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APRIL
2020

Volume 33
Number 6

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



Medical Professionals

Grocery Store Clerks

Restaurant Workers

Truck Drivers

First Responders

Clergy

Sanitation Workers

Educators

Media Professionals

Generous Neighbors

As we face the COVID-19 challenge, we thank all of those who have, and continue to come forward and offer so much support.

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All Makes And Models

FREE REPAIR ESTIMATES Lab On Premises • Walk-In Service See Our 250 Plus...5 Star Google Reviews

A MEMO FROM THE DIRECTOR TO OUR PATIENTS AND PROSPECTIVE PATIENTS

We are all aware of the dangers of the Corona virus. We at Long Island Hearing would like to share with you what we are doing to protect our patients and staff.

We have always practiced and taken extra effort in protecting everyone who enters our facilities. A number of weeks ago we stepped up our effort in sanitizing our waiting room multiple times during the day. Our consultation rooms are sanitized between each patient. Now in current time, we have elevated our sanitizing yet to a higher and finer level. Door knobs, arm chairs, clip boards and, yes, pens are being sanitized for your and our protection. Additionally, we have altered our scheduling of patients so that no more than three (3) patients will be in the waiting room together.

We Guarantee It.

Also, for those who might be health compromised, or are just not comfortable being in space other than your home, we now offer basic service and cleanings of hearing instruments as a drive up service. Stay in your car... we'll come out to you. Call us for appointment and details about how this service works. We're 'hear' to help.

Long Island Hearing is working hard to keep everyone "Safe in Our Space." During this time, walk in patients (without appointments) may experience longer wait times. Appointments for all services (except supply sales, batteries, accessories), is strongly suggested.

Together we will make this difficult time a thing of the past. Call us at 1.800.698.5200. We are open.

Thank you for your continued support,

William A. Kent, BC-HIS
Director

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OUR TOWN – ST. JAMES –

is a monthly publication produced exclusively for the people of St. James, Nissequogue and Head of the Harbor, L.I., N.Y.

Call 631-862-9849 for Advertising & Copy Deadline

OUR TOWN is mailed directly to every residence & business in the 11780 zip code area
(6559 total copies mailed)
St. James Post Office Permit #10
St. James, NY 11780

Published by
Graphics du jour, Ltd.
359 Lake Ave., St. James, NY 11780
631-862-9849 / Fax: 631-862-9839
email: ourtown@optonline.net
website: www.ourtownstjames.com

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PLEASE NOTE:

Advertising- & Editorial Deadline

for the **MAY** edition of OUR TOWN • ST. JAMES is

THURSDAY, MAY 7, 2020 - 12 NOON.

Distribution takes place on **Wednesday, May 20, 2020.**

Closets by Design

Colleen Caemmerer
St. James
800-293-3744

by Debbi Spiegel

Under the current New York State stay-at-home order, we are all doing our part to stay healthy. This is the perfect time to tackle some jobs around the house including organizing closets, pantries, and garages. Fortunately Closets by Design, owned by neighbor Colleen Caemmerer, is offering virtual appointments and consultations to design attractive storage spaces for any area of your home. The health and wellness of the designers, installers and their customers is their top priority.

Closets by Design specializes in custom closets, closet organizing systems, custom storage solutions, home offices, from the pantry to the garage and everywhere in between. Closets by Design's goal is to simplify your life. They design, build and install custom closets, cabinets, mudrooms and much more. They offer a wide selection of finishes, specialty hardware, handles, rods, and accessories.

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.

A consultation is the same whether the home is small or a mansion. It starts with an introduction to the philosophy of Closets by Design, looking at the space, listening to the client's end goal for the space, laser measuring with drawings that are



created using CAD (Computer-Aided-Design) or hand drawings. There are 30 samples to choose from of Melamine, a durable laminated product. The wood-like textures and graining give it the look and feel of real wood. The 10,000 square foot shop is where the magic really happens. This is where the custom designs are put into production.

Think of your master bedroom closets as more than "a place to stow your suits and sweaters." Closets by Design consultants are trained to evaluate client's needs for maximum storage based on their items. Shelves for prized handbags, shoe racks, drawers or any other customized accessory, are available to creatively transform the closet into a tranquil space to start and end your day. LED lighting can be added on shelves and behind rods. Kids closets have unique needs too.

Loathe laundry no more in a Closets by Design custom laundry room. Cabinets, shelves and drawers, "will transform your fold, dry, and sort routine with designated areas for each task."

Garages are so much more than just where you park your



Colleen Caemmerer

cars. Adding cabinetry and wall storage makes it like a bonus room in your home. The Design Floor systems are made of durable interlocking vinyl tiles that can be hosed down for easy maintenance.

Home offices that are organized help promote better productivity. Media centers, wall beds and pantries can improve the quality of the customer's life.

In our chaotic world, Colleen and her team at Closets by Design will get you the organized and custom look you have always dreamt of.



Spring is Here **Make Your Way Home**

Wishing my friends and neighbors good health and strength
as we face the COVID-19 challenge together.

Brighter days are just ahead.



Maria Orlandi

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Thank You Norman Keil Nurseries for Bringing Some Much Needed Sunshine to St. James

On March 24, 2020, St. James residents woke up to a pleasant surprise... there were flats of pansies and a special letter on their walks and driveways. Who could have left these little gems, just waiting to be planted? Well, it was their neighbor Norman Keil Nurseries.

Norman Keil Nurseries is a wholesale grower of flowers, vegetables and shrubs that serves the tri-state area... and is our very own neighbor. What a wonderful thing that is... Norman Keil Nurseries, located on 50 Acre Road in St. James delivered over 25,000 pots of colorful pansies.

In these uncertain times it gives you a warm feeling to see all these pansies around town and know that they really did bring a ray of sunshine to so many.



Norman Keil Nurseries
WHOLESALE NURSERY
38A Fifty Acre Road, St. James, NY 11780
www.NormanKeilNurseries.com

March 22, 2020

To Our Saint James Family, Friends, and Neighbors:

During these uncertain times, we have a heavy heart as we hear each day about the impacts COVID-19 is having on our world, country, and community. Our team at Norman Keil Nurseries have been busy these past four months filling up our greenhouses and gearing up for our Spring rush to deliver beautiful blooming Pansies, Annuals, Perennials, Roses, Flowering Bulbs, and Vegetable plants as we have done for the past 50 years!

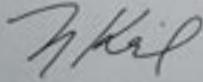
Due to this uncertainty our Pansy crop cannot be shipped to some of our customers and we would like to share the joy and beauty these plants bring to us with you. Please transplant these plants in your garden to beautify your home, our community, and bring joy to all in these troubling times.

Until we emerge into our "new" normal, please get into the garden, get your hands dirty, and enjoy something as simple and beautiful as a Pansy in the early Spring. We hope they brighten your day when it is tough to see through the clouds.

Be healthy, be safe, be strong

Thank you

Sincerely,


Norman Keil Jr.



#GardeningIsEssential







ST. JAMES
BABYLON
PATCHOGUE
E. NORTHPORT



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UBER eats
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FOR YOUR CONTINUED SUPPORT
THROUGH THESE UNCERTAIN TIMES

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Steak or Shrimp (add \$10)
Guacamole, Salsa and Chips
Churros

PACKAGE 2

\$80

Fuego Salad,
2 Fajitas choice of- Steak,
Shrimp or Chicken,
Rice and Beans, Guacamole,
Salsa and Chips
Churros

PACKAGE 3

\$70

Choice of Nachos del Fuego
or Lone Star Fries
4 Quesadillas Chicken or Pork
Steak or Shrimp (add \$10)
Churros

OUR SISTER RESTAURANTS RUVO PORT JEFFERSON, RUVO GREENLAWN, & LA TAVOLA SAYVILLE ARE NOW DONATING
TAKEOUT MEALS FREE OF CHARGE TO THE ELDERLY OR ANY FAMILY EXPERIENCING A TRUE HARSHIP

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Local Random Acts of Kindness

Smithtown College Student Kyra Dalli and her sister-in-law Gillian Natt are spending their time home stitching cotton masks for medical and emergency responders. They are part of *Stitched Together Long Island*, a group of seamstresses working to help protect our local heroes. Residents can help the local effort of sewing face masks by donating NEW Tight-weave cotton (100%) fabric, such as quilting cotton. A Drop Box is located in the lobby of Smithtown Town Hall (in the rear entrance) at 99 W. Main Street. Seamstresses can offer to help by joining the facebook group *Stitched Together Long Island*.

Smithtown Historical Society's Executive Director, Priya Kapoor has enlisted the help of four to five seamstresses who are sewing

masks for small children in day-care, whose parents are medical professionals or first responders, battling the coronavirus on the front line. They are also a part of the *Stitched Together Long Island* effort.

Smithtown Elected Officials donated money to purchase 20 essential supply care packages which were delivered to home-bound seniors. Drivers at the Senior Center delivered the extra supplies to the doors of each resident. A note from the Supervisor included important phone numbers and guidance should they require additional assistance.

Long Island Cares has always been a great advocate and friend to the people of Smithtown and beyond. During the COVID-19 pandemic, LI Cares has been

working around the clock. Residents can help by making monetary donations or by donating via the virtual food drive. www.licares.org

Island Harvest relies on the kindness of the public year round to feed those who are most in need. Residents can help during the COVID-19 pandemic by donating online. Each \$25 donation will go towards supplying a family meal kit which provides food for 3-4 days. www.islandharvest.org

Smithtown Food Pantry: Residents wishing to help the food pantry during the COVID-19 pandemic can mail monetary donations or gift cards to Smithtown Emergency Food Pantry: PO Box 1663, Smithtown, NY 11787

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NISSEQUOGUE "WATERFRONT"



1st time on market! Custom Built Colonial w/200' of usable sandy beachfront on LI Sound. Located on 2.2 +/- level acres w/panoramic waterviews and sunsets. 4 BRs, 2.5 baths. CAC, hardwood floors, wood burning fireplace, radiant & hydronic heat. Custom amenities thru-out, 2 car garage, 3 decks, auto whole house generator. Abuts 6 +/- acres of protected land. A gem!

\$1,875,000.

ST. JAMES PROPER ENTIRELY RENOVATED

New HW floors, new EIK w/SS appls & shaker cabs. New full bath, 2 BRs, high ceilings, moldings, thermo windows, arch roof. Bsmnt, det. 2 car. w/fin room above and deck. Patio, 2 blacktop drives, Oil HW heat. New Cac, new 200 amp elec. IGS. Must see!



\$549,000.

E. NORTHPORT OVERSIZED HI-RANCH

Features 6 BRs & 3 full baths. EIK w/oak cabinets & sliders to deck, brick wall fireplace in den, oak floors, 2 car att. garage, .46 acre level prop w/IGP. (as is). Elwood School District.



\$555,000.

ST. JAMES "WHOLE HOUSE RENTAL"

Diamond charming older Victorian with 5 BRs, 3 full baths. Eat-in-kitchen, living room, dining room, rear patio, front porch. Convenient to all.

\$3,700 mo. + utils



HEAD OF HARBOR CUSTOM BRICK FARM RANCH

Cul-de-sac street. Banquet sized FDR, office. 5 frplc, 5 BRs, 3.5 baths. Fin. LL walk out to resort rear yard, IG gunite pool w/hot tub. Huge paver patio, bocce court. Cvac, geo thermal heat, 4 car garage, 2 acres backs to 13 acre nature conservancy.

\$995,000.



RENTALS

NISSEQUOGUE. Cottage Rental on 2 acres. Private country location across golf course. 2 story cottage features EF, LR, kitchen w/small greenhouse. DR, laundry. 1st floor BR, full bath. 2nd floor large master BR w/full bath, wood floors & ww carpet. Ground care & snow removal Inc.

ST. JAMES. 2nd floor walk up Apartment. 1 BR, full bath, EIK, LR. No pets.

\$2,500 mo. + utils.

\$1,400 mo. + utils.

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Wishing Our Neighbors Good Health

Eric Neitzel
Cell 631 766-6425

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Raymond Castronovo of Zenith Group Gives \$3,000 Check to Help Seniors in Need During the COVID-19 Pandemic

Zenith Group's Raymond Castronovo, reached out to his good friend, Supervisor Wehrheim, when he was looking to help during the COVID-19 pandemic. He gave a check for \$3,000 to help seniors in need.

Supervisor Wehrheim had expressed his concern to Castronovo, for the residents who rely on the senior center and meal delivery program, in particular those most vulnerable who were homebound or had no assistance to access or purchase essential supplies.

"Right now we're delivering approximately five meals (per person) for the week; or congregate care meals, to homebound seniors. That's in addition to our home delivery program, more commonly known as Meals on Wheels... Having additional funding in the budget allows for our Senior Center to add essentials for the week to those meals. Thanks to Raymond's generosity we can help more, care more... do more."

- SUPERVISOR ED WEHRHEIM



Raymond Castronovo accepting a certificate of recognition for his generous donation.

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L to R: Dara Brener, MD, Justin Waryold, DNP and Ronni Sollazzo, MD

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SEED**
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Urgent Need for Blood Donations!

In order to maintain and ensure social distancing during the Coronavirus pandemic, Long Island Blood Services has canceled all local Blood Drives for the immediate future. As a result, blood centers are in urgent need of blood.

St. Catherine of Siena encourages all healthy community residents to make an appointment to donate blood at one of the local New York Blood Center donor locations:



Port Jefferson Sta. Donor Center

1010 Route 112
Port Jefferson Station

Bohemia Donor Center

3125 Veterans Memorial Hwy.
Ronkonkoma

Melville Donor Center

905 Walt Whitman Rd. (Rte. 110)
Melville

Other locations are available on the NYBC website. If you were planning to donate at St. Catherine of Siena's Blood Drive, which was canceled, please donate on behalf of St. Catherine's using: **Group Number: 06284**.

Remember to bring photo ID and your donor ID Card. NYBC hours have been adjusted to reflect the increased need for donations.

NYBC collection sites are disinfected frequently and comply with CDC infection prevention regulations.

Register on line at <https://donate.nybc.org/donor/schedules/> or call 646-983-0661 to choose your location and time.

SMITHSTOWN GARDEN CLUB'S NEWEST MEMBERS...



The Smithtown Garden club is so pleased to announce their newest members Josephine and Joan. The Guest speaker at the March meeting was Dr. Roxanne Zimmer from the Cornell Cooperative Extension speaking of the importance of using organic soil in the garden. If you are interested in becoming a member, please contact Sarah at 516-672-9971.

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Mildred Smith Historical Essay Scholarship Contest

Every year, the Smithtown Historical Society, offers junior year students in the Township of Smithtown an opportunity to win a \$1,000 scholarship. The Mildred Smith Historical Essay Contest, a scholarship award, is open to all 11th graders in attendance at Commack, Hauppauge, Kings Park, Smithtown East & West High Schools, as well as at The Knox School and Smithtown Christian School.

Mildred Smith was an original founder of the Smithtown Historical Society and its first president. She possessed an intense passion for the history of Smithtown and was a great friend and supporter of the Society. The Smithtown Historical Society is proud to honor her through this



annual essay contest and hopes that the spirit of Ms. Smith will live on in the devotion and hard work of students submitting essays for consideration.

The Annual Mildred Smith Historical Essay Scholarship Contest is in its 13th year. This year we ask the contestants tell the story of a school within the

Township that you have either attended in the past or currently attend. Give a brief history of the school and discuss either its traditions or what makes your school special or unique. Once you have completed your research, construct a well-organized essay that presents the information gathered.

Submissions for the contest will be accepted from now until July 10, 2020 up until 5 p.m. at the Smithtown Historical Society's headquarters at the Roseneath Cottage, 239 Middle Country Road, Smithtown, NY 11787. For more detailed information regarding the rules and regulations pertaining to the contest, visit the Society's website or call 631-265-6768.

St. Patrick's School Car Show Set for Sunday, May 3

St. Patrick's School, located at 284 E. Main Street in Smithtown, will hold their 14th annual Spring Car Show on Sunday, May 3, 2020 from 9 a.m. to 4 p.m.

All year makes and models are welcome and the first 150 cars

will receive a T-shirt/Dash plaque. This is a non-judged show.

There will be fun for the whole family with activities for the children along with craft vendors, raffles and food.

Admission is \$15/cars; \$5/motorcycles; \$5/adults; children free. Raindate, May 17, 2020.

For car information, call John Forlenza at 631-588-2696 and for craft vendor spots call Bobby DiGregorio at 631-241-8414.

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516-248-5050**

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Smithtown Food Pantry Donations Still Needed

by William J. Garthe

Once again I would like to thank the very generous residents of St. James on behalf of the Smithtown Food Pantry. Each week you have really come through with your donations which are greatly appreciated by the Pantry and those who found themselves in need at this time of year. The Food Pantry, which has been in existence for more than 30 years, is supported by contributions from people like you. Canned goods, pasta, toothbrushes, toothpaste, rolls of toilet paper, school supplies, pets food/treats are some examples of our residents' generosity.

I am publishing a list of items needed, just in case you have any of these in abundance in your pantry, as there are some folks right here in St. James and Smithtown who could use a little temporary help.

Items needed for the food pantry:

Baked beans, tuna fish, all types canned vegetables, spaghetti, tomato sauce, peanut

butter and jelly, snacks, all boxed pastas, baby food and formula – all non-perishable food items.

Other Items:

Soaps - hand & shower, shampoo, toothpaste, toothbrushes, toilet paper, paper towels, baby/adult diapers and baby wipes, feminine hygiene products.

Your donations are much appreciated and can be dropped off at my office:

**Reliance Real Estate
359 Lake Ave., St. James
(across from 7-Eleven)**

I'm looking for the small donations that don't warrant a drive to Smithtown; the one can of tuna, or baked beans, a box of pasta, one bottle of shampoo, anything that will help someone in need. I will collect and deliver to the



Pantry each week whatever is donated.

Thank you in advance for your generosity. Under the current circumstances, just leave your donation on our porch and I will make sure it gets to the pantry.

For additional information, you can call me at 631-862-9000 or text me at 631-680-5143.

*Together we will
make a difference!*

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OF ST. JAMES

Dr. Gary DiBenedetto
PEDIATRIC / FAMILY CHIROPRACTOR

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St. James
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Smithtown Animal Shelter is Looking for Short Term Foster Homes for Dogs and Cats During the COVID-19 Pandemic

Due to the COVID-19 pandemic, the Smithtown Animal Shelter has had to restrict public access to confirmed adoption appointments and animal/wildlife rescue. Residents can help the limited staff, who do not have the usual team of devoted volunteers to socialize the animals, by applying to become a short term foster parent.

"The State of New York announced a *stay at home* order which took effect on Monday. As such, adoptions have dwindled to next to nothing. Currently, every dog is getting out daily and our cats are receiving an abundance of TLC. However, with no known end in sight, and a limited staff, finding foster homes for a few of our animals could help the mental wellbeing of our rescues. It's also a fantastic opportunity to help out while staying home," states Councilwoman Lisa Inzerillo, Liaison to the Smithtown Animal Shelter.

Foster Home Requirements

If you have no other pets or young children at home, and are looking for a way to serve your community in this time of crisis, please consider signing up to be a foster. Foster parents provide temporary care for cats, kittens, dogs and puppies in their own homes. Some animals need as little as two weeks of care, while others may need care for extended periods of time.

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HISTORICALLY SPEAKING

LIVES, LOVES, AND LAMENTS OF THE PEOPLE OF ST. JAMES Charles Stewart Butler Becomes Supervisor of Smithtown in 1924

by Bradley Harris,
Smithtown Historian

I have been writing of the large estates that once existed in the St. James area and of the people who owned them. Last month's article was about Lawrence Smith Butler and the impact he had upon the community. This article is about his brother, Charles Stewart Butler, and the impact that he had upon Smithtown.

Born on December 3, 1876 in New York City, Charles Stewart Butler was the second son of Prescott Hall Butler and Cornelia Stewart (Smith) Butler. Charles was destined to be, like his brother, a leader in the social and political circles of Smithtown. Charles would actually surpass his brother's achievements by becoming Supervisor of Smithtown in 1924. As Supervisor Charles would make many changes in the nature of services offered by town government in Smithtown, and in doing so, he brought Smithtown into the 20th century.

As a young man, Charles Butler attended St. Paul's School in Garden City. This was only fitting and proper since the Stewart family money had been respon-



Charles Butler's dairy herd on Branglebrink Farm. Butler had a dairy herd of 50 milk cows and two bulls. The milk was sold locally in Branglebrink Farm milk bottles and were a familiar sight on doorsteps throughout St. James, Nesconset, Smithtown Branch, and Stony Brook.

Photograph taken by Marion Deutzman and found in Barbara Van Lieu's book, Head-of-the-Harbor, A Journey Through Time, Main Road Books, Inc., Laurel, N.Y., 2005, p. 38.

sible for the creation and development of the school and the Cathedral in Garden City. And after all, his father was on the Board of Directors of the Garden City Company. Charles subsequently attended St. Mark's School at Southboro, Massachusetts in preparation for matriculation at Harvard College. Charles seems to have labored through his studies at Harvard finally managing to graduate with the

Class of 1899. I say this after seeing many of the grade reports that he received while in attendance at Harvard. Charles Butler was a man who saved everything, and in his voluminous scrapbooks are to be found his grade reports and the final exams for practically every course he took at Harvard. It is clear from these documents that Charles was not the best of students.

continued on facing page

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If there is anyone you care about who might benefit from a second opinion, I would be happy to help.

continued

(Charles Butler's Scrapbooks are part of the Smithtown Historical Society's collection in the vault of the Caleb Smith House.)

Upon graduation from Harvard, Charles decided to pursue a career in law and entered Harvard Law School. He spent two years at Harvard Law School and then finished his studies of law at the New York Law School in New York City. In 1903, he was admitted to practice law before the Bar of the City of New York. Charles Stewart Butler chose to go it alone as a lawyer and was not associated with any firm. He hung out his shingle at No. 32 Nassau Street, New York City, and began a practice of law that was to continue for over half a century.

Even though his office was in New York City, Charles Butler

chose to live in St. James in a farmhouse that was then known as the Scott Place. Apparently Charles wished to become a gentlemen farmer and "planned to make his St. James' holdings profitable" by creating a dairy farm. In the years that immediately preceded American entry into World War I, Charles Butler began to acquire land near his mother's place Bytheharbor, but on the south side of Moriches Road. When his mother died in 1915, she "bequeathed more property on the south side of Moriches Road" to Charles, and when this property was added to the property that he already owned, his holdings stretched over 400 acres. It was his mother who also suggested that he call his farm Branglebrink Farm. "The name came from the Harvard Hasty Pudding Club show of

1897, Branglebrink, which both Mr. Butler and his mother saw that year." Mrs. Butler "envisioned the title as most descriptive of the St. James land, on the edge of the wild country, on the Brink of Brangle, as it were, hence Branglebrink Farm." This farm was to become one of the largest dairy farms in the St. James area. (Butler-Smith and Allied Family Histories, Genealogical and Biological, issued under the editorial supervision of Ruth Lawrence, National Americana Publications, Inc., New York, 1952, p. 14.)

But the war in Europe drew Charles Butler away from St. James before he found the time to begin developing his dairy farm. "From 1903 to 1907, Charles Butler was a member of the National Guard, Squadron A.

continued on page 22

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Charles Stewart Butler

continued from page 21

In 1917, he attended the second Plattsburg Camp, and graduated with recommendations for a first lieutenancy in the Quartermaster's Corps. Early in 1918, he went to France with the Young Men's Christian Association, as secretary, and served with the First Division from February to August of that year. From August to December, he was in charge of the Officer's Club in the city of Toul and returned to New York in January of 1919." It was then that Charles turned his attention to his farm in St. James. (Henry Isham Hazelton, The Boroughs of Brooklyn and Queens Counties of Nassau and Suffolk, L.I., N.Y., 1609-1924, Volume 5, Lewis Historical Publishing Company, New York, 1925, p. 63.)

Branglebrink Farm included over 400 acres of land that stretched away to the south of Moriches Road

along the west side of Fifty Acre Road. "Woodland predominated. Originally the arable land was about 60 acres, more or less. And the pasture was about 50 acres." By clearing some of the woodland, "Mr. Butler increased the arable land. Eventually, Branglebrink Farm became an established dairy farm" with "a hundred cultivated acres" that included "a profitable 80-acre crop of potatoes and 20 acres of rough feed, corn, alfalfa and the like, for the dairy herd of 50 milk cows and two bulls." The milk that came from Branglebrink Farm was of excellent quality and Branglebrink milk was "dispensed locally over three routes of about five hundred quarts each." (Butler-Smith and Allied Family Histories, op. cit., pp. 14-15.)

Charles Butler's involvement with his dairy farm in St. James and his continued on facing page



Charles Stewart Butler, was elected Smithtown Supervisor on November 5, 1923 and was sworn into office on January 1, 1924. He was the grandson of Judge John Lawrence Smith and the son of Prescott Hall Butler and Cornelia Stewart Smith. At the time he was elected, he was a 37-year-old bachelor, a lawyer, and a gentleman farmer from St. James.

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continued association with other people in St. James soon led him into politics. In the fall of 1923, Charles Butler was recruited by members of the Republican Party to run as its candidate for Supervisor of Smithtown. There was a rift in the Republican Party and the party bosses backed Charles Butler's nomination against an insurgent named John F. Kelly. In what was described at the time as the "most exciting Convention Smithtown had ever seen in Republican interests, Charles Butler ran for and won the nomination for Supervisor with a handsome majority." (Smithtown Messenger, "The Republicans Nominate Charles S. Butler for Supervisor of Smithtown and Benjamin D. Blackman for Town Clerk," October 5, 1923.)

Following his selection as the Republican candidate for Supervisor of Smithtown, Charles Butler began a campaign that would last exactly one month. Political campaigns were markedly shorter in 1923 than they are today. Mr. Butler's opponent was E. Brooks Raynor, a Democrat who lived in Smithtown, was from one of the oldest families on Long Island, and had founded the Democratic Club of Smithtown. In its issue of Friday, October 12, 1923, The Smithtown Messenger reviewed the candidates for Supervisor and found Charles Butler wanting: "The Republican candidate for Supervisor claims a long Smithtown lineage. He has many friends. But he is a wealthy man and a bachelor. He neither needed nor wanted the job till it was wished upon him in the desire to overthrow Kelly. If it had not been for the threat against the present bosses of the Republican Party, in Kelly's nomination, Mr. Butler with all due respect, would not have been nominated." The Messenger went on to point out that E. Brooks Raynor was "not

wealthy" and "not a bachelor. He is an average man. More than that, he is a Democrat. And Democrats are average men, plain people. There is nothing lofty nor condescending about E. Brooks Raynor." As far as the Messenger was concerned, the

logical choice for Supervisor was E. Brooks Raynor and the paper predicted a Democratic victory. The prediction of a Democratic victory seemed quite logical since Democrats had swept the town elections in 1921 and a continued on page 68

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Let's Talk About Cab!

by Rick Masters

Cabernet Sauvignon, a hearty, red wine, made from the grape of the same name is one of the most prized wines in the world. For instance, a bottle of '92 Cabernet Sauvignon from legendary Oakville, California producer Screaming Eagle commanded \$500,000 at a charity auction. There's also a 1787 Chateau Margaux from Thomas Jefferson's collection which owner William Solokin valued at \$225,000; the bottle shattered before Solokin even had a sip!

Finding a good Cab doesn't require having a few spare hundred thousand dollars. Here are some tips to help you get the best bang for your buck.

A wine's place of origin, its vintage, and the producer all come into play. Keeping track of the wines you liked – or didn't –

also helps.

Bordeaux, France, home of Margaux, is a world-famous wine region. Its reds are primarily Cabernet blended with small amounts of Merlot, Cab Franc or Malbec. Enjoy these wines with food. The 2014, 2015 and 2106 vintages approach classic. Bordeauxs can still be found for under \$20.

Robert Mondavi, America's most famous wine personality, was synonymous with Napa Valley, which is Screaming Eagle's home. Big, dry, booming Cabs stand up to the thickest slab' o beef. Stags' Leap, Caymus and Silver Oak are Napa heavy-weights, but good wines reside on the shelf below those, too. Wine Spectator magazine notes 2012 to 2016 as overall excellent vintages.

Cabernets from Sonoma are

harder to find, but worth seeking out. Alexander Valley, a sub-region, is home to Jordan, which drinks a step above similarly-priced Napas. Other Sonoma labels include Amapola Creek (by Richard Arrowood) and B.R. Cohn.

Washington State's Columbia Valley is known for lush, rich Merlots, and the Cabs are the same. Try Columbia Crest or Chateau St. Michelle.

ENJOY!

Editor's Note:

Rick Masters can be found perusing the shelves at Grape Culture Wine and Spirits, located at 248 Lake Avenue in St. James, 631-862-4727. Find Grape Culture on the web at www.grapeculture.com. Follow the store on Facebook, Twitter and Instagram.

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- Shrimp Scampi Over Linguini

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| • Shrimp Marinara | |
| • Shrimp Scampi | |
| • Pecan Encrusted Salmon | |
| • Pork Tenderloin with Mushrooms | |
| • Orecchiette Pasta, Italian Sausage, Broccoli Rabe, Sun-Dried Tomatoes | |

Adjustments

by June Capossela Kempf

If you are reading this, I just want to send my most heartfelt wish that you are all safe and healthy.

I wanted to compose something humorous, but kept deleting stuff as I realized how serious

a situation we are presently facing with the Coronavirus – not funny. Then I started receiving phone calls from people challenging me to “keep us laughing.”

With this call for action, I am going to present the truth here,

which may serve to be a refreshing read of itself. There is no doubt that the situation has created some amusing moments. If we don’t laugh, we will certainly cry, I was told.

I know that one stressful function some of us are facing is preparing meals with limited ingredients in the cupboards. I know that should be the least of my problems, but since that was the pressing challenge of the day for us. I told my husband:

“We are having Italian for supper.”

“How are you going to manage that?” he said. “You’re not going out of the house to shop, are you?”

“I found some chop meat and a sausage in the freezer. I have oregano, powdered thyme and jar sauce. I am making meatballs and pasta.”

“Do you have any Italian bread?” he asked.

“Nope.”

He made a face, and grumbled “What’s an Italian meal without Italian bread?”

“Healthier.” I said, “Things are not the same and won’t be for a long time. Get used to it.”

So we feasted that evening on mini meatballs, pasta with jar sauce and sourdough bread. It wasn’t so bad after all.

A few nights later, unable to sleep, I turned on the TV to watch Twilight Zone and for obvious reasons; the show didn’t seem so strange anymore.

What did feel weird was a walk around the park where we encountered several small groups of people standing in circles, keeping their distance and conversing loudly to each other. I could hear doo wop music wafting through the air coming from one of the nearby homes. It was spooky and wonderful at the same time. Some of the older folks were distance dancing. We shouted to the group as we continued on page 30

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Adjustments

continued from page 28
passed them, "Are you doing the 6 foot boogie?"

"Yeah," someone called back, "Six foot under." Everyone had a good laugh and so as we continued our walk, we started to participate and interact without

getting any closer than 20 feet to anyone else. But after a week of the park, we looked for a change of scenery and called our daughter.

"We're coming over to walk in your neighborhood, Ok?"

"Sure, but don't come in the

house. We are practicing social distance."

"But I want to see the kids."

"Well, if you stay 6 feet away, I'll let you visit them – outside. Ring the bell when you're finished walking, step off the porch and back up away from them.

No hugs, just waving and blowing kisses.

Afterwards, we could do no more and decided to get some unattended chores done in the house. After all, it's spring. There is a lot of important chores to do. After sorting out our sock draws and counting how many hearts were in our Cheerios box, Ron pulled out the vacuum and cleaned the inside of our piano.

As social distancing became official, my daughter began struggling with home schooling. She was now in self isolation and when I phoned her, she put me on speaker phone so I could hear her 'supervising' her 10 yr. old Jeremy. He was already balking at doing anymore virtual school work.

"Do your Math lesson next," she told him.

"Do I have to do it now?"

"Yes, we are following your school schedule as closely as possible."

Of course I butted in. "But can't it wait? I'd like to talk to him."

"MOM!"

"Well, I can't go over for hugs."

"Especially now" she snapped. "You went to King Kullen last week and who knows?"

"How do you know?"

"This is a small town, Mom. You were seen!"

"I'm sorry; I was just in and out."

"Makes no difference."

"Can I speak to GG? (Jeremy's sister)

"She is in her room – not fighting with her brother. Can you call back later?"

continued on page 32



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Adjustments

continued from page 30

She didn't hang up on me, although there was little else to say. She did leave the line open so I could still hear her ongoing debate with her student.

"Let's go," she told him.

"Not yet, you spent so much time talking to Mema, we got off schedule. Now it's 10:40 and in school – it's recess time. We need a break."

Recess time?

This was my cue to hang up and ponder my little wise guy's wisdom.

According to Webster's, recess is 'a suspension from business as usual.' To me, 'recess' denotes change – a time out. The concept presents the opportunity to stand back, reflect and recharge. It presents an opportunity to reassess our position and prepare for changes to come that are beyond our control. It builds our ability to adjust and eventually, hopefully, readjust.

Jeremy made a good point, and if expanded to our present state of affairs, there is only one



certainty: Some things will never be the same. Some of us will only have had to adjust to stay-

ing home, spending less and eating less. These have their benefits, but some will suffer far more hardships that can only be eased by massive changes of heart. That is happening already.

Hopefully, when the coast is clear we'll find ourselves older, wiser, stronger and well adjusted to such drastic changes. We will be comfortable with our long gray hair and fifty rolls of toilet paper. And we won't be surprised when we go out to our favorite Italian restaurant that is featuring some new items on the menu like sourdough garlic bread.

Be safe, stay healthy and try to smile.

Editor's Note:

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

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HEALTH VIEWS by Gregory R. Thomaier, D.C., C.C.S.P.

This article is part of an ongoing series presented in order to bring you the very best and latest information about exercise, health and diet.

Healthy Habits to Support Your Immune System

Now more than ever is a good reason to have a healthy strong immune system. Consider managing these daily habits to keep your immune system functioning at its best.

Sleep: A minimum of seven hours of sleep is recommended for improved health. When you sleep your body produces a protein that has a direct impact on your immune function. Studies have shown the stickiness of this protein is strengthened with a good night of sleep. The strength of this stickiness is important because it allows the immune cell to attach to a pathogen and destroy it. The stickiness of these proteins is also inhibited by stress hormones, and the fact that stress hormones are lowest during sleep only helps the adhesion capabilities of these proteins.

Diet: A balanced diet is imperative for a strong and healthy immune system. A protein rich, low-fat and plant-based diet consisting of fruits and vegetables is a good source of nutrients for supporting your immune system. The immune system depends on white blood cells to create antibodies to fight pathogens. Vegetarians, having a higher intake of vitamins and lower intake of dietary fat, have been shown to have more effective white blood cells. It is ideal to get your nutrients from whole foods but to fill nutrient gaps consider supplementing with a multivitamin with minerals, Vitamins A, C, E, D, B6, Iron, Selenium, Folic Acid and Zinc.

Exercise: The Department of Health and Human Services recommends 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week or a combination of both. There are several theories as to how exercise improves your immune system but none have been proven. 1.

Exercise can be a stress reliever therefore decreasing the amount of stress hormones circulating in your system. 2. Exercise contributes to better circulation which allows immune cells to be more efficient by moving more freely throughout the body. 3. Exercise increases air exchanged in and out of the lungs and therefore rids the body of bacteria. 4. Exercise increases core temperature making it less attractive for bacteria/virus to thrive in. Keep in mind, from an immune system perspective, intense prolonged exercise can have a negative effect. That's because the body's immune system interprets this as a stressful event and increases the amount of stress hormones which suppresses the immune system.

Stress: Stress has a negative effect on the immune system. Most of us relate stress to an emotional state but actually stress to our bodies can be categorized into three main types: 1. Emotional 2. Physical 3. Chemical. Work and family relationships as well as financial stress can trigger an emotional reaction. Trauma as well as poor posture with sitting, sleeping, standing and walking can trigger a physical stress. Smoking, poor diet, excessive alcohol consumption, environmental pollutants and chemicals in cleaning products can trigger a chemical stress to our bodies. Stress can't be eliminated entirely but recognizing the stress and learning how to manage it is important to our well-being.

Good genetics are a factor but the strength of our immune system is developed by our individual lifestyles. Healthy lifestyles are always recommended to keep your immune system strong.

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How to Clean When Faced With a Shortage of Supplies

In light of concerns about COVID-19, various health organizations have issued specific instructions on how to maintain personal safety and cleanliness. These recommendations involve using common household products to sanitize homes, offices and public spaces. As people take such precautions, many are stocking up on extra essentials — resulting in shortages.

Everything from hand sanitizers to paper towels may be hard to find on grocery store shelves, leaving some to wonder what they can do to remain safe without sanitizers?

The Environmental Protection Agency states that coronaviruses are some of the easiest types of viruses to kill because they have an envelope around them that enables them to merge with other cells and infect them. If

that protective coating can be disrupted, the virus can't do its job. For those having trouble finding well-known cleaning agents, these alternatives may suffice.



Hot water and soap

The reason hand-washing is at the top of the list of sanitizing methods is because it is so effective at washing away viruses and bacteria. Friction from scrubbing with soap and water can help break the protective envelope, states the EPA. Soap and water can clean all surfaces in a home, especially when applying a little extra elbow grease.

Hydrogen peroxide

As people clear isopropyl (rubbing alcohol) off the shelves, do not discount hydrogen peroxide. The CDC says household hydrogen peroxide at 3 percent concentration can deactivate rhinovirus, the virus that causes the common cold, within six to eight minutes of contact. Coronavirus is easier to destroy than rhinovirus, so hydrogen peroxide may be effective at combatting that virus as well.

Natural items can be used for general cleaning, but have not been endorsed for use on COVID-19 disinfection. In lieu of shortages, white vinegar, baking soda pastes and citrus oils and juices could fill the void of chemically-based cleansers for other home tasks.

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Lighten Up Meals WIth Savory Salads

Some occasions call for a light dish, and such occasions tend be more common in warm weather. Gone are the days of heavy, stick-to-your-ribs meals, and in their places are fresh, light and easy meals. Salad is more than just lettuce and other greens, and that's notable in this recipe for "Salmon, Asparagus and Orzo Salad With Lemon-Dill Vinaigrette," courtesy of "Cooking Light Dinner's Ready" (Oxmoor House) by the Cooking Light Kitchens.

Salmon, Asparagus and Orzo Salad With Lemon-Dill Vinaigrette

6 servings

- 6 cups water
- 1 lb. asparagus, trimmed and cut into 3-inch pieces

1 cup uncooked orzo
1 (1 1/4 lb.) skinless salmon fillet
1/4 tsp. salt
1/4 tsp. freshly ground black pepper
Cooking spray
1/4 cup thinly sliced red onion
1/3 cup Lemon-Dill Vinaigrette

1. Preheat broiler.

2. Bring water to a boil in a large saucepan. Add asparagus; cook 3 minutes, or until crisp-tender. Remove asparagus from water with tongs or a slotted spoon, reserving water in a pan. Plunge asparagus into ice water; drain the ice water and set asparagus aside.

3. Return reserved water to a boil. Add orzo, and cook according to package directions, omitting salt and fat.

4. While orzo cooks, sprinkle

fillet evenly with salt and pepper. Place fish on a foil-lined broiler pan coated with cooking spray. Broil 5 minutes, or until desired degree of doneness. Using 2 forks, break fish into large chunks. Combine fish, orzo, asparagus, onion, and Lemon-Dill Vinaigrette in a large bowl; toss gently to coat.

Lemon-Dill Vinaigrette

Yields 1/3 cup

1/3 cup crumbled feta cheese
1 tbsp. chopped fresh dill
3 tbsp. fresh lemon juice
2 tsp. extra-virgin olive oil
1/4 tsp. salt
1/4 tsp. freshly ground black pepper

Combine all ingredients in a small bowl, stirring well with a whisk.

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Take a Dip in a Tasty and Healthy Treat

Diet and health go hand in hand. Perhaps that's why there's a growing interest in foods that are purportedly curative. Some people even choose foods in the hopes that they can help to reduce symptoms of allergies and inflammation.

As concerns about cognitive decline and diseases that attack the brain and memory grow, some people are seeking critical nutrients that can reduce their risk for Alzheimer's disease and other dementias. While there's no quick fix, consuming a wide variety of fresh, nutritiously diverse and not overly processed ingredients, like those found in this recipe for "Garden Vegetable Hummus" from "The Brain Boosting Diet" (Whitecap) by Norene Gilletz and Edward Wein, Ph.D.

Garden Vegetable Hummus

Makes 2 1/2 cups

- 1 19 oz. can chickpeas, drained and rinsed (preferably no-salt added)
 - 3 to 4 cloves garlic
 - 1/2 green bell pepper, cut into chunks
 - 1/2 red bell pepper, cut into chunks
 - 4 green onions (or 1 medium onion, cut into chunks)
 - 1/4 cup chopped fresh basil or Italian parsley
 - 2 tbsp. extra virgin olive oil
 - 2 tbsp. lemon juice (preferably fresh)
 - 2 to 3 tbsp. tahini
- Salt and freshly ground black pepper
Chopped fresh parsley for garnish

1. Combine all ingredients ex-

cept parsley in a food processor fitted with the steel blade. Process with quick on/offs to start, then let the motor run until the mixture is very smooth, about 2 minutes, scraping down the sides of the bowl as needed.

2. Transfer the hummus to a serving bowl and sprinkle with parsley. Cover and chill for 1 to 2 hours before serving. (Hummus will thicken when refrigerated.)

Note: The tahini in the hummus is a very nutrient-dense ingredient because it has a very low moisture content. It is an excellent source of mono- and polyunsaturated fats, which are good fats, as well as an excellent source of protein, magnesium, zinc, manganese fiber, and potassium. Chickpeas are legumes that are also high in protein and fiber.

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Master Burger Cooking in Time for Grilling Season

Juicy, mouthwatering, hamburgers are a warm weather staple that taste perfect right off the grill. Everyone can benefit from having a tried-and-true burger recipe in his or her repertoire when entertaining a backyard full of guests or enjoying a cozy week night meal with the family.

Many things constitute a great burger, including

flavorful meat, the right ratio of fat content, a crispy roll or bun, and fresh, cold toppings and condiments. That's all guaranteed and more in this recipe for "The Great American Hamburger and Cheeseburger" from "Mastering the Grill: The Owner's Manual for Outdoor Cooking" (Chronicle Books), by Andrew Schloss & David Joachim.

The Great American Hamburger and Cheeseburger (6 servings)

- | | |
|--|---|
| 2 lbs. ground beef chuck, 85 percent lean | in a bowl until well blended; do not overmix. Using a light touch, form into 6 patties no more than 1 inch thick. Refrigerate the burgers until the grill is ready. |
| 5 tbsp. ice-cold water | 3. Brush the grill grate and coat it with oil. Put the burgers on the grill, cover and cook for 7 minutes, flipping after about 4 minutes, for medium-done (150 F, slightly pink). Add a minute per side for well-done (160 F). |
| 1 tsp. ketchup | 4. If you are making cheeseburgers, put 2 slices of cheese on each burger 1 minute before the burgers are going to be done. |
| 1/2 tsp. ground black pepper | |
| Oil for coating grill grate | |
| 12 slices good-quality American, provolone, or cheddar cheese (optional) | |
| 6 hamburger buns, split | 5. To toast the buns, put them cut-sides down directly over the fire for the last minute of cooking. |

- | | |
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| 1. Heat the grill to 425 F for gas or achieve light ash for charcoal or light ash for wood. | |
| 2. Using your hands, mix the beef, water, ketchup, and pepper | |

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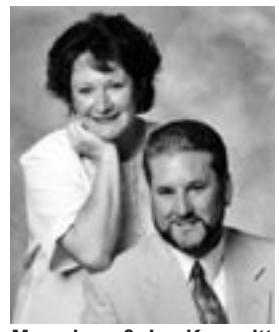
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GARDENING TIPS

Tips to Successfully Grow Tomatoes

Slicing into the first tomato of the season is a much anticipated moment for gardeners. Tomatoes are among the most popular fruit or vegetable plants grown in home gardens. Much of that popularity may be credited to the fact that red, ripe tomatoes have a delicious, juicy flavor that serves as the basis for all sorts of recipes. And since tomatoes can just as easily be grown in a full backyard garden or in a container on a patio or balcony, tomatoes appeal to gardeners regardless of their living situations.

While tomatoes are relatively easy to grow, they are prone to certain problems and pests. Knowledge of what to expect when planting tomatoes and how to start off on the right footing can help produce a season's worth of delicious bounty.

• Wait until after the last average frost date. Tomatoes can be grown from seeds outdoors in warm areas, but tomato gardeners often find success starting seeds indoors six to eight weeks before the last frost date. Gradually introduce seedlings to the elements for a few hours each day, increasing the duration of time outside. Then they can be transplanted outdoors when temperatures are consistently over 60 F.

- Choose a sunny spot. Tomatoes love to soak up sunlight, according to The Home Depot. Place the plants in a sunny spot so they can thrive.
- Space out plants. The experts at Better Homes and Gardens say to leave anywhere from 24 to 48 inches between plants to accommodate for growth and ensure the plants will not get stunted.

- Plant deeply. Tomatoes tend to root along their stems. If transplants are long and lean, dig a trench and lay the stem sideways in the dirt, and then bend the top of the plant upward. Snip off the lower branches and cover with soil up to the first set of leaves. This will produce extra root growth and stronger, more vital plants.

- Give the plants support. Tomato cages or stakes can help keep the leaves and fruit from touching the ground, which can cause rot and, eventually, death to the tomato plant.

- Lay down a layer of mulch. Tomatoes grow best when the soil is consistently moist. Mulch can help retain moisture from watering and rain. Mulch also



will help prevent soil and soil-borne diseases from splashing on the leaves and plants when it rains. While you amend the soil, make sure that it drains well and is slightly acidic.

- Prune away suckers. Tomatoes produce "suckers," which are leaves that shoot out from the main stem. Removing these leaves promotes air circulation and keeps the plant's energy focused on growing fruit.

Tomatoes are a rich addition to any garden. A few simple tricks can help even novice gardeners grow delicious tomatoes. Tomatoes serve as the basis for all sorts of recipes. And since tomatoes can just as easily be grown in a full backyard garden or in a container on a patio or balcony, tomatoes appeal to gardeners regardless of their living situations.



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GARDENING TIPS

Tips for Planting Blueberries

A trip to the produce aisle at a local grocery store can unveil a host of healthy additions to anyone's diet. Such a jaunt also can raise eyebrows, as produce, particularly organic fruits and vegetables, can be very expensive. Consumers may feel helpless to corral the cost of healthy foods like fruits and vegetables, but all hope should not be lost. That's especially so for people willing to give gardening a try.

Blueberries are one of the healthiest foods people can eat. The USDA National Nutrient Database notes that blueberries, which are low in calories and high in fiber, are great sources of the vitamins C, K and B6. However, organic blueberries can be among the most expensive foods in the produce aisle. Various factors, including where blueberries come from and whether or not they're organic, dictate their cost. But it's not uncommon to pay roughly \$4 for a six-ounce package of organic blueberries. For some, such costs are prohibitive.

Growing blueberries in a home garden can save blueberry lovers substantial amounts of money while ensuring they reap all of the benefits of this highly nutritious and edible berry. The following are some tips novices can employ as they plant their first batch of blueberries.

- Consult a local garden



roots of blueberry plants should remain moist throughout the growing season, so choose an area where the soil drains well. If that's hard to find, consider planting in raised beds or patio containers. In addition, the University of Minnesota Extension notes that blueberries require full sun, so plant in a spot where the blueberries will not be denied daily sunlight.

- Prepare the soil. Blueberries require acidic soil, so running a soil test prior to planting is a good idea. Speak with a local garden center about soil adjustments if the soil is unlikely to promote growth.

- Fertilize carefully. The USHBC notes that established blueberry plants will respond well to acid fertilizers. However, it's important not to overdo it, as blueberries are sensitive to over-fertilization. Follow fertilization instructions and speak with local garden center professionals for advice.

- Be patient. The UME notes that plants won't bear much fruit in their first two to three years, and that harvests are bigger after five years. So patience is a virtue blueberry planters must embrace.

Planting blueberries can be a rewarding hobby that also can save gardeners money at the grocery store.

center. The U.S. Highbush Blueberry Council recommends consulting a local garden center before planting blueberries. The professionals at such centers can recommend the best variety of blueberry to plant. That's an important first step, as the USHBC notes that farmers cultivate dozens of varieties of highbush blueberries across North America. Lowbush varieties also may be a gardener's best option depending on where he or she lives. A local garden center can help you determine which variety best suits your local climate.

- Plant where there is ample sun and well-drained soil. The

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GARDENING TIPS

8 Garden Tools for Beginners

The right tool for the job is essential to working safely and efficiently. This is as true in the workplace as it is in the garden. Novice gardeners may not know where to begin in regards to which tools they need. The following are eight items that can serve as a solid foundation for beginning gardeners.

1. Gloves: Your hands will be working hard, so it pays to protect them from calluses, blisters, splinters, insects, and dirt. Look for water-resistant gloves that are also breathable.

2. Hand pruners: Hand pruners are essential for cutting branches, cleaning up shrubs, dead-heading flowers, and various other tasks. Choose ergonomic, no-slip handles that will make work easier. Rust-resistant, nonstick blades also are handy.

3. Wheelbarrow: A wheelbarrow can transport gear to garden beds or tote dirt, leaves, rocks, and other materials around the landscape. A good wheelbarrow is strong but light enough to maneuver when full.

4. Loppers: Long-handled loppers will fit the bill for thick branches. The long handles provide leverage to cut through branches an inch or more in diameter.

5. Hand trowel: A hand trowel is a handy tool that lets you dig holes or unearth weeds. While shopping for a trowel, consider getting a hand-held garden fork, which can aerate soil and cut through roots.

6. Hose/watering can: Keeping gardens hydrated is part of ensuring their health. That makes a hose and a watering can two invaluable tools to have around. Invest in a lightweight, expandable hose if storage space is at a premium. An adjustable nozzle will enable you to customize the water flow as needed. A watering can is an easy way to tote water to hard-to-reach pots and containers.

7. Garden kneeler: Gardeners often bend and kneel while working in the soil. That puts pressure

on the back and knees. A comfortable garden kneeler with memory foam or one made from shock-absorbing material can reduce aches and pains.

8. Garden hoe: Garden hoes till soil, remove weeds and perform many other tasks. A garden hoe

can be used along with a full-sized shovel, trowel and garden rake.

This list is just the tip of the garden tool iceberg. Visit a garden center and speak with a professional about other tools that can be added to the mix.

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I N T H E S C H O O L S

BRINGING BROADWAY TO MILLS POND...



The magic of Broadway came alive at Mills Pond Elementary School as the fifth grade classes presented their "Broadway Bonanza" on March 12, 2020. Featuring music from "Annie," "The Greatest Showman" and "The Lion King" the students wowed their classmates and invited guests during their performances with their song and dance numbers.

Photo courtesy of Smithtown Central School District.

READING IS 'MARVEL'-OUS AT MILLS POND...



To kick off their Parents as Reading Partners initiative, members of the Smithtown High School East Drama Club performed for the students of Mills Pond Elementary School. Smithtown High School East senior Jennifer Donohue wrote a play to kick off their PARP event "Reading is MARVEL-ous." The students performed as Marvel superheroes for all of the K-5 students, who then had a Q & A with the actors after the performance. The Drama Club members are hoping to inspire the joy of reading to young readers in the district.

Photos courtesy of Smithtown Central School District.

HCDS Sends Positive Messages to COVID-19 Front Lines

After more than two weeks spent at home as a result of the COVID-19 school closure, students at Harbor Country Day School continued to remain fully engaged – academically and socially – through the school's 'distance learning' platform.

Leveraging the online conferencing website Zoom, alongside Google's 'Classroom' app, students have managed, not only to continue learning, but also to come together in a unique and special way to recognize those on the front lines of the coronavirus pandemic.

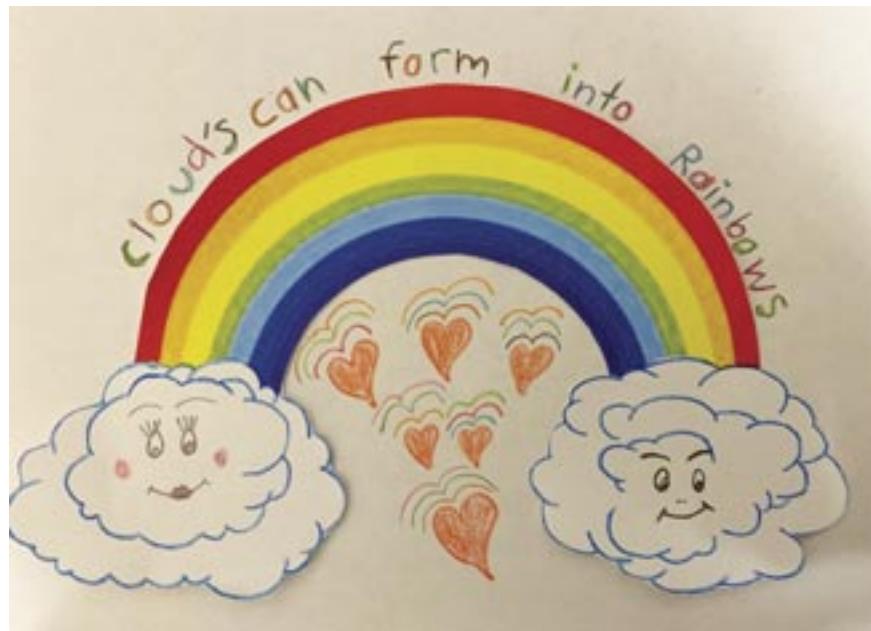
As part of their 'distance learning' co-curricular art instruction, teacher Amarilis Singh tasked students with the challenge of displaying gratitude and inspiring positivity through art. Leaning on Maya Angelou's famous quote, '*Be the rainbow in someone's cloud,*' which the kindergarten class had been studying prior to the school closure, and paired with a musical selection from a recent school concert, the students' work was created into a slideshow.

Harbor's music teacher, Donna Siani, initially shared the slideshow with SUNY Stony Brook University's Director of Community Relations, Joan Dickinson, to thank front line medical workers for their extraordinary efforts during the most unusual and frightening of times.

Still, students at Harbor Country Day School recognize that there exist many others on the front lines and hope their message can be heard by all. To view, and share, this beautiful gesture from the students at Harbor Country, visit:

[https://vimeo.com/402577169.](https://vimeo.com/402577169)

Harbor Country Day School is an independent, co-educational day school for children from preschool through 8th grade situated in St. James' Village of Head of the Harbor. The school employs a whole-child approach to



education. It is a non-sectarian, nonprofit organization governed by a self-perpetuating board of

trustees. For more information, visit www.hcdsny.org or call 631-584-4444.

Here are some of HCDS's students thoughts:

You have a reason to smile

Happiness often sneaks in
from a door you didn't know

May the goodness be with you

Love is everywhere

Never give up

Storms don't last forever

Love always wins

When it rains look for a rainbow –
When it's darkest look for the stars

You are capable of amazing things

Be kind

Think positive
Stay patient
Stay home!

CARES Act Offers Help for Investors, Small Businesses

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

As we go through the coronavirus crisis, we are all, first and foremost, concerned about the health of our loved ones and communities. But the economic implications of the virus have also weighed heavily on our minds. However, if you're an investor or a business owner, you just got some help from Washington – and it could make a big difference, at least in the short term, for your financial future.

Specifically, the passage of the \$2 trillion Coronavirus Aid, Relief and Economic Security (CARES) Act offers, among other provisions, the following:

- **Expanded unemployment benefits** – The CARES Act provides \$250 billion for extended unemployment insurance, expands eligibility and provides workers with an additional \$600 per week for four months, in addition to what state programs pay. The package will also cover the self-employed, independent contractors and “gig economy”



workers. Obviously, if your employment has been affected, these benefits can be a lifeline. Furthermore, the benefits could help you avoid liquidating some long-term investments you've earmarked for retirement just to meet your daily cash flow needs.

- **Direct payments** – Individuals will receive a one-time payment of up to \$1,200; this amount is reduced for incomes over \$75,000 and eliminated altogether at \$99,000. Joint filers will receive up to \$2,400, which will

be reduced for incomes over \$150,000 and eliminated at \$198,000 for joint filers with no children. Plus, taxpayers with children will receive an extra \$500 for each dependent child under the age of 17. If you don't need this money for an immediate need, you might consider putting it into a low-risk, liquid account as part of an emergency fund.

- **No penalty on early withdrawals**

Typically, you'd have to pay a 10% penalty on early withdrawals from IRAs, 401(k)s and similar retirement accounts. Under the CARES Act, this penalty will be waived for individuals who qualify for COVID-19 relief and/or in plans that allow COVID-19 distributions. Withdrawals will still be taxable, but the taxes can be spread out over three years. Still, you might want to avoid taking early withdrawals, as you'll want to keep your retirement accounts intact as long as possible.

continued on facing page

My family and I are praying for the good health of our St. James community.

We thank all the first responders and medical staff for their tireless efforts.

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continued

• **Suspension of required withdrawals**

– Once you turn 72, you'll be required to take withdrawals from your traditional IRA and 401(k). The CARES Act waives these required minimum distributions for 2020. If you're in this age group, but you don't need the money, you can let your retirement accounts continue growing on a tax-deferred basis.

• **Increase of retirement plan loan limit**

– Retirement plan investors who qualify for COVID-19 relief can now borrow up to \$100,000 from their accounts, up from \$50,000, provided their plan allows loans. We recommend that you explore other options, such as the direct payments, to bridge the gap on cur-

rent expenses and if you choose to take a plan loan work with your financial adviser to develop strategies to pay back these funds over time to reduce any long-term impact to your retirement goals.

• **Small-business loans** – The CARES Act provides \$349 billion to help small businesses – those with fewer than 500 employees – retain workers and avoid closing up shop. A significant part of this small business relief is the Paycheck Protection Program. This initiative provides federally guaranteed loans to small businesses who maintain payroll during this emergency. Significantly, these loans may be forgiven if borrowers use the loans for payroll and other essential business expenses (such as mortgage inter-

est, rent and utilities) and maintain their payroll during the crisis.

We'll be in a challenging economic environment for some time, but the CARES Act should give us a positive jolt – and brighten our outlook.

Editor's Note:

Financial Focus is a monthly feature written by Scott Posner, CFP®, 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 topics for future columns, call 631-862-2020.



When it comes to your to-do list, put your future first.

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MAKING SENSE OF INVESTING

During These Difficult Times



by Natalie Weinstein,
Allied ASID,
IDS

Dear Friends
and
Colleagues,
At this
time, when

we are asked to be apart for our own health and safety, as well as that of others, I want to reach out to all of you and wish you well. While we have never experienced a worldwide pandemic, and we are encountering unknowns daily, we will be living a very different life for the immediate future. Every day will bring new challenges, but I know, without question, we will face them and be there for one another.

While our immediate plans have been put on hold, we can do many things to keep us and our community strong.

- First and foremost, do everything you can to ensure your own health, both physical and mental.
- Then, make sure your family is doing the same, whether living with you or far away
- Call your neighbors, especially the elderly, and have a chat or see if they are in need. If you cannot help them, perhaps you know someone who can

- It's officially spring, so take some time to go outside, take a walk, plan your spring garden, do some outdoor activity – observing social distance
- As a designer, of course, I would humbly suggest you do a little spring cleaning, de-cluttering and organizing. We have included some tips for a "how to" plan

Most of all, let's stay connected to one another. We are fortunate we live in an age where we can text, e-mail, skype, as well as get daily updates from television news channels. (But, don't listen continually if it puts you in a negative frame of mind – especially if you are watching the stock market).

While all of you have been busy people, we are being forced to slow down and redirect our energies. Some of us might find that difficult, (you know I'm trying to take my own advice!) but it is a fact of the "new normal." While our space is confined, we do have options – reading, catching up on that TV series you bookmarked, enjoying family time, cooking, playing a game, or just relaxing.

While every day may bring another yet unknown challenge, try to keep to a routine and a plan. Think of others and reach out to them. Look for the positive, because while we know

things will get worse, they will then get better. We will come out on the other side of this.

Every day I say a prayer for my family, all of you as well as the world at large. If we stay connected with one another, we will never be alone.

So, keep washing those hands and be mindful of others. If you want to reach me, just send an email to info@natalieweinsteinst.com.

—Much love, Natalie



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Editor's Note:

Natalie Weinstein is an Allied ASID, IDS interior designer, media personality, author, speaker, and president of Natalie Weinstein Design Associates, a full service interior design firm (www.natalieweinsteinst.com). She is also owner of Uniquely Natalie, a quality consignment furniture and accessory shop in St. James. Join www.nataliesclub.com for FREE seminars, tips, and discounts. For more information about Natalie Weinstein Design Associates, please call 631-862-6198 or email at info@natalieweinsteinst.com. For more information about Uniquely Natalie Quality Consignment, call 631-686-5644 or visit www.uniquelynatalie.com

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During this challenging time, I was really trying to think of how to write an article that is both encouraging yet aware of the situation we are all experiencing. While perusing on my computer, I read a beautiful article written by my friend, Tom Pelletier. This article was so perfect for right now that I wanted to share it with all of you. Please enjoy, and make sure you take time for yourself and your connections with nature.

—SALLY WELLINGER, NATURE PAGES

by Tom Pelletier,
Board Chair of CEED

"Yesterday, my heart jumped a bit when I rounded a corner at a park and walked into a chorus of spring peepers. To me, the sound made by hundreds of these thumbnail-sized frogs is one of the surest signs that winter is over.

I'm tempted to say that in a time of anxiety, the awakening of the peepers is a sign that life goes on. But I'm not sure that's the true value. What I experienced when I heard those spring



peepers was a moment of pure joy.

And though my walk didn't change anything about the COVID-19 situation, it gave me just a little boost of joy-driven resilience to face whatever comes next.

E. O. Wilson, the inspirational entomologist and naturalist asserts that connecting to nature isn't just a luxury, it's a human need.

This idea is central to the mission of the Center for Environmental Education and Discovery. So, during a time when we're feeling saddened and anxious as a result of COVID-19, I encourage you to get outside, and experience the natural world. This morning, I walked the trails at

CEED and heard a tufted titmouse, red-winged blackbirds, and chickadees singing. Red-bellied woodpeckers drummed on tree trunks in competition from a hundred yards away. Deer watched me with luminous and wary eyes and then bounded away. I saw the first green leaves sprouting from bushes lining the trail and skunk cabbage popping up in the vernal pools.

I also heard spring peepers. Just a couple. Not like the deafening chorus I heard at the other park. Possibly our CEED peepers are a bit behind. Or maybe there aren't as many. Still, I heard them, and being immersed in all that nature brought me another little dose of healing joy.

Whether you walk alone, with a dog, with a family member, or with a socially distancing friend, get outside and see, hear, and feel nature. Come to CEED and walk our trails, or go to another park or open space that is still open. They are all priceless treasures where you can get healing joy for free."

A cartoon illustration of a smiling orange crab holding a black chalkboard. The chalkboard has the words "Support Your Local Merchants" written on it in yellow chalk.

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Living Well; Fend Off the Blues With a Hearing Test

by William Kent

Need a mood boost? Maybe its time to check your hearing. Here's why; hearing loss is linked to a greater risk of depression in adults of all ages, especially in 18 to 69 year olds. But studies show treating hearing loss can boost quality of life.

People with hearing loss who use hearing instruments are less likely to feel down, depressed or hopeless, research from the Better Hearing Institute (BHI) shows – and they get more pleasure from doing things. Luckily, the vast majority of people with hearing loss can benefit from hearing instruments. Advances in technology, even in the last couple years, have made today's hearing instruments better than ever; motivating many to get a hearing test from a hearing healthcare professional.

Sleek, cutting-edge, present-day hearing instruments allow people to hear more clearly the richness of sounds and conversation from all directions while filtering out background noise.

Many sit discreetly and comfortably inside the ear canal, out of sight. Most are wireless, so they can stream sound from smart phones, home entertainment systems, conference room speakerphones, hearing loops and other electronics – directly into your hearing instrument(s) at volumes just right for you. Some are waterproof, and others are rechargeable.

So if you've been fighting the doldrums, make sure its not unaddressed hearing loss that's been weighing you down. Get a hearing test from a hearing healthcare professional. Be inspired by these five ways, that treating hearing loss may help put some spring back in your step.

1. Keeping a positive outlook: People with hearing loss who use hearing instruments are more likely to be optimistic and feel engaged



in life, BHI research shows. Many even say they feel more confident and better about themselves.

2. Getting out and enjoying life:

People with hearing difficulty who use hearing instruments not only get more pleasure from doing things, but are more likely to exercise and meet up with friends to socialize. Most even say it has helped their overall quality of life.

3. Cultivating relationships and social connections: Using hearing instruments can have a positive effect on your relationships and ability to participate in group activities. In fact, people who wear hearing instruments are more likely to have a strong social network.

4. Communicating effectively: Using present-day hearing instruments can help people with hearing loss in their overall ability to communicate in

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**Happy
Mother's Day**

continued
most situations. Most who acquired their hearing instruments within the past five years say they're pleased with their ability to hear in the workplace, at home with family members, in conversations in both small and large groups, when watching TV with others, in lecture halls, theaters or concert halls; when riding in a car, and even when trying to follow conversations in the presence of noise.

5. Maintain a can-do attitude at work and at home: BHI research shows that those with hearing difficulty who use hearing instruments are most likely to tackle problems actively. And most hearing instrument users in the

workforce say it has helped their performance on the job. In fact, earlier research found that using hearing instruments reduced the risk of income loss by 90% to 100% for those with milder hearing loss and from 65% to 77% for those with severe to moderate hearing loss. People with untreated hearing loss can lose as much as \$30,000 in income annually, the study found.

Summing it up, you see your physician periodically to have



your blood pressure, heart and vision checked and tested. What about your hearing? Maybe those blues or uncertainty that have been riding with you, may be the result of hearing loss. Have your hearing tested to be sure. Most insurance plans cover annual testing with little or no out of pocket expense. It doesn't make sense not to invest less than hour's time to receive an analysis, of one of your most important senses. Take the time to be sure...have your hearing tested.

Editor's Note:

William Kent is the Director of Long Island Hearing, a local Audiology and Hearing Instrument Practice. With locations in Nassau and Suffolk Counties since 1985, they can be reached at 1-800-698-5200 for more information about this article or to schedule an appointment.



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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 Readers:

What's new? We are all in this together – facing a very unknown future. Why it bothers us so much is that we just had just about the entire foundation of our lives pulled out from under us. Kind of like that trick where the tablecloth is pulled from under a set table with the expectation that all the dishes remain. Very few can do that perfectly... most create

a table mess. And that's what we have here! How are we expected to move forward when everything was just so disrupted?

By seeing what's new!

We know that a lot of the old is either waiting for us to come back or may even be faded away. But that's what is behind us, in a time which we – in stark reality – physically can't go back to. We are learning a powerful life lesson about living life from one day to the next since things change so rapidly. We are learning how to DO what we need to do in new and creative ways. Or we are facing our daily situations in new, challenging, and concerning ways. We know to focus our hearts and minds in a forward thinking way; to embrace our challenges from new points of view. We know it. But, it truly can be hard to FEEL it.

So what's new!

Healthcare: creating monumental change at a daily pace when these changes would have taken years. Shouldn't healthcare work together more often? Industry: putting aside what was done in the past to create what is needed now. How can we create the things we need without roadblocks? Commerce: jump starting new ways of doing business. Why haven't we thought of this before? Community: a renewed spirit of helping, growing, caring. How can we keep this going? Family: rediscovering the relationships in our lives. Maybe it was time to slow things down a notch or create new understandings?

New is how we get back our hope! Anchor your thoughts to the things that have evolved out of this mess. 3D printers making masks... what other things can we do with this technology? Walking: when was the last time you walked and REALLY looked around? And why haven't I done this more often? Learning and doing: FINALLY doing that craft or project that was waiting around "when I have time." Yeah, why couldn't I have found the time?

God bless our wonderful community and those who fight on the front lines in the healthcare industry. May we emerge out of this stronger, better, prepared and ready to embrace the new that arises out of our daily challenges. We will fight this together... and WE will win!

– Ron

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 Maspeth 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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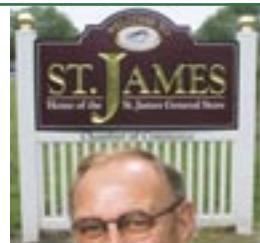
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by Terri Pace

From Another Perspective

As I sit on the wicker glider on my front porch and consider the world around me, I discover that the birds are singing as they get ready for spring. I hear dogs playfully barking as people walk by. I see the crocus flowers refusing to wait another day as the buds push up through the soil. I congratulate a friend at the birth of her grandson. I'm in contact via text, email, or phone calls with hundreds of my "closest" friends and I count my blessings for each one of them. Evidence, that despite what's going on in our environment right now, there's a beautiful world in our midst. Do YOU see it?

With pandemic news updates around the clock, our concern for family/friends, our disrupted

EMPOWERED LIVING Calm the Nervous System to Boost Immune Function

daily routines, and the uncertainty of the future, it's no wonder our stress levels are high, and our nervous systems are on sympathetic overload.

Let's explore what's going on inside and then share some simply natural solutions to restore calm and brighten moods!

How Do We Process What We See?

Our nervous system is comprised of the central and peripheral nervous systems. The brain's many components are responsible for our perception of the world around us. The lobes of the cerebrum are responsible for reasoning and thought, integrating sensory information, and processing auditory and visual information.

We are designed for awareness of the world around us.

The Thalamus is like a relay station directing sensory impulses to the cerebrum. The Hypothalamus helps to control and

regulate temperature, appetite, hydration, sleep, emotions, and even the constriction/dilation of blood vessels.

Through the peripheral nervous system, we carry motor and sensory information to/from the brain as we process the world around us. We may react with a "fight or flight" response to danger (perceived or otherwise) and then bring all systems of the body back to normal when it is over (homeostasis).

We are designed to respond to the world around us.

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

Survival Mode

The goal of the nervous system's fight or flight response is to help you survive. Inside your body, there is a lot of activity. Blood flows generously to cardiac and skeletal muscles, pulmonary function improves and oxygen uptake in the body increases. Chemical reactions include an increase in blood glucose, cortisol and adrenaline levels to support the body's increased energy consumption. ... all things that are helpful when you need to run away from the saber-toothed tiger (or deal with a worldwide pandemic)!

During this state, we are more alert and have greater capacity for physical activity. We all have heard stories of people who demonstrated tremendous strength during a crisis which allowed them to do something they normally could not do. Also, during this sympathetic state, digestion, immune function, and other resting state functions diminish or completely stop. *continued on facing page*

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✓ "I have more energy!"

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Terri Pace

simply.natural@optimum.net

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continued

YIKES!

Let me emphasize that: When our nervous system has been triggered and we are responding in "survival" mode, our immune function can be diminished. Consequently, to boost immune function, we need to support the body's return to homeostasis.

Ways to Calm the Nervous System

- Essential oils made from the trunk, roots, and stems of trees are very grounding and stabilizing. They have a calming effect on our nervous system and emotions and help us feel less anxious or tense. Examples of wood oils are Cedarwood, Frankincense, Myrrh, Vetiver, Ho Wood, Spruce, and Siberian Fir.* Simply apply 1-2

drops topically on the back of your neck, the bottom of your feet, or in your diffuser.

- Keep stress under control. Lavender essential oil helps maintain healthy cortisol levels, one of your body's stress hormones. Apply a few drops to your hands, neck, or pulse points to help manage your body's stress response naturally.* You can also reduce stress (night or day) with a drop or two of these powerful stress relievers: Basil, Bergamot, Frankincense, Lemon, Petitgrain or Wild Orange essential oils.*
- Rosemary essential oil helps reduce nervous tension and occasional fatigue.* This wonderful oil also supports healthy respiratory/immune function and may help to support healthy digestion. Take 1-2 drops in a capsule to support

healthy internal organ function.*

- Be adaptive. When stress and tension seem to be relentless, use this blend to help get comfortable with new surroundings or situations: Lavender, Magnolia, Neroli, Sweetgum (stress-relieving effects); Wild Orange, Spearmint (energize, uplift); Copaiba, Rosemary (soothe anxious feelings). Make it in a roller bottle for convenient application all day long!
- Get a good night sleep. Blend your favorite wood oil listed above with your favorite floral aromas like Jasmine, Lavender, Roman Chamomile, Rose, and Ylang Ylang.* Apply 1-2 drops topically on the bottom of your feet or in your diffuser.

continued on page 68

New Physician Partnerships Form Smithtown Women's Health



L to R: Theodore Blaszczyk, MD, FACOG, Polly Kanganis, MD, FACOG and Nicholas Kleopoulos, MD, FACOG

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by Dr. Linda M. Bocchichio

The temporomandibular joint (TMJ) is located just in front of the ear on both sides of your head. This joint moves each time you bite down on something and whenever you talk or swallow. As a result pain in this joint can be quite frustrating and could last years if left untreated.

The pain associated with the TMJ is often a result of displacement of the cartilage disc that causes pressure and stretching of the associated sensory nerves. The popping or clicking occurs

Talking About TMJ

as the disk snaps into place whenever the jaw moves. In addition, the chewing muscles may spasm causing pain and tenderness.

Chiropractic may be one of the best ways to treat TMJ pain. It may take several visits but the results are worth it. In conjunction with the care you receive from your chiropractor, you may want to try these self-remedies:

- Avoid clenching or tensing your jaw. Do not chew gum.
- Rest the muscles and joints by eating soft foods.



- Relax muscles with moist heat (1/2 hour at least twice daily).
- Talk to your dentist to determine whether a bite guard is indicated.

Editor's Note: Dr. Linda M. Bocchichio is a chiropractor practicing at 105 Lake Avenue So. in Nesconset. She was the founder of the St. James Walking club and was a former president of the St. James Chamber of Commerce. For further information, call 631-979-9854.

Calm the Nervous System

continued from page 67

- Clary Sage essential oil helps the body produce Dopamine, a neurotransmitter with several distinct functions. Dopamine plays a critical role in the function of the central nervous system, and it is also linked with the brain's complex system of motivation and reward. It also helps regulate body movement, attention, learning and mood.
- Return to homeostasis, boost immune function, and support a healthy autonomic nervous system with an essential oil application technique of eight essential oils to the spine each week.*

By using potent and pure essential oils, we can influence the reaction of our nervous system and counterbalance the chemistry of the "fight or flight" mode. There are many choices at your fingertips to help you change the perspective of the world around you. Let your new perspective be a gift to others as we again see the beautiful world in our midst. I pray that you are safe, and that God continues to shower abundant blessings on you!

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

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

Editor's Note:

Terri Pace and her family are longtime residents of St. James and owners of Pace's Steak House in Hauppauge, NY. Terri is a certified Holistic Health Coach. She is an educator, sharing her experiences and knowledge on the use of simply natural solutions to support the structure and functions of the body for optimal health and wellness. Terri invites you to contact her for a FREE private, personal wellness consultation and to get samples of essential oils which can support your specific wellness goals:

simply.natural@optimum.net For more information on other events and weekly workshops available: visit <http://simplynaturalseminars.eventbrite.com> or call Terri at 631-487-1627 - no purchase necessary to attend. Come to a Simply Natural free workshop on boosting immune health and navigating our current situation. Call for info.

Dr. Linda M. Bocchichio

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HAPPY 97TH BIRTHDAY TO JAMES "RED" DOWLING



Special birthday wishes go out to James Dowling who celebrated his 97th birthday on April 7, 2020. Mr. Dowling's children, grandchildren and great-grandchildren wish him another year of Happiness and Good Health.

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I Am an American

by John Taratunio
1928 - 2018



*I am an American
I say this out loud
For being an American
Makes me so proud*

*It means living in a country
That has the most and the best
Whose arms are always open
To all who are oppressed*

*People who wanted to be free
knew where to come
Who wanted to live and enjoy
a life of liberty and freedom*

*It means freedom to speak
and freedom to play
Freedom to pray
In their own special way*

*Yes, I am an American
and I have my gripes
But none are against
The Stars and Stripes*

*If I don't like how it's run
Or what's being done
I have the right to speak my voice
And the right to vote my choice*

*Every other American has
the right to do the same
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Don't bring your country to shame*

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OBITUARIES

Frank Cotoia

Frank Cotoia, of St. James, NY, passed away on March 6, 2020. Beloved husband of Florence. Loving father of JoAnn Settodicato, Francine Cotoia and Lisa (Robert) Jackmore. Cherished grandfather of Samuel Jackmore, Elizabeth Settodicato and John Settodicato. He is survived by many other family members and friends.

A Funeral Mass was celebrated at Sts. Philip & James R.C. Church, St. James. Interment followed with US Army Military Honors at Calverton National Cemetery.

Arrangements were entrusted to the professional care of the Branch Funeral Home of Smithtown and the Vigliante family.



Frank Cotoia

Louis R. Giordano

Louis R. Giordano, of Smithtown, NY, passed away at the age of 66. He was the beloved husband of the late Graceann. Cherished father of Natalie (Brian) Michaels, and Matthew (Kelly) Giordano. Loving grandfather of Christopher and Gia. Dear brother of Matthew (Laurie) Giordano. He is survived by many other family members and friends.

A Funeral Mass was celebrated at Sts. Philips & James R.C. Church., St. James, NY. Interment followed at St. Charles Cemetery.

Arrangements were entrusted to the professional care of the Branch Funeral Home of Smithtown and the Vigliante family.



Louis R. Giordano

Mary Patricia "Pat" Keane

Mary Patricia "Pat" Keane, of New Hyde Park, NY, passed away on February 7, 2020. Beloved daughter of the late Michael and Helen Joyce. Beloved wife of

the late Thomas Francis Keane. Loving mother of Thomas M. (Pattie-Anne) Keane, Mary Ellen (John) Crennan, Judiann (Kevin) McSweeney, Lawrence G. (Diane) Keane, Keith Keane, and Tricia (Brian) Swinehart. Cherished grandmother of Meaghan Wilson, Sean Nicoll, Brian Nicoll, Thomas Keane, Krista Crennan, Patrick Nicoll, Kailey Spiller, Sean Keane, Kara Rone, Caitlin Keane, Kelley Crennan, Caroline Keane, Grace Marie Keane, Charlotte Swinehart, Colin Swinehart, Trent Swinehart, Gavin Swinehart, and great grandmother of Jaxson Spiller and Harper Spiller. Adored sister of Eileen Moran, Karen Fenn and the late Edward Joyce. She is survived by many other family members and friends.

A Funeral Mass was celebrated at St. Patrick's R.C. Church, Smithtown N.Y. Interment followed at Calverton National Cemetery, Calverton, NY.

Arrangements were entrusted to the professional care of the Branch Funeral Home of Smithtown and the Vigliante family.

Joseph Marra

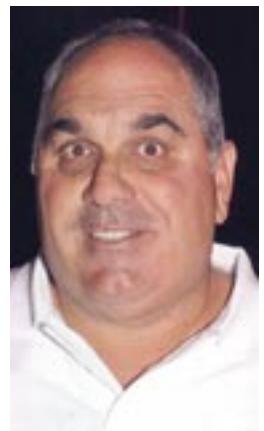
Joseph Marra, of Smithtown, NY, passed away at the age 63. He was the beloved husband of Linda. Cherished mother of Vanessa Marra, Joseph Marra and Jessica Marra. Dear son of Jean and the late John Marra. Loving brother of Sal Marra, Jeannie Marra, Camille (Joe) Merollo and Johnny (Mary) Marra. He is survived by many other family members and friends.

A Funeral Mass was celebrated at Sts. Philip & James R.C. Church, St. James, NY. Entombment followed at St. Charles Cemetery.

Arrangements were entrusted to the professional care of the Branch Funeral Home of Smithtown and the Vigliante family.



**Mary Patricia
"Pat" Keane**



Joseph Marra

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OBITUARIES

Charles A. "Buzz" Reynolds

Charles A. "Buzz" Reynolds, of Stony Brook, passed away on January 18, 2020 at the age of 79. Proud Lieutenant of the Suffolk County Police Department. Proud veteran of the United States Army. Beloved husband of Mary Lou. Loving father of Kenneth A. (Marni) and Stephen V. (Lori) Reynolds. Cherished grandfather of Kayla, Meagan, Mallory, Liam and Ryann. Dear brother of John (Mary Kay), the late Arthur and the late Carol VanBourgden.

A Funeral Mass was celebrated at Sts. Philip and James R.C. Church, St. James. He is survived by many other family members and friends. Interment followed with Military Honors at Calverton National Cemetery.

Arrangements were entrusted to the professional care of the Branch Funeral Home of Smithtown and the Vigliante family.



Charles A. "Buzz"
Reynolds

Diane C. Saraniero

Diane C. Saraniero, 79, of Stony Brook, passed peacefully on January 22, 2020 surrounded by her loving family. Devoted wife of the late Robert for 54 years until his passing on January 19, 2016. Loving mother of five. Adored grandma of 10. Cherished sister and aunt. Born in Brooklyn, NY.

After raising her family in Smithtown, Diane had a successful career in the electronic industry for over 30 years, the last 15 at DDC. She taught Rainbows, at St. Patrick's R.C. Church in Smithtown, a bereavement class for children with deceased parents. She was president of Toastmasters, an organization that promotes public speaking and lead-



Diane C. Saraniero

ership skills.

While still working and caring for her 100 year old mother she went back to school and got her Bachelor's degree from St. Joseph's College at the age of 74. She cherished her family and was a devoted friend to all, graciously kind, innately good and had a giant heart. An unkind word never passed her lips. Diane was deeply loved, not only by her family but by the vast group that were privileged to call her friend.

She was the wife, mom, daughter, sister, aunt, friend you always wanted in your life, loyal and true. She saw the good in everyone, never judged. She would help anyone in need, and believed in humanity. If you were her friend, you were her friend for life. On a dark night she was your brightest star. In Diane we see who we all strive to be. She has had an impact on so many lives. The world has lost one of the truly great ones. She will be so very sorely missed and always loved.

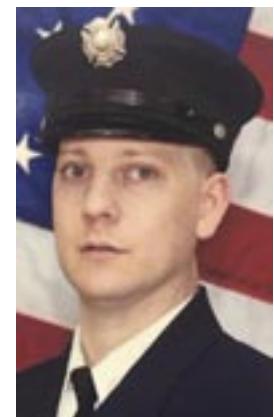
A Funeral Mass was celebrated at St. Patrick's R.C. Church, Smithtown, NY. Entombment followed at Pinelawn Memorial Park.

Arrangements were entrusted to the professional care of the Branch Funeral Home of Smithtown and the Vigliante family.

William R. Snak, Jr.

William R. Snak, Jr., of Smithtown, passed away at the age of 46. He was the beloved son of William and Ann Snak. Loving brother of Michael and Eric. Dear uncle of Dylan, Brady, Caitlin, Harrison and Angelina. He is survived by many other family members and friends.

A Funeral Mass was celebrated at St. Joseph R.C. Church, Kings Park, NY. Cremation followed at Washington Memorial Park. In lieu of flowers, the family requests donations be made to KIDS NEED MORE. www.kidsneedmore.org



William R. Snak, Jr.

Arrangements were entrusted to the professional care of the Branch Funeral Home of Smithtown and the Vigliante family.

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Charles Stewart Butler Becomes Supervisor of Smithtown

continued from page 23
Democratic majority controlled the Town Board. But it was not to be.

As things turned out on election day, November 5, 1923, the paper's predictions were sadly off. Charles S. Butler won and so did the entire Republican ticket. In fact, the only Democratic candidate who retained his seat was the Town Clerk, Frank E. Brush. Charles Butler won election as Smithtown Supervisor with 1,168 votes, handily beating his opponent E. Brooks Raynor who received 768 votes. Charles

Stewart Butler, a lawyer and gentleman farmer from St. James had become the Supervisor of Smithtown. For the Butlers it was a cause for celebration. Lawrence Butler threw a victory party and invited Democrats and Republicans to attend an evening of music and dancing in honor of his brother. It was an evening that was enjoyed by all and it got Charles Butler started off on the right foot as Supervisor. Smithtown once again had a Supervisor who was a direct descendant of Richard Smythe and a man who was not afraid of introduc-

ing sweeping changes in the way Smithtown's government dealt with issues and problems of concern to its citizens. More about Charles Stewart Butler's tenure as Supervisor of Smithtown next month....

Editor's Note:

Brad Harris is the Town of Smithtown's official Historian. Brad was a High School Social Studies teacher who spent 30 years teaching in Commack. As Historian he has written many newspaper articles on the history of our town, he has published pamphlets and written histories of Commack, Nesconset, St. James, Kings Park, Hauppauge and Smithtown Branch. He resides in St. James.

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SPACE AVAILABLE – Up to 1,800 square feet. 176 Second Street, St. James - 1 block off Lake Avenue. Artists and artists groups, and businesses invited to inquire. Rental fee upon request. Call Natalie at 631-862-6198. 4/20

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

VOLUNTEERS NEEDED – The Society for Lending Comforts to the Sick, located at 71 Blydenburg Avenue in Smithtown, is in need of volunteers for the Thrift Shop. The shop is open on Tuesdays and Fridays from 10 a.m. until 2 p.m. For more information call 631-265-1674 and leave a message.

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



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If you're planning a yard sale, looking for a certain item,
or want to sell some of that flotsam & jetsam that's cluttering up your attic,
advertise in OUR TOWN CLASSIFIEDS.

We are direct-mailed to each & every residence and business in the 11780 zip code area each month... and are guaranteed to reach your market!

AT ONLY

\$5.00 for the first 20 words
& 10¢ for each additional word
we're the best bargain around!

**Complete the above form and
return with remittance
(payable to Graphics du jour, Ltd.) to
OUR TOWN • ST. JAMES
359 Lake Ave., St. James, NY 11780
For information call 631-862-9849**

DIRECTORY OF ADVERTISERS

JEWELRY

St. James Jewelry Shoppe
483 Lake Avenue
631-862-6775

LANDSCAPING / GARDEN CENTERS

Design | Maintenance | Plants
Tree Removal | Equipment
Competition Tree Service
631-584-5575

GroKind Organics
Landscape & Design
631-265-5276

Homestead Landscaping
631-588-5296

Mazelis Gift & Garden Center
Mazelis Landscape Contracting
400 North Country Road
631-724-5425

LIQUOR & WINE

Grape Culture | Wine & Spirits
248 Lake Avenue
631-862-4727

Liquorium
430-04 North Country Road
631-862-7020

MUSIC LESSONS

Drum Lessons with John Miceli
email: teachingdrums@yahoo.com

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Natural Hounds - Human Grade
Delivered to your door
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Business | Invitations
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Impact Plus Signs & Graphics
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631-265-8195

REAL ESTATE

DeBarbieri Associates
406 North Country Road
631-862-7447

Henrietta Homes & Properties
328 Lake Avenue
631-862-6999

Jill McDowell
Douglas Elliman Real Estate
996 Jericho Tpke., Smithtown
631-543-9400 | 516-316-2000

David & Rowena Nedvin
Signature Premier Properties
7 W Main Street, Smithtown
631-767-5221 | 631-360-2800

Maria Orlandi
Douglas Elliman Real Estate
996 Jericho Tpke., Smithtown
631-697-0474 | 631-858-6955

Paul Regina | Re/Max
Eastern Properties
531 Hawkins Ave., Lk. Ronkonkoma
516-314-7782

Reliance Real Estate

359 Lake Avenue
631-862-9000 | 631-680-5143

RESTAURANTS

On / Off Premise Catering
Del Fuego
Tex Mex Kitchen & Tequila
430 North Country Road
631-963-6900

Rocco's Pizza & Pasta
429 North Country Road
631-862-1600 | Fax: 862-6152

St. James Pizza & Pasta
348 Lake Avenue
631-862-6161

The Trattoria
532 North Country Road
631-584-3518

Villa Sorrento
823 Middle Country Road
631-265-9865

SCHOOLS | CONSULTING
Bridge College Consultants
PO Box 685, St. James
516-662-1612

SWIMMING POOLS
Installation & Service
Sundance Swimming Pools
631-862-1900

TRAVEL
Executive Fliteways
Private Jet Charters
800-533-3363

**It has been our pleasure to bring you
the Our Town - St. James news magazine each month
for over 33 years.**

**This has all been possible because of
these businesses and all the businesses that
have advertised in
Our Town over all these years.
Without them there would be no Our Town.**

**We ask you to PLEASE SUPPORT THEM
especially at this time.
Shop locally and support all our local businesses.
We all need them to succeed.**



To the Amazing Residents of St. James



We are in unprecedented times. The entire globe is involved in a fierce battle against an invisible enemy. We must do our part to help accelerate our victory. Social distancing and proper hygiene are critical. Professional after professional prescribe a course of thorough hand washing in order to avoid falling victim. We know we will be victorious, we are not sure when, but we will win! But at what cost? The human cost of losing just one life is far too severe. Our thoughts and prayers go out to each person touched by this illness. We can make a significant difference in reducing the number of victims by following the social distancing and hand washing guidelines mentioned above.



There is another potential victim of this war that too can hit very close to home. After we realize victory what will St. James look like? Our businesses are under siege. This battle has put each of them on the front lines struggling for their businesses' survival and **WE NEED THEM**. Our local businesses are the ones that support our community in so many ways. They hire our residents, they support our charitable and educational causes year after year, they become our trusted sources of goods and services, they are the friendly faces we begin to take for granted since they are always there. **THEY NEED OUR HELP!**

We are asking our residents to **SHOP LOCALLY!** The businesses that are still able to be open are making extraordinary accommodations from outside pickups to delivery. Perhaps purchase gift cards for future use to help them through a tough time. The Chamber has decided to do its part and will be purchasing \$5,000 of gift cards from local food establishments. We believe in our businesses and we know how CRUCIAL their survival is to our town. Please don't forget the businesses that are closed during this unprecedented time. They too will need us to return in force once their doors are opened.

Please follow us on Facebook at St. James Chamber of Commerce NY <https://www.facebook.com/St.JamesNYChamberOfCommerce/> where we will be announcing business reopenings and be providing information about businesses currently open. The world is at war against the Corona Virus and we will win that battle. We must fight for our local businesses in order to preserve our community and help those that have served us all so loyally and for so long.



Sincerely,
St. James Chamber of Commerce