, as a vibrant home for the arts.

The event marked the beginning of Phase Two of the theater’s restoration. Guests enjoyed guided tours, learned about the building’s history and future plans, and sampled refreshments provided by Level Up Caterers, The Brooklyn’s Best Baking Company, and Dirty Cheesecake. Attendees were also treated to a special performance by Solomon Buchman from Lighthouse Theatre Company’s production of *South Pacific*, presented through the valued partnership of Tony Chiofalo and Lighthouse Theatre Company, whose productions continue to bring high-quality live theater to the St. James stage.

Town of Smithtown Supervisor Ed Wehrheim did the honors, cheered on by many who have supported this project even when it was just a dream. A dream no longer, its halls

today, are continually filled with the sounds of happy people gathering together in an atmosphere that promotes learning and warms the soul – as only the cultural arts can.

The celebration also highlighted Celebrate St. James’ growing programming and community impact. Under Program Director Tami Vitebski, the organization continues to expand opportunities for education, inclusion, creativity, and connection, supported by an actively engaged board contributing vol-

unteer time and expertise.

Executive Vice President Jack Ader shared the vision for the Center’s art gallery and its role in supporting local artists, emphasizing how the arts naturally intersect at Celebrate St. James – where visitors and artists alike often discover new creative paths across visual art, theater, music, and education. He shared an example of a gallery artist who later auditioned for a stage

continued on page 8



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News from the Celebrate St. James Center for the Arts

continued from page 6

production, illustrating how one form of expression can lead to another.

Guests also received a preview of *Shadows Rise*, the original rock opera about the Culper Spy Ring premiering July 10-12 in honor of America's 250th Anniversary.

Together, these efforts reflect the transformation of a historic theater into a living center of connection, creativity, and belonging – where theater, art, music, education, and community programming come together under one roof. The Center offers inclusive programs for individuals with special needs, educational and creative opportunities for all ages, and meaningful ways for the community to engage and connect.

The theater is also available for private rentals, including birthday parties, film screenings, corporate events, and community celebrations.

As restoration continues, so does the vision: more than preserving a building, Celebrate St. James is creating a place where art, history, and community intersect – a place where creativity is nurtured, friendships are formed, differences are celebrated, and everyone belongs.

To support this mission, community members can donate, become a member, purchase tickets, or honor a loved one through the theater seat naming program. To learn more, visit celebratestjames.org.

Upcoming Events:

Disney's *The Little Mermaid Jr.*

– Summer Theater Intensive

July 6-26, Monday-Friday, 12-4:00 p.m. \$425

Young performers will spend three weeks building acting, singing, and stage skills while preparing a full production of Disney's *The Little Mermaid Jr.* This fun, educational intensive is led in partnership with Light-house Repertory Theater Academy.

Shadows Rise

July 10-12

Celebrate America's 250th Anniversary with *Shadows Rise*, an original rock opera that brings the story of the Culper Spy Ring to life through music, history, and powerful storytelling. This world premiere production debuts at the Celebrate St. James Center for the Arts and promises to be a memorable theatrical experience.

Monet & Merlot –

Paint & Sip Experience

Friday, July 17, 7-9:00 p.m.

Step into the world of Impressionist master Claude Monet for an immersive evening of art and ambiance. Guests will enjoy wine, French-inspired refreshments, and the opportunity to create their own Impressionist-style masterpiece in a relaxed and inspiring setting.

Summer Concert Series at Celebrate Park

Free Admission

Bring a lawn chair and enjoy live music under the



summer sky at Celebrate Park.

July 19, 7:00 p.m. – *Broadway Under the Stars*

July 26, 7:00 p.m. – *Blue Bayou: The Ronstadt Experience*



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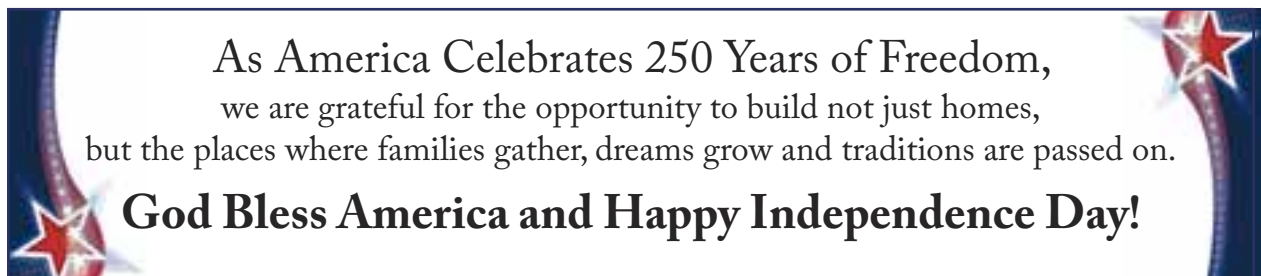
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What's Happening at the St. James General Store?

by Arline Goldstein

Break out the red, white, and blue! The biggest national celebration in a generation is underway: America 250.

I could see that immediately upon entering the General Store. You can't miss the big blackboard that welcomes visitors and hints at the theme you'll find throughout the store. On the board is a beautifully drawn American flag with 50 stars representing the states that now make up the United States of America. Of course, when the Declaration of Independence was signed on July 4, 1776, there were only 13 colonies.

But did you know which colonies signed the Declaration of Independence?



They were New Hampshire, Massachusetts, Rhode Island, Connecticut, New York, New Jersey, Pennsylvania, Delaware, Maryland, Virginia, North Carolina, South Carolina, and Georgia. When British colonists settled in Massachusetts in 1620, they sought economic opportunity, political liberty, religious freedom, and a better life than the one they had under King George III.

On July 4th, we celebrate the freedoms our forefathers secured for us, and one of our favorite ways to celebrate is by eating!



That brings us to barbecue season. Whether you're grilling for family or friends, you'll want to marinate your burgers or steaks in one of the unique sauces on the store's shelves. The choices are plentiful, and you can't go wrong with any of them. Choose



from Southern Peach Barbecue Sauce, Merlot Wine Steak Sauce, Cherry Balsamic Grilling Sauce, Smoky Rib Sauce, and many more. (\$5.95-\$7.95)

When it comes to serving your fantastic meal, having the perfect dinnerware to present it is part of the fun. Stephanie Potts, manager and buyer for the General Store, has selected the most festive plates, bowls, platters, and mugs to delight your guests. These tabletop items are decked out in red, white, and blue decorative designs, making them a must-have for your celebration. Don't forget to pick up an American flag for each guest (\$1.50) or to use as part of your



continued on page 12

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AROUND TOWN

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

continued from page 10
table decorations. After all, it's a party!

Browse around and you're sure to find a kitchen gadget you've been searching for, along with fresh new potholders and stunning kitchen towels.



To entertain the youngsters, you'll find some of the games and toys that may have fascinated you when you were young. There's Bounce Back (\$3.95), Jacks (\$9.95), and bags of marbles (\$9.95). For \$8.95, children can construct a wooden

dollhouse called "Home Sweet Home." There's also Colorforms and Spirograph to keep little minds and hands busy. Dominoes remain a favorite activity for adults and children to enjoy together. Another fitting choice for America 250 is Historic American Landmarks, a coloring book priced at \$6.99.

Moving on, you'll discover charming wide-brimmed straw hats to shield your face from the summer sun, along with shawls in lovely pastel shades of lavender, teal blue, and aqua for staying cozy when evening arrives.

The Book Loft is always worth a visit. Every time I stop by, I find something new. This might be the perfect time to catch up on reading the Declaration of Independence, the Constitution, or the Gettysburg Address. They're all available in the Book Loft.



The book corner is filled with volumes about towns across Long Island, each offering fascinating local history and interesting facts. There is also



continued on page 14

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AROUND TOWN

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

continued from page 12
a wonderful collection of books about baseball, America's pastime, featuring some of the sport's greatest players. For equestrians, a horseshoe frame caught my eye, along with pierced earrings featuring a horse's face.

Look high on a shelf and you'll spot museum-quality vintage toys, kitchenware, and other miscellaneous treasures. While these items are not for sale, they add greatly to the historic ambience of the General Store.

What comes to mind in summertime? Bugs!

The Garden Room features the sweetest little ceramic caterpillars wearing straw hats, perched among



watering cans. If dragonflies interest you, you'll find decorative metal versions there as well. And if you can't wait for your own flowers to

bloom, pick up some stunning lifelike artificial flowers to brighten a room. For the garden, there is also Art on Spikes, featuring flowers, birds, and colorful decorative accents that add charm and create focal points throughout your outdoor space.

I never miss stopping at the Dover Book display, where I always find a classic to read at very reasonable prices (\$4.95-\$5.95).

As I waved goodbye to Emily behind the candy counter, I thought about how fortunate we are to have this historic General Store in our town. It serves as a reminder of our past and just how far we've come.

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AROUND TOWN



Artistic Talent Shines at The Brick Studio Art Show at Deepwells

An amazing array of artistic talent was on hand for the Brick Studio Art Show. Deepwells was a perfect backdrop for the vast collection of talented artists. The crowd showed up in force and enjoyed a perfect weather day.

It is striking to see the amount of talent we have here in our community!





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41 Astor Avenue, Saint James | Available - \$1,129,000.
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28 King Arthurs Court, Saint James | Available - \$865,000.
Elegant and inviting 3-bedroom, 2-bath Expanded Ranch featuring numerous recent updates and spacious living throughout. MLS# 999791.



45 Oak Run, Stony Brook | Available - \$785,000.
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A R O U N D T O W N



St. James Honors Our Heroes

63 banners celebrating the heroic contributions of our veterans have been installed along Lake Avenue. This project was completed with the cooperation of the James Chamber of Commerce and the Town of Smith-

town. We should never take for granted the precious freedoms we enjoy each and everyday. This fitting tribute to our heroes will serve as a daily reminder of how they made what we cherish possible.

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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.



Colleen Caemmerer,
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A R O U N D T O W N



Bringing Our Community Together, One Event at a Time

by Karen Blacher

Since 2017, the Community Association of Greater St. James has dedicated itself to fostering community connections, supporting local businesses, and bringing the people of St. James together in beautiful and creative ways. Witness the joy yourself this summer at the St. James Community Market and St. James Summer Nights!

The St. James Community Mar-

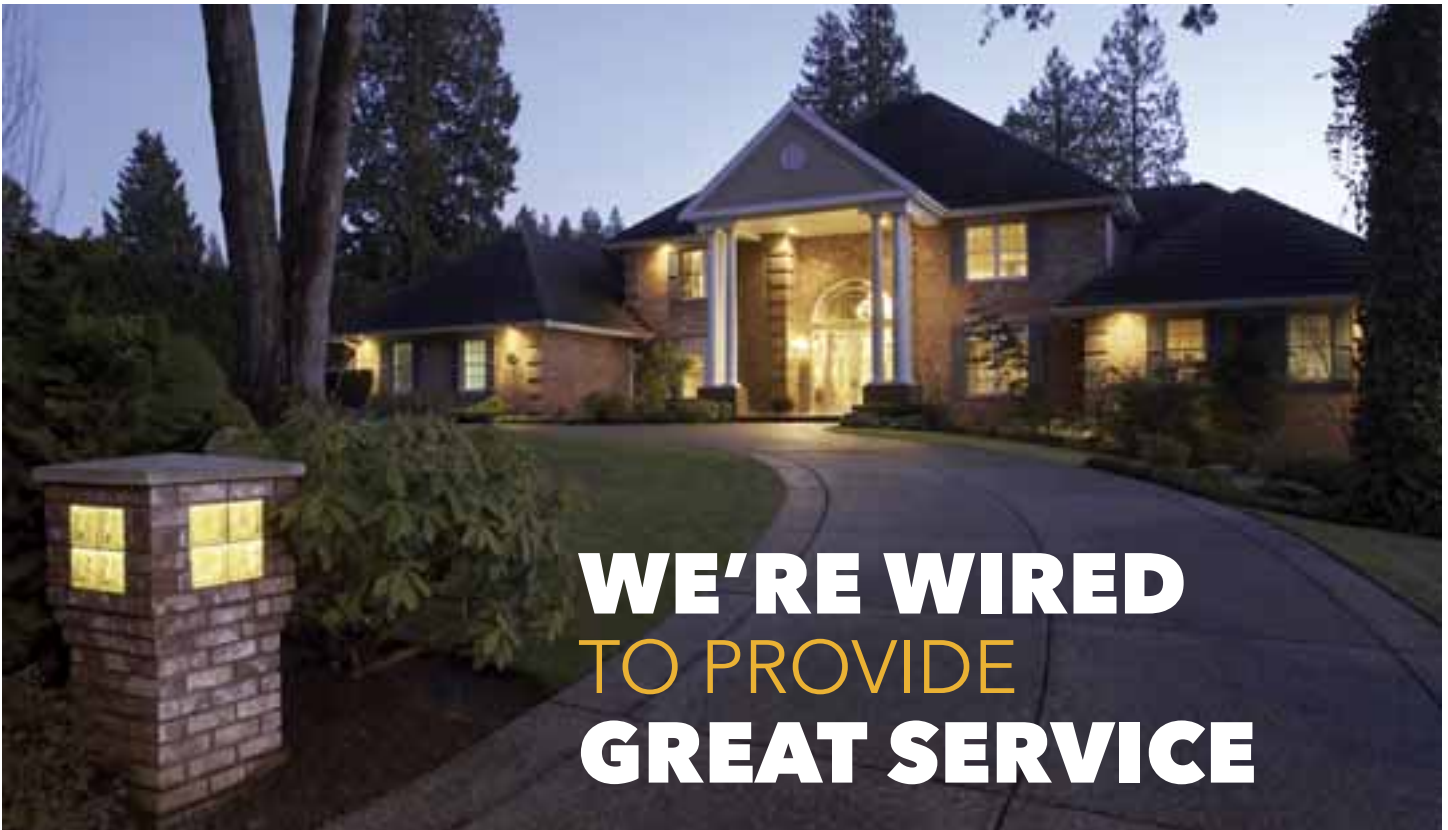
ket, held every Saturday from 9 a.m.-1 p.m. outside St. James Lutheran Church, is part farmer's market, part craft fair, and all community vibes. Featuring hot foods, cold drinks, kids' corner, face painting and live music, plus cottage bakers, craft vendors, local small businesses and more. Bring the whole family! Depending on when you visit, you might find local children's authors, carnival games,

sensory toys, cotton candy, fairy hair, or even a friendly pirate and a magical mermaid.



St. James Summer Nights is held three Wednesdays each summer
continued on page 36





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The Spy Next Door

by Richard Smith

The AMC television series *TURN: Washington's Spies* introduced many viewers to the remarkable story of the Culper Spy Ring, the intelligence network that provided General George Washington with vital information during the Revolutionary War. Familiar names such as Abraham Woodhull, Benjamin Tallmadge, Caleb Brewster, and Anna Strong have become synonymous with Long Island's contribution to American independence.

All of these patriots lived in the Three Village area of Setauket.

Far less known, however, is the story of a young patriot from the St. James area whose intelligence work was personally requested by George Washington and whose mission helped influence one of the most important decisions of the war.

George Smith was born in 1749 and raised in the house that still stands today on Moriches Road, adjacent to the Nissequogue Village Hall. A fifth-generation descendant of Richard Smith Bull Rider, the founder of Smithtown, George received a classical education at Princeton and established himself as a successful attorney before the outbreak of the Revolution.

When British forces occupied Long Island following their victory at the Battle of Long Island in August 1776, many local Patriots fled across Long Island Sound to Connecticut. George Smith was among them. Determined to aid the cause of independence, he joined the American war effort and soon earned a reputation for intelligence, courage, and reliability.

Over time, Smith came to the attention of General Horatio Gates, the hero of Saratoga. Recognizing his talents, Gates entrusted him with increasingly sensitive assignments. Those skills would soon bring him to the attention of General Washington himself.

By 1781, the war had entered a critical stage. France had become America's ally, and French naval



forces were arriving along the eastern seaboard to support the struggle for independence. One French fleet was expected to assemble near Newport, Rhode Island, where it awaited further orders.

Washington faced a crucial question. Would the British commander in New York send troops from New York City to attack the newly arrived French forces? If so, New York's defenses might be weakened. If not, a direct assault on New York would remain risky.

To answer that question, Washington needed reliable intelligence from inside British-held territory.

The task was especially dangerous because of the recent treason of Benedict Arnold. After defecting to the British in 1780, Arnold possessed extensive knowledge of American intelligence operations and many of the individuals involved in them. Some members of Washington's spy network had already been compromised.

Washington needed someone the British would not suspect.

He chose George Smith.

Disguised as a Long Island farmer seeking supplies, Smith successfully entered British-controlled territory and gathered the information Washington desperately needed. His findings revealed that the British had no intention of sending significant forces to Newport. New York

would remain heavily defended.

Returning safely to Connecticut, Smith delivered his report.

Armed with this intelligence, Washington made a momentous decision. Rather than launch an attack against New York, he marched his army south to Virginia, where he joined forces with the French army under Rochambeau and the French fleet under Admiral de Grasse. Together, they trapped General Cornwallis's army at Yorktown.

The victory at Yorktown in October 1781 effectively ended the war and secured American independence.

For nearly two centuries, George Smith's role remained hidden.

His reports to Washington were signed only with the initials "S.G.," and historians could not identify the mysterious agent behind them.

The breakthrough came in the late 1950s when Smithtown historian Virginia Malone was conducting research in the National Archives in Washington, D.C. While studying George Washington's war-time correspondence, she repeatedly encountered intelligence reports signed "S.G." The initials did not match any known member of the Culper Spy Ring.

Later, while examining documents associated with the Floyd family, Malone discovered letters

continued on page 24

HAPPY 250TH AMERICA!



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A R O U N D T O W N

The Spy Next Door

continued from page 22 written by George Smith. She noticed a striking similarity between Smith's handwriting and that found in the "S.G." reports. Samples from both sets of documents were sent to independent handwriting experts for analysis.

The conclusion was remarkable: George Smith and the mysterious agent "S.G." were one and the same.

Adding an even more intriguing twist to the story, Virginia Malone and her husband Robert, founder and publisher of *The Smithtown News*, had been living for years in George Smith's boyhood home without realizing that it had once belonged to one of Washington's secret agents.

After the war, George and his wife, Lucy Bear Smith, settled in Stratford, Connecticut, where he resumed his law practice and became a respected member of the community. He died in 1822 at the age of seventy-two and was buried in Stratford's historic Old Burying Ground.

Today, visitors driving along Moriches Road may pass the house



where George Smith grew up without realizing its connection to one of the Revolution's most closely guarded secrets.

It is a reminder that history is not always found in famous battlefields or grand monuments. Sometimes, it is waiting quietly next door.

Editor's Note:

Richard Smith is a direct descendent of Richard "Bull" Smith, the founder of Smithtown. Richard currently serves as the Smithtown Town Historian, the Mayor of the Incorporated Village of Nissequogue and is an active member of the Nissequogue Fire Department and the Smithtown Rotary. He has an encyclopedic knowledge of historic events and enjoys sharing his incredibly deep historical knowledge with others.

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A R O U N D T O W N

The Revolution Was Happening Right Here

As we celebrate America's 250th anniversary, many of us picture the Revolutionary War taking place in distant places such as Boston, Philadelphia, and Washington's Valley Forge. What many Long Islanders do not realize is that some of the most important events of the Revolution unfolded right here in our own backyard.

Imagine living in St. James in the summer of 1776.

The Declaration of Independence has just been signed in Philadelphia. News travels slowly, so weeks pass before word reaches the small farming communities of Long Island. Families gather around taverns, churches, and meeting places, discussing rumors of war and wondering what the future will bring. No one knows it yet, but Long Island is about to become the center of the conflict.

Just weeks after the Declaration

was signed, the largest battle of the Revolutionary War took place here on Long Island. On August 27, 1776, thousands of American and British soldiers clashed in what is now known as the Battle of Long Island, or the Battle of Brooklyn. More troops fought in this battle than in any other battle of the entire Revolution.

The outcome was devastating for General George Washington and his young army. Defeat seemed certain. Had Washington been captured, the American Revolution might have ended before it truly began.

Then something remarkable happened.

Under the cover of darkness and aided by an unexpected fog, Washington secretly evacuated thousands of soldiers across the East River to Manhattan. Military historians still regard this nighttime es-

cape as one of the greatest strategic withdrawals in American history.

For Long Islanders, however, the war was just beginning.

Following the battle, British forces occupied much of Long Island for nearly seven years. Imagine waking each morning not knowing whom to trust. Some neighbors supported independence. Others remained loyal to the British Crown. Families were divided. Friendships were tested. In some cases, even brothers found themselves on opposite sides of the conflict.

Yet amid the uncertainty, Long Island became home to one of the most daring intelligence operations in American history.

A group of ordinary citizens quietly formed what would become known as the Culper Spy Ring. Organized by Benjamin Tallmadge of Setauket, this secret network gath-

continued on page 28

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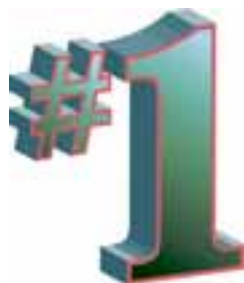
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A R O U N D T O W N

The Revolution Was Happening Right Here

continued from page 26
ered information about British troop movements and military plans. Their methods sound more like the plot of a spy novel than a history book. They used invisible ink, coded messages, secret identities, and hidden dead drops.

One of the most important members of the ring was Abraham Woodhull of Setauket. Under the alias "Samuel Culper," Woodhull sent coded reports that helped George Washington understand British activities in New York.

Getting those messages to Washington was no easy task.

Under cover of darkness, brave couriers crossed Long Island Sound in small whaleboats. Rowing through black waters while avoiding British patrols, they risked imprisonment or even execution if captured. Their successful missions helped create what many historians

consider America's first professional intelligence network.

While these dramatic events were unfolding, the area we know today as St. James remained a rural farming community within Smithtown. Residents may not have witnessed great battles on their doorsteps, but they lived in the middle of one of the Revolution's most active military and intelligence regions. They experienced wartime shortages, heard reports of troop movements, and lived under the uncertainty of British occupation.

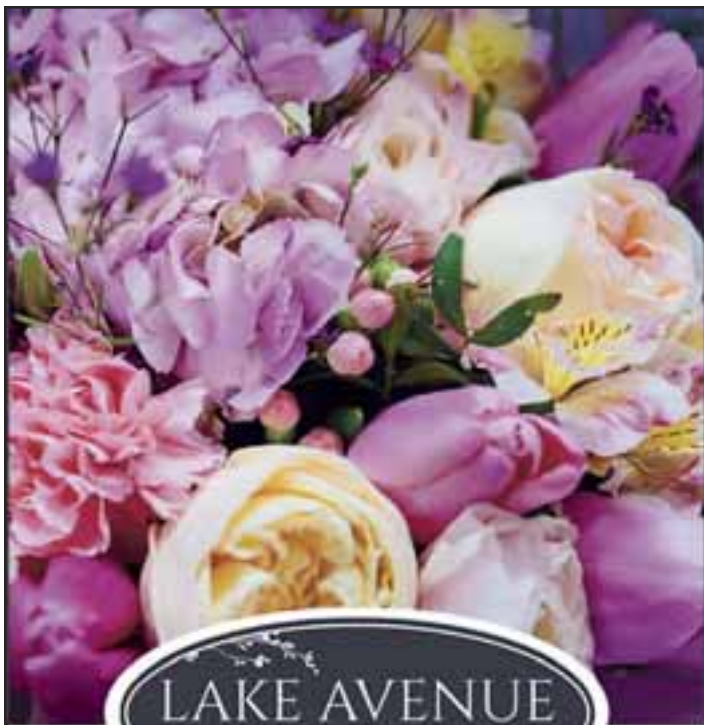
Today, it is easy to drive through St. James, Setauket, and the surrounding communities without realizing that these quiet roads and neighborhoods were once connected to some of the most important events in the struggle for American independence.

As we commemorate 250 years of American freedom, it is worth re-



membering that the story of the Revolution is not only the story of famous figures in distant cities. It is also the story of ordinary Long Islanders who lived through extraordinary times.

The next time you travel through our area, consider this: some of America's first spies walked these roads, crossed these waters, and helped shape the future of a nation that was still being born.



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A U N T M E M E ' S W I S E W O R D S

Food Shopping Tips

by Fran Posner

Meme used the phrase "Retail Therapy" when it came to shopping. She loved to shop! One of her favorite places to shop was the supermarket. She marveled over the changes in supermarkets through the years.

Meme was born before the rise of supermarkets in the 1930s. Small food stores were called grocery stores, corner stores, general stores or public markets. The outdoor market was very popular in Rochester, N.Y., where Meme lived. There was an abundance of fresh chickens, meats, fish, fruits, vegetables and home made baked goods. An interesting fact is at that time, many families planned their meals according to what came into the market on certain days each week. Before modern refrigeration existed, markets relied on specific types of food arriving on strictly designated



fresh fish would come in on Fridays as well. Historically, fresh meat would be delivered Wednesdays and Saturdays. Therefore, on those days, meat was always on the menu.

The first Wegmans opened in Rochester, N.Y. As the store modernized, Meme loved the variety of foods available and gave her friends

days. Chickens came in fresh on Friday, so a family would always have chicken on the menu every Friday. Due to religious meatless traditions,

and family shopping tours and tips. Even if you were an out-of-town guest and catching a plane home that day, you HAD to go to Wegmans first to see something new that was added to the store. Meme was a great shopper and very budget-minded. The following are some of her tips:

Meme's Shopping Tips:

- Before shopping, check your pantry and refrigerator to avoid buying duplicate items.
- Plan meals around sales. Bring coupons or check your cell phone or store circulars for sale items.
- Shop with a categorized list to avoid wasting time wandering around the store which leads to impulse buying.

continued on page 39

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A R O U N D T O W N

Welcome to St. James!

What an amazing day celebrating the recent grand opening and ribbon cutting for Over South Realty at their beautiful new location at 455 Lake Avenue in St. James!

Congratulations to Sean and Deniz on this exciting milestone. We are thrilled to welcome Over South Realty to the St. James business community and wish you continued success in your new space.

A special thank you to everyone from the community who came out to celebrate, as well as Kayla from the Suffolk County Clerk's Office, Erica from Legislator Salvatore Formica's office, and Councilwoman Lynn Nowick for attending and presenting proclamations in honor of

* * *

And another wonderful afternoon celebrating the recent grand opening and ribbon-cutting ceremony for Team Rivera! It was great to see so many community members, friends, and local leaders come together to support this exciting new business.

Congratulations to Steven and Rose on this exciting new chapter! Wishing you many years of success, happiness, and growth. We are proud to welcome you to the St. James Chamber of Commerce and community!

Thank you to the Town of Smithtown, Thomas McCarthy, Smithtown Town Clerk, Vincent Puleo, Suffolk County Clerk, and representation from Suffolk County Legislator Sal Formica's office for attending and presenting proclamations to Team Rivera.



the occasion.

We love seeing our local busi-

nesses grow and thrive right here in St. James!



Did You
KNOW?



This month, Americans will celebrate the 250th anniversary of the United States, and the word "semiquincentennial" may come up in conversation during those celebrations. Some people may not be familiar with the term and what it means. A semiquincentennial is the 250th anniversary of something. It breaks down to "half" of a "quincentennial," which is 500 years. Synonyms may include sestercentennial, bisequicentennial or quartermillennial. Each term refers to a period of 250 years. It's a rather large word for a simple meaning, but people are bound to hear more of it as 2026 goes on and Independence Day is celebrated on July 4.

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Smithtown Rotary Highlights Local Organizations Making a Difference



Smithtown Rotary Club President Ron Rothman (right) and Rotarian Kelli Porti (center) welcome Thomas Ronayne (left) a United States Navy Veteran and ambassador for Paws of War.

Paws of War is a nonprofit organization based in Nesconset that helps veterans, active military members, first responders, and rescued animals often bringing healing and hope to each at the same time.

Founded in 2014, the organization has become well known across Long Island and beyond for pairing rescued dogs with veterans, active-duty military members, and first responders coping with the emotional challenges that can follow service. Through service dog training, companion animal programs, and rescue missions both locally and overseas, Paws of War has created life-changing connections for countless people and animals alike.

The organization works closely with veterans dealing with PTSD and other service-related struggles, providing trained service and support dogs that offer comfort, companionship, and stability. But Paws of War's work often reaches far beyond Long Island.

The group has drawn national attention for rescue missions in war zones and disaster areas, helping

save animals abandoned overseas and reuniting many with the American troops who cared for them during deployment.

Closer to home, Paws of War continues to serve the local community through programs that provide veterinary care assistance for veterans' pets, emergency foster services, and support for retired military working dogs. Volunteers from across Long Island regularly donate their time to help transport animals, raise funds, and assist veterans in need.

Community support has played a major role in the organization's growth. Fundraisers, local partnerships, and donations from Long Islanders have helped expand the nonprofit's reach over the years.

Veterans who once struggled with isolation have found companionship and renewed purpose through the animals they are paired with. At the same time, rescue dogs that may have once faced uncertain futures are given loving homes and meaningful roles.



Smithtown Rotary Club Welcomes Industry Advisory Board Director Smithtown Rotary Club President Ron Rothman (right) recently welcomed Phil Como, Ex-

ecutive Director of the Smithtown Industry Advisory Board (IAB), as a guest speaker at the club's meeting.

Established in 1977, the Smithtown Central School District's Industry Advisory Board has long served as a vital link between education, business, government, and the community. For nearly five decades, the organization has worked to help students prepare for success in an ever-evolving workforce.

One of the board's most valuable contributions is its direct engagement with students. Through internships, cooperative work experiences, mentorship opportunities, guest speakers, field trips, and school-business partnerships, students gain firsthand insight into potential career paths and the expectations of today's workplace.

Throughout its history, the Industry Advisory Board has adopted annual themes and goals that reflect current educational and workforce priorities. Supporting these initiatives are eight to ten subcommittees that focus on specialized projects designed to strengthen connections among students, schools, local businesses, and the broader community.

The board's diverse programs and partnerships remain one of its greatest strengths. By bringing together educators, business leaders, parents, and community members, the IAB continues to create meaningful opportunities for students while helping to develop the workforce of tomorrow.

As the organization approaches its 50th anniversary, the Industry Advisory Board remains committed to fostering collaboration between education and industry. Its enduring success serves as a reminder that when schools and businesses work together, students, employers, and the entire community benefit.



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A R O U N D T O W N

Bringing Our Community Together, One Event at a Time

continued from page 20
from 5:30-9 p.m. outside St. James Elementary School. This outdoor concert series and mini street fair is free to attend and features live Long Island bands, food trucks, bounce houses, carnival games, face painting, puppy yoga, and, of course, a variety of amazing local vendors. Bring your own lawn chairs or beach blanket and soak in the summer vibes on the lawn amidst the fireflies. Every magical evening hits like something between a neighborhood block party and a family reunion--with a healthy dash of rock & roll!

This year's Summer Nights will be held on the following dates:

Wednesday, July 1 – featuring sounds by *Panic* and generously sponsored by Justin Soriano Real Estate.

Wednesday, July 22 (rain date July 29) – featuring sounds by St.



James's own *Common Ground* and generously sponsored by AudioNova.

Wednesday, August 2 (rain date August 9) – featuring sounds by St. James's own *Easy Street* – sponsorship opportunities still available!

We are also delighted to announce that Hope for Cleo Dog Rescue will be at every Summer Nights event and select Community

Market dates with a gaggle of adoptable puppies!



Want to get involved?

To join us as a vendor, or to run an adoption event at the Community Market with an animal rescue, text Karen Blacher (631)-834-5774

For Summer Nights sponsorship opportunities, or to join the dedicated team of volunteers that help keep our events running smoothly, text Rob Cuni (516)-768-1950.

And of course, to shop, party, and soak up the community vibes, follow us on social media @St. James Markets on FB, @stjamesny11780 on insta. Mark your calendars, and get ready to have an amazing summer!

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I N T H E N E W S

Smithtown Rotary Presents Paul Harris Fellow Awards



**Pictured (L-R)
Herta Walsh,
Craig Novak,
Susan and
Bob Buroker,
and
Donna
Napolitano**

**Below,
Linda Cherney**

On May 27, 2026, the Smithtown Rotary Club presented Paul Harris Fellow Awards to several deserving recipients: Herta Walsh (green jacket), Craig Novak (blue shirt), Susan and Bob Buroker (pictured together), Donna Napolitano (blue jacket), Linda Cherney (pictured presenting the awards), Ron Rothman (not pictured), and Sister Mary Theresita (not pictured).

The Paul Harris Fellow designation recognizes individuals who have

made significant contributions to the Humanitarian Grant Program of the Rotary Foundation. Named in honor of Rotary founder Paul Harris, the award is presented to men and women who exemplify the high professional and personal standards he championed. Notably, Paul Harris recognition is not limited to Rotarians.

In 1905, attorney Paul Harris founded the first Rotary Club with three friends and local businessmen, creating a fel-

lowship built on friendship, integrity, and service. What began as a small local organization quickly evolved into a worldwide movement guided by Rotary's enduring motto: "Service Above Self."

Today, Rotary clubs around the globe support a wide range of humanitarian initiatives, including polio eradication, scholarships and educational programs, clean water projects, disaster relief efforts, youth leadership development, and



community service activities. For many members and supporters, contributing to the Rotary Foundation continued on facing page



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Aunt Meme's Wise Words

continued from page 30



- Don't go hungry.
- Avoid food samples - they get you tempted to buy impulsively.
- Be aware of marketing techniques. Where items are placed on shelves and even the music in stores can get you to part with your hard earned money.
- Check unit prices by the ounce not by the total price.
- Keep your coupons and shopping bags in your car so that you don't forget them at home.
- Stock up on sales items - especially if the item is something you use!
- Check expiration or best sell by dates. (Although there might be changes coming concerning dates)
- Don't hesitate to bring an item back to the store for a refund if it

Paul Harris Fellow Awards

continued from page 38
 dation is about far more than financial support. It is about strengthening communities, helping those in need, and carrying forward a tradition of compassion and service that has endured for more than a century.

is not up to standards. Stores want happy customers. Just don't bring back a box of cookies that only have crumbs. (Meme had the best sense of humor!)

Today, modern supermarkets have tremendous varieties of items.

They are well lit and air conditioned. They are open 7 days a week. Progress is great. However, Meme always missed the huge barrel of pickles usually placed at the front door. According to Meme, they were the best pickles in the world!



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Beautiful Portugal

*If You Are the Oenophile Sort
You might like a glass of fine port,
Go to Portugal! Dine
On a glass of fine wine,
Maybe two, but don't drink a whole quart!*



by Irma Gurman

Portugal is a beautiful country on the Iberian Peninsula in southwest-



ern Europe, bordering Spain. If you squint hard enough from Cabo da Roca, the westernmost point of mainland Europe, you might imagine you can see America across the Atlantic. Portugal is known for its rich history, world-famous port wine, cork production, delicious cuisine, and colorful architecture.

We had visited Portugal many years ago, but this time we chose a different adventure: a cruise along the Douro River, taking us from Lisbon to Porto and on to Salamanca, Spain.

Lisbon's hilly Alfama district is home to many historic landmarks, as well as an abundance of cafés and taverns where the soulful sounds of traditional fado music drift through the streets. The haunting melodies perfectly capture the spirit of the city.

While in Lisbon, we visited the cathedral, Belém Tower, the Maritime Museum, and rode one of the city's famous funiculars to the top of a steep hill for spectacular views.

The city itself is a fascinating blend of old and new, where centuries of history coexist with vibrant modern life.

The beautiful white Belém Tower stands in striking contrast against the blue waters of the Tagus River. Commissioned by King Manuel I and constructed between 1514 and 1520 to celebrate Portugal's maritime power, the tower is now a UNESCO World Heritage Site. Its architecture combines Gothic, Manueline, Renaissance, and Moorish influences, adorned with maritime motifs that reflect Portugal's seafaring legacy.

At the Jerónimos Monastery, which houses part of the Maritime Museum, we learned about Portugal's remarkable age of exploration. This small nation, roughly the size of Indiana, was among the world's most powerful countries during the 15th and 16th centuries, establishing colonies and dominating trade routes across the globe. Portuguese explorers such as Vasco da Gama and Ferdinand Magellan helped reshape the world's understanding of geography and commerce.

From Lisbon, we drove to Sintra, where we wandered through the fairytale-like Palácio da Pena. Perched atop a hill and painted in vivid colors, the palace seems to emerge from a dream. Its whimsical architecture and stunning setting make it one of Portugal's most

continued on facing page



TRAVELS WITH IRMA

continued beloved landmarks.

We also visited the University of Coimbra, the oldest university in Portugal, founded in 1290. The magnificent Joanina Library, a baroque masterpiece, houses an invaluable collection of rare books. The building's carefully controlled environment helps preserve these treasures for future generations. Afterward, we boarded our ship and visited Mateus Palace.

Nostalgia struck. Do you remember when we were first married and Mateus Rosé was our wine of choice?

The palace's elegant gardens and sculptured grounds were inspired by the grandeur of Versailles and provide a beautiful setting for this historic estate.

The Douro River offers some of the most spectacular scenery in Europe. Terraced vineyards climb

steep hillsides along the riverbanks, creating a patchwork of green and gold. Portugal remains an important agricultural nation, with wine and cork among its most significant exports.

Porto, Portugal's second-largest city, was another highlight of our journey. We admired the magnificent azulejo tile murals in São Bento Railway Station, which vividly depict scenes from Portuguese history. We also spent several days learning about the production of port wine, a tradition that has made the region famous throughout the world. Life aboard the ship was equally fascinating. We watched as our captain skillfully navigated the river's many locks, observing the dramatic changes in water levels as we traveled. We attended a lecture on cork production and enjoyed a cooking demonstration in which the



chef prepared one of Portugal's most beloved treats: pastéis de nata, the country's famous custard tarts.

Crossing into Spain, we visited the magnificent cathedral in Salamanca and strolled through its colorful streets and historic plazas. Soon it was time to sail back to Porto, where we would catch our flight home.

Portugal is a country of breathtaking landscapes, rich traditions, warm hospitality, and remarkable history. To truly appreciate its beauty, charm, and culture, you simply have to experience it for yourself.

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The Blackboard Bulletin



Helping Students Identify and Pursue Their Goals is Central to the Educational Experience at Knox

The Knox School proudly congratulates the Class of 2026 as they prepare to begin the next chapter of their academic and personal journeys. From future scientists and engineers to performers, artists, entrepreneurs, and student-athletes, this graduating class reflects the remarkable range of talent and ambition within the Knox community.

The accomplishments of this year's senior class have been equally impressive. This graduating class includes NCAA Division I recruited athletes, student researchers who presented work connected to Brookhaven National Laboratory and submitted projects to the Regeneron Science Talent Search, business students who earned top honors in the California Stock Market Simulation, musical theatre performers recognized through the prestigious Roger Rees Awards, and visual artists whose work has been featured in exhibitions across the country.

In recognition of their achievements, the Class of 2026 has been awarded more than \$7 million in merit scholarships and earned admission to an impressive range of colleges and universities, including New York University, Univer-

sity of California, Rutgers University, Northeastern University, University of Connecticut, Rensselaer Polytechnic Institute, Columbia University's Barnard College, Wellesley College, Minerva University, and William & Mary, among many others. Our graduates will be moving on to study fields including pre-med, engineering, business, psychology, fashion, musical theatre, criminal justice, and the visual arts. Each student's college choice reflects something deeply personal – their passions, talents, and aspirations for the future.

At Knox, helping students identify and pursue their goals is central to the educational experience. Through the Knox College Counseling Experience, students work closely with seasoned educators who support them through every stage of the process – from academic planning and self-discovery to applications, essays, and final college decisions. Guided by Knox's personalized approach to education, the program helps students navigate what can often feel like an overwhelming experience with clarity and confidence.

Senior Lexi Erb-Grant '26 reflected on that experience by sharing, "College applications

were my biggest fear when I was approaching senior year. At Knox, I had support through what many students would say is the most stressful part of high school – and it turned out to be an easy and exciting process."

Because Knox faculty and advisors know students personally – their strengths, interests, academic histories, and goals – the guidance students receive is thoughtful, individualized, and genuinely supportive. More importantly, that support extends far beyond the college application process itself. Through close mentorship, academic challenge, leadership opportunities, and personalized learning experiences, students develop the confidence and resilience needed for success after graduation. The result is not simply strong college outcomes, but Knox graduates who are equipped to navigate the opportunities and challenges of college and beyond.

To learn more about The Knox School and its personalized approach to college counseling and student success, families are encouraged to visit www.knox-school.org or contact admissions@knoxschool.org.



The Blackboard Bulletin



Sweet Success for Smithtown High School Musicians



Smithtown High School East (pictured above) and West musicians earned “superior” ratings at a recent Music In The Parks competition held at Hershey Park.
photo courtesy of Smithtown CSD

More than 250 talented musicians from Smithtown High School East and Smithtown High School West recently enjoyed an unforgettable weekend at the Music in the Parks Festival in Hershey, Pennsylvania, combining outstanding musical achievement with memorable experiences at Hershey Park.

Representing High School East, the Concert Choir, under the direction of Mr. Mark Hegreness, earned a Superior rating in its division. The Symphonic Orchestra, led by Mr. Brian McCoy, received a Superior rating and captured First Place in its division. The Symphonic Band, under the direction of Mrs. Jennifer Leavy, also earned a Superior rating, First Place in its

division, and was recognized as the Best Overall Band of the festival.

High School West musicians also delivered exceptional performances. The Concert Choir, directed by Mr. James Brosnan, the Symphonic Band, directed by Mr. Frank Scheno, and the Symphonic Orchestra, directed by Mr. Joseph Cotignola, each earned the festival’s highest distinction: a Superior rating. The Symphonic Orchestra went on to earn First Place in its category and was named Best Overall Orchestra of the entire festival – an impressive accomplishment in a highly competitive field.



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Premier Hearing Aid Center

continued from page 4
benefits such as fall detection and automatic alerts. They also offer a variety of styles and options to ensure each client receives the solution that best meets their individual needs.

Here is a statistic that should get everyone's attention: the average person waits seven years before seeking help for hearing loss.

That delay can have serious consequences. Research has shown that people with untreated hearing loss may experience a 30 to 40 percent faster decline in cognitive abilities. They are also at greater risk for developing dementia, and individuals with hearing loss as mild as 25 decibels are more likely to have a history of falls.

Now you can understand why I decided to protect my own hearing with custom-made hearing protection from Premier Hearing Aid

Center.

Jennifer and Jessica were wonderful in dispelling many of my misconceptions about hearing aids. I learned that loss and damage protection policies are standard and that most modern devices use convenient rechargeable batteries.

In addition to office visits, they offer in-home appointments and provide discounts for veterans, first responders, and union members.

Not sure whether you need their services? Stop by and take advantage of their hearing test booth (see photo). If a hearing device is recommended, the results from the test are used to program the device specifically for your hearing needs.

This is not a one-size-fits-all operation. Every hearing aid is customized to provide the best possible outcome for each individual client.

Jessica and Jennifer have a remarkable ability to make people

Better hearing helps you stay connected to the people you care about. It fosters confidence, communication, participation, and the wonder of experiencing the world around you.

And by maintaining awareness of your surroundings and every moment that matters, your risk of health conditions like cognitive decline, isolation, depression, and falls decreases.

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COOK'S CORNER

Fresh Ingredients Are Perfect for Summertime

Fresh ingredients can be components of a flavorful meal. Come the warmer weather, fresh ingredients also can help people avoid feeling sluggish after eating.

This summer, fresh ingredients like avocado and tomatoes can be just what people need when looking for a delicious meal that won't adversely affect their energy levels. The following recipe for "Bruschetta Topped With Avocado and Tomatoes" from *Lines+Angles* employs both foods and can make a great addition to any summertime dinner table.



Bruschetta Topped With Avocado and Tomatoes Makes 4 to 6 servings

- 2 large Hass avocados, ripe, pitted, peeled, and cubed
- 4 vine tomatoes, cored, seeded, and diced
- 1 shallot, finely chopped
- 8 ounces fresh mozzarella, drained and diced
- 2 to 3 tablespoons balsamic vinegar
- 2 to 3 tablespoons extra-virgin olive oil, plus extra for brushing
- 1 large baguette, cut into 1-inch thick slices
- 1 small bunch basil, leaves only, finely sliced
- Kosher salt
- Freshly ground black pepper

1. Combine the cubed avocado with the tomato, shallot, mozzarella, balsamic vinegar, extra-virgin olive oil, and plenty of seasoning in a mixing bowl.
2. Stir and toss to combine, adding

more vinegar and extra-virgin olive oil as needed. Set aside until needed.

3. Preheat the broiler to hot. Lightly brush the baguette slices with olive oil before toasting under the broiler for 1 to 2 minutes until golden

brown.

4. Remove bread slices and leave to cool briefly. Carefully spoon the avocado bruschetta mix on top and serve with a garnish of sliced basil on top.

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Celebrating Summer and July 4th at Home



by *Natalie Weinstein, ASID Allied*

Summer is finally upon us. Hopefully, in the past few months you did your due diligence and gave your home a good “spring cleaning.” (If not get “cracking”!) Cleaner, lighter, brighter, open and airy are the best watchwords to start your seasonal swap and enjoy the all-to-short summer ahead with family and friends. Then, let’s explore some ways to create big changes without big costs.

Start with some pillows – yes, pillows! Surprisingly pillows can change the mood and tone of a home. If your indoor color palette is neutral, try adding some stripes, ticking, or even a subtle “American” print. Do the same for your outdoor seating, but here you might be bolder, more to the point, with a remembrance of this special 250th anniversary year of our nation’s birth.

Now add an area rug to brighten a space, especially your backyard seating area. There are so many inexpensive area rugs to choose from that are indoor/outdoor and easily cleanable. A floor focus patterned rug adds a new dimension to an existing neutral color scheme, every-



where!

What’s next?

Setting a beautiful table makes guests feel welcome and creates a festive mood. Whether you choose linen and fine china (who does that anymore?) or decorative paper goods, it not only adds a great deal to your “good design” impression, but gives you a check in the

thoughtful host column. Add a special centerpiece, perhaps flowers from your own garden, topping it off with a 4th of July touch. Add a few candles, and you’ve created something special.

Want to really create a mood? Say it with lighting. Whether you use candles, string lighting, pathway lights, or lanterns, a summer night in your own backyard can become a truly magical space.

This summer think of your outdoor space as an extension of your home – for entertaining and for you and your family. Make the time to enjoy and intentionally make a plan to relax and revel in this brief down time away for our busy schedule the rest of the year. Indoors and out your home can be the healthy balm we all need to an enjoyable summer and an enjoyable life.

Editor’s Note:

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



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Five Questions That Could Change How You See Retirement

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

Saving for retirement is important, but it's only part of the picture. If you're within five to 10 years of your target retirement date, it's time to start thinking about what you actually want your retirement to look like. After all, getting to retirement isn't the end goal — it's what you want to do once you're there that matters.

Start by asking yourself these five questions.

When do you want to retire?

The age at which you retire matters more than you may realize. Retiring early sounds appealing, but it means saving more and having less time to do it. It can also create gaps in health care coverage and income before key benefits kick in. For example, Social Security benefits can begin at 62, but at a reduced amount. Full benefits are available between ages 66 and 67, depending on birth year, and waiting until 70 means the maximum benefit. Medicare doesn't start until age 65, and penalty-free withdrawals from retirement accounts generally aren't allowed until age 59½.

For couples, timing gets even more complicated. Staggering retirement dates can sometimes maximize benefits; in other cases, retiring at the same time works better.

A financial advisor can help you sort through these decisions and find the approach that makes the most sense for your situation.

How do you want to spend your time in retirement?

Many new retirees are surprised to find that having unlimited free time feels disorienting rather than freeing. Thinking ahead about how to fill the days with meaningful activity — whether that's travel, volunteering, pursuing hobbies or spending more time with family — can make the transition smoother.

It helps to sketch out what a typical week, month or even first year



might look like. If there are big gaps, it's worth thinking now about what might fill them in rewarding ways.

Where do you want to live as a retiree?

Some retirees stay put, while others downsize or relocate entirely. Either way, it's wise to consider whether a chosen location will work well as you get older, taking into account factors like proximity to family, access to health care, cost of living and climate.

What will your retirement lifestyle cost?

It's not uncommon for retirees to discover that their travel, entertainment or leisure expenses were higher than expected. The more active and involved you plan to be, the more you will likely need to budget.

Does your retirement involve giving back?

Retirement often brings both the time and motivation to be more generous. Whether the goal is helping family members, donating to

charity or volunteering in the community, it's worth defining those goals and building them into an overall plan.

Now that your vision is taking shape, turn it into a plan. Work with your financial advisor to align your savings with the life you want — and revisit that plan as your priorities evolve so your retirement keeps pace with you.

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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Gallery North Features William Low in *Light Remembered*

Gallery North is pleased to present *William Low: Light Remembered*, on view from July 16 to August 23. An opening reception will be held Thursday July 16, from 6-8 p.m. As a complement to the exhibition, on Saturday, July 25 Gallery North will host an Introduction to Plein Air Painting Workshop with William Low from 9 a.m. to 12 p.m. and an ArTalk on Thursday, July 30 from 6-8 p.m. The exhibition, reception, workshop and ArTalk will be free and open to the public. Workshop requires advanced registration.

Light Remembered, William Low's first solo exhibition at Gallery North features small and large scale oil paintings. From the seaside suburbia of Long Island and Cape Cod to the bustling urban cityscapes of Hong Kong and New York City, Low transports viewers by combining his modern approach to composition and a classical handling of light. Low relies on his perceptive memory whether it's guided by the radiant glow of light reflected by monumental skyscrapers or the glimmers that dance through the leaves along a tree lined street. The viewer's own experiences are recalled through Low's captured energy of the passing moment and the sensations of being present in these vastly different environments.

Born in New York City, Low received his BFA from Parsons School of Design in Manhattan, NY and his MA at Syracuse University. Clients



and commissions for his work include US Postal Service Stamp Designs, *The New York Daily News Sunday Magazine*, *The New York Times* and MTA Arts & Design program. Low's paintings are in numerous permanent collections including Houston's Restaurants Nationwide and Rosewood Hotel Hong Kong. Exhibitions include Museum of the City of New York's, *This Is New York: 100 Years of the City in Art and Pop Culture 2024*, and The Heckscher Museum of Art's Long Island Biennial. Low is a professor at the Fashion Institute of Technology. He is currently based



continued on page 52

SHORT STORY

by June Capossela Kempf

There is no doubt in my mind that the "Master Builder" who created the sun, the moon, and the stars went over the top when He or She initiated the evolution of the creatures that now roam the hills, valleys, backyards, and even some buildings of the world.

I must admire the genius of that design, as well as the obvious sense of humor employed in the construction of species such as giraffes, ostriches,

and octopuses, with their multiple tentacles and remarkable intelligence. All seem to have been created with the intention of connecting, somehow, with humans. Yet despite all these fascinating creatures, the one that strikes me as most extraordinary is the bat.

There are many species of bats hanging around. They are often described as half bird and half rat, ugly but useful. They come in a wide range of sizes and are the only mammals capable of true powered flight. Equipped with thin, membrane-covered wings stretched over elongated finger bones, they are masters of the air.

In addition, bats possess a sophisticated guidance system called echolocation, which enables them to hunt in the dark by emitting high-frequency sounds through their mouths or noses. The sound waves bounce off surrounding objects, and the returning echoes allow the creatures to detect the size, shape, distance, and texture of their environment. Smaller species tend to rely more heavily on echolocation, while larger species often use their eyesight as well, defying



Creatures,
Big
and
SMALL

the old adage, "Blind as a bat." Surely the engineers who designed stealth aircraft borrowed a page from nature's bat prototypes.

On the positive side, bats are crucial in controlling pests. A single bat can consume hundreds, and sometimes even more than a thousand, mosquitoes and other insects in a single hour. They also pollinate important food crops and contribute to medical research. In China, bats are symbols of happiness, luck, and prosperity. In America, however, they are more often regarded as fearsome critters lurking in caves, haunted houses, and belfries.

In my experience, though, a group of bats chose a most unusual place to visit: my bank.

The town's Savings and Loan was built solidly in the 1970s, with concrete walls, alarm systems, and security cameras. As an extra measure of protection, a motion-detection system with laser beams crisscrossing the entire lobby had been installed. It was connected directly to the police station. If anything moved through the building after hours, the lasers would detect it and trigger an alarm.

One night, the manager was rudely awakened when the alarm sounded at her home. She raced to the bank and opened the doors for the waiting police officers. When they entered the building and flooded the lobby with light, the bats headed for the darkest corners they could find, disappearing from view.

There were no robbers in sight.

After searching high and low, up the stairs, under the stairs, in the restrooms, closets, and teller stations, the officers finally gave up and reported the incident as a malfunction.

The next morning, shortly after the bank opened, a customer sat down in the waiting alcove. When she glanced upward toward the top of the sunlit concrete wall, she let out a scream louder than a sonic boom.

Seven elusive bats were clinging to a corner directly above her head. Needless to say, she ran from the building. The bats, however, remained perfectly in place until help arrived from a local wildlife rescue organization. One by one, each creature was carefully removed by a man wielding a net and returned to its natural habitat.

As for me, I returned to my desk and carried on as though nothing out of the ordinary had happened.

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.



My Italian Childhood

by Carol Walsh

As summer drew to a close, I was sitting on my patio reading a novel. It was about a woman of Italian heritage who was embarrassed by how different she was from the non-Italian women in her new neighborhood. I could not believe that anyone would be ashamed of such a rich background.

She described hating vegetable gardens that replaced backyards, fig and cherry trees instead of maple or oak trees, and people sitting outside on stoops or around tables rather than inside their homes. She complained about families drinking homemade wine while laughing, talking loudly, and telling stories late into the evening. Strange-smelling spices, furniture covered in plastic, rabbits kept in the yard, grape arbors, and tomato vines were among the things she disliked. As I read on, I realized that these were all the things I grew up with and loved. What a lucky child I was.

My uncles and grandparents lived next door. My rabbit, Snowball, lived in a hutch in the backyard. We had a beautiful grape arbor where we sat at our picnic table

and ate dinner outside on warm summer evenings. We even had two ducks that swam in a small pool while I played nearby.

Yes, we had the traditional fig tree, and every season my grandfather would give me the very first fig. Being an only child had its advantages. We also had two cherry trees, and I would climb them to survey my small world while eating cherries before the birds could get to them.

In our cellar, my grandfather made wine. The aroma was wonderful. Yes, my family could be loud, but there was always laughter, stories, jokes, and fun. Every day seemed to bring a new adventure.

This was my oasis, my world, and my heritage.

My parents and grandparents are all gone now, and I live in a condominium in a senior community. I am happy here, and although I have always maintained my pride in my Italian heritage, I had almost forgotten that special childhood I was privileged to enjoy.

I had no brothers or sisters, yet I was surrounded by uncles, aunts, grandparents, parents, and their friends. Most of all, I was sur-

rounded by love.

I wish that for every child.

Editors note:

We apologize to Carol for not giving her credit for last month's short story, "Is it Sauce or is it Gravy." That most enjoyable and educational story was written by, and submitted by, Carol Walsh. Our heartfelt apologies!

Gallery North

continued from page 50
in Huntington, NY.

This exhibition is generously sponsored by the Faculty Development Grants and Awards Program at the Fashion Institute of Technology, the Field Family, Jefferson's Ferry, Printers 3 and Suffolk County's Department of Economic Development and Planning.

Gallery North, located at 90 North Country Rd., Setauket, is a public, not-for-profit, fine art gallery.

For more information, visit gallerynorth.org or find us on Facebook, Instagram, YouTube, TikTok, or Twitter (@gallerynorthli).

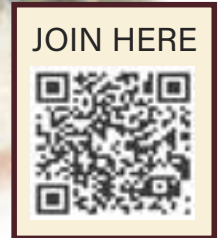
Attention Business Owners - Have You Joined Your Chamber Of Commerce? **Grow Your Business with the St. James Chamber of Commerce!**

Join a chamber that's as local and hardworking as you are. We're a small-town community of Owner-operated businesses—where networking feels like neighbors helping neighbors. Our board is 100% volunteer-run with no paid staff, and everything we do—from monthly meetings (always free and with dinner!) to community-wide events—is powered by local business owners just like you.

- ✓ Free monthly meetings with dinner included
- ✓ After-hours events that fit your schedule
- ✓ Free vendor tables & promo opportunities
- ✓ Referrals, visibility & community trust
- ✓ A strong voice with local government

*Join the chamber, volunteer,
and be part of something bigger.*

Together, we grow not just businesses—but our town and community spirit. Let's grow together—right here in St. James.



Shop Local - Support Our Members!... Support Our Town!

- | | | |
|---------------------------------------------|----------------------------------|------------------------------------------|
| 24/7 Foodmart Saint James | Harbor Country Day School | Philly Pretzel Factory |
| AJ's Garage | Helping Hearts at Home | Rely Rx Pharmacy |
| AJ Party Service | HH Coach Realtors | RN 4 Medicare |
| Alfresco Backyard Living | Island Fish & Reef Inc | Ron Villano Family & Personal Counseling |
| Azure Transportation | Joseph A. Bollhofer, Esq. | Scientific Exterminating |
| Barry Bros. Landscape Design | K & T Foot Spa | Sequa Deli |
| Benjamin Marc | Knipping & Klein Agency Inc. | Smithtown Library |
| Bodybar Pilates | Lake Avenue Floral | Smithtown News |
| Bonnie Glenn Homes Ltd. | ICC Automation | Smithtown Rotary Club |
| The Bristol at Lake Grove | JD Design Jeremy Dean | Sons of Norway Loyal Lodge #252 |
| Capital Graphics of Long Island | K & T Foot Spa | Spy Trail Distillery |
| Celebrate St. James | Kathleen Micozzi HH Coach Realty | St. Catherine of Siena Hospital |
| Caterina Valentina Salon | Knipping & Klein Agency | St. James Center |
| Chiropractic Healthcare of St. James | Lake Avenue Floral | St. James Funeral Home |
| Coldwell Banker | Lesco Construction | St. James Jewelry |
| American Homes Complete Property Care, Inc. | Load Manager Inc. | St. James Pasta & Pork |
| Competition Auto Group | Long Island Hearing | St. James Post Office |
| Competition BMW | Maia Salon Spa and Wellness | St. James Self Storage |
| Competition Subaru | M & T Bank | Step by Step Podiatry |
| Creative Windows | Mercedes-Benz of Smithtown | Team Rivera at Keller Williams |
| Dance N Things | Michelina Cahill - New York Life | Thic Chic Boutique |
| Dowling Bros. Auto Body | Mister Softee | Times Beacon Record News Media |
| Eddie's Power Equipment | Moloney Family Funeral Homes | Up In Smoke Barbecue |
| Edward Jones Investments | Morecraft Construction | Vazac Contracting |
| Energy Fitness | Next Generation Landscaping | WBR Plumbing & Heating |
| Fratello Law | Nissequogue Golf Club | |
| Galiano Wine Bar & Restaurant | P. DeBlasio Builders Inc. | |
| Genesis of Smithtown | Paris Electric | |

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

Adults Roller Skating: Wednesday nights all month, 6-8pm, Adults 21+ Roller Skating in Greenport, Greenport American Legion, 121 Third Street, Greenport, NY 11944, www.greenportamericanlegion.org, 631-333-2644.

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

Beach Walk and Cleanup: Saturday mornings all month, 10am-12pm, AMSEAS Beach Walk \$ Cleanup at Hallock State Park, Hallock State Park Preserve, 6062 Sound Avenue, Riverhead, New York 11901

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

Art Exhibit: Until Sept 13, Just Powers: Long Island Biennial 2026, The Heckscher Museum of Art, 2 Prime Avenue, Huntington, NY 11743, www.heckscher.org, 631-380-3230

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

Music: Wed Jul 1, 1pm, Young at Heart: The Latin Side of Jazz, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Music: Wed Jul 1, 5-7:30pm, Grooves on the Green, Station Yards, 9 Hawkins Avenue, Ronkonkoma, NY 11779

Music: Wed Jul 1, 7pm, Jam Session - Hosted by the Frank Hanson Trio, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895



Music: Thu Jul 2, 7pm, The Jazz Loft Big Band, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Music: Tue Jul 7, 5-6pm, The Jazz Loft's All-Star Quartet, Art and Outreach at the Simon's Center for Geometry and Physics (SCGP) at Sony Brook University, Stony Brook, NY 11794, www.thejazzloft.org, 631-751-1895

Music: Wed Jul 8, 7pm, Jam Session - Hosted by the Frank Hanson

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

Family Activities: Thu Jul 9, 3-4pm, Summer Family Pop-Up - hands-on art and activity, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Animals/Nature/Yoga: Thu Jul 9, 6:45-7:45pm, Goat Yoga Smithtown Historical Society, 211 E Main Street, Smithtown, NY, 11787 www.smithtownny.gov, 631-265-6768

Performance: Jul 9-12, See website for times, The Wedding Singer John W. Engeman Theater, 250 Main Street, Northport, NY 11768, www.engemantheater.com 631-261-2900

Music: Thu, Jul 9, 8pm, LIGHTS OUT: Presents A Tribute to Frankie Valli & More, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9202

Music: Thu Jul 9, 8pm, Dio Rules, The Suffolk, 118 E Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343

Performance: Thu Jul 9-Aug 23. Times vary - see website, The Wed-
continued on facing page



Suffolk County North Shore Artisans CALENDAR OF EVENTS

continued

ding Singer: The Musical Comedy, John W. Engeman Theater, 250 Main Street, Northport, NY 11768, www.engemantheater.com, 631-261-2900

Children's Theatre: Jul 10-Jul 25, See website for show times, A Terrific Time Tell A Tale, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9202

Music: Fri and Sat Jul 10 and 11, 8pm, Dirty Deeds: The AC/DC Experience, The Suffolk, 118 E Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343

Music: Fri Jul 10-Sat Jul 11, 7pm, Miles Davis: Birth of Cool, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Craft Fair: Sat Jul 11, 10am-5pm, Smithtown Summer Craft Fair, Smithtown Village Historical Society grounds, 211 East Main Street, Smithtown, NY 11787, www.islandfairs.com, 631-885-1267

House Tour: Sat Jul 11. 12:30-4:30pm, Hawkins-Mount House Tours / LI250, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066



Music: Sat Jul 11, 3-5pm, 'Grateful Bro' Plays the Music of the Grateful Dead and the Allman Brothers (Soundswap Series), Sousa Bandshell at Sunset Park, 325 Main Street, Port Washington, NY 11050, <https://portwashington.librarycalendar.com> 516-883-4400

Comedy: Sat, Jul 11, 8pm, The Long Island Comedy Festival, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9202

Family/Activity: Sun Jul 12, 10am-5pm, The Whaling Museum's Sea Glass Festival, The Whaling Museum & Education Center, 301 Main Street, Cold Spring Harbor, NY 11724, www.cshwhalingmuseum.org 631-367-3418

Music: Sun Jul 12, 2pm, Sound of Music Sing-along, The Suffolk, 118 E Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343

Music/Festival: Mon Jul 13, 6-10pm, King's Park Rocks, Kings Park Main Street, 1 Main Street, Kings Park, NY 11754, www.islandfairs.com 631-885-1267

Music: Tue Jul 14, 6-8pm, Summer SWAP Series: A Unique Outdoor Space Experience - Music on the Lawn, The Jazz Loft, 275 Christian

Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Music: Wed Jul 15, 7pm, Jam Session - Hosted by the Frank Hanson Trio, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Music: Wed Jul 15, 5-7:30pm, Grooves on the Green, Station Yards, 9 Hawkins Avenue, Ronkonkoma, NY 11779

Performance: Jul 16-19, See website for times, The Wedding Singer John W. Engeman Theater, 250 Main Street, Northport, NY 11768, www.engemantheater.com 631-261-2900

Music: Thu Jul 16, 7pm, Nicole Zuraitis Quartet CD Release, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Festival: Thu Jul 16, 5-10pm, Port Promenade, Main Street between Mackey Avenue and Port Washington Boulevard, Port Washington, NY 11050, www.portwashingtonbid.org/promenade 516-883-8890

Family Activities: Thu Jul 16, 3-4pm, Summer Family Pop-Up - hands-on art and activity, Long Island Museum, 1200 Route 25A,

continued on page 56





Suffolk County North Shore Artisans CALENDAR OF EVENTS

continued from page 55

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

Fishing Tournament: Fri-Sun, Jul 17-19, 5am-5pm, Montauk Grand Slam, Uihlein's Marina, 444 West Lake Drive, Montauk, NY 11954, www.mtkgrandslam.org 516-527-9639

Music: Fri, Jul 17, 8pm, Sail On: The Beach Boys Tribute, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9202

Comedy: Fri Jul 17, 8pm, Caroline Rhea, The Suffolk, 118 E Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343

Music: Sat, Jul 18, 8pm, The Fast Lane: Eagles Tribute, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9202

Music: Sat Jul 18, 3-5pm, 'Rhythm Rocklts' Play Blues, Soul & Funk! (Soundswap Series), Sousa Bandshell at Sunset Park, 325 Main Street, Port Washington, NY 11050, <https://portwashington.librarycalendar.com> 516-883-4400



Music: Sat Jul 18, 2pm, Cinema Jazz Series Presents: Elevator To The Gallows (1958), The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Music: Sat Jul 18, 3 and 8pm, The New York Bee Gees, The Suffolk, 118 E Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343

Children's Theatre: Sun Jul 19, 11am, The Silly Sorcery Showcase, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9202



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

Animals/Nature/Yoga: Wed Jul 22, 6:45-7:45pm, Goat Yoga Smithtown Historical Society, 211 E Main Street, Smithtown, NY, 11787 www.smithtownny.gov, 631-265-6768

Music: Wed Jul 22, 7pm, Jam Session - Hosted by the Frank Hanson Trio, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Music/Benefit: Thu Jul 23, 8-10:30pm, Brandi Carlile: A Benefit for the Montauk Point Lighthouse



Montauk Point Lighthouse, 2000 Montauk Highway, Montauk, NY 11954, <https://wl.eventim.us/event/brandi-carlile/688208?afflky=MurmrrPresents&sp=EQ5T5J>

Family Activities: Thu Jul 23, 3-4pm, Summer Family Pop-Up - hands-on art and activity, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Music: Fri and Sat Jul 24 and 25, 8pm, Yellow Brick Road: A Tribute to Elton John, The Suffolk, 118 E Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343

Music: Sat Jul 25, 7pm, Havana Night in the Garden, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Music: Sat Jul 25, 3-5pm, 'Tribe NY' Perform Live! (Soundswap Series), Sousa Bandshell at Sunset Park, 325 Main Street, Port Washington, NY 11050, <https://portwashington.librarycalendar.com> 516-883-4400

Music: Sat, Jul 25, 8pm, Dancing Dream: The Tribute to Abba, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9202

continued on facing page



Suffolk County North Shore Artisans CALENDAR OF EVENTS



Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9202

Children's Theatre: Jul 31-Aug 8, See website for show times, Sleeping Beauty, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9202

Music: Fri Jul 31, 8pm, Southern Rockfest The Suffolk, 118 E Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343



www.vanderbiltmuseum.org
631-854-5579

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

Children's Theatre: Until Aug 8, See website for show times, Sleeping Beauty, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9202

Art Exhibit: Until Sept 13, Just Powers: Long Island Biennial 2026, The Heckscher Museum of Art, 2 Prime Avenue, Huntington, NY 11743, www.heckscher.org, 631-380-3230

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

August

Adults Roller Skating: Wednesday nights all month, 6-8pm, Adults 21+ Roller Skating in Greenport, Greenport American Legion, 121 Third Street, Greenport, NY 11944, www.greenportamericanlegion.org, 631-333-2644.

Beach Walk and Cleanup: Saturday mornings all month, 10am-12pm, AMSEAS Beach Walk \$ Cleanup at Hallock State Park, Hallock State Park Preserve, 6062 Sound Avenue, Riverhead, New York 11901

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



continued

Art by Design: Sun Jul 26, 12-5pm, Charm Party at Wit & Whim - Be Your Own Designer - You Design it, We Make it For You!, Wit & Whim, 187 Park Avenue, NY 11743, www.wit-and-whim.com, 631-470-0424

Music: Tue Jul 28, 6-8pm, Summer SWAP Series: A Unique Outdoor Space Experience - Music on the Lawn, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Music: Wed Jul 29, 7pm, Jam Session - Hosted by the Frank Hanson Trio, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Music: Wed Jul 29, 5-7:30pm, Grooves on the Green, Station Yards, 9 Hawkins Avenue, Ronkonkoma, NY 11779

Family Activities: Thu Jul 30, 3-4pm, Summer Family Pop-Up - hands-on art and activity, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org 631-751-0066

Comedy: Thu, Jul 30, 8pm, The Long Island Comedy Festival Presents: Mom's Night Out, Theatre



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

Coffee Break

Independence 101



Across

- 3. Site of the largest Revolutionary battle
- 4. Die or be submerged in water
- 7. Period of nation-building
- 8. Citizen soldiers
- 9. Historic patriotic route
- 14. Participant in the struggle
- 15. Opposition to British rule
- 20. On a vehicle or ship
- 23. Name often given to a spy

Down

- 1. Printed colonial announcement
- 2. Shining or radiant
- 5. Secret message carrier
- 6. Formal approval
- 10. Military settlement
- 11. Bog or sticky swamp
- 12. Core Revolutionary principle
- 13. Colonial protest tactic
- 16. Like the national anthem
- 17. Colonial gathering place
- 18. Spy ring headquarters
- 19. Faithfulness to a cause

- 24. Official rejection
- 26. Feeling of sickness
- 27. Spy's writing fluid
- 29. Predecessor to the Constitution
- 31. Preparation of a formal document
- 34. Assumed identity
- 38. Secret code
- 39. Walking stick
- 40. Symbol of independence

- 21. Hidden message exchange
- 22. 250th anniversary
- 25. British label for a Patriot
- 28. Founding political philosophy
- 30. Free from foreign rule
- 31. Spy activity
- 32. Self-governing authority
- 33. Inherited history
- 35. Guard on watch
- 36. Ship-stabilizing weight
- 37. Military scouting mission
- 41. Union of states

- 42. British governing body
- 43. Material used for documents
- 44. Resident of British America
- 45. Heavy hammer
- 46. Congressional representative
- 49. Diagonal weave fabric
- 52. Protection of history
- 53. National bird
- 56. British control of Long Island
- 57. Defensive fortification
- 59. Colonial writing tool
- 60. Source of colonial anger
- 62. Hint indirectly
- 65. British ruler in 1776
- 67. Military unit
- 69. Status of an independent country
- 70. Culper Ring organizer
- 47. Mounted soldier
- 48. United states
- 50. Spy known as Samuel Culper
- 51. Chance success
- 54. Not see-through
- 55. Government by king
- 58. Escape across the East River
- 61. Number of original colonies
- 63. Historical inheritance
- 64. Formal agreement
- 66. Void or invalid
- 68. Grain for milling or useful material

Coffee Break

SUDOKU CHALLENGE

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

RIDDLES & TEASERS



July Hodge-Podge

Question 1:

A man builds a house with all four sides facing south. A bear walks by the house. What color is the bear?

Question 2:

A rooster lays an egg on top of a barn roof. Which way does it roll?

Question 3:

A man shaves several times a day, yet he still has a beard. How is this possible?

Solutions on page 60

The Best Way to Promote Your Business to More Local Homeowners is to

ADVERTISE

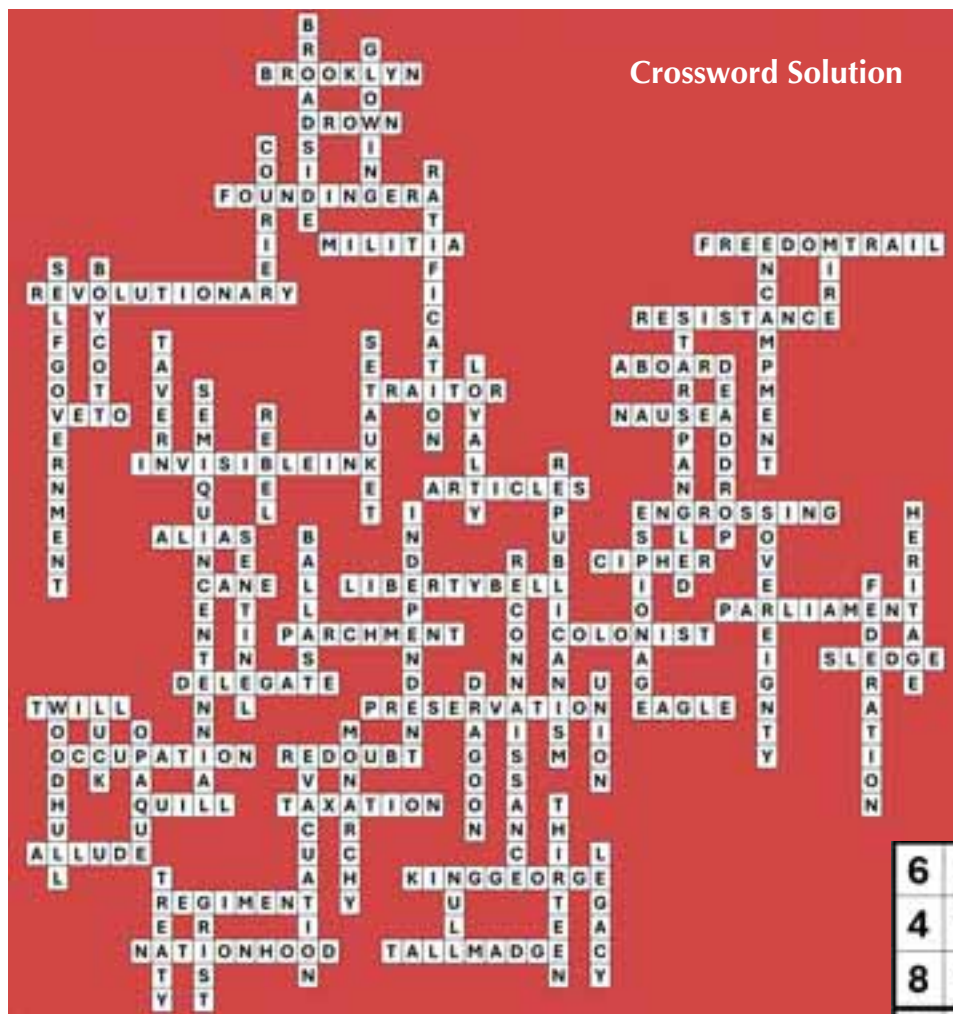
in

Our Town St. James



For Rates & Information
Email: info@ourtownstjames.com

Coffee Break



Crossword Solution

Riddles & Teasers Answers:

1. White, because the house is at the North Pole
2. Roosters don't lay eggs
3. He's a barber



Sudoku Solution

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



HOW ARE WE DOING?

We are working hard to make Our Town more robust than ever and we would love to know your thoughts. Please contact us at info@ourtownstjames.com and let us know what you think.

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



Williams/Benson to be Married

Meghan Williams and Eloy Benson are delighted to announce their upcoming marriage. The couple will exchange vows on September 5, 2026.

Congratulations to the happy couple from your friends in St. James!



Alpine Pastry Shoppe

July Celebrations

Custom Cakes for Every Occasion

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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,

After over 10 years at the same company, I recently moved into a leadership role. I know I have the experience and the qualification. But I keep wondering if I should have the job. Despite positive feedback, I focus on what I don't know rather than what I've accomplished. I second guess over and over in my head and worry that I'm getting things wrong. Is this normal, or am I in over my head?

—Waiting to Be Found Out

Dear Waiting to Be Found Out,

What you're describing is often called imposter syndrome. Capable and qualified people frequently discount their accomplishments and assume their success is due to luck rather than ability. Leadership isn't about having all the right answers all the time. It's about being qualified through experience. It sounds like your company put you in this role based upon the evidence that you can do the job. Good news is that you have their confidence. Take a moment to embrace this important endorsement. Now let's come back to you and map out what you should do. First, examine your own ideas. Then, know when to seek input from other qualified people. Continue to learn on your own and from your team. And finally put it all together and make that solid decision. You have the background. You have your company on your side. Bring it all together and move forward with a refreshed decision making routine and you will settle in nicely to your new job.

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.



- Fed Up?
- Overwhelmed?
- Discouraged?

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family & Personal COUNSELING

FamilyandPersonalCounseling.com

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Middle Village | St. James | Telehealth



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Bridges
Veneers
Bonding
Inlays and Onlays
Invisalign
Dentures

🦷 Digital Impressions

🦷 Implant Dentistry

Placement and Restorations
Low Dose CT Scan On Site

🦷 Pediatric Dentistry

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Dr. Thomas Vigliante

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www.SaintJamesDental.com



How to Enjoy the Great Outdoors of Summer

by Terri Pace

Nature's Chemistry

What words do I use in my description of an essential oil?

- Naturally Occurring
- Volatile

- Aromatic Compound
- Messenger Molecule

In other words, it is Nature's Chemistry!

The chemistry of an essential oil is liberated from the plant material during the distillation process. What a marvelous discovery but one that arouses my curiosity.

• *Why does a plant produce that chemistry in the first place?*

• *What is the purpose of that essential oil?*

• *How does that chemistry help the human body?*

Simply observing nature is a wonderful foundation for many great discoveries. In this, I have come to understand that each gift of nature has a unique and beautiful role in the grand design of creation.

"Every particular in nature, a leaf, a drop, a crystal, a moment of time is related to the whole, and partakes of the perfection of the whole."

– Ralph Waldo Emerson

Created for a Purpose

"Essential oils are a mix of volatile organic compounds that contribute to the fragrance and well-being of the plant. Essential oils contain numerous compound constituents that serve several purposes for the plant:

- Protection and responses to environmental threats;
- Restoration from internal and external damage;
- Protection from sun and other elements; and
- Communication through fragrance to insects or other plants."

– *Essential Oils Unlocked, Second Edition* by PJ Hanks

These intrinsic qualities of an essential oil hold health benefits for us when we use them: Protection, Restoration, and Communication (cellular)!

Super Simple Recipes to Help Us Enjoy the Great Outdoors

1. Ways to Use Essential Oils for Protection

Keep your digestive and immune systems functioning high all year round with these simple daily routines!

Immune Booster

Applied topically to the bottom of your feet (or taken internally in a capsule), you can easily support your immune function with these essential oils, used individually or in combination: Copaiba, Frankincense, Lemon, Oregano, and Tea Tree essential oils.*

Digestive Comfort

During summer months of parties and barbecues, we may stray off our normal healthy diets. Using these essential oils daily, individually or in combination, can protect our digestive tract from discomfort, while simultaneously boosting immune function: Coriander, Fennel, Ginger, and Peppermint essential oils.*

2. Ways to Use Essential Oils for Restoration

Busy lives do not take seasonal breaks! The arrival of summer can tax our energy and bring on additional tension. Long days in the sun can "stress" our skin as well. Use these two simple recipes to help restore healthy balance.

Quick Pick-Me-Up

Feeling drained with lots to do on your list? Combine one drop of Peppermint and Wild Orange essential oils in your palm, rub your hands together and breathe in deeply through your nose. This will invigorate your mind and lift your mood. You can use as often as you like as you continue to check things off

your list!*

After Sun Soothing Spray

Combine 8 drops of each Lavender, Tea Tree, and Peppermint essential oils with one cup of aloe vera juice, one teaspoon of vitamin E, and ¼ cup of fractionated coconut oil in a 16-ounce glass bottle with a spray top. Spritz and feel the relief from those sunny days!

OR you can order the new doTERRA® After Sun Restorative Body Mist. The power of this spray stems from plant-based ingredients like Japanese green tea, hyaluronic acid, and a blend of CPTG® essential oils, including Copaiba, Lavender, Peppermint, Helichrysum, and Frankincense. The spray soothes and restores "weathered" skin.

3. Ways to Use Essential Oils for Communication

The aromatic compounds of essential oils help the plant to attract pollinators or repel pests! And this attribute can help us keep the pests away when we are enjoying the great outdoors!

Pest Repellent Spray

Combine 20 drops of each Arbovitae, Cedarwood, Eucalyptus, Lemongrass, and Peppermint in a 16-ounce glass spray bottle and fill with purified water. Apply liberally to exposed skin to keep the pests and ticks away!

Have a particular pest in your garden or yard? Contact me and I will share how to customize your pest control with natural solutions!

Plant Protecting Spray

Simply add 20 drops of Peppermint essential oil in a 16-ounce glass bottle with spray top and fill with water. This simple DIY uses the power of Peppermint essential oil to ward off unwanted visitors like ants, aphids, beetles, caterpillars, fleas, flies, plant lice, spiders, and more! And if you are working up a sweat

continued on facing page

HEALTH NOTES

DIY PEST REPELLANT

Combine 20 drops of each in 16-oz spray bottle with purified water. Shake & spray to keep pests away!



Use your free lifestyle overview and enjoy some free samples! I'm excited to help you create success with simply natural solutions for your unique health and wellness priorities. Call me 631-487-1627 or email me at simply.natural@outlook.com.

Note: These therapeutic benefits are available to you and me when the underlying chemistry is 1.) present in the bottle, and 2.) is natural, pure, and potent. Synthetic and/or other unnatural compounds often don't deliver the same therapeutic outcomes.

Essential oils are safe, therapeutically effective and very affordable. However, not all essential oils are created equal! Be an educated consumer and use only certified pure, therapeutic grade essential oils for your family! Make sure the chemistry you need is in the bottle at your fingertips!

**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.*

continued while gardening on a hot day, simply spray yourself for a cooling skin sensation!

Want to Learn More?

Join us each month for a variety of free online workshops which focus on family health & wellness, mental health, and improved immune function. Find information on online events and workshops here: <http://simplynaturalseminars.eventbrite.com/>

No purchase necessary to attend!

You can also find short webinar recordings on many different health topics on my Vimeo channel: <https://vimeo.com/simplynatural> Topics include: Increase Energy, Sharpen Focus, Breathe Easy, Men's Health, Women's Health & Hormones, Conquer the Blues, Top 10 Ways to Get the Body You Want, and many more!

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occasionsbyjt@gmail.com

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Lewis Palooza 4.0
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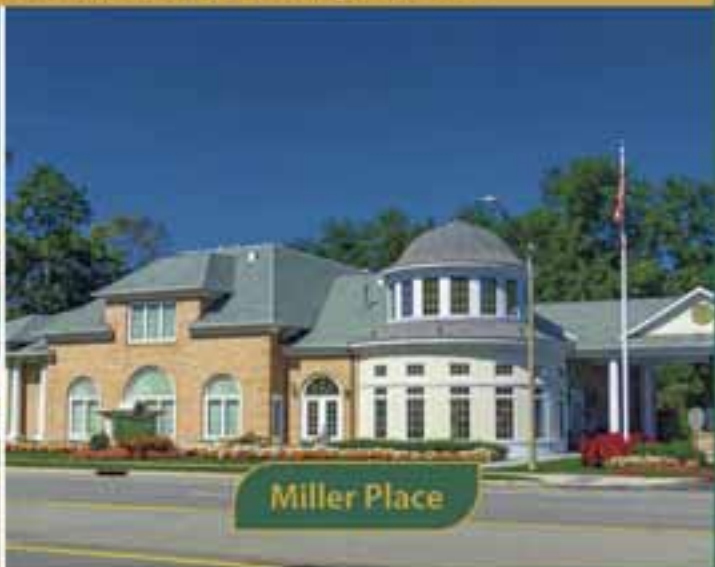
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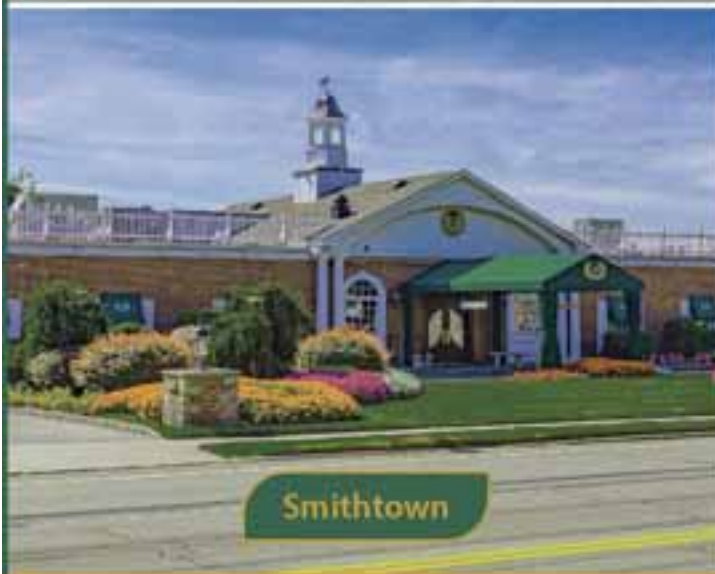
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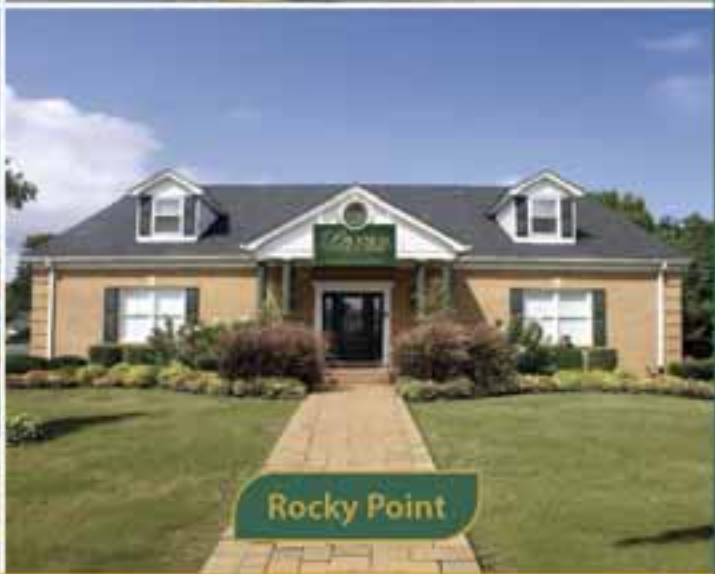
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