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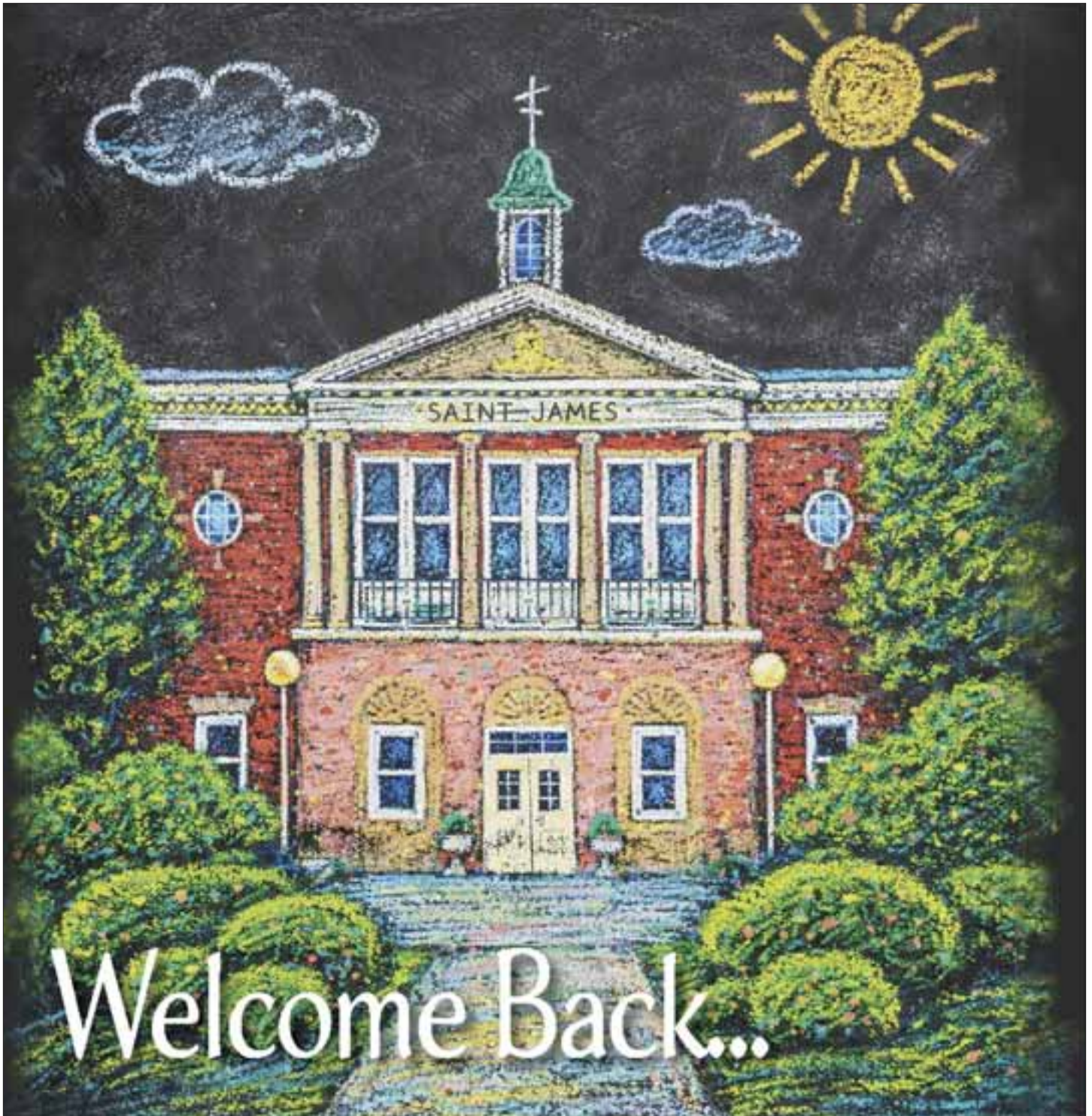
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2026

Volume 39
Number 4

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

Our Town

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STAFF

Robin Clark Editor
Lorrie Anne Minicozzi Art Director
Robin Clark Production
Ami Bondi Feature Writer
Denise Davis Design Contributor
Fran Posner Proof Reader
Debby Posner Finance

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MERCHANT SPOTLIGHT

Seaquia Deli

430-10 North Country Road,
St. James

631-686-6868

www.Seaquadelistjames.com

by Scott Posner

The year was 1976. The country was celebrating its 200th anniversary. Apple Computers, 1-800-Flowers, Kate Spade, Price Club, and T.J. Maxx were founded. *One Flew Over the Cuckoo's Nest* won the Oscar for Best Picture. Gerald Ford was President, Nelson Rockefeller was Vice President, and a gallon of gas cost 59 cents.

Also in 1976, a very young Larry Rosano started his first job in the deli business. He began by washing dishes and, over the next 16 years, learned every aspect of running a very demanding and complex business. In 1992, he opened his first store in Manhattan. Eventually, with the help of his wife and secret weapon, Lyn, he operated two delis and two coffee bars in Manhattan. Lyn is a catering genius and continues to head up that department today.

Following the tragic events of



9/11/2001, Larry made the decision to shift his business from Manhattan to Long Island. He opened his first Long Island location, Setauket Gourmet Deli, at 216 Main Street in East Setauket, which he still owns today.

Today, Larry brings an incredible 50 years of experience to Seaquia Deli, located at 430-10 North Country Road in St. James, which he acquired in 2019. His journey over the past 50 years could fill

many books on how to run a successful business. Service, quality, and exceptional attention to detail are the trademarks they live by.

Larry has an incredible staff at Seaquia, led by 12-year manager Merideth. According to Merideth, "We pride ourselves on knowing every customer."

Want proof of how hard it is to run a successful deli? Stop in and just look around. What you will see are salads prepared fresh every day, using only the freshest ingredients. Imagine the workload involved in filling those expansive cases of food each day. Now add the even larger task of creating each of those dishes, day after day. I challenge you to try one for yourself and see how quality tastes – and shows.

Seaquia is known for its extensive selection of homemade salads. Potato salad, both German and traditional, are crowd favorites, along with their incredibly expansive chopped salad bar. Their breakfast selection is legendary, and the array of lunch choices will leave you happily bewildered.

I particularly enjoy walking into the store and taking in the incredibly appetizing display of vibrant colors that stretches the entire length of the deli. It is a feast for the eyes before you even place your order!

continued on page 68



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\$739,000.



EAST SETAUKET CONDO "THE LAKES"

Lovely 2 BR Townhome, formal living room, formal dining room, EIK, 2.5 baths, one car attached garage, laundry room, private rear patio, wall-to-wall carpet, clubhouse, outdoor inground pools, spa and tennis/pickle ball courts. Gated community. Real estate taxes \$4,294 year.

\$599,000.



VILLAGE OF LAKE GROVE "NEW TO MARKET"

Cute 1 BR, 1 bath Cottage. Living room, kitchen, rear deck, crawl space, propane gas hot water, ductless heat pump, HVAC, 100 amp electric. 2 sheds are gifts, .15 acre. Sold as is. Total real estate taxes are \$4,685. Sachem Schools.

\$339,000.



LAKE GROVE "OUR EXCLUSIVE"

Encore, Gated 55 & over condo community with resort style living. Clubhouse, fitness center, two salt water pools in and outdoor, pickle ball court, etc. Lovely Bach model, 2 BRs, 2 full baths plus large loft, private elevator, ground floor entry, one car attached garage. Large living room leads to spacious patio, EIK, laundry room, vaulted ceilings. Must see to appreciate. **\$615,000.**



ST. JAMES PROPER "RESORT STYLE LIVING"

Exceptional Custom Estate, 1 acre. 2 story EF, EIK w/granite tops, FR w/wood burning frplc, HW floors, built ins & custom millwork throughout. Private den. Primary ensuite w/2 walk in closets, propane frplc, private balcony & custom bath. Three addn'l BRs & baths. Fin. bsmt 9' ceils. Custom bar, office, full bath, movie theater, built in fish tank, & pool table. Rear yard features paver patio, outdoor kitchen, rear awning, 35'x35' saltwater heated IGP w/waterfall, covered entertainment area, tennis court w/pickleball & basketball. Rear stadium lighting, built in frplc, elevated gazebo. 2 car det. garage & rear pool house area. 4 car garage total. 400 amp electric, 2 zone CAC, two 275 gal. oil tanks, CVAC. Mature landscaping, landscape lighting, arch roof. Much more!

\$2,049,000.



KINGS PARK "LOVELY HI RANCH"

4 BRs, 2 full & 2 half baths. EIK, LR/DR combo. Natural gas HW heat, 200 amp electric. Whole house auto Generac generator. Brick paver walkway & patio. Fenced rear yard with large koi pond. 1 car garage. Potential M/D w/proper permits.

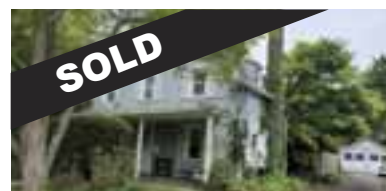
\$679,000.



ST. JAMES "OUR EXCLUSIVE"

Circa Gambrel style home. 3 BRs, 2 full baths, living room with fireplace, dining room, kitchen, open front porch, rear porch, walk up attic, detached two car garage, in ground pool, .25 acres, sold as is.

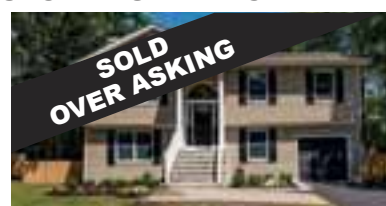
\$525,000.



CENTEREACH "LARGE CUSTOM HIGH RANCH"

5 BRs, 4 full updated baths & office, 1 car att. garage, vinyl siding, arch. roof, 2 zone Weil McClain oil HW heat & 2 zones CAC. Thermo windows thru-out. Freshly painted, freshly redone H/W floors, luxury vinyl planking & w/w carpet. Upstairs LR & first floor den. Oversized .57 acre lot w/fenced rear yard, in-ground sprinklers. Full bsmt & crawl space, 200 amp electric, 275 gallon oil tank in bsmt, oversized paved driveway & paver front walkway. Rear Trex deck. Possible M/D with proper permits.

\$729,000.



A R O U N D T O W N

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

by Arline Goldstein

September is a transitional month, and judging by what's happening at the St. James General Store, it's a time of transition not only for us, but for the store as well. Ms. Potts filled me in on her plans for the store during this transitional month and throughout the fall. Her creativity is boundless, with wonderful themes and exciting and interesting merchandise!

But first, let's talk about the weather. There may still be days in September when we can enjoy our beautiful beaches, and we'll need a few "fill-ins," such as hats, bags, sunglasses, and other necessities. They are still available at the General Store. Evenings will be getting cooler, and you'll be happy to know that there are lovely shawls and cover-ups to choose from.



Transition can be especially life-changing for high school graduates heading off to college for the first time, as well as for students returning to continue their education. Packing can be a big chore. What to take? Self-care products are so im-

portant to your well-being, so choose wisely. At the General Store, you'll find wonderful handmade soaps with delicious and pleasing aromas, with names like Sweet Mint, Papaya, Lemongrass, and more. You'll even find soaps to relieve itching from poison ivy and soaps designed to keep bugs away.

I love the hand creams, Rose Therapy and Lemon Therapy (\$2.95). They come in a little box with a beautiful silk rose on top – small enough to drop into your backpack. And for those quick fixes away from home, there's Grandma's Stain Stick: "It's a stain-removing machine."

Students heading away to college won't have to miss their morning coffee in St. James when they can enjoy it in one of the stunning mugs
continued on page 8

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



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AROUND TOWN

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

continued from page 6
from the General Store's wonderful collection.

I can remember sending CARE packages to my kids at college, and a selection of penny candies (that's what they were back then!) will bring back lovely memories of visits to the General Store and favorite treats. Was it the marshmallow twists, jelly rings, pecan turtles, or black-and-white pretzels? Do you think they'll share them with their dorm mates?



There will also be youngsters "moving up" from one grade to the next, and some just starting kinder-

garten. After a day at school, and especially once they're home, playing outside is important. I found a wonderful Easy Catch Ball and Glove Set for the new "Little Leaguers" (\$16.95), as well as a children's Bocce Ball Set (\$14.95) – a classic backyard game.

Any child would be fascinated by The Growing Aquarium (\$2.95). Just add water, and the fish grow to five times their original size! The Bike Bell (\$6.95) is a nice addition to your youngster's bicycle – and you'll hear them coming! Who doesn't enjoy flying a kite? Try out the massive Giant Octopus Kite, measuring 28 inches with 11½-foot tentacles. And starting the new school year with new headbands is always a great idea. You'll find a huge selection to choose from. After all the summer outdoor entertaining, we'll soon be entertaining family and friends indoors, and there will be a need for coasters to protect your furniture. There are



coasters with images of flowers, vegetables, and even cats – my favorite! Each cat coaster features a different watercolor drawing of the most darling cats in provocative poses (\$4.95 each). The coaster featuring an image of the General Store is definitely a find at \$4.95.

It's not too early to start thinking about holiday gift-giving. There is a beautiful collection of bracelets and

necklaces, and they defy their prices!

Coloring books that teach while you and your youngster color are a truly wonderful find. From *The Story of the Wright Brothers* to *The Days of the Dinosaurs* and many, many more, they are displayed on the first floor and in the Book Loft. The Book Loft offers so many interesting reads for when you just want to stay in, or when the weather tells you to!

Try browsing the Book Loft. You will certainly go away with an armful of wonderful books. And remember to look up at those high

continued on page 10

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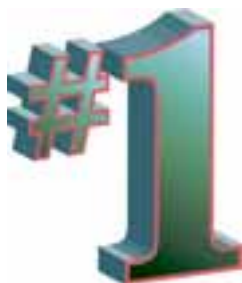
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FOR SALE



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SOLD



NISSEQUOGUE. If living by the water is your dream, this is the home for you! Located in beach community. Beautiful home with 4 BRs, 2 1/2 baths. Totally updated with panoramic views of the water. 2 car garage, basement. Set on 1/2 acre. Steps to the beach.

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PENDING



HUNTINGTON. Gorgeous 4 BR, 2 bath Colonial totally renovated. Like new hard floors. Garage, basement. Quiet street location. Just move in and enjoy! **\$829,990.**

PENDING



NORTH BELLEMORE. Expanded 5 BR, 3 bath Split Level Home. Set on quiet block with 1 car garage and partial basement. Lovely property **\$759,990.**



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A R O U N D T O W N

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

continued from page 8
shelves, where you'll see artifacts from the store's past, back when it was the only store around and you could find everything you needed for everyday life. This is where the 30 families who lived along Harbor Hill Road and Moriches Road would purchase their necessities, from flour to shoes. They could use the telephone (it was the only one for miles), get their mail, and attend community meetings. The General Store was truly the heart of the community.

"The windows are open, admitting the September breeze: a month that smells like notepaper and pencil shavings, autumn leaves and car oil. a month that smells like progress, like moving on."

— Lauren Oliver, Author
Enjoy September and all that



comes with this season of transition. The holidays are not too far away!



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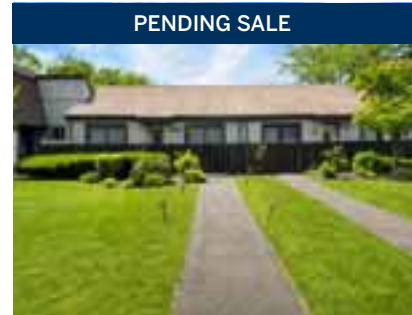
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75 Arbor Field Way | Lake Grove, NY
\$969,000
Sale Pending in 2 weeks.



54 Strathmore Gate Rd. | Stony Brook, NY
\$380,000
Sale Pending in 6 days.



76 Harbor Rd. | Head of Harbor, NY
\$1,630,000
Sold over asking price.



1 Tracklot Road | Nissequogue, NY
\$1,450,000
Sold over asking price.



193 Cambon Ave. | St. James, NY
\$886,000
Sold over asking price.

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- Lindsey Gelling

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MLS# 1038110. \$1,999,000.



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MLS# 1038256. \$1,395,000.



14 Hillside Ave. St. James, NY

Opportunity of a lifetime. Meticulously maintained and updated 4-bedroom Colonial set on 1.25 level acres with unlimited potential to make it your own. The property includes a fully equipped 4-stall barn, riding ring, paddock and grazing areas. Endless possibilities to enjoy the property as it is or transform it to suit your own vision. MLS# 966893. \$999,900.

The Right Agent Makes All The Difference.



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AROUND TOWN

Every Brushstroke Brings Hope: Welcome to *Arline's Art for a Cure*

Local artist and educator Arline Goldstein is turning personal tragedy into hope with the launch of "Arline's Art for a Cure," a high-impact online art auction benefiting cutting-edge melanoma research at Memorial Sloan Kettering Cancer Center (MSK).

MSK is a world leader in cancer care, research, and education. With the support of donors, MSK tackles some of the biggest questions in cancer research and works to discover previously unimaginable cures that can ultimately help people everywhere.

Arline hopes that by promoting early detection and supporting laboratory breakthroughs and clinical trials, we can help transform melanoma into a highly treatable disease.

The auction features more than 50 paintings from Arline's private collection, carefully selected from

her personal archive and offered in loving memory of her sister, who tragically lost her battle with melanoma.

"My sister always said, 'Every day is a gift,'" Arline shared. "I never really understood the weight of those words while she was here. After losing her, the truth finally hit me. Now, I want to gift my work to help make sure other families have more days together. Every brushstroke brings hope, and this collection represents our ability to come together to fight cancer through creativity."

Arline has long been a pillar of the North Shore arts community. She is a 40-year resident of Head of



Linda

Arline

the Harbor, a member of the Smithtown Rotary Club, founder of the St. James Cultural Arts Center, and a representative on the Suffolk County Citizens Advisory Board for the Arts.

The auction is open through August 29, so there is still time to browse, bid, donate, and make a difference.

Let's Get Started!

1. Browse the auction gallery: <https://go.rallyup.com/arlines-art-for-a-cure>
2. Place your bids – or, if you're not bidding, make a general donation.
3. Remember: Every contribution makes an impact.

Together, let's build a future where no one ever has to say goodbye too soon.

Thank you for supporting Arline's Art for a Cure!

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News from the Celebrate St. James Center for the Arts

by Natalie Weinstein, President

What a summer it has been at the Celebrate St. James Center for the Arts! From sold-out theatre and children's productions to evenings of music under the stars, our Center and Celebrate Park have been alive with activity.

July brought the premiere of our original production, *Shadows Rise*, bringing the story of the Culper Spy Ring to life through music, history and storytelling for sold-out audiences. Soon after, 24 young performers, ages 5 to 16, took over the theatre for three weeks of rehearsals culminating in four performances of *The Little Mermaid Jr.* Watching friendships form and hearing our young performers call the theatre their second home was especially rewarding, even without air conditioning!

At Celebrate Park, The Dedications kicked off our free Summer Concert Series, followed by a very special *Broadway Under the Stars*. Performers from a variety of Broadway productions brought their incredible talent to St. James for an unforgettable evening of music and



Shadows Rise

fundraising in support of the Center. The summer continued with *Blue Bayou*, *The Linda Ronstadt Experience*, Paul Mahos and *A Perfect Combination*, *Radio Flashback*, and our season finale, *Southbound*.

The series brought wonderful crowds and many new faces to Celebrate Park throughout the summer. We are grateful to Suffolk

County Legislator Sal Formica, our sponsors, performers and volunteers whose support helps make these free community events possible.

Raising the Bar

In August, the theatre temporarily closed its doors for another exciting phase of construction. Global Mechanical is hard at work on new bathrooms, heating and air conditioning, entryway improvements and an expanded theatre space. These improvements are another important step toward creating the comfortable, accessible and vibrant arts center our community deserves.

And we'll be putting that improved space to good use! This fall, our young performers head down the Yellow Brick Road in *The Wizard of Oz Jr.* Registration is open through September 8, with early-bird pricing available through August 31. Lighthouse Repertory Theatre will also return to the Main Stage with the delightfully spooky and hilarious *The Addams Family*.

Our calendar extends well beyond the stage. Sunday art exhibits will resume, welcoming returning and new artists to display their work. Celebrate Connections continues to provide inclusive social

continued on page 18



The Little Mermaid Jr.



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News from the Celebrate St. James Center for the Arts

continued from page 16
opportunities for community members with special needs, while Paint & Sip nights offer a fun way to get creative. Tuesdays with Carolyn bring free afternoon concerts to the Center, and meditation programs and game nights offer even more ways to relax, participate and connect.

Our Friday Coffee House will feature special guests, guitarists, comedians and a variety of live entertainers, giving audiences something new to discover throughout the season.

Theatre, music, visual arts, creative experiences and opportunities to connect, there's something interesting for everyone at Celebrate St. James. Check our website for dates, registration information and upcoming programs.

An American Overture

And mark your calendar for Wednesday, October 21, when we gather at Flowerfield Celebrations for our 2026 Gala, *An American Overture, Past • Present • Future*, celebrating "Broadway in St. James" through the years and honoring six remarkable individuals.

Consider joining us for a beauti-



Broadway Under the Stars

ful evening in support of Celebrate St. James, featuring delicious food,

stellar entertainment and a celebration of how far we've come and where we're headed next. Tickets and sponsorship opportunities are available, offering individuals and businesses many ways to be part of this special night and support the continued growth of our organization.

Celebrate St. James is raising the bar, honoring our past, celebrating the present and building an exciting future for the arts in our community.

And next month? Stay tuned. Something very special is coming!



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AROUND TOWN

The Last Masquerade of 1913 The Ball That Never Ended – A Deepwells Mansion Legend

Long before the screams, there was history.

Deepwells Mansion has stood along North Country Road in St. James since 1845. Built for Joel L.G. Smith, a descendant of Smithtown founder Richard "Bull" Smith, the stately home would pass through generations before becoming the country retreat of one of its most notable residents – New York City Mayor William J. Gaynor.

During the years Gaynor served as Mayor, Deepwells offered an escape from the noise and turmoil of New York City. Here, among the fields and quiet roads of St. James, stood the grand old mansion that had already watched nearly seventy years of history pass through its doors.

That much is history.

What follows is legend.

And every old mansion has one.



THE AUTUMN OF 1913

The story begins on a cold autumn evening in 1913.

Summer had ended. The evenings had grown darker. A chill had settled over the fields surrounding Deepwells.

Before closing the country home for the season, it is said that one final celebration was planned: a

grand masquerade ball.

Invitations arrived bearing instructions that were strangely specific.

Formal attire.

Masks required.

And beneath them, a single handwritten request: The mask must remain in place until midnight.

Carriages arrived after sunset.

Ladies swept through the doors in elaborate gowns. Gentlemen gathered beneath the glow of the mansion lights. Champagne flowed. Silver filled the dining table. Cigars

burned in the adjoining parlor.

And from the ballroom came the sound of a waltz.

Outside, however, something was changing.

A storm was moving across the North Shore.

The wind rose.

continued on page 24

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AROUND TOWN

The Last Masquerade of 1913

continued from page 22

Trees bent across the grounds.
Rain struck the windows with
such force that servants began fas-
tening them shut.

Then came the thunder.

The great doors of Deepwells
were closed against the storm.

The guests continued dancing.

At first, no one noticed that sev-
eral people had disappeared.

A woman searched for her hus-
band.

A servant was sent upstairs and
did not return.

Someone
discovered a
mask lying at
the foot of the
staircase.

Then another.

And another.

Inside the cigar room, frightened
voices argued about opening the
doors.

But the storm had become
violent.

And somewhere upstairs...

Someone began screaming.

The orchestra continued playing.

Perhaps they had been ordered to.

Perhaps they were simply too



frightened to stop.

Then the clock began to strike
midnight.

One.

Two.

Three.

The dancers slowed.

Nine.

Ten.

Eleven.

And then...

Twelve.

The mansion went black.

What happened next has never
been explained.

There are stories of screams com-
ing from the second floor.

Of footsteps running through the
servants' corridor.

Of masked figures standing per-
fectly still in the ballroom while
everyone around them fled.

One account claims guests tore

desperately at their masks... only to
discover that some would no longer
come off.

Another tells of a servant escap-
ing down the back staircase and
running into the fields, only to hear
the waltz following her through the
darkness.

And then there are the stories
about the land.

Those who claim to have escaped
speak of it first:

The corn maze, where paths
seem to loop back on themselves
until you are no longer sure you are
moving forward at all. They say it
does not trap you... it simply makes
you forget which direction is out.

The graveyard, where the gates
are never quite where you left
them. Some say you can walk in
easily enough – but leaving requires
continued on page 26

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AROUND TOWN

The Last Masquerade of 1913

continued from page 24
passing through places that no longer match the way you entered.

And the wooded trails, where the trees grow too close together and the darkness feels layered, as if something is walking just beyond your sightline.

Many who tried to flee into the darkness were never seen again.

It is said the house does not need walls to keep its guests.

The land does it for it.

By morning, the storm was gone.

The ballroom was silent.

Candles had burned to their ends.

Half-eaten food remained upon the dining table.

Glasses stood untouched.

And masks were scattered throughout the mansion.

Some guests were said to have escaped.

Others...

were never seen again.

No explanation was ever given for what happened inside the mansion that night.

Because, of course... none of it appears in the history books.

BUT OLD HOUSES REMEMBER.

More than a century has passed.

Yet legend says Deepwells never forgot that night.

There are those who claim that when autumn returns and cold winds move across the grounds, the mansion begins to change.

First comes the music.

A faint waltz heard in an empty



ballroom.

Then the candles.

Then footsteps on the staircase.

And finally...

the masks.

They appear throughout the house.

On tables.

Beside beds.

In mirrors.

Sometimes... on faces.

The ballroom remembers the dancing.

The dining room remembers the feast.

The cigar room remembers the men who realized too late that something was terribly wrong.

But the second floor remembers

something else.

Perhaps whatever entered the mansion that night never left.

Perhaps, over the decades that followed, the old house continued to collect the fears of everyone who passed through its doors – every nightmare, every whispered story, every terrible thing imagined in the darkness.

And upstairs, those memories have had more than a century to decay.

They have twisted together.

A child's laughter echoes from a room where no child remains.

Carnival music plays somewhere it could never have played.

continued on page 28

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AROUND TOWN

The Last Masquerade of 1913

continued from page 26

Doctors continue experiments on patients who should have been dead generations ago.

Webs cover rooms as though something has been waiting undisturbed for a hundred years.

Mirrors reveal figures standing behind you.

The dead speak.

The possessed scream.

And behind hundreds of pale, expressionless faces...

something waits.

Perhaps they are ghosts.

Perhaps they are the nightmares of those who came before us.

Or perhaps, on that autumn night in 1913, something awakened inside Deepwells – something that has spent the last century feeding on fear.

Because the most frightening part of the legend isn't that something terrible happened at Deepwells that night.

It's that it may still be happening.

Every October.

Again.

And again.

And again.



The dancers take their places.

The table is set.

The candles are lit.

The masks return.

And the mansion remembers.

This October...

The doors will open again.

The spirits request your presence at...

THE LAST MASQUERADE OF 1913

The Ball That Never Ended.

Some guests left.

Some stayed forever.

And, should you accept the invitation, remember the warning supposedly written upon those invitations more than a century ago:

Whatever happens... do not remove your mask before midnight.

Historical Note:

Deepwells Mansion, its 1845 origins, and the historical figures referenced above are part of the documented history of the property. The events surrounding "The Last Masquerade of 1913" are an original fictional legend created by the Deepwells Farm Historical Society for this year's Haunted Mansion experience. They are intended to bring the history and atmosphere of this remarkable property to life while preserving and celebrating its very real past.



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AUNT MEME'S WISE WORDS

"Live In the Now"

by Fran Posner

Meme always told us how fast time goes. She said, "Time even seems to speed up as the years pass by."

Meme felt it was extremely important to enjoy those fleeting moments. And, to "live in the now" instead of wasting precious time on past regrets or anxiety about the future.

I recently attended a wedding. I wondered how many people at the event were on automatic pilot – going through the motions and not "living in the now."

For example, worrying about how you look takes away from a happy and meaningful experience.

One of Meme's pet peeves was when she was speaking with someone, she could tell they were not really present in the conversation because they were looking around the room curious about what other people were doing. Rude!

The advantage of "living in the now" is that you get the full experience of the event whether it is a celebration, party, holiday, trip, etc.

Enjoying the moments spent with family and friends are especially



great opportunities to count our blessings and be thankful to be a part of the celebration.

What are Meme's wise words to help you "Live in the now?"

- Being present means not letting thoughts about the future steal the experience.

- Being present means enjoying the event and not worrying about how you look, comparing yourself to others, wondering what's next or whether you are having a good enough time.

- Being present means taking in your surroundings – the people, sounds, scenery, location, food, music.

- Should you experience anxious thoughts, the goal is to stop letting every thought pull you away from the present. We need balance. Notice that your mind has wandered and practice coming back to living in the now.

One of Meme's greatest skills was really listening to the person she was talking with. She made them feel special and good about themselves. She was truly interested in their conversation. Her sincerity shone through.

Most importantly, you could tell how much she was enjoying herself. She was there to have BIG FUN! She gathered meaningful and rich memories for the future.

And, that's why Meme was always the LIFE OF THE PARTY!



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AROUND TOWN



Deepwells Update

Anyone that own or cares for an older home understands the constant work needed to keep things in order. Deepwells Mansion, which was built in 1845, is no exception. Deepwells is a healthy 181 years old and keeping it healthy takes a lot of effort. A recent renovation, undertaken by the Deepwells Farm Historical Society, addressed every window in the house. Over the years the protective storm windows became very hazy

with significant decay to the surrounding frames. Each window has been removed, rebuilt, reglazed and replaced. Now the view from the inside is back to its glorious beginnings.

Special thanks to the members of the Deepwells Farm Historical Society for their ongoing commitment and hard work to keep this special place a vibrant member of the community.



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Deepwells Mansion Macabre Makes Its Spine-Chilling Debut This Halloween

A New Red Carpet Horror and Thriller Film Festival
Brings Hollywood Frights to Saint James

Something wicked and wonderfully cinematic is coming to Saint James this Halloween.

This fall, one of Long Island's most beloved haunted destinations is gaining an exciting new companion as **Deepwells Mansion Macabre: A Thriller and Horror Film Festival** makes its official red carpet debut during the 2026 Halloween season. The new festival will transform the historic Deepwells Mansion into a celebration of independent filmmaking, bringing together filmmakers, actors, artists, and horror fans from around the world for an unforgettable evening of suspense, creativity, and Halloween magic.

Timed to coincide with the legendary Deepwells Haunted Mansion, the festival offers a one-of-a-kind experience unlike anything else on Long Island. Guests can enjoy award-winning horror and thriller films, filmmaker Q&As, celebrity appearances, and a glamorous red carpet before stepping into one of the region's most anticipated haunted attractions.

For fans of the spooky season, it's the perfect pairing. For the community, it's something entirely new.

Deepwells Haunted Mansion has become a Halloween tradition for



countless Long Island families and thrill-seekers, drawing visitors from across the region every autumn. Now, Deepwells Mansion Macabre expands that tradition by introducing the world of independent cinema, celebrating not only scares, but storytelling, artistry, and imagination.

The festival is the vision of producer and founder Jaret Martino, whose career in entertainment began in childhood. Over the years, Martino has worked across film, television, and live events, building opportunities for independent filmmakers while creating experiences that connect artists with audiences.

Through *Love Wins Productions* and its growing family of entertain-

ment ventures, including film distribution, streaming, live events, and film festivals. Martino has built a mission centered on making professional entertainment experiences accessible to local communities while supporting emerging creative voices from around the globe.

"Film has an incredible way of bringing people together," says Martino. "When you combine that with the atmosphere of a historic mansion and the excitement of

Halloween, you create an experience people will remember long after the lights come back on."

Deepwells Mansion provides the perfect backdrop. Rich with history and mystery, the estate naturally lends itself to suspense, making it an ideal home for a festival dedicated to horror and thriller storytelling. Visitors can expect atmospheric screenings, immersive décor, memorable photo opportunities, and plenty of surprises throughout the evening.

More than just a film festival, Deepwells Mansion Macabre aims to become an annual Halloween destination that strengthens community ties while introducing

continued on facing page

AROUND TOWN

continued
visitors to the vibrant world of independent filmmaking. Residents will have the opportunity to meet filmmakers, actors, writers, and artists from across the globe, many of whom will travel to Saint James to celebrate their work and connect with audiences.

The event also shines a spotlight on Long Island's cultural value, positioning Saint James as a destination where history, the arts, and community come together in exciting new ways.

Whether you're a lifelong horror fan, an aspiring filmmaker, or simply looking for an unforgettable Halloween outing with friends and family, Deepwells Mansion Macabre promises an evening where cinema spectacularly meets haunted history.

As Halloween approaches, one thing is certain: Deepwells Mansion will once again echo with screams – but this year, they'll be followed by applause.

Deepwells Mansion Macabre premieres during the 2026 Halloween season.

The red carpet is waiting.
If you dare.

TICKETS:

Film Festival: www.Deepwells-MansionMacabre.com

Haunted House: www.deepwell-shauntedmansion.com

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Django is sweet, sensitive and just a little bit chicken. He's also a certified Stage Five Clinger who believes personal space is highly overrated. Wherever you go, Django plans to be right there – bringing love, loyalty and a generous helping of drool.

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Django has arthritis, so his future family must help manage his medication, keep him at a healthy weight and make sure he stays gently active. He would do best with older children and may be able to live with other pets after a proper introduction.

Ready to fill your home with love – and your floors with drool? Apply with the Smithtown Animal Shelter to meet Django today!

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

Additional Foster Opportunity:

If you have no other pets or



young children at home, and are looking for a way to serve your community, please consider signing up to be a foster. Foster parents provide temporary care for cats, kittens, and dogs in their own homes. Some animals need as little as two weeks of care, while others may need care for extended periods of time. The shelter provides: food, litter, litter box, large crate, bedding, all veterinary care and medi-

cine for foster animals, foster training and plenty of continuing support to foster parent volunteers. Download the Foster Application at: <https://www.smithtownny.gov/DocumentCenter/View/4325/Foster-Application>

Thinking About Adoption:

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

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

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

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

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



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Smithtown Rotary Club Welcomes Three Inspiring Speakers

The Smithtown Rotary Club was fortunate to have three amazing speakers join us for lunch recently at the Garden Grill.

First, Antoinette DeGruccio and Lauren Stark joined us from the Warrior Ranch Foundation (www.warriorranchfoundation.org). Established as a not-for-profit 501(c)(3) corporation in 2016, Warrior Ranch invites military veterans and first responders to attend clinics and workshops where they learn from experts how to work with horses in a variety of capacities. Beginners are just as welcome as experienced horse people.

The horses at Warrior Ranch include a few long-term residents, but the ranch primarily focuses on rehabilitating troubled horses, preparing them to return to their homes or become available for adoption. It is truly a win-win situation, helping both veterans and first responders as well as the horses involved.

Next, Taylor Kelly and Jet joined us from America's VetDogs (www.vetdogs.org). The service dog programs of America's VetDogs were created to provide enhanced mobility and renewed independence to United States veterans, active-duty service members, and first responders with disabilities, allowing them to once again live with pride and self-reliance.

VetDogs trains and places service dogs for individuals with physical disabilities; guide dogs for people who are blind or have low vision; service dogs to help mitigate the effects of post-traumatic stress disorder; and facility dogs that assist with the rehabilitation process in military and VA hospitals.

Proceeds from the upcoming Smithtown Rotary Cornament Fundraiser at Napper Tandy's on September 17 will benefit these two wonderful charities.

Our last, but certainly not least, speaker was Julia D'Andrea from the Hofstra Global Medical Brigades Club (<https://fundraise.globalbrigades.org/.../hofstra-university>). Julia is a member of the Rotary



Pictured (L to R): Rotarian and Past President Linda Cherney, Taylor Kelly, Lauren Stark, Antoinette DeGruccio, and Rotarian Lisa Lombardi.

Youth Leadership Association (RYLA) and is currently studying at Hofstra University to become a physician assistant.

Along with 10 other students, Julia participates in the Brigade's efforts to provide support to physi-

cians and medical providers in underserved areas around the world. This year, the students will travel to Guatemala to provide much-needed medical care, as well as education and training in nutrition and preventive medicine.



Pictured (L to R): Julia D'Andrea and Rotary Club President Ron Rothman.



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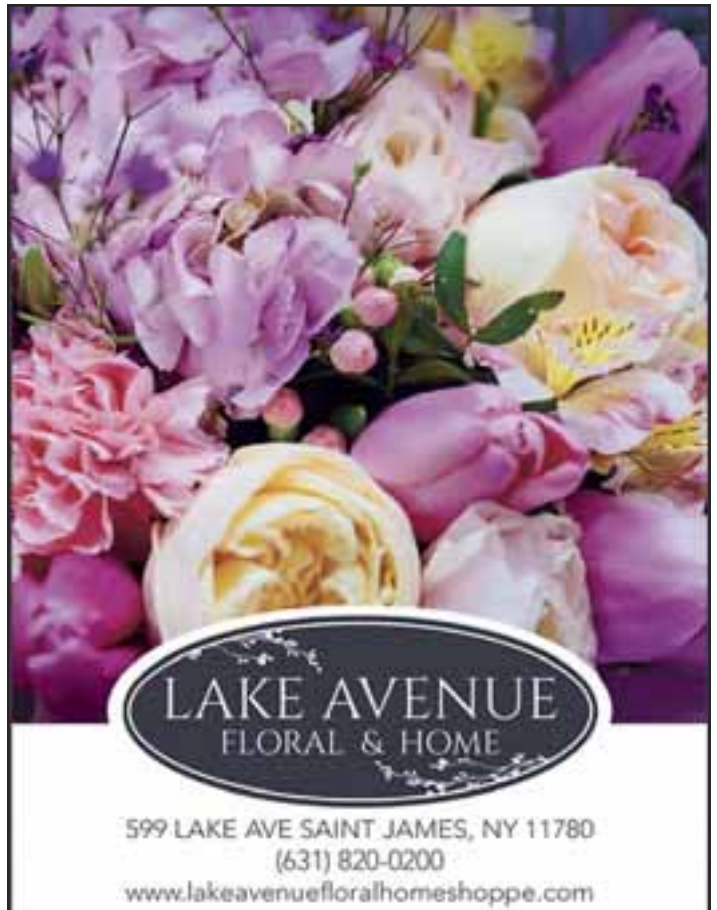
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Join the Deepwells Haunted Mansion Family!

Fall is in the air! And you know what that means.....Deepwells Farm is working hard! Getting ready for our biggest fundraiser - 'Deepwells Haunted Mansion' and we are always looking for volunteers! Come on... JOIN US! You don't have to be Halloween-crazy—or even want to scare—to help. We need plenty of hands to build sets, decorate the mansion, and bring this huge event to life!

Creativity is a plus but not a requirement. Only requirement is wanting to have fun, connect with your community and if scaring is your thing, scarers must be 16 yrs. or older.

The Haunted Mansion is created and carried out entirely by volunteers. Help us preserve this historic local treasure for future generations - Volunteer, have fun, and become part of something truly special!

We're also excited to welcome families/small groups who may have creative ideas of their own! If you've ever imagined a spooky scene, character, or themed section of the woods, we'd love to hear it. You can pitch your idea to us, and if it fits within the event, we may be able to work with you to help bring it to life and even have your group help act it out!

Come join the fun—and help keep Deepwells Mansion going!

If interested please message us!

Message our Facebook page: [deepwellsfarmhistoricalsociety](https://www.facebook.com/deepwellsfarmhistoricalsociety) or

Text a message to one of our creative directors:

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The Wonders of Machu Picchu

*I hope this article will teach you
About the wonders of Machu Picchu
Its magical peaks a mystery
And six hundred years of history*

by Irma Gorman

Many years ago, we decided to take an Overseas Adventure journey to Machu Picchu. We had heard that few destinations inspire the imagination quite like this mountain sanctuary, perched high in the Peruvian Andes at nearly 8,000 feet above sea level. This breathtaking Inca citadel is one of the world's most treasured archaeological sites.

We began our journey in the city of Cuzco, a UNESCO World Her-

itage Site. It was once the capital of the Inca Empire. We explored its narrow cobblestone streets, visited

the markets and walked around the Plaza de Armas, the central square of the city. We were fascinated by the Qorikancha, the famous Temple of the Sun, on top of which the Spanish built the Santo Domingo Convent.

We then boarded a train that wound through the Sacred Valley alongside the Urubamba River, with beautiful views of the cloud forests. From there, we took a winding bus ride to the mountaintop entrance, where our first sight of Machu Picchu was extraordinary. Although
continued on facing page



TRAVELS WITH IRMA



continued

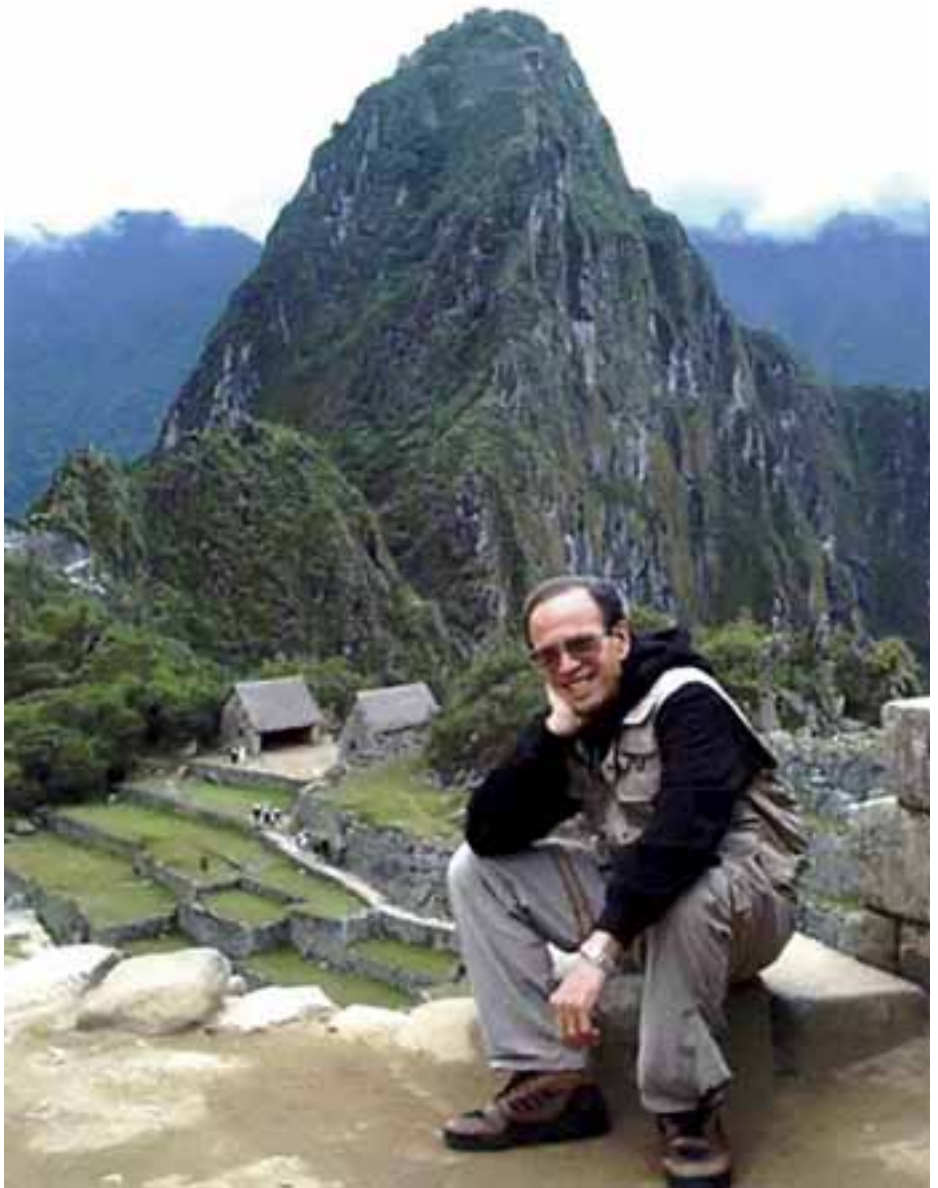
we were not as adventurous as some, many visitors choose to hike the Inca Trail.

Believed to have been built in the 15th century during the reign of the Inca emperor Pachacuti, Machu Picchu remained hidden from the outside world for centuries. It was brought to international attention in 1911 by American explorer Hiram Bingham, and archaeological excavations soon began.

Today, its carefully crafted stone walls, temples, terraces and plazas continue to amaze visitors with their brilliant engineering and precision. The stones fit together so perfectly, without mortar or glue, that the structures have withstood centuries of earthquakes.

Every corner of the site offers another unforgettable view. The houses themselves are remarkably well preserved, and we explored the streets where people once lived.

The Temple of the Sun showcases the Incas' understanding of astronomy. The Sun Gate is one of the



highest points of the site. I did not climb to the top, but my husband did. Out of breath but proud of his accomplishment, he was rewarded with a spectacular view of the surrounding mountains.

The terraced farming demonstrates how the Incas adapted agriculture to the rugged landscape. Unafraid of people, llamas wandered among the ruins, beautiful orchids bloomed, butterflies flew by, and birds sang happily.

We did not hike Huayna Picchu, the dramatic peak that rises behind Machu Picchu in the iconic photographs. It was far too strenuous for

us, but we were told that the breathtaking vistas from its summit made the effort worthwhile.

Every morning, mist covers the mountains and then slowly lifts. It is a dreamlike scene, watching the ancient city emerge from the clouds. By afternoon, bright sunshine illuminates the mountains.

Standing among the stones and ruins of the houses, we couldn't help but marvel at the ingenuity and brilliance of the Inca civilization. The place captures the imagination, and the memory of it remains with us forever.

LETTER TO THE EDITOR

A Gem Right Here in St. James

I always look forward to sitting down with each issue of Our Town and reading it from cover to cover – compulsive reader that I am!

How about adding a Letters to the Editor column?

I enjoyed reading the two complimentary mentions of the St.

James Episcopal Church Community Coffee Hour, held every Wednesday from 10:00 to 11:30 a.m. However, I was surprised that Kimberly Kuethen, in her August 2026 article, *The Last Bookstore*, missed visiting Books 'n' Things, located downstairs in the same Mills

Hall and open during the same hours.

What a gem we have right here in St. James! Like-new bestsellers are priced at no more than \$5, while most other books are just \$1. Even the coffee table books are only \$2 to \$5.

Ms. Kuethen, you'll find free coffee and plenty of goodies there, too!

Pamela Riddle
St. James

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?Did You KNOW?

Golf has been played for centuries, and is one of the most popular pastimes in North America. The National Golf Foundation says 48.1 million people ages six and up play golf across traditional courses, driving ranges and simulators. There are golf courses across the United States and Canada, and both countries are home to some golf courses that have stood the test of time. The Savannah Golf Club in Georgia was established in 1794, but its current layout was designed much later. The Dorset Field Club in Vermont was established in 1886 and is the oldest continually operating American golf course. The Foxburg Country Club in Pennsylvania was founded in 1887 and is widely recognized as the oldest public course in continuous use. In Canada, the Royal Montreal Golf Club was founded in 1873 and is the oldest continuously operating golf club in North America.





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Discover Grüner Veltliner This Summer

If you're looking to try something new the next time you're shopping for wine, consider reaching for a bottle of Grüner Veltliner. While it may not be as familiar as Chardonnay or Sauvignon Blanc, this Austrian white wine has earned a loyal following thanks to its crisp, refreshing style and remarkable versatility at the dinner table.

Grüner Veltliner is known for its bright acidity and flavors of green apple, pear, lime, and white peach, often accompanied by a hint of fresh herbs and its signature white pepper finish. It's light enough to enjoy on a warm evening yet flavorful enough to stand up to a variety of dishes.

One of the reasons wine professionals love Grüner Veltliner is because it's incredibly food-friendly. It pairs beautifully with fresh seafood, grilled chicken, summer salads, sushi, seasonal vegetables, and lighter pasta dishes. Its natural acidity and touch of spice also make it an excellent companion for spicy foods, from Thai curries to Mexican favorites.

As local farmers' markets fill with fresh produce and backyard grills fire up for the season, Grüner Veltliner is the perfect wine to keep chilled and ready to pour. Try serving it with grilled shrimp, lemon-herb chicken, or asparagus fresh off the grill for an easy and memorable pairing.

This month's recommendation is a bottle from Austria's Wachau region, one of the country's premier wine-growing areas. Producers such as Domäne Wachau consistently produce outstanding Grüner Veltliners that offer exceptional quality and value. Whether you're a long-time wine enthusiast or simply looking to expand your palate, it's an excellent introduction to one of Europe's most celebrated white wines.

So, as you plan your next dinner with family or friends, consider making Grüner Veltliner your Wine of the Month. You may just discover your new favorite white wine.



Arielle Ventrice is a certified sommelier, wine educator, and hospitality professional with more than 20 years of experience in fine dining, beverage leadership, and restaurant management. She curates wine experiences for Galiano Wine Bar & Restaurant and collaborates with restaurants, wineries, and private clients to create memorable wine dinners, tastings, and educational events.

The Earth as a Giver, as Mother

by Jillian Davis

A grandmother's hands are worn, covered in ley lines and natural formations.

Stress, burn marks, protection, wisdom; these are a part of her itinerary of unconditional love and she wears it proudly. She sacrifices her body and soul to her loved ones without asking for anything in return. Yet as proud as she is, she is also lonely. She is not truly known.

A grandmother is a lot like the earth. Her beautiful, strong, loving qualities are expected, and she lives in an imbalance of that return. She is clean water, fertile soil, abundance, natural beauty, quiet reflection. She listens, is patient, and is co-operative. Are you?

She is idolized and praised for her generosity, and all of these qualities. Yet she waits, she waits for someone to look back at her, deeply through the eyes, to see a

reflective mirror shining back through them.

The next time you see her, will you say thank you?

How to say thank you:

Remember how I talked about salamanders? Like many other threatened species, they rely on fallen leaf litter to provide food and habitat. Please, leave your leaves! It will improve your soil and the lives of many. If you'd like, you can use branches, sticks, and leaves to create a wildlife brush shelter! Another way to help would be to limit dead-heading and trimming. Birds like to munch on those.

Native Wildflowers of the Month: Northern Blazing Star (*Liatris novae-angliae*)

Threatened due to excess development on Long Island, these beautiful starry blooms are pollinator



magnets and host plants to many native moth species that rely entirely on this plant. Provides critical late-summer energy to monarchs, bees, and many others.

Wild Columbine (*Aquilegia canadensis*)

Host plant to the columbine duskywing butterfly! Hummingbirds also love these flowers. They are a continued on page 68

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Coffee Break

September Shuffle

Across

3. Color between red and yellow
4. Classroom relic
8. Take five
11. Cool evening gathering
13. Algebra
15. Classic jazz standard
18. Pub drink on the Simpsons
19. Present with ceremony
22. Text-message laugh
23. Six-point celebration
26. Cheese with a soft center
27. Field guardian
28. Yellow commuter
30. Cost
31. Orchestra
32. Arabian Morgan cross
34. Keyboard key for second thoughts
37. Coach's secret weapon
38. Water
39. One year before senior
41. Baseball prize

Down

1. Annual journey south
2. Pasta
5. Daily roll call
6. Season opener
7. Apple-picking destination
9. New kid on campus
10. Creep
12. Neil Young's 1992 folk-rock album
14. Halfway storage spot
16. Classroom MVP
17. Squirrel's September prize
19. Morning gathering place

43. Flintstones exclamation starter
44. Guitar Play
45. Warm and snug, informally
46. Like a perfect September morning
48. It still has a point
51. Evening assignment
52. Traditional gift for a teacher
54. Union concern
56. Football slang
58. Farmers' busy season
60. Mistake remover

62. Lar
63. Plaything
65. Popular autumn flowers
67. Autumn labyrinth
68. Play it again
70. Pregame parking lot party
71. Scoundrel
72. Fall school celebration
74. Flat-topped landform
75. Range
76. Favorite subject for many kids

20. Football field nickname
21. Friday night attraction
22. First Monday holiday in September
24. Bunny's mode of travel
25. First stop of many school days
29. Semester roadmap
31. Student's mobile locker
33. Study aid for memorization
35. Pop surprise for students
36. Popular fall drink
40. Gathering of former classmates
42. Venomous Egyptian Snake
47. Autumn layering piece

49. "Summer Nights" musical
50. Nature's confetti
53. Envelop
55. Black tea
56. Smirk
57. Spiral-bound classroom staple
58. Seasonal outing
59. Extra pay for extra hours
61. Early Wind & Fire classic
64. Season of colorful leaves
66. Extort
69. Soccer Spikes
73. Lair

Coffee Break

SUDOKU CHALLENGE

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

RIDDLES & TEASERS



Question 1:

You're trapped in a room with three doors. The first leads to a room on fire, the second to an assassin waiting to kill you, and the third to a lion that hasn't eaten in three years. Which door is safest?

Question 2:

If it takes 5 machines 5 minutes to make 5 widgets, how long would it take 100 machines to make 100 widgets?

Question 3:

A bat and a ball cost \$1.10 in total. The bat costs \$1.00 more than the ball. How much does the ball cost?

Solutions on page 48



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Coffee Break Solutions

Sudoku Answers

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

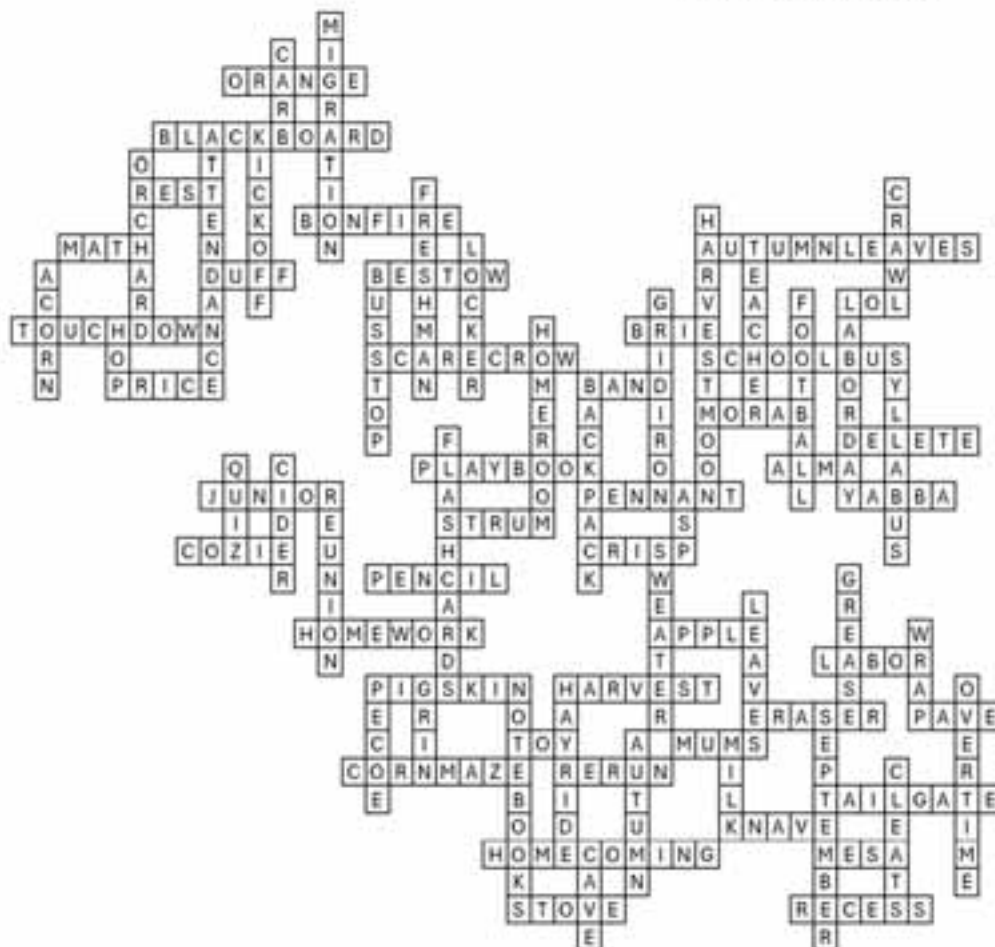
Riddles & Teasers Answers:

Answer for Question 1: The third door. A lion that hasn't eaten in three years would be dead.

Answer for Question 2: 5 minutes.

Answer for Question 3: 5 cents

Crossword Answers



The Blackboard Bulletin



Excellence, Purpose, Integrity and Compassion Are Core Principles at Knox School

Each September brings a familiar sense of anticipation to The Knox School. Hallways that were quiet over the summer once again fill with conversation. Returning students reconnect with classmates and teachers, while new students arriving from Long Island, across the country, and around the world begin discovering what it means to become part of the Knox community.

For more than 120 years, these first days of school have marked the beginning of countless new journeys. Although education has evolved since Knox was founded in 1904, one belief has remained remarkably consistent: students learn best when they know they belong.

Head of School Virginia Riccardi often describes that belief this way:

"We believe that compassion is the cornerstone of education. You need that in order for education to be successful. We recognize that the only time a student can truly flourish in learning is when they feel seen, heard, and understood."

That philosophy continues to shape everyday life at Knox. Whether students are solving complex problems in math or science, performing on stage, competing in athletics, serving the community, or preparing for college, relationships come first. Teachers know their students well, not only as learners, but as individuals with unique interests, strengths, and aspirations. Those relationships allow faculty to encourage new challenges, recognize emerging talents, and help students discover opportunities they may never have considered on their own.



At Knox, everyday moments reflect what has guided the school for more than a century: a belief that education should challenge students intellectually while also helping them become thoughtful, confident, and compassionate people. Learning is intentionally personal. Students are encouraged to pursue excellence through continual growth, approach new ideas with curiosity and purpose, act with integrity even when no one is watching, and recognize that success is measured not only by personal achievement but by the positive impact they have on others.

These principles – Excellence, Purpose, Integrity, and Compassion – are known throughout the Knox community as the EPIC Core Values. More than words displayed on a wall, they serve as a shared guide for students, faculty, staff, and families, shaping the culture of the school and the char-

acter of its graduates.

As another school year begins, The Knox School looks forward to welcoming familiar faces back to campus while embracing those who will experience Knox for the very first time. Each new year brings fresh opportunities to learn, to grow, and to build lasting friendships while continuing a tradition that has endured for generations: helping young people become confident, compassionate, and purposeful individuals who are prepared not only for college, but for life.

Community members who would like to experience The Knox School firsthand are invited to attend one of our Fall Open Houses on Saturday, October 17 or Saturday, November 14. To register or learn more, please contact the Admissions Office at +1 631 686-1600 or admissions@knox-school.org.

When Selling a Home Gets Complicated: Trusts, Trustees & Real Estate

by Amaury Hernandez

Selling a home can be complicated without adding a trust to the equation. For homeowners and families whose property is held in a revocable or irrevocable trust, understanding who has the authority to sell and how the process works is essential.

Revocable vs. Irrevocable: What's the Difference?

With a **revocable trust**, the person who created the trust often remains the trustee and retains substantial control over the property. If that person is still the acting trustee and has the authority to sell, the transaction may proceed much like a traditional home sale. However, documentation may still be required to establish the trustee's authority and ensure the title and closing documents are prepared correctly.

An **irrevocable trust** can be more complicated. The person who originally placed the home into the trust may no longer control the property. Instead, responsibility may rest with a trustee who could be a family member, professional fiduciary, or institution.

Before the home is listed, it is important to determine:

- Who is the current trustee, and does the trustee have the authority to sell the property?
- Are there specific requirements in the trust regarding the sale?
- Where will the proceeds from the sale go?

These questions become particularly important when there are multiple beneficiaries or family members involved.

An Estate Attorney's Perspective

I asked local estate attorney Craig Andreoli, Esq., who has practiced Elder Law for more than 20+ years, an important question:

What is the most important thing a real estate professional should verify before listing a home owned



by a trust?

"The first thing I would want the real estate professional to understand is who actually has authority to sell the property. Don't assume that the person who lives in the home, created the trust, or is a family member automatically has authority to sign a listing agreement or sales contract. We need to determine who the current trustee is, what powers the trustee has, and whether the transaction is consistent with the trust and applicable law. Identifying these issues early can help prevent delays later in the transaction." (This response is for

educational purposes only and is not legal advice).

Why This Matters in Real Estate

Trust sales are not simply about determining a home's market value and putting up a "For Sale" sign. They may involve trustees, beneficiaries, adult children, estate attorneys, tax professionals, and title or closing companies. A problem discovered after a home is under contract can potentially delay the closing. That is why early coordination matters. A knowledgeable real estate professional does not

continued on facing page

REAL ESTATE MATTERS

continued
replace the attorney or tax advisor. Instead, the agent's role is to recognize potential issues, ask the right questions, and coordinate with the appropriate professionals so the real estate transaction can move forward as smoothly as possible.

The Value of a Real Estate Senior Specialist

This is one reason homeowners and families may benefit from working with a real estate professional who holds the Real Estate Senior Specialist designation. Selling a home may coincide with downsizing, relocation, retirement, the death of a spouse, estate administration, or a transition to a different living arrangement. These situations can involve both financial and emotional considerations, as well as multiple family members participating in the decision-making

process. The designation does not replace an estate attorney, tax professional, or financial advisor. Rather, it recognizes the importance of having a real estate professional who understands when those professionals should be involved – and who can help coordinate the real estate side of the process.

The Bottom Line

Whether a home is held in a revocable or irrevocable trust, don't assume the sale will be handled exactly like a conventional transaction.

Know who has the authority to sell. Understand what documentation is required. Involve the appropriate legal and tax professionals early. And choose a real estate professional who understands the unique circumstances surrounding trust-owned property.

When the ownership structure is

complicated, the real estate representation should be anything but ordinary.

A Real Estate Senior Specialist can bring experience, organization, patience, and a deeper understanding of the people and circumstances behind the transaction helping families navigate the sale of a home with greater confidence.

A special Thank You to The Andreoli Law Group for contributing their expertise to this important topic at the intersection of real estate and estate law.

This article is for general educational purposes only and is not intended to provide legal, tax, or financial advice. Trust laws and requirements vary by state and by the specific trust document. Consult your qualified estate attorney and tax professional regarding your individual circumstances.

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DESIGN IDEAS



by Natalie
Weinstein,
ASID Allied

In the June issue of Our Town, I shared with you – dear readers, some thoughts for a new home my contractor Mike's son and daughter-in-law were purchasing. With limited funds and help from Dad, they decided to follow my suggestions. I thought it would be fun to show you the end result, with the family's permission. As mentioned previously (June 2026) the house was in very good condition, but dated and not their style. So here's what I suggested and what they did.

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.

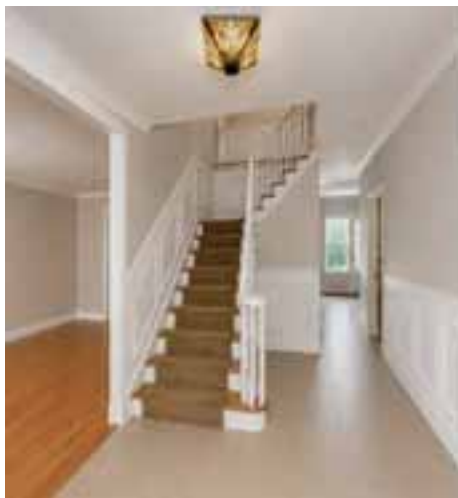
A Designer's "Before and After"



KITCHEN – Look at the change in this galley kitchen by spraying the cabinets and removing the backsplash!



BEDROOM – A coat of paint, a more uniform floor, giving the bedroom a new life for their existing furniture.



STAIRS – Here, the new wood floor and toned down painted walls made all the difference. Top it off with a more modern entry fixture and the look changes drastically.

continued on facing page

DESIGN IDEAS



BATHROOM –
The dated powder room took on a new life using the new wood floor which now runs throughout the main level and upstairs hall. The new comfort-height toilet and storage vanity added to the crisp, clean fresh look for a young couple today.

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What Does Financial Fulfillment Actually Feel Like?

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

Feeling financially fulfilled means so much more than just the number in your bank account. It's about being able to take your family out to dinner without calculating whether you can afford it. It means sleeping soundly on a Sunday night, knowing that if the water heater gives out tomorrow, you can handle it. And it's saying yes to a vacation because you planned ahead and the money is there.

In short, financial fulfillment is the feeling that your money is supporting the life you want.

Yet true fulfillment is surprisingly rare. Only 16% of Americans are financially fulfilled, according to a 2026 study by Edward Jones and Gallup, "Money and Meaning: Understanding Financial Fulfillment." Those at the other end of the spectrum, the financially stressed (32%), often say that money regularly controls their daily decisions. Most Americans (51%), however, fall in the middle – the financially conflicted. They manage to get by but often carry a persistent undercurrent of worry.

Notably, where you land on this spectrum has less to do with your income than you might expect. More than half of households earning \$175,000 or more are still financially conflicted.

Building the foundation

So, the question becomes, "What do financially fulfilled people do differently?" Simply put, they tend to have foundational planning structures in place. Five behaviors show up consistently among the financially fulfilled, and they're simple steps you can take, too.

- **Build an emergency fund** (98% of fulfilled have this). Aim for saving three to six months of living ex-



penses in a liquid, easily accessible account. When you know you can handle the unexpected, you stop bracing for it, and lower stress gives you a higher quality of life.

- **Create a financial plan for retirement** (91% of financially fulfilled have one). It's hard to feel in control if you don't know where you're going. A retirement plan puts a real number on what you'll need and lays out a clear path to get there, with built-in protection against life's unexpected curveballs.

- **Save intentionally for major milestones** (87% of financially fulfilled do). A home renovation, a new vehicle or a child's education don't have to feel disruptive. Setting money aside deliberately for the milestones you anticipate means you can say yes without scrambling.

- **Put an estate plan in place** (66% of financially fulfilled have). Estate plans are not just for the wealthy. A will and basic estate plan help ensure what you've worked for still reflects your wishes

after you're gone.

- **Work with a financial advisor** (60% of financially fulfilled who sought any guidance have used an advisor in the past year). The internet is great, but real guidance comes from a credentialed person who knows you and your family and what you want your money to do for you.

Knowing that your money is working toward the life you want doesn't happen by accident. Feeling financially fulfilled is worth the effort and may be more achievable than you realize.

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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A Different Time

by Carol Walsh

Come with me to a different time – one my grandchildren might enjoy visiting but probably wouldn't want to live in. To me, it was a time I wish they could have experienced, if only to appreciate the advances they enjoy today and to experience the innocence of a childhood untouched by today's technology.

It was a time when 16-year-olds didn't have cars. There was no texting, sexting, tweeting, Instagram, iPads, or selfies.

Life did not revolve around us. We didn't yearn for brand names (unless they were Keds), and most of my friends didn't have those either. We weren't driven to school. There were no "playdates," shopping malls, dance lessons, or elaborate birthday parties. My 16th birthday was celebrated at home with a few friends, a homemade cake, and a sugar cube corsage to remind everyone I was "Sweet Sixteen."

Our parents didn't buy us expensive clothes or pay for college, gas, and car insurance as we got older. We got jobs and paid for those things ourselves – sometimes with a little help. My friends didn't fly to exotic vacation destinations, and neither did my family. There wasn't the level of gun violence, bullying, teen depression, anxiety, suicide, or drug addiction that seems so common today, at least not in my circle of friends. Life simply felt... simpler.

I wish you could experience life as a young person in the 1940s and 1950s. It was before the F-word became an everyday adjective. Before we answered "You're welcome" instead of "No problem." Before popular songs talked openly about things we didn't even discuss in conversation. Before preteens wore makeup, short skirts, and high heels while trying to imitate their latest idols.

Here we go...

At age eight, I played with dolls. I loved tucking mine into her doll carriage with a blanket, taking her



for walks, then sitting in the grass and talking to her. Between the ages of eight and nine, my cousin and I played Tarzan in our backyard. We built elaborate ladders leading to our imaginary jungle treehouse. We rehearsed for days and performed plays for our families, using a clothesline and a bedsheet as our curtain before proudly taking our bows.

The planning, rehearsing, and performing were all done by us. No parents allowed.

Sometimes I joined my uncle sawing wood, planting a garden, building a brick barbecue, or tending our chickens. Yes, I lived in Jamaica, New York – and yes, we had chickens! I loved every one of those jobs.

At age 12, I played with paper dolls, jacks, and marbles. At 15, I was finally allowed to wear lipstick. I learned to jump double Dutch with the kids down the block, and my girlfriends and I painted each

other's nails. Manicures and pedicures were still far in the future. Beauty parlors were reserved for mothers and special occasions.

We rarely went out to eat, but when we did, it was usually for a birthday at our neighborhood Chinese restaurant or Howard Johnson's. We didn't own a family car or even a television until I was a teenager. When we finally got a TV, our parents decided what we watched, and we watched it together.



We walked to school in every kind of weather. We never hoped for snow days because there weren't any. We packed our lunches, and after school we played outside or practiced our dance moves until it got dark. Then we came home, ate dinner together around the family table, and finished our homework.

We had no air conditioning during the summer.

Most Saturdays, with 35 cents in our pockets, we walked 12 blocks to the movie theater. For our money we saw a newsreel, about 15 cartoons, and two feature films. If we loved the movie, we could stay and watch it all over again – as long as we were home in time for dinner. We sat in the children's section, supervised by a matron who kept order and reminded us to take our feet off the seats in front of us.

Sometimes after school we'd stop

continued on facing page

SHORT STORY

continued



at the neighborhood soda fountain for egg creams – a delicious combination of milk, seltzer, and chocolate syrup. When TV dinners were introduced, eating them on folding trays in front of the television felt like a special occasion.

We had cake delivery from Dugan's, milk delivery, coal delivery, ice delivery, and even potato chip delivery. The Fuller Brush man visited every month, and we'd hear bells ringing when the knife-sharpening man came down the street. That was important because most mothers didn't drive.

As I grew older, my mother always made sure I had a dime in my pocket and a handkerchief. The dime was to call home if I needed her, and the handkerchief was because, as she always said, "Every lady carries one."

There were no shopping malls, but we had Gertz and Mays department stores where we loved to browse, and Nedick's for a hot dog and an orange drink. My friends and I rode the elevated BMT train to Cypress Hills swimming pool in the summer and to the Flushing ice rink in the winter. We also took the bus to Jones Beach, where we'd spend the entire day before watching the

Aquacade water show that evening. Hillside Roller Rink was another favorite destination – and a great place to meet boys.

Although technology is a wonderful asset for today's generation, I sometimes wish they could experience the simple pleasures of grow-

ing up without it. Still, they have loving parents and are growing up to be smart, caring, understanding, and capable young people.

They are the generation that may one day discover cures for cancer and Alzheimer's disease.

I wish them every success.



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Old Field Creek by Laura DiLeone



A New Perspective

Gallery North Features Over 45 Local and Regional Artists in Wet Paint Festival Exhibition

Gallery North is pleased to present *In Situ: The Wet Paint Festival Exhibition*, on view from August 27 to October 4. An opening reception will be held Thursday August 27, from 6 p.m. to 8 p.m. As a complement to the exhibition, on Sunday, September 13 from 5 p.m. to 7 p.m. Gallery North will host *MedArtation*, an exclusive Gallery North member event. The exhibition and reception will be free and open to the public. *MedArtation* requires advanced registration and current membership.

In Situ features over 70 small and medium scale paintings and mixed media works created on site at the 22nd Annual Gallery North Wet Paint Festival. The festival, which was held on June 7 and 8 at Old Field Farm in Setauket, celebrates the unique process of working en plein air, a practice that requires artists to artistically seize the mo-

ment, competing against time and weather, to capture shifting shadows, fleeting movements and a constantly changing environment. Artists spent two days working outdoors on location creating works that evoke the beauty and history of the local landscape.

In Situ will include 48 local and regional artists, including Loretta Oberheim, Doug Reina, Esther Marie Caponigro, Rita Broughton, Dino Rinaldi and Laura DiLeone. The exhibition will also feature additional works by Liz Kolligs, the 2025 Best in Show award winner. Visitors will also have the opportunity to vote in person at the Gallery for this year's Best in Show. The winning artist will have a special feature in next year's festival exhibition.

In Situ is generously sponsored by the Field Family, Jefferson's Ferry, Printers 3 and Suffolk County's De-

partment of Economic Development and Planning.

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

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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.

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September

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, NY 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, 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

Art and Treats: Until Sep 4 Every Fri 12-4pm, NEW! Museum Palette Cafe Cart, The Heckscher Museum of Art, 2 Prime Avenue, Huntington, NY 11743, www.heckscher.org, 631-380-3230

Art Exhibition: Until Sept 10,

10am-4pm, The Color of Light: Landscapes & Seascapes: A dual exhibition of local artists Anthony Davis and Ja, The Atelier, 2 Flowerfield, Suite 6 & 9, St. James, NY 11780, theatelieratflowerfield.org, 631-250-9009

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

Art Exhibition: Until Sept 30, Endless Summer, Maju, 188 North Ferry Road, Shelter Island Heights, NY 11965, majushelterisland.com, 516-946-0676



Art Exhibition: Until Sept 20, Abstract Women, William Ris Gallery, 1291 Main Road / PO Box #969, Jamesport, NY 11947, www.williamris.com, 609-408-5203

Art Exhibit: Until Oct 4, In Situ: The Wet Paint Festival Exhibition, Gallery North, 90 North Country Road, Setauket, NY 11733, www.gallerynorth.org, 631-751-2676

Accepting Submission: Until Oct 13, Art League of Long Island invites artists to submit artwork for exhibition fundraiser, Love, Picasso, <https://artleagueli.org/love-picasso/>

for prospectus

Exhibit: Until Oct 18, 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

Exhibit: Until Oct 18, Long Island in the 70s, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org

Exhibit: Until Dec 20, Enduring Heart: Native American Long Island, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org

Animals/Nature/Yoga: Tue Sep 1, 6:45-7:45pm, Goat Yoga Smithtown Historical Society, 211 E Main Street, Smithtown, NY, 11787 www.smithtownny.gov, 631-265-6768

Music: Wed Sep 2, 1pm, Young at Heart: Mambo Italiano!, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Music: Wed Sep 2, 7:30pm, Free-style & Old School Hip Hop Music Bingo at 317 Main Street!, 317 Main Street, Farmingdale, NY 11735, www.317mainstreet.com, 516-512-5317

Music: Wed Sep 2, 7pm, Jam Session - Hosted by the Frank Hanson

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Suffolk County North Shore CALENDAR OF EVENTS

Artisans



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

Music: Thu Sep 3, 8pm, G.E. Smith & The American Blues with Special Guest Samantha Fish, The Suffolk, 118 E Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343

Music: Thu Sep 3, 6-9pm, An Intimate Evening of Acoustic with Paris Ray, 317 Main Street, Farmingdale, NY 11735, www.317mainstreet.com, 516-512-5317

Music: Thu Sep 3, 7pm, The Jazz Loft Big Band, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Music: Fri Sep 4, 7pm, Celebrating Great Women in Song - Ella Meets Keely!, The Jazz Loft, 275 Christian Avenue, Stony Brook, NY 11790, www.thejazzloft.org, 631-751-1895

Tribute Show: Fri & Sat, Sep 4 & 5, 8pm, The Edwards Twins - Variety Show, Theatre Three, 412 Main Street, Port Jefferson, NY 11777, www.theatrethree.com, 631-928-9202

Craft Fair: Sat Sep 5, 10am-4pm, Greenport Fall Craft Fair, Greenport



Schools, 720 Front Street, Greenport, NY 11944, www.islandfairs.com, 631-885-1267

Festival: Sat Sep 5, 12:30-7pm, Korea Festa (Labor Day Weekend), Mahanaim, 300 Nassau Road, Huntington, NY 11743, 267-902-4273

Music: Sat Sep 5, 6:30pm, Labor Day Weekend End of Summer Party with 20 High View Band, Anthony's Live at Beach Club Estate, 161 Rose Drive, Lake Ronkonkoma, NY 11779, www.anthonyslive.com, 631-593-5342

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

Theater: Thu Sep 10, See website for show times, Dear Evan Hanson, John W. Engeman Theater, 250 Main Street, Northport, NY 11768, www.engemantheater.com, 631-261-2900

Cocktail Party: Thu Sep 10, 6-9pm, The Huntington Historical Society Cordially Invites You to a Cocktail Party: An Evening Under the Stars, Kissam House, 434 Park Avenue, Huntington, NY www.huntingtonhistoricalsociety.org

Music: Thu Sep 10, 6-9pm, An Intimate Evening of Acoustic with Eva

Erikson, 317 Main Street, Farmingdale, NY 11735, www.317mainstreet.com, 516-512-5317

Music: Wed Sep 10, 5-7:30pm, Grooves on the Green, Station Yards, 9 Hawkins Avenue, Ronkonkoma, NY 11779

Festival: Thu Sep 10-13, daily, John Michael Marino Lodge Italian Festival, North Hempstead Beach Park, 175 West Shore Road, Lot 2, Port Washington, NY 11050, <https://marino-lodge.com/>

Exhibit: Fri Sep 12, 1-2:30pm, Flashpoints: Protests and Controversies on Long Island in the '70s, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org

Craft Fair: Sat Sep 12, 10am-4pm, Setauket Country Craft Fair, Setauket Village Green, 5 Caroline Avenue, Setauket, NY 11733, <https://islandfairs.com/>, 631-885-1267

Festival: Sat Sep 12-13 11am-6pm, The East Northport Festival, John Walsh Park, Larkfield Road from Pulaski Road to Kew Avenue, East Northport NY 11731, 516-644-5615

continued on facing page



Suffolk County North Shore CALENDAR OF ARTISANS EVENTS

continued

Craft Market: Sat Sep 12, 12-5pm, Oddities Market, Wit & Whim, 187 Park Avenue, Huntington, NY 11743, www.wit-and-whim.com, 631-470-0424

Art Exhibit: Sun Sep 13, 5-7pm, MedArtation, Gallery North, 90 North Country Road, Setauket, NY 11733, www.gallerynorth.org, 631-751-2676

Foodie Tour: Sun Sep 13, 10am-4pm, North Fork Foodie Tour, Charnews Farm, 3005 Youngs Avenue, Southold, NY 11971, <https://northforkfoodietour.com/>, 917-903-4228

Car Show/Market: Sun Sep 13, 11am-3pm, Saint Philip & James Car Show and Market, Saint Philip & James Church, 1 Carow Place, St James, NY 11780, 631-584-5454

Music: Sun Sep 13, 3-5pm, 'Let it Bleed' Plays the Music of the Rolling Stones (Soundswap Series), Sousa Bandshell at Sunset Park, 325 Main Street, Port Washington, NY 11050, <https://portwashington.libriycalendar.com> 516-883-4400

Music: Wed Sep 16- Sat Sep 19, see website for times, The Jazz Loft's Annual Harbor Jazz Fest to deliver Four Days of World-Class Music, Vintage Cars, and Gourmet Dining The Jazz Loft, 275 Christian

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

Music: Thu Sep 17, 8pm, Taylor Dayne, The Suffolk, 118 E Main Street, Riverhead, NY 11901, www.thesuffolk.org, 631-727-4343

Exhibit: Thu Sep 17, 7-8:30pm, Long Island and the Legacy of Eugenics with author Mark Torres, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org

Music: Thu Sep 17, 6-9pm, An Intimate Evening of Acoustic with Lydia Von Hof, 317 Main Street, Farmingdale, NY 11735, www.317mainstreet.com, 516-512-5317



www.stallercenter.com
631-632-2787

Art Workshop: Sat Sep 19 9am-1pm, The Alelier invites you to join us for a Plein Air Workshop, The Atelier, 2 Flowerfield, Suite 6 & 9, St. James, NY 11780, theatelieratflowerfield.org, 631-250-9009

Book and Art Fair: Sat Sep 19, 1-4pm, Pages & Pictures: LIM's Annual Book and Art Fair, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790, www.longislandmuseum.org

Festival: Sat Sep 19, 7-10pm, The Long Island Wine & Food Classic, Farmingdale State College, 2350 New York 110, Farmingdale, NY 11735, <https://www.eventbrite.com/e/the-long-island-wine-and-food-classic-tickets-1994143710519>, 631-520-8063

Nature/Festival: Sat Sep 19, 8:30am-5pm, 12th Annual Port Jefferson Dragon Boat Race Festival, Harborfront Park Port Jefferson, Harborfront Park, 101 East Broadway, Port Jefferson, NY 11777, portjeffdragonboatracefest.com

Ballet: Sat Sep 19-23, 1-2:15pm, Swan Lake Act II, Ballet Long Island, 1863 Pond Road, Ronkon-
continued on page 62



Family Event: Fri Sep 18, 6-10pm, Adventureland Helping Hands Foundation Annual VIP Night, Adventureland, 2245 Broad Hollow Road, Farmingdale, NY 11735, <https://adventureland.us/summer-entertainment>, 631-694-6868

Festival: Sat Sep 19, 12-4pm, Smithtown Historical Heritage Country Fair, Smithtown Historical Society, 239 Main Street, Smithtown, NY 11787, www.smithtownhistorical.org, 516-220-8217

Theater: Sat Sep 19, 1-4pm, On The Screen in HD: Twenty Years of Met in Cinemas, Staller Center for the Arts, 100 Nicolls Road, Stony Brook, NY 11790,





Suffolk County North Shore

Artisans

CALENDAR OF EVENTS



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koma, NY 11779,
www.balletlongisland.com,
631-371-1964

Author Presentation: Sun Sep 20, 1-2:30pm, Workers of War & Empire from New France to British America, 1688-1783 with author Dr. Richard Tomczak, Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790,
www.longislandmuseum.org

Performance: Sep 19-Oct 25, See website for show times, Cabaret, Theatre Three, 412 Main Street, Port Jefferson, NY 11777,
www.theatrethree.com,
631-928-9202

Performance: Sun Sep 20, 3-5pm, 'Rockstars from Mars' Perform Music of the 70s, 80s and 90s Live! (SoundSwap Series), 325 Main Street, Port Washington, NY 11050,
516-883-4400 x1406

Young Peoples Audition: Tue Sep 22, 7pm, Audition for 42nd Annual Production of Charles Dicken's A CHRISTMAS CAROL (Performances: Nov 7-Dec 27, 2026), Contact: Tara Lennstrom, Theatre Three, 412 Main Street, Port Jefferson, NY 11777,
www.theatrethree.com,
631-928-9202

Music: Thu Sep 24, 6-9pm, An Inti-

mate Evening of Acoustic with Paris Ray, 317 Main Street, Farmingdale, NY 11735,
www.317mainstreet.com,
516-512-5317

Tea Party/Ballet: Sat Sep 26, 1-2:30pm, Princess Tea Party, Ballet Long Island, 1863 Pond Road, Ronkonkoma, NY 11779,
www.balletlongisland.com,
631-371-1964

Craft Fair/Oddities: Sat Sep 26, 6-10pm, NYSF Full Moon Market, The Fit Factory, 620 Johnson Avenue, Bohemia, NY 11716, 516-336-9547

Music: Sat Sep 26, 8-10pm, An Intimate Evening with David Foster & Katharine McPhee, Staller Center for the Arts, 100 Nicolls Road, Stony Brook, NY 11790,
www.stallercenter.com,
631-632-2787

Music: Wed Sep 24, 5-7:30pm, Grooves on the Green, Station Yards, 9 Hawkins Avenue, Ronkonkoma, NY 11779

Holistic Wellness: Sun Sep 27, 10am-5pm, Psychic & Holistic Wellness Event, Empowered Path Expo Holistic Festival, 1730 N Ocean Avenue, Holtsville, NY 11742,
516-639-6903

Senior Festival: Sun Sep 27, 10am-4:30pm, 17th Annual Over 50 Fair, Huntington Hilton, 598 Broad Hollow Road (Route 110), Melville,



NY 11747, www.over50fair.com

Festival: Sun Sep 27, 11am-5pm, Wading River Shoreham Chamber of Commerce Fall Festival, The Shoppes at East Wind, 5768 Route 25A, Wading River, NY 11792,
www.wadingrivershoreham-chamber.com 516-241-6264

Music: Sun Sep 27, 8pm, The Young Dubliners, The Suffolk, 118 E Main Street, Riverhead, NY 11901,
www.thesuffolk.org,
631-727-4343

Educational: Wed Sep 30, 6:30-8pm, Beyond the Book: Washington's Spies, The Whaling Museum & Educational Center, 301 Main Street, Cold Spring Harbor, NY 11724,
www.cshwhalingmuseum.org

Bingo & Music: Wed Sep 30, 7:30pm, Disney & Nickelodeon Music Bingo at 317 Main Street! 317 Main Street, Farmingdale, NY 11735, www.317mainstreet.com,
516-512-5317



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2026 North Shore Art Events

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HEALTH NOTES

Ask Ron



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

Dear Ron,
My husband has always been a worrier, but lately it seems like his anxiety is taking over. He overthinks everything from finances to family plans, and I feel like I'm constantly trying to reassure him. Sometimes I get frustrated because nothing I say seems to help. I want to be supportive, but I don't want to make things worse or become responsible for fixing his anxiety. How can I help without getting overwhelmed myself?

— Trying to Be Supportive

Dear Supportive,
Watching someone you love struggle with anxiety can be difficult. It's natural to want to make the worry go away, but that isn't your job. Your role is to be supportive rather than try to resolve every anxious thought. Start by listening without immediately trying to fix the problem. Sometimes people simply want to know they have been heard. Then encourage your husband to focus on what he can control today instead of every "what if." It's also important to take care of yourself. Supporting someone doesn't mean carrying their anxiety with you. Keep your own routines, interests, and friendships so you can stay emotionally charged. If anxiety begins interfering with work, relationships, or daily life, encourage him to speak with a licensed mental health professional. Rather than trying to carry him along, be a good partner by simply walking along side through those difficult moments.

Editor's Note:

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

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Peptides, Essential Oils & the Language of the Body



by Terri Pace

What Are Peptides?

"Peptides are short chains of 2 to 50 amino acids linked by peptide bonds. Acting as the building blocks of proteins, they function as vital signaling molecules, hormones, and regulators in the body to control processes like immune response, skin health, and metabolism."

– King & Sreenivas, 2026
Peptides: Types, uses, and benefits. WebMD.

"Peptides are getting a lot of attention on social media, purporting to support everything from muscle growth and skin health to improved energy, cognitive function, and sleep quality. With all of the buzz, you may be wondering what these compounds are, what benefits they actually offer, and whether they're safe."

–Taylor, 2026

Peptides: What they are, potential benefits, and safety concerns. Harvard Health.

What Are They Really?

Let's start at the beginning.

Amino acids are the small parts that join to make proteins. The amino acids are linked together by something called a peptide bond, which acts like glue to hold chains together to build proteins.

Long strings of amino acids are

called proteins (chains of 100+). This is what gives structure to muscles, skin, hair, and organs. Collagen is a classic example of a protein made from long chains of amino acids.

Shorter strings of amino acids are called peptides. Think of them as mini-proteins. Peptides are cell messengers, sending "text messages" to tell your body what to do. They are smaller than proteins, so your body can absorb them quickly. Common examples of peptides are insulin (regulate blood sugar), endorphins (block pain signals), and growth hormones.

A bit of geeky science: Neurotransmitters, hormones, and peptides are overlapping classes of chemical messengers. Neurotransmitters act like a private phone call over a microscopic gap, whereas peptide messengers and classical hormones act more like broad broadcasts affecting whole networks or organ systems. Peptides are unique because they can function as both hormones and peptide neurotransmitters.

Different Methods of Communication

Have you ever stopped to think about how your body communicates with itself?

Every second of every day, your cells are sending and receiving messages. Some of those messages are incredibly precise. Others are much broader and interconnected.

Peptides: Precision Signaling

Dr. Scott A. Johnson, clinical re-

searcher, author and educator, describes peptides as powerful signaling molecules and compares them to a "precision guided missile."

I love that analogy!

Think about a key fitting into a lock. GLP-1 activates GLP-1 receptors. Oxytocin activates oxytocin receptors. The message is highly specific because the molecule is designed to interact with a particular receptor. Precision is the point! But what happens when the challenge isn't one pathway? What if the body is dealing with an entire network that has become unbalanced?

Don't Just Look at One Pathway!

Instead of asking only, "What single receptor can we influence?" researchers are increasingly looking at the bigger picture: *How do we influence the entire biological network?*

And this is where plants get really interesting! Plants don't typically contain just one active compound. They contain complex combinations of naturally occurring constituents. Essential oils are a perfect example.

An essential oil may contain dozens of different constituents, each with its own chemical characteristics and biological interactions. Instead of one key opening one lock, think of it more like an orchestra! Each musician has a different instrument, but together they create something much bigger than any one musician could produce alone.

continued on facing page



HEALTH NOTES

continued

Essential Oils: Systems Signaling

This concept is sometimes called polypharmacology – multiple compounds interacting with multiple biological targets. Essential oil constituents may interact with receptors, enzymes, ion channels, transcription factors, and cellular membranes.

That doesn't mean every oil does everything. It means we need to appreciate the complexity of the whole plant rather than reducing it to one isolated chemical or one biological pathway. And that's what makes the chemistry of essential oils so fascinating!

Precision vs. Complexity

Peptides can deliver a highly specific message. Essential oils contain multiple constituents that may participate in a much broader biological conversation. One is precision signaling. The other is systems signaling.

One Key. Many Locks.

One Conductor. Many Instruments.

Neither approach needs to diminish the other. In fact, under-

standing both may give us a much greater appreciation for the extraordinary communication systems already operating inside the human body. The more we learn about biology, the more we discover that the body isn't a collection of isolated parts.

It's A Network.

And perhaps one of the most exciting questions we can ask is this: What can we learn from the remarkable complexity of nature's chemistry – and how those compounds interact with the biological networks that keep us functioning every day?

That conversation is just getting started!

Next, we'll explore specific essential oils and products – and the fascinating ways their chemistry may influence interconnected pathways and signaling systems. Join us on August 31 at 7:30 p.m. for a workshop on this topic!

Note: The discussion of peptides as precision signaling molecules and the contrast with systems-level botanical signaling is

adapted from educational material shared on a recent Instagram reel by Dr. Scott A. Johnson.

What's Next?

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

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

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THE FINISH LINE



Seaquia Deli

continued from page 4

Seaquia also has an extensive catering department. The Chamber of Commerce has enjoyed their wrap platters at a number of meetings, and they are capable of making any event special with a wide array of choices. They have catered everything from corporate events to weddings.

What makes Seaquia special is the expertise of its staff. From the kitchen to the counter, everyone brings enthusiasm and experience to the job. Seasoned professionals prepare each and every offering daily. Then, another group of pros takes your order, prepares it, and makes sure that even the packaging is held to a very high standard.

When asked how the business has changed over the past 50 years, Larry shared that people are more on the go than ever, with less dining in and more delivery. Online delivery services also provide a signifi-



cant challenge to local food establishments because the advantage of location is diminished when deliveries can come from farther away.

Another reason to shop locally!

I want to always be able to walk into a store and SEE what catches my eye rather than simply searching an online menu. There is something special about seeing the food, talking with the people who prepare it, and being part of the local community.

Seaquia Deli is open Monday through Friday from 6:00 a.m. to 6:00 p.m., Saturday from 6:00 a.m. to 5:00 p.m., and Sunday from 6:00 a.m. to 4:00 p.m.

You can also order online at www.Seaquadelistjames.com. For catering questions or orders, call 631-686-6868.

So, go see the crew at Seaquia. I think you'll understand exactly what I'm talking about!



This Precious Earth

continued from page 45

pollinator magnet, have high deer resistance, and are shade-loving. Some say the petals resemble an eagle's talons.

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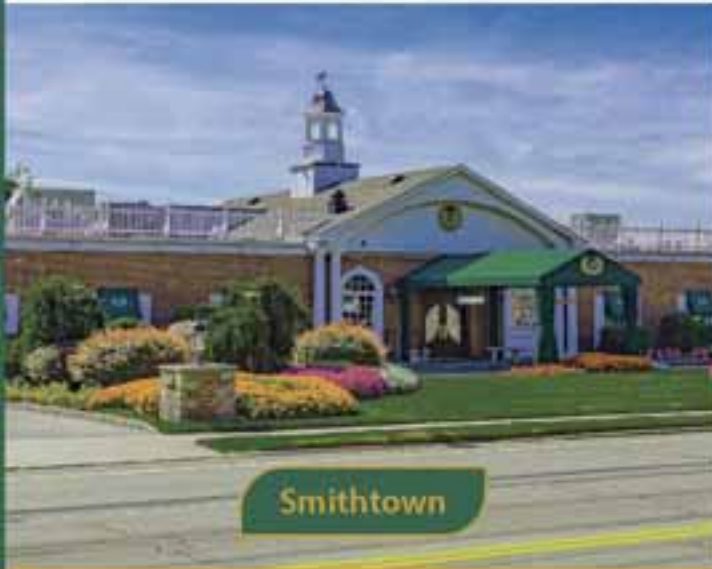


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