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JANUARY
2017
Volume 30
Number 3

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

PUBLISHED MONTHLY

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Elizabeth Isabelle . . Feature Writer
William Garthe . . . . . Advertising Sales

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– ST. JAMES –

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PLEASE NOTE:

Advertising & Editorial Deadline for the **FEBRUARY** edition of OUR TOWN • ST. JAMES is
THURSDAY, FEBRUARY 2, 2017 - 12 NOON.

Distribution takes place on **Wednesday, February 15, 2017.**

MERCHANT SPOTLIGHT

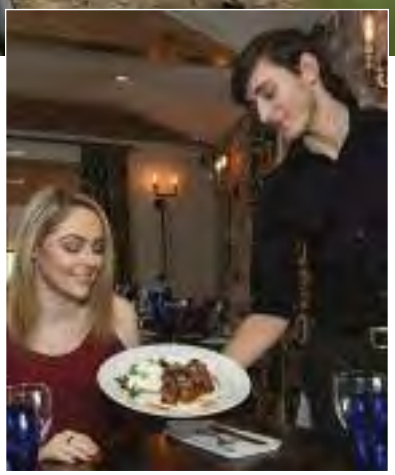
St. James Public House

552 North Country Road
St. James, NY 11780
631-250-9900

by Elizabeth Isabelle

St. James Public House is the latest venture for veteran restaurateurs, Tim McCarthy, George Greene and Rick Huether. The three have completely redesigned and transformed the space at 552 North Country Road into a warm, cozy yet airy tavern and restaurant – serving the finest craft cocktails and beers, fantastic wines and featuring a creative and imaginative menu of seasonal gastronomic delights from the kitchen, under the direction of master chef, Al Hand. Tim, George and Rick wanted to bring a neighborhood gathering space to our town and their design features rustic elements with modern accents. St. James Public House features both a lively bar area and a polished dining room – a place to socialize and dine, or just pull up a stool and feel at home. A private party room located upstairs can accommodate 60.

Lunch is served daily from 11 a.m.-4 p.m. and dinner is served from 4 p.m. -11 p.m. Chef Al has truly developed an innovative menu, featuring several selections of seafood, steaks, chops, burgers, fresh pastas, duck and chicken. Macaroni and cheese lovers – Chef Al offers you four different versions, lobster, chorizo, buffalo chicken or applewood smoked bacon. Start off your meal with one of the best appetizer menus that I have encountered in quite a while! Asian Duck Wings are crisp and tossed with spicy Asian glaze and served with a wasabi sour cream – *outstanding* – as are the fresh local oysters on the half shell or baked with a twist on traditional Oysters Rockefeller, PEI Mussels and out of this world Baked Clams. If you are a French onion soup aficionado, you must try St. James Public House's version – caramelized onion steeped in a rich veal stock and topped with a ciabatta crouton and gruyere cheese. One of the best I have ever tasted.



Salads are generous and fresh – the Mixed Baby Beet salad, Caesar and Wedge salads can all have your choice of chicken, steak, shrimp or salmon added to them. How about a beautiful bowl of authentic Guinness Shepherd's Pie or tender Braised Short Ribs to warm your soul on a cold winter's night? Duck, free range chicken, filet mignon and NY strip steak and of course, classic American burgers, along with fresh pasta dishes round out the menu. Chef Al and the kitchen staff create each dish from scratch, making for a memorable dining experience.

Tim, George, Rick and Chef Al want to say, "Welcome to the St. James Public House. We are excited to share our vision for upscale comfort American Cuisine with you. We hope to consistently provide our customers with a dining experience that leaves an impression and has you wanting to return. Fine food cannot stand alone. That is why we have an outstanding wine and tap beer selection to compliment our delicious American meals." – *"'Til we eat again!"*

Dine, drink and watch the game in comfort on one of their flat screen televisions at the bar, or enjoy the warmth and casual atmosphere of the dining room. Tim, George, Rick and Chef Al thank you all for their warm welcome and wish all their new friends in St. James a Happy and Healthy New Year.

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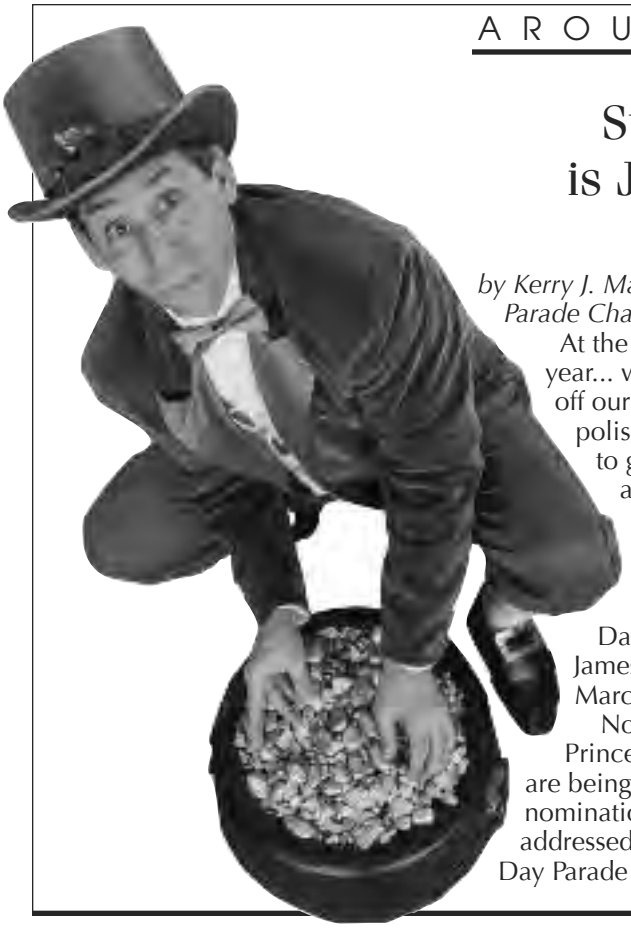
AROUND TOWN



St. Patrick's Day Parade is Just Around the Corner... Saturday, March 11

by Kerry J. Maher
Parade Chairperson

At the start of the new year... we are dusting off our shamrocks and polishing pots of gold to get ready for the annual celebration of the St. James Chamber of Commerce's 33rd St. Patrick's Day Parade in St. James, on Saturday, March 11, 2017.

Nominations for Princes and Princesses are being accepted. All nominations should be addressed to St. Patrick's Day Parade Nomination, c/o Kerry Maher, 829 Middle Country Road, St. James, NY 11780. Boys and girls between the ages of 5 & 12 years of age are eligible to participate. Please include name, address, phone, a recent picture and general information such as school, hobbies, etc. that the candidate is interested in.

All civic and religious groups, athletic teams, clubs, organizations, musical groups, Boy and Girl Scout troops, dance studios, bands, that would like to march in the parade are encouraged and welcomed to participate. Please call 631-584-7200 to sign up.

For further information, call Kerry J. Maher, St. James Funeral Home, parade chairperson, at 584-7200.

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AROUND TOWN

A SPECIAL THANK YOU... On January 4, 2017 Capt. Danny Keegan of the St. James Fire Department's Rescue Company presented a plaque to Dave Preisler of Carrabba's Italian Grill and Restaurant. A few months ago, the Rescue Company hosted a fund drive and dinner. Mr. Preisler donated all the food for the event enabling the Rescue Company to greatly increase the donations received to purchase much needed equipment, gear and supplies. It is with deep and sincere appreciation that the St. James Fire Department Rescue Company recognizes Carrabba's generosity and benevolence.

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AROUND TOWN

Celebrating Chanukah... The Festival of Lights

St. James residents gathered on Saturday, December 24, 2016 at the triangle on Lake Avenue and Route 25A in St. James beginning the celebration of Chanukah with the lighting of the Menorah. Throughout the eight days of Chanukah, residents joined at the Menorah in prayer and song, and all the children in attendance got a chance to light a candle.

The St. James Chamber of Commerce provided food and treats throughout the celebration. Special thanks to Laura Hirsch who coordinated the event again this year.

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A Worthy and Rewarding Tradition

The Tender Years Group, sponsored by Club Moriches at the Fairfield of St. James condominium community, ended their sixth year of fundraising for Suffolk County Make-A-Wish Foundation and St. Jude Children's Research Hospital on an all-time high.

In the spring, a total of $5,000 was raised at a Luncheon/Chinese Auction which was divided equally between the two charities.

Throughout the year, the group created many hand-crafted items, including floral wreaths and centerpieces, which they display and sell at their Spring and Fall sales in the Fairfield community. In December, the Tender Years Group participated in the Smithtown Senior Citizens Department's Tender Years Treasury where young children have the opportunity to purchase gifts for their family and friends. These three events raised an additional $4,000 to be divided once again between the two charities.

Add it all up for a GRAND TOTAL of $9,000 in 2016 for Suffolk County Make-A-Wish Foundation and St. Jude Children's Research Hospital.

On behalf of her group of hard-working and talented crafters, Phyllis Flynn thanks Club Moriches and the Fairfield community for their continued support.

Tender Years Group pictured (left to right): Connie Gavala, Rita Rosen, Phyllis Flynn (chair), Ann Pilny and Joan Beebe. Not pictured: Kathy Corcoran, Carolyn Eberhardt, JoRita Falco, Carol Geoghegan, Joan Ippolito, Joanne Lunati and Anita Santoro.

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Package #2
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- 4 foot Italian Hero
- Half Tray Penne ala Vodka
- Half Tray Chicken Franchise
- Half Tray Sausage & Peppers
- Half Tray Buffalo Wings
- Gemilli Pasta Salad
- Tri-Color Gorgonzola Salad

$249

Package #3
Serves 25-30
- 6 foot Italian Hero
- Full Tray Penne ala Vodka
- Full Tray Sausage & Peppers
- Full Tray Buffalo Wings
- Homemade Stromboli Loaf
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4 foot	SERVES 12-16	$79.95
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Harbor Country Day School students and math teacher and student council advisor Lynda McKenna help Marines load truck with Toys for Tots donations from school and surrounding community.

U.S. Marines Visit Harbor Country Day School to Collect Thousands of Donated Toys

On December 14, 2016 U.S. Marines from the Sixth Communications Battalion, Alpha Company, in Farmingdale, NY, visited Harbor Country Day School in St. James to collect thousands of toys donated to the Suffolk County Toys for Tots program. In addition to collecting donated toys from its own students, Harbor Country Day served as a drop-off location for the surrounding community.

Harbor Country Day has contributed to the Toys for Tots drive since 1998, when former Harbor employee Mike Guido instituted the program. Now retired from the school, Mr. Guido directs the delivery of toys from various sites throughout Smithtown to Harbor Country Day and other drop-off locations. The John W. Cooke V.F.W. Post 395 of St. James, of which Mr. Guido is a member, also contributed funds, which were used to purchase toys for the drive.

Harbor Country Day School, founded in 1958, is an independent, co-educational day school for children from preschool through 8th grade and is chartered by the NYS Board of Regents and is accredited by and a member of the NYS Association of Independent Schools (NYSAIS). It is a non-sectarian, nonprofit organization governed by a self-perpetuating board of trustees. For more information, visit www.hcdsny.org or call 631-584-5555.

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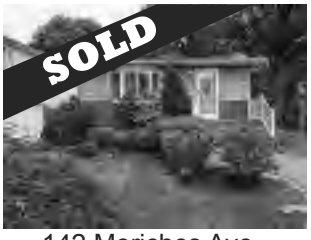
8 Dione Lane,
Hauppauge.
$542,500.

16 Camille Lane,
Holbrook.
$355,500.

18 Beaumont Lane,
Lake Grove.
$420,000.

103 Webster Ave.,
Lake Ronkonkoma.
$202,500 - buyer's agent /
$320,000 - seller's agent
same year!



142 Moriches Ave.,
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$145,000.

22 Locust St.,
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2 Commander Vic Lane,
Nesconset.
$459,000.

101 Browns Rd.,
Nesconset.
$545,000.

3 Spring Hollow Rd.,
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$465,000.

19 La Salle Place,
Oakdale.
$344,500.

26 Cloverdale Dr.,
Oakdale.
$345,000.

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$352,200.

24 Forestview St.,
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$340,000.

426 Railroad Ave.,
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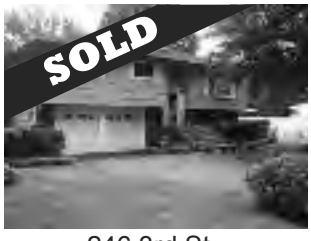
$325,000.

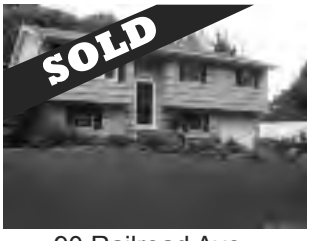
19 Copperbeech Rd.,
St. James.
$319,000.

219 Sixth St.,
St. James.
$350,000.

16 Astor Ave.,
St. James.
$363,000.

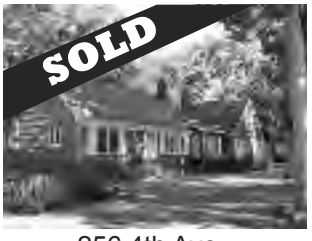


246 3rd St.,
St. James.
$370,000.

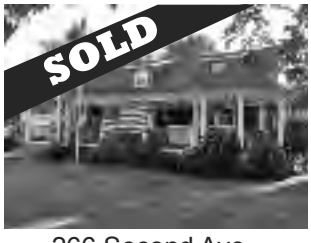


90 Railroad Ave.,
St. James.
$395,000.

15 Fiore Ct.,
St. James.
$405,000.

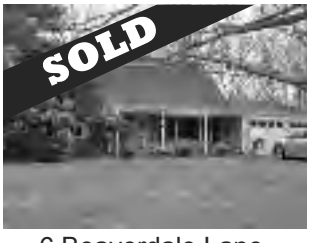


256 4th Ave.,
St. James.
$420,000.

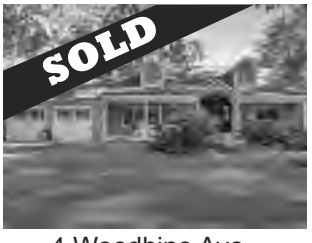


266 Second Ave.,
St. James.
$435,000.

204 Strathmore Gate,
Stony Brook.
$193,000.



6 Beaverdale Lane,
Stony Brook.
$360,000.



4 Woodbine Ave.,
Stony Brook.
$570,000.

Postal Service Reminds Customers to Clear Path to the Mailbox

submitted by the U.S. Postal Service

The St. James Post Office is asking their postal customers to keep walkways and curbside mailboxes clear of snow and ice to ensure the safe and efficient delivery of mail this winter.

The Postal Service treats safety and service with equal priority, and is seeking your help to ensure that you get the kind of service you expect and that letter carriers are safe from the perils they face during the winter.

Letter carriers are especially vulnerable to slips, trips and falls during the winter months. It is extremely important that you keep your walkways free and clear of snow and ice to help reduce the danger of a letter carrier suffering serious injury in a slipping accident. Your help in this regard is deeply appreciated by your letter carrier and by the many men and women who work together to make sure you receive the best possible mail delivery.

The Postal Service is asking residents who receive mail delivery to rural or curbside boxes to keep the approach to and exit from their mailbox clear of snow, ice, vehicles, trash cans and other objects. This will permit the carrier to drive up to your mailbox and deposit or collect mail without leaving the vehicle. The approach to and exit from the mailbox should be cleared sufficiently on both sides to allow the carrier to drive ahead and not be required to back up after delivery.

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IN THE NEWS

Residential Repair Program for Smithtown Senior Citizens

Are you a Smithtown resident? Are you a senior citizen? Can you use the assistance of a *handyman*? The Smithtown Senior Citizens Department can help you!

We employ a crew of experienced maintenance personnel who provide a variety of minor home repair services to our senior citizen residents. For example, they repair leaky faucets and running toilets, install locks and door bells, make adjustments on doors, replace light fixtures and switches, change hard to reach light bulbs, install smoke and carbon monoxide detectors, install bathroom grab bars and more!

All requests are handled on a first come, first served basis with preference given to safety related jobs. Emergency services are not provided and "cosmetic" work is not part of our program.

Laura Greif, Program Director explains, "We strive to assist our senior citizen residents with the everyday maintenance of their homes with a focus on the elements that keep them safe and secure."

The Residential Repair Program assists seniors age 60 and older. While there is no charge for labor, participants pay for, or provide, all materials. Funding for this program is provided by the New York State Office for the Aging, the Suffolk County Office for the Aging and the Town of Smithtown.

For more information about the Residential Repair Program please call 631-360-7616 or visit www.smithtownny.gov.com.

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IN THE NEWS

Smithtown Senior Citizens Department Raises Funds with Annual Quilt Raffle

Local resident Natalie Vela recently learned she was the lucky winner of an extraordinarily beautiful handmade quilt. Raffled off by the Center Committee of the Smithtown Senior Citizens Department, the quilt entitled "Barbara's Bow Ties" was a labor of love for a group of quilters from the Smithtown Senior Citizens Department. The patchwork quilt boasted vibrant shades of red and white and was the grand prize in the annual fundraiser.

Each year a beautiful quilt, along with many other handmade quilted items and gift cards, is raffled off by the Senior Citizens Center Committee at the year-end Holiday Dance. All proceeds are used for the benefit of the Smithtown Senior Citizens Department. The quilting group meets every Wednesday starting at 9:30 a.m. at the Smithtown Senior Citizens Department – new members are always welcome!

For more information about the Smithtown Senior Citizens Department you may visit at 420 Middle Country Road, Smithtown, call 631-360-7616 or visit www.smithtownny.gov.

Pictured left to right are Barbara Happes, Elizabeth Hodos, Marietta Sirgue, Madeline Johanson, Valerie Guthrie, Maureen Buck and Margie Triangali.

photo by Patricia Bornhoft

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Smithtown Food Pantry Donations Still Needed

by William J. Garthe

Once again I would like to thank the very very generous residents of St. James for keeping me busy over the holidays dropping off their donations for 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 special time of year. It was my pleasure to make so many trips to the Pantry. Canned goods, pasta, toothbrushes, toothpaste, rolls of toilet paper, school supplies, diapers (both baby and adult) 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. This year the pantry has asked for much needed school supplies.

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.

Other Items:

Soaps - hand & shower, shampoo, toothpaste, toothbrushes, toilet paper, paper towels, baby diapers and baby wipes.

School Supplies

Back packs, composition books, notebooks, glue sticks, crayons, colored pencils, pencils and pencil cases, pencil sharpeners, pens, erasers, color markers, highlighters, pocket folders, index cards and boxes, and Fiskars children's scissors.

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. We are generally open to accept donations Monday through Thursday, from 9 a.m. to 5 p.m. For additional information, call me at 631-862-9000.

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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.

Setting Goals to Change Unhealthy Habits

There are three things needed to successfully change a habit. The first is to recognize there is a need for a change, the second is to act on the change and the third and most difficult is the commitment to the change.

With the start of a new year many of us recognize the need for change and set our resolutions to achieve these new goals. Exercise and getting in shape usually finds its way to the top of this list. It is important when establishing these goals to set them to be relevant, specific, measurable and attainable within a reasonable time frame. When setting goals to be realistic and attainable you will be rewarded with a sense of accomplishment. Being over ambitious and setting unrealistic short term goals only makes your goals feel unachievable

and is more challenging to be committed to.

Keep in mind that the way we think has a strong influence on achieving our goals. When trying to maintain your commitment to your goals take into consideration that positive thinking has been linked to exceeding what is thought to be our physical limits. In a study where men and women gave themselves positive motivational talks while riding a stationary bike, researchers discovered that there was significant improvements with endurance performance. This finding supports the psychobiological model in which the mind has a significant influence on our endurance. Our brain is programmed to remember and avoid negative experiences, so when an activity starts to become uncomfortable we tend to want to stop. Focusing on positive thoughts will lead you down the path to accomplishing your goals.

Those who set reasonable and achievable short term goals, think positive and are motivated and committed will push past the restrictions and be successful at accomplishing their long term goal and changing unhealthy habits.

Best of Health to all!

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LIVES, LOVES, AND LAMENTS OF THE PEOPLE OF ST. JAMES

The Smithtown and Port Jefferson Railroad Company Builds a Railroad Through St. James in 1873

by Bradley Harris, Smithtown Historian

Last month I wrote about the village of St. James as it was in the 1860's. This article is about the building of the L.I.R.R. to St. James and how the arrival of the railroad had an impact on the community. Unless otherwise footnoted, the information contained in this article came from the Town Records of Town of Smithtown, by Harry D. Sleight, published by authority of the Town, 1929, pp.37-41, pp. 121-123.

The St. James Railroad Station, built in 1873 by Calvin L'Hommedieu, is the oldest station of the LIRR that has been in continuous operation since it was built.

The LIRR's main line to Greenport, L.I., was completed in 1844 making it possible to travel from Brooklyn to Greenport in three and a half hours. But for St. James residents, the trip was much more involved since they had to ride by stagecoach from St. James through Smithtown Branch to Head of the River, then down New Mill Road past the Blydenburgh Mills on Stump Pond, over to Old Willets Path, and south on Old Willets Path to Islip and the Suffolk Station. The trip was a long, torturous, dusty, stagecoach ride over rutted roads and must have made the residents of St. James long for the convenience of having a branch of the L.I.R.R. run through their community. But 30 years were to pass before the railroad was extended to St. James, and when the dream of having a direct rail connection to Brooklyn became a possibility, the residents of St. James discovered that they would have to finance the cost of the construction of the railroad themselves.

In 1868, when the LIRR extended its rail service by building a North Shore railroad to the communities of Syosset, Cold Spring Harbor, Huntington, Greenlawn, and Northport, the opportunity for extending the railroad even further into Smithtown looked promising. In November of 1868, a meeting of the

continued on page 28

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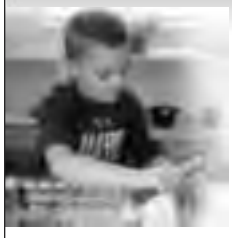

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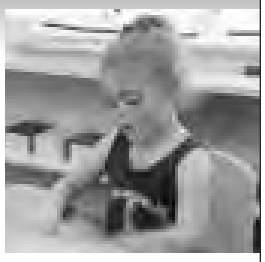

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HISTORICALLY SPEAKING

A Railroad Runs Through St. James

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residents of Smithtown was held "at the inn of B.B. Newton," (the Riverside Inn). A committee was formed for the purpose of conferring with the "president and Directors of the Long Island Railroad" about the extension of service. But the committee's efforts were stymied. And in spite of the urgent pleas from the residents of Smithtown, St. James, Setauket and Port Jefferson, for an extension of rail service to their towns, the construction of the North Shore Branch stopped in Northport.

The committee of citizens refused to give up and discussed the idea of finding a way of subsidizing the cost of the extension of the North Shore Branch by having the communities involved underwrite part of the cost of construction. The committee brought the matter to the Smithtown Town Board and asked that the question of the town funding the partial cost of the construction through a bond issue be placed before the voters. Apparently this was done at the annual town meeting held on April 24, 1869, and the voters registered their opinion on the subject. In a close vote, 99 voters indicated it was a good idea and 95 were opposed to subsidizing the cost of construction of the railroad. The Town Board then opted to choose its own committee of 12 distinguished members of the community to pursue the matter further.

This committee of 12 debated the question of subsidy and decided that a fitting inducement to the executives of the L.I.R.R. would be $20,000 and "a guarantee of the right of way through the town." They petitioned the Town Board to hold a special meeting to consider the question of bonding $20,000 for this purpose. At the meeting on April 24th, the matter was hotly debated and then put to a vote. 177 voters approved the bond issue while 86 voters opposed it. It was apparent that more people were beginning to favor the idea of a railroad in Smithtown.

With its inducements in hand, the committee of 12 resumed its discussions with the L.I.R.R. executives. It immediately became apparent that $20,000 was not enough of an inducement to get the L.I.R.R. to build a rail link to Smithtown. The ante went up to $80,000 in cash, and still no agreement could be reached. Finally President Oliver Charlick of the L.I.R.R. presented a proposition that finally became the basis of an agreement and made it possible to build a railroad to Smithtown. He suggested the residents of Smithtown create an independent corporation that would "raise $80,000 in cash, lease its franchise to the Long Island Railroad in advance, expend the money as far as it would go in constructing the railroad, and raise the balance of the money necessary to complete it by issuing bonds, the principal and interest of which should be guaranteed by the Long Island Railroad." This suggestion, "after much negotiation was finally adopted."

So it was that the Smithtown and Port Jefferson Railroad

continued on facing page

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continued
Company was born. "The town of Smithtown agreed to raise $50,000 of the $80,000 cash required by bonding the town and taking that amount of stock at par, the bonds to run 30 years at seven percent interest." The rest of the cash came from the residents of Brookhaven. Since only five miles of the 18 mile extension ran through Brookhaven, the residents of Smithtown paid the larger amount. The Smithtown and Port Jefferson Railroad Company then floated the necessary bonds to finance the rest of the cost of construction and to obtain the necessary rolling stock.

In the summer of 1871, the Smithtown and Port Jefferson Railroad began construction of its 18-mile track from Northport to Port Jefferson. Farmers found employment with the crews hired by the contractors building the different sections of the railroad. "The section between the Nissequogue River and St. James employed some 15 teams with drivers composed of laborers recruited in the neighborhood." In the St. James area, "Samuel Carman, Joel L.G. Smith and William H. Powell were the contractors" who "hired all the local men they could find and worked through November." The work continued through the winter. "Early in March the stone foundation for the bridge over the Nissequogue River was laid … many teams being employed to haul the heavy stones. Snows and freezing weather greatly slowed down progress during February and March, but fully 600 men were kept busy nevertheless." The work of preparing the roadbed continued throughout the spring and by the end of June 1872, the rails were being spiked down by the crews. (Vincent F. Seyfried, The Long Island Railroad, Salisbury Printers, Uniondale, L.I., N.Y., 1966, p. 53-57.)

The railroad proved to be a very expensive venture. Many difficulties were encountered since eight iron bridges had to be built. The railroad cost $586,227 to build or almost $35,000 per mile. But the Smithtown and Port Jefferson Railroad Company managed to find buyers for their bonds and construction of the branch line to Port Jefferson was completed. At the annual meeting of the stockholders of the Smithtown and Port

continued on following page

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A Railroad Runs Through St. James

continued from page 29

Jefferson Railroad Company in June of 1872, it was reported that the contractor building the railway was ready to start laying the rails and the line's locomotive was due to arrive in the middle of July.

By the fall of 1872, so much of the railroad had been built that "optimists hoped to see the road open by December 1." However it took until January 13, 1873 before regular passenger service was inaugurated on the Port Jefferson line. "Two trains a day each way provided the initial service" and the price of a ticket for the 51 mile trip from St. James to the James Slip in Brooklyn was $1.70." When the line opened in 1873, St. James had no railroad station. It was only a "signal station, the location of which was marked by a pile of cordwood." But this situation did not last long. (Vincent F. Seyfried, op. cit., p. 59, p. 197.)

By the spring of 1873, the Smithtown and Port Jefferson Railway was a reality and St. James at long last had a rail connection to Brooklyn. The community now had to find a way to build a station in St. James. (Vincent F. Seyfried, The Long Island Railroad, Salisbury Printers, Uniondale, L.I., N.Y., 1966, p. 53-57.)

When the residents petitioned the president Oliver Charlick for a station at St. James, he suggested that if they wanted a station they should raise $750 and build it themselves. So the people of St. James did just that. The land for the depot site was "given by Messrs. Edmund T. Smith and Milton G. Smith, on the condition that the station be located on the road dividing their farms." The money to pay for the construction of a suitable station was raised by private contributions and was greatly aided by a $500 contribution from Mr. Timothy C, Smith. With the money in hand, Mr. Calvin L'Hommedieu was hired to build the station and he commenced work in August of 1873. By October he had completed the project and St. James had a railway station. (Vincent Feyfried, op. cit., p. 197.)

The St. James Railroad Station, recently restored, stands proudly in the heart of the St. James community today. But when it was built in 1873, there was virtually nothing to be found near it. It occupied a lonely and forlorn spot on a dirt road known as Gallagher's Lane that stretched away to the south of the station. But this was to change with the passage of time and with the arrival of newcomers that the railroad now brought to St. James.

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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What's Happening at the Mills Pond House Gallery

The Mills Pond House Gallery, located at 660 Route 25A, St. James, is dedicated to exhibiting the work of local, regional, and national artists and is open to the public Monday through Friday, 10 a.m. to 5 p.m. and Saturday and Sunday from 12 noon to 4 p.m. Admission is free. For additional information call the Smithtown Township Arts Council at 631-862-6575 or visit their website at www.stacarts.org

The Smithtown Township Arts Council is an independent, not-for-profit, community arts organization. ***Exhibit Sponsorships*** *are available for many exhibits, concerts and workshops. If you are interested in sponsoring one of their innovative exhibitions or programs, call 631-862-6575.*

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The Smithtown Township Arts Council is pleased to present *The Fine Art of Illustration* juried exhibition featuring original artwork of artists who specialize in illustration from January 21 through February 19, 2017 at the Mills Pond House Gallery, 660 Route 25A, St. James.

The public is invited to an opening reception on Saturday, January 21 from 2-4 p.m. to meet the exhibiting artists and view their work.

The *Fine Art of Illustration* showcases a diversity of styles, approaches and techniques that illustrators use to communicate ideas. A wide variety of styles and media is represented, both

continued on page 34

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The Smithtown Performing Arts Center, located at 2 East Main Street in Smithtown, brings professional live entertainment to our backyard at affordable prices.

Ticket prices range from $20-$35 unless otherwise noted, group rates available. Call the box office at 631-724-3700 for reservations or visit their website at www.smithtownpac.org.

Peter and the Star Catcher
Through February 25, 2017
Tickets: $35 all seats
A hilarious evening of fun ... a prequel to Peter Pan.

Shrek Jr., the Musical
CHILDREN'S THEATRE
January 21-February 26, 2017
All Tickets: $15
This hilarious stage spectacle is based on the Oscar-winning smash hit film and Broadway musical.

It Shoulda Been You
March 11-April 15, 2017
A new musical comedy. In the history of insane wedding days... this one takes the cake.

Annie Jr.
CHILDREN'S THEATRE
March 18-April 15, 2017
All Tickets: $15
Comic strip heroine Annie takes center stage in one of the world's best-loved, award-winning musicals.

Wonderettes: Dream On
May 6-June 17, 2017
Classic pop and rock of the 70's provides the perfect soundtrack for old friends to catch up.

The New Mel Brooks Musical Young Frankenstein
July 8-August 20, 2017
It's Alive! The electrifying adaptation of Mel Brooks' monstrously funny film.

Man of La Mancha
September 9-October 22, 2017
Don Quixote Returns - The classic musical of a dying old man's quest for the impossible dream.

Tickets: Adults/$35
Thursday Matinee/$20
Children/Students/$20

Subscription plans available at substantial savings. Call the box office at 724-3700 more information.

Become a member and save with additional benefits. Annual membership is $75 and a lifetime membership is $300. Benefits include additional 10% discount on the purchase of tickets to any performance or subscription package, preferred status for seating, and much more.

Fine Art of Illustration

continued from page 32
traditional and digital. Exhibited artworks are the original designs created for integration in published media… advertising, communication, reporting, books, magazines and other media.

Mills Pond House Gallery hours are: Wednesdays – Fridays 10 a.m.-4 p.m. and Saturdays and Sundays 12 noon-4 p.m. The gallery is closed Mondays and Tuesdays. Please call 631-862-6575 or visit www.stacarts.org for more information.

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ARTS & ENTERTAINMENT

Enjoy Dancing? Then You're Invited!

Swing Dance Long Island invites you to join their friendly group for a mix of East Coast Swing, Savoy Lindy Hop, West Coast Swing, Balboa and some Ballroom dancing. No partner is needed and beginners are welcome.

Each month they will meet at their new venue – **The Jazz Loft**, located at 275 Christian Avenue in Stony Brook, NY 11790. Beginner lesson at 7:30 p.m. with dancing between 8 and 11 p.m. Admission: $15.

SDLI will hold its monthly dance on Saturday, February 4, 2017, music by *The City Rhythm Orchestra*.

Come alone or bring a friend – no partner needed. Refreshments, ample parking and tons of fun.

Swing Dance Long Island, Inc. is an all volunteer, not for profit organization dedicated to the promotion of swing dancing on Long Island, NY. For additional information call their 24-hour Dance Hotline at 631-476-3707 or visit their website at www.sdli.org.

Smithtown Historical Society Happenings

The Historical Society maintains six houses and eight outbuildings at three locations: Obadiah Smith House, Caleb Smith House and their 22-acre Village of the Branch Historic District Site.

The Smithtown Historical Society, holds a number of events during the year. For further information about any of their programs call 631-265-6768.

631-265-6768
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Chilli/Chowder Bowl Contest
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Nissequogue, NY – "Woodcrest"

22-acre country Estate overlooking Stony Brook Harbor and the Long Island Sound. Completely remodeled from 2001-2003 with an eye to maintaining original detail while updating this East Hampton Shingle-style home to modern day living. Enjoy complete privacy with all of the pleasures of country living at this enchanting Estate. Masterpiece Listing. SD #1. MLS# 2839062. $7,750,000.

Nissequogue, NY – "La Dolce Vita"

Majestic brick Manor waterfront Estate on 3.49 acres with captivating views of the Long Island Sound. Finest materials/finishes, exquisite millwork, gracious rooms and 6 fireplaces. Billiards room, theater, AMF bowling alley, gunite pool, cabana and 4-car garage with 2 lifts. Comfortable daily living amenities meet luxurious décor. Masterpiece Listing. SD #1. MLS# 2883652. $7,600,000.

Nissequogue, NY – Scenic River Views

Surrounded by mature trees, this spacious 4-bedroom Ranch has scenic views of the Nissequogue River three seasons of the year. Updates include newly refinished oak floors, new kitchen appliances, and 2 remodeled baths. Possible mother/daughter with proper permits. Move right in and enjoy the beauty that surrounds you. SD #1. MLS# 2874737. $549,000.

Old Field, NY – New Construction

Majestic Post Modern Colonial to be built on cul-de-sac surrounded by recently built, custom luxury homes. Brick and cedar siding, guest suite on 1st floor, 2 fireplaces and 3-car garage. Customize to your taste and color palette. Located in the Village of Old Field. Build your dream home in a wonderful Estate setting. 3VSD #1. MLS# 2898229. $3,250,000.

Nissequogue, NY – New Construction

Majestic Post Modern Colonial to be built on cul-de-sac overlooking Stony Brook Harbor. Brick and cedar exterior, guest suite on 1st floor, 2 fireplaces and 3-car garage. Time to customize to your taste and color palette. Located in the Village of Nissequoge. Build your dream home overlooking the beauty of Stony Brook Harbor. SD #1. MLS# 2898231. $4,300,000.

Nissequogue, NY – Private Beach

Magnificent Post Modern Home on 2+ acres with expansive water views of the Long Island Sound. 2-story grand hall, custom floor-to-ceiling stone fireplace, gourmet kitchen, master suite with enchanting balcony and heated saltwater pool. Exquisite details throughout. One of the few direct beach access homes in the Village of Nissequogue. SD #1. MLS# 2821918. $4,700,000.

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On Stage at Staller Center

There's always something happening at the Staller Center, University at Stony Brook. The following programs are being offered for your enjoyment. Box Office hours are 12 noon to 6 p.m., Monday through Saturday and 1-hour before ticketed performances. For tickets and information, call the Box Office at 631-632-ARTS (2787). Tickets can also be purchased 24 hours a day at www.stallercenter.com.

The University Art Gallery *(The Paul W. Zuccaire Gallery)* hours are 12 noon to 4 p.m., Tuesday through Friday and 7-9 p.m. on Saturday. For further information about Art Gallery shows call 631-632-7240.

The Department of Music features numerous performances throughout the year with over 150 *FREE* recitals. For further information call the music department at 631-632-7330.

Upcoming events at Staller Center at SUNY Stony Brook (programs subject to change):

EMERSON STRING QUARTET
Tuesday, January 31, 2016, 8 p.m.
Recital Hall | $48
Hear these artists as they bring their concert to Staller.

TAJ EXPRESS
THE BOLLYWOOD MUSICAL REVUE
Saturday, February 11, 8 p.m.
Main Stage | $48
All aboard the Taj Express for a high energy, dazzling Bollywood spectacle, and celebrate the colorful dance and music of India.

OFF BOOK / OUT OF BOUNDS
BROOKLYN RUNDFUNK ORKESTRATA
Sunday, February 19, 7 p.m.
Recital Hall | $42
This four-piece rock band and four singers bring an iconic show, with tunes electrified to perfection.

VIJAY IYER SEXTET
Saturday, February 25, 8 p.m.
Recital Hall | $42
Enjoy this Grammy-nominated composer-pianist as he weaves improvisational, sophisticated jazz in an ethereal program with cosmic rhythms.

2017 GALA
ITZHAK PERLMAN
Saturday, March 4, 8 p.m.
Main Stage | $75
The reigning virtuoso of the violin, Itzhak Perlman enjoys superstar status rarely afforded a classic musician. Not to be missed performance.

STARRY NIGHTS
Wednesday, March 8, 8 p.m.
Recital Hall | $38
Enjoy this exciting and eclectic musical program. The stars of Stony Brook – artists-in-residence, doctors of musical arts and professors of music – have made this a popular phenomenon.

continued on facing page

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RUSSIAN NATIONAL BALLET THEATRE -
CARMEN / ROMEO & JULIET
Saturday, March 11, 8 p.m.
Main Stage | $48
With over 50 dancers, this legendary company is presenting two classic stories in one spectacular evening.

THE FIVE IRISH TENORS
Saturday, March 18, 8 p.m.
Recital Hall | $42
The Five Irish Tenors fuse Irish wit and boisterous charm with lyricism, dramatic flair and operatic style to bring a unique concert extending your St. Patrick's Day celebration.

CASHORE MARIONETTES
presents SIMPLE GIFTS
Not Just For Kids
Sunday, March 26, 4 p.m.
Recital Hall | $20
Redefining the art of puppetry, Simple Gifts provides the puppeteers' vision of what it is to be human. The marionettes are truly engineering marvels.

CUISINE & CONFESSIONS
Les 7 doigts de la main
(7 Fingers of the Hand)
Saturday, April 1, 8 p.m.
Sunday, April 2, 4 p.m.
Main Stage | $42
Canada's award-winning circus/acrobat troupe, integrates an eye-popping flight of acrobatic cirque choreography and pulsating music in a kitchen setting on stage. A crowd pleaser for all ages.

EMERSON STRING QUARTET
Tuesday, April 4, 8 p.m.
Recital Hall | $48
Program to include Ravel's *String Quartet in F Major;* Berg's *String Quartet, op 3; and* Tchaikovsky's *Quartet No. 3 in Eb minor, op 30*. Program subject to change.

MARTHA GRAHAM DANCE COMPANY
Saturday, April 8, 8 p.m.
Main Stage | $48
This show will showcase masterpieces by Graham alongside newly commissioned works by contemporary artists. The oldest and most celebrated modern dance company in America.

CÉCILE MCLORIN SALVANT AND SULLIVAN FORTNER
Saturday, April 29, 8 p.m.
Recital Hall | $42
Enjoy the unique interpretations of vocalist Cécile Mclorin Salvant's rarely recorded jazz and blues compositions with Sullivan Fortner on piano.

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LIM Receives Generous Gift

Painting by Prominent Artist Added to Permanent Collection

The Long Island Museum, located at 1200 Route 25A in Stony Brook, announced that its collections committee voted to approve the acquisition of an original oil painting by artist Jane Wilson, who passed away early in 2015. The painting, titled *Storm Light*, was completed in 1993 and is a gift of Wilson's estate.

LIM's Director of Collections and Interpretation Joshua Ruff commented, "We are very happy to be one of a number of institutions that were chosen by Jane Wilson's Estate to receive her work."

Jane Wilson, *Storm Light*,1993. Oil on linen.

The Long Island Museum collections committee is composed of trustees and community advisors that meet three to four times annually to vote on new artwork and artifacts for the collection. According to Ruff, they were very excited to see the Wilson painting added to the collection.

Storm Light is the fifth example of Wilson's work to be added to the Long Island Museum's permanent collection. The museum owns four additional Wilson paintings dating from 1955 to 2000. Other institutions that own her work include the Hirshhorn Museum, the Modern Museum of Art, the Smithsonian, and the Parrish Art Museum.

Jane Wilson, who was a part-time resident of eastern Long Island since 1960, was a talented painter who merged expressionism and realism, creating memorable landscapes known most for their dramatic horizons. After her passing early last year, she was the focus (along with fellow artist Jane Freilicher) of a major exhibition at the Parrish Art Museum.

Storm Light will be highlighted as a new acquisition, on prominent display, when the Long Island Museum opens its new season on February 24, 2017.

Regular museum hours are Thursday through Saturday from 10 a.m. to 5 p.m. and Sunday from 12 noon to 5p.m. For more information about programs and exhibitions, please call 631-751-0066 or visit the museum website at www.longislandmuseum.org.

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Long Island Museum Calendar

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631-751-0066
mail@LongIslandMuseum.org
www.longislandmuseum.org

HOURS:
Thursday-Saturday,
10 a.m.-5 p.m.;
Sunday, 12 noon-5 p.m.
ADMISSION:
$10/adults,
$7/seniors 62 and older,
$5/students 6-17 years and college students with I.D.,
under 6/FREE;
2 for 1/Thursdays

Please Note: *All events are free with museum admission, unless otherwise noted. Please call 631-751-0066x212 to register where indicated. For information about becoming a museum member call 631-751-0066 x246.*

ADULT PROGRAMS AND EVENTS

Chamber Music Concert
Sunday, January 22, 5 p.m.
North Shore Pro Musica performs a chamber music program featuring music with oboe and other instruments, including a new work for oboe, soprano and piano by Peter Child. Tickets available at the door. Concert Takes place in the CARRIAGE MUSEUM'S Gillespie Room. $20/general public; $18/Pro Musica and LIM members and students.

Richard Barone in Concert
Sunday, January 29, 3 p.m.
Richard Barone's Sorrows and *Promises: Greenwich Village in the 1960s* tour. Richard Barone is an acclaimed recording artist, performer, producer and author, who was a pioneer of the indie rock scene in Hoboken, New Jersey as frontman for the much-heralded band The Bongos. Opening is Steve Addabbo, who has produced Richard's new album adding to a list of producing credits including Suzanne Vega, Shawn Colvin and Eric Andersen. Advance sale tickets are $25 at sundaystreet.org. $30 cash at the door.

Please Note:
THE ART MUSEUM will be closed through February 23, 2017 for installation of two new exhibitions. The Carriage Museum is closed through February 1, 2017.

THE CARRIAGE MUSEUM is open February 2-18, Thursdays through Sundays, 12 noon-5 p.m. and Thursday, February 23, 11 a.m.-5 p.m.

ADMISSION IS FREE
through February 23, 2017

EXHIBITIONS

LIMarts: Inspired By...
Through January 29, 2017
LIMarts: a collaborative arts group, a membership initiative of the LIM, returns this year with its annual members' exhibition, *Inspired By....* Come see what inspires the LIMarts members this fall and take part in a unique opportunity to support the Long Island visual artists and artisans community. New artist/members are welcome to join. For more information about LIMarts and for submission guidelines, please call 631-751-0066 x285 or email development@longislandmuseum.org.

Ongoing
THE CARRIAGE MUSEUM
Eight galleries housing more than 100 horse-drawn vehicles and related artifacts explore the history of transportation before the automobile became the everyman's primary mode of transportation in the U.S.

***Bayman's Art* – Ongoing**
VISITOR'S CENTER
The Bayman's Art gallery replicates an authentic Long Island wetlands environment as a "natural habitat" for the display of shorebirds and duck decoys. An early 20th century bayman's shack, complete with tools, furnishings and decoys in various stages of completion, illustrates the process and methods used by carvers. A wonderfully preserved North Shore duck boat and a saltmarsh diorama is based on Effie's Hole, a small cove in eastern L.I. where duck hunting was a mainstay of life.

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The Jazz Loft Happenings

The Jazz Loft at Stony Brook, located at 275 Christian Avenue in Stony Brook, is an exhibition, preservation, education and performance center which houses a vast collection of jazz memorabilia. The Jazz Loft hosts jam sessions, lectures on jazz and presents a variety of concerts. Some of the concerts in the coming months are sponsored by Olivia and Harlan Fischer of Head of the Harbor.

The Jazz Loft is open Thursday through Saturday, 12 noon to 5 p.m.

Tickets: Adults/$10; seniors 62+/$7; students/$5; children 12 and under are free.

For additional information & tickets visit www.thejazzloft.org or call 631-751-1895.

EVENT SCHEDULE

Thursday, January 19, 7 p.m.
Rich Iacona's Bad Little Big Band, Tickets: $20/adults, $15/seniors, $10/students

Friday, January 27, 7 p.m.
Bill Rignola Quartet
Tickets: $20/adults, $15/seniors, $10/students

Wednesday, February 1
Jam Session featuring the Jazz Loft Jazz Band, 7 p.m./$10. Open Jam from 8-9:30 p.m./$5.

Thursday, February 2, 7-9:30 p.m.
Jazz Loft Big Band
Tickets: $20/adults, $15/seniors, $10/students.

Saturday, February 4, 7:30 p.m.
Swing Dance Long Island presents a beginner swing dance lesson 7:30 p.m.; 8 p.m. band starts - *The City Rhythm Orchestra*. Tickets should be purchased at the door the night of the event.

continued on facing page

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ARTS & ENTERTAINMENT

continued
Wednesday, February 8
Jam Session featuring the Jazz Loft Jazz Band, 7 p.m./$10. Open Jam from 8-9:30 p.m./$5.

Thursday, February 9, 7 p.m.
The Blue Devils
Tickets: $20/adults, $15/seniors, $10/students

Wednesday, February 15
Jam Session featuring the Jazz Loft Jazz Band, 7 p.m./$10. Open Jam from 8-9:30 p.m./$5.

Thursday, February 16, 7 p.m.
Rich Iacona's Bad Little Big Band, Tickets: $20/adults, $15/seniors, $10/students

Saturday, February 18, 7-9:30 p.m.
Jazz Concert featuring Andrea Veneziani and Kenny Werner. Tickets: $25/adults, $20/seniors, $15/students

Wednesday, February 22
Jam Session featuring the Jazz Loft Jazz Band, 7 p.m./$10. Open Jam from 8-9:30 p.m./$5.

Thursday, February 23, 7 p.m.
Big Band Night featuring Interplay Jazz Orchestra.
Tickets: $25/adults, $20/seniors, $15/students

Friday, February 24, 7 p.m.
Bill Rignola Quartet
Tickets: $20/adults, $15/seniors, $10/students

Monday, February 27, 7:30 p.m.
Jazz Concert with Joe Lovano and Dave Douglas Quintet.
Tickets: $40/adults, $35/seniors, $30/students

Thursday, March 2, 7-9:30 p.m.
Jazz Loft Big Band
Tickets: $20/adults, $15/seniors, $10/students.

Saturday, March 4, 7:30 p.m.
Swing Dance Long Island presents a beginner swing dance lesson 7:30 p.m.; 8 p.m. band starts - *Professor Cunningham and the Old School*. Tickets should be purchased at the door the night of the event.

Thursday, March 9, 7 p.m.
The Blue Devils
Tickets: $20/adults, $15/seniors, $10/students

Thursday, March 16, 7 p.m.
Rich Iacona's Bad Little Big Band, Tickets: $20/adults, $15/seniors, $10/students

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MONDAY-SATURDAY (EXCLUDING HOLIDAYS)

Programs Offered at the Library

The Smithtown Library offers a variety of programs during the upcoming weeks and months. The Library has **one number (631-360-2480)** which will connect callers to all four Library buildings. The Main Branch, is located at 1 North Country Road, Smithtown. The Nesconset Branch (Administration Business Office) is located at 148 Smithtown Blvd., Nesconset. The Commack Branch is located at 3 Indian Head Road, Commack. The Kings Park Branch is located at 1 Church Street, Kings Park. Call for Library hours.

For more information visit the library website at www.smithlib.org.

You may register at the above phone number for programs unless otherwise noted.

REGISTRATION INFORMATION

In-person, online and telephone registration for all programs is ongoing. Registration is required unless otherwise noted. Programs that require fees can be paid by credit card, cash, check or money order to The Smithtown Library. To pay by credit card, use the online payment option. For more information about paying by credit card, see the Library website. If paying in cash, bring exact change only. Program fees are non-refundable and non-transferable.

2017 LONG ISLAND ROOM PROGRAM AND EXHIBIT SERIES
Long Island at War

SMITHTOWN

The year 2017 marks 100 years since the United States' entry into World War I. To commemorate this anniversary, the Long Island Room will examine, through its annual program and exhibit series, Long Island's participation in the nation's various war efforts starting with World War I.

MOVIE MATINEES

NESCONSET
Wed., Jan. 18, 1 p.m.
Southside With You
Rated: PG; Runtime 80 min.

SMITHTOWN
Fri., Jan. 20, 2 p.m.
Denial
Rated: PG-13,
Runtime: 110 min.

Fri., Jan. 27, 2 p.m.
The Light Between Oceans
Rated: PG-13; Runtime 133 min.

Call for additional dates, times and movies

BOOK DISCUSSION GROUPS

Tea-rrific Reads Book Discussion
NESCONSET
Tues., Jan. 24, 2:15-3:15 p.m.
The Nightingale by Kristin Hannah. Call for additional books, dates and times. *Registration encouraged.*

Killer Reads
Book Discussion Group
NESCONSET
Call for books, dates and times. *Registration encouraged.*

Smithtown Book Discussion Group
SMITHTOWN
Thurs. Jan. 19, 10:15-12:15 p.m.
Paris Wife by Paul McLain. Call for additional books, dates and times. *No registration required.*

A Novel Idea
Book Discussion Group
SMITHTOWN
Wed., Jan. 25, 2:30 p.m.
My Name is Lucy Barton by Elizabeth Strout. Call for additional books, dates and times. *Registration encouraged.*

Sports Page
Book Discussion Group
SMITHTOWN
Mon., Feb. 6, 10:30-12:30 p.m.
Men in Green by Michael Bamberger. Call for additional books, dates and times. *No registration required.*

Historical Non-fiction
Book Discussion Group
SMITHTOWN
Thurs., Jan. 26, 10:30-11:30 a.m. or 2:30-3:30 p.m.
To End All Wars: A Story of

continued on page 48

ONGOING GUIDED MEDITATION GROUP ~
Meditators Welcome Intuition, Creativity, Understanding Inner Peace
Tuesdays, 1/24, 2/7 ~ 7:30-9:30 pm ~
Deposit required to hold your spot
YOUR ENERGY CENTERS:
CHAKRAS ~ YOUR HEALTH DEPENDS ON THEM
Introductory Workshop Overview of all Chakras.
Tuesday, *1/31/17 ~ 7:30-9:30 pm (*Note: Date has changed)
Deposit required to hold your spot
ASTROLOGICAL INSIGHTS ~
Chart, Intuitive Interpretation: Advanced payment required

Judith S. Giannotti, M.A., R. Hy. – Smithtown
631.724.9733
Information, Registration:
Visit: www.lightawakenings7.com

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ST. JAMES "PRIDE OF OWNERSHIP"

Mint St. James Estate Ranch features many updates. Oak eat-in-kitchen, living room, 3 BRs, full bath. Thermopane windows, gas heating and CAC. Architectural roof and oak floors. Full basement, 1 car garage. 1/4 acre. **$359,900.**

SMITHTOWN "VILLAGE OF THE BRANCH"

4 BR, 1.5 bath expanded Split Level home. Living room, formal dining room, kitchen. Lower level walk out. Den. Architectural roof. Updated boiler. 200 amp electric. One car attached garage, Convenient to town. **$435,000.**

ST. JAMES "ST. JAMES PROPER"

Lovely Sprawling Ranch. Large family room with fireplace, updated country eat-in-kitchen, formal living room, 4 BRs, 3.5 baths, basement, CAC, large deck with hot tub. Architectural roof, level treed 1/2 acre. Possible M/D w/proper permits. St. James Proper. **$469,000.**

SMITHTOWN NORTH "ON THE GOLF COURSE"

Two parklike acres. Contemporized Colonial with open and airy floor plan, large rooms thru-out. Master BR with whirlpool tub, 2 additional BRs, 2.5 baths, LR with fireplace, FR with fireplace. eat-in-kitchen. HW floors. Vaulted ceiling. Full walk out basement. Large deck. 2.5 car garage. Reduced. **$549,000.**

HEAD OF HARBOR "BUILDING LOT"

Beautiful wooded secluded 3.69 acre property. All cleared & ready to build. Backs to 2+ acres of protected conservation land. 3V Schools, Includes all permits, plans for 4,600 sq. ft. Colonial w/3 car garage. **$399,000.**

ST. JAMES "REDUCED PRICE"

Property zoned Central Business. Property is 70' wide x 311' deep (.48 acre). Excellent exposure on North Country Rd. (Rte. 25A) Ideal to build for either wet or dry retail or office use. Must See. **$399,000.**

COMMERCIAL RENTALS

ST. JAMES. Zoned WSI. Free standing bldg. Great exposure on Middle Country Rd. 148' road frontage. 1,100 sq.ft. 1st floor. Front blacktop parking. 200 amp electric. **$1,750** + electric & 40% gas heat

ST. JAMES. Great exposure on Lake Ave. Across from 7-11. 400+/- sq. ft. 1st floor unit in free standing bldg. Ideal dry retail or office **$1,300** inc. all

ST. JAMES. Great exposure on Rte 25A. Free standing bldg. w/front parking. 750 sq. ft. unit. Dry use office or retail. **$1,700**+ utils.

SMITHTOWN. Free standing 1 story bldg. 1,425 sq. ft. unit. Excellent exposure. Adjacent large community parking lot. Two half baths. Great retail or office. **$2,900** includes utils.

SMITHTOWN. Office Rental. Free standing bldg. Newly remodeled 435 sq. ft. Office. Private entrance & bath. 2nd floor unit. Excellent exposure on Rte. 25. **$850** mo + utils.

OTHERS AVAILABLE – CALL FOR DETAILS

ST. JAMES.
"COMMERCIAL / NURSERY / GARDEN CENTER"

2 story free standing bldg. w/excellent exposure on Rte. 25A. High visibility at traffic light. Large hoop house & green house. All CO's in place. 302' road frontage. Blacktop parking. Ready to open for business. Taxes $10,730. **$875,000.**

ST. JAMES.
"COMMERCIAL PROPERTY"

.79 acre property zoned Central Business to a depth of 300'. Nice level lot. Ideal for commercial redevelopment. Small cottage & barn on property. Assumable mortgage. 25A exposure. **$675,000.**

CALL FOR A FREE MARKET ANALYSIS

Library Programs

continued from page 46
Loyalty and Rebellion, 1914-1918 by Adam Hochschild. *In person registration only.*

International Literature Book Discussion Group
SMITHTOWN
Tues., Jan. 31, 7:30-8:30 p.m.
Say You're One of Them by Uwem Akpan. *Registration encouraged.*

BUS TRIP

***THE WONDERS OF HOLLAND* AT THE PHILADELPHIA FLOWER SHOW**
SMITHTOWN
Tues., Mar. 14,
6:45 a.m.-7:30 p.m.
Fee: $84 per person includes all expenses and gratuities.

Enjoy this popular bus trip to the Philadelphia Flower Show! This year's theme, *The Wonders of Holland*, shares diverse stories of horticulture, innovative eco-design and modern urban greening and sustainability efforts of the Netherlands. The Philadelphia Flower Show is the longest running and largest indoor flower show in the world. You will be treated to fabulous design and events including live entertainment, culinary demonstrations, gardening how-to workshops and lectures by experts. Meet a staff member in the Smithtown Main Building parking lot to board the bus at 6:45 a.m. Lunch is on your own at the Flower Show or visit Reading Terminal Market located across the street from the Flower Show. Depart the Flower Show at approximately 4:30 p.m. to return home.

ADULT PROGRAMS

BUSINESS BASICS
SMITHTOWN
Wed., Jan. 18, 2-3 p.m.
This program will address how to start a small business and resources available to you through the New York Small Business Development Center (SBDC) and The Smithtown Library.

ANCESTRY LIBRARY EDITION
SMITHTOWN
Thurs., Jan. 19, 7-8 p.m.
Start your genealogy research at the Library. Learn how to search birth records, marriage records, death records, census lists, immigration records, military records and more using the Ancestry Library Edition.

TRASH OR TREASURE ANTIQUES ROADSHOW
NESCONSET
Sat., Jan. 21, 2-4 p.m.
Is the antique you have been saving a valuable or just junk? You will learn to tell the difference in this educational and entertaining lecture by Eddie and Jean Costello. Each patron may bring one item for appraisal. Please do not bring coins, bills or stamps for appraisal.

RESOURCES FOR SENIORS
SMITHTOWN
Mon., Jan. 23,
10:30 a.m.-12 p.m.
Hear from local professionals on elder law and estate planning,
continued on facing page

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OF ST. JAMES
Dr. Gary DiBenedetto
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Colic? Bed wetting? Take medications?
Headaches? Not Healthy?
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Just stop by & change your child's life forever!
Family Friendly Fees
320 Lake Ave., Front Office (across from the Post Office)

Library Programs

continued
senior safety and prevention and retirement income.

GOOGLE CALENDAR
SMITHTOWN
Mon., Jan. 23, 7-8 p.m.
Keep your personal and professional life organized with Google Calendar. Learn how to create events, set reminders, invite others to your events and share your calendar with others.

HIKING LONG ISLAND IN WINTER
SMITHTOWN
Thurs., Jan. 26, 7-8:30 p.m.
Learn about the many hiking opportunities on Long Island. Author Lee McAllister will discuss the geology, history, flora, fauna and topographical features that make Nassau and Suffolk Counties such interesting places to take a hike at any season.

LEAGUE OF WOMEN VOTERS PRESENTS A MOVIE AFTERNOON
NESCONSET
Fri., Jan. 27, 1-3:30 p.m.
Women in New York State won the right to vote in 1917 after decades of struggle. Launch the centennial celebration by joining the Smithtown League of Women Voters and watch Iron Jawed Angels, the true story of Alice Paul and Lucy Burns. This film gives a fresh and contemporary look at a pivotal event in American history, the story of how a pair of defiant and brilliant young activists took the women's suffrage movement by storm, putting their lives at risk. A brief discussion with the Smithtown League will follow.

GOOGLE DRIVE AND DOCS
SMITHTOWN
Sat., Jan. 28, 11 a.m.-12 p.m.
Build documents with Google Drive, a free alternative to Microsoft Word. Learn how to create new documents and add special features such as headers, footers, page numbers, images and more. You will also learn how to share documents, collaborate with others and store and organize documents in Google Drive. A Google or Gmail account is required.

WOK AND ROLL
SMITHTOWN
Mon., Jan. 30, 6:30-8:30 p.m.
Fee: $5 per person.
Celebrate the Chinese New Year with Simply Creative Chef Rob Scott. Learn how to make Asian orzo vegetable salad,
continued on following page

Library Programs

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Oriental coleslaw with roasted peanuts and barbequed chicken lettuce cups.

CAREERS IN CIVIL SERVICE
NESCONSET
Tues., Jan. 31, 6-8 p.m.
You will discover the variety of career opportunities available, how to navigate the civil service website and how to apply for examinations.

VALENTINE'S DAY CHALKBOARD SIGN
NESCONSET
Thurs., Feb. 2, 7-8:30 p.m.
Fee: $7 per person
Choose from a variety of designs to create your own Valentine's Day-themed chalkboard sign.

ONGOING ADULT PROGRAMS

ADULT GAME DAY
SMITHTOWN
Fri., Jan. 20, 27, 11-1:30 p.m.
NESCONSET
Mon., Jan. 23, 30, 12-3 p.m.
Call for additional dates and times.
We provide the space, tables and chairs. Bring your friends and board or card games to play. Space is limited and is available on a first-come, first-served basis. *No registration required.*

ADULT WRITERS GROUP
SMITHTOWN
1st Tuesday of every month, 7 p.m.
Call for dates
Meet each month to share ideas and get feedback on your latest efforts. Program is free and open to all regardless of library district. *No registration required.*

ART GROUP
SMITHTOWN
Tues., Jan. 24, 31, 12-2:15 p.m.
Call for additional dates and times.
Weekly group will work on independent projects. *No registration required.*

OPEN KNIT AND CROCHET NIGHT
NESCONSET
Call for dates and times
Join this local group and enjoy a friendly and informal get-together. Experienced crafters and beginners welcome to knit and crochet with other enthusiasts. *No registration required.*

AARP DEFENSIVE DRIVING CLASSES
SMITHTOWN
Thurs., Feb. 9, 10 a.m.-5 p.m.
KINGS PARK
Call for dates and times
NESCONSET
Sat., Feb. 4, 9 a.m.-4 p.m.
Phone, online and in-person registration for the next two months of classes is ongoing. Classes are open to Smithtown Library cardholders only until 1 week prior to the program, when, space permitting, all individuals regardless of library district are welcome to register. Open to all adult drivers regardless of age.
Fee: $20 with an AARP membership card; $25 without. Check or money order only made out to AARP is due to the instructor at the beginning of class. Must have a library card to register; one registration per library card.

TEEN PROGRAMS GRADES 6-12
The Smithtown Library offers a variety of programs geared toward teens. Join one or join all – you're sure to have a great time! (*In-person, online or telephone registration for all programs is required and ongoing.*)

TEEN VOLUNTEER OPPORTUNITIES
A variety of volunteer opportunities will be offered at the Library throughout the year. One hour of community service will be given. *Register for this program. Call for dates and volunteer opportunities.*

YOUNG ADULT PAINT NIGHT
NESCONSET
Thurs., Jan. 19, 7-8:30 p.m.
Fee: $5 per person
This is a painting class for
continued on page 52

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11780

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Library Programs

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teens who want to learn the basics of painting. In this class, you will be shown step-by- step how to create your own masterpiece that you can be proud of and take home at the end of the night. Fee: $5.00 per person.

BUILD A CLAY SNOWMAN
SMITHTOWN
Mon., Jan. 23, 4:30-5:30 p.m.
Make your own snowman or snowwoman complete with accessories from an assortment of clay. Materials are supplied. All you need to bring is your imagination.

CAREER SERIES
Being a Science Major
SMITHTOWN
Wed., Jan. 25, 7-8 p.m.
Do you love science? Dr. Elizabeth M. Boon (Ph. D. California Institute of Technology) professor of Chemistry at Stony Brook University, would like to share with you her enthusiasm and advice about studying science. Dr. Boon has received several awards for her research including the Presidential Early Career Award for Scientists and Engineers (PECASE).

Being a Math Major
SMITHTOWN
Wed., Feb. 8, 7-8 p.m.
Are numbers your strong point? Is math your favorite subject? Then let associate professor Moira Chas, Stony Brook University, enlighten you about life as a math major in college and beyond.

'TWEEN TECH-LAB
SMITHTOWN (10-12 years)
Thurs., Feb. 2, 4:30-5:15 p.m.
Come to the new computer lab for assistance using Microsoft Word, Excel, PowerPoint or Publisher. *No food or drinks are permitted in the lab.*

SAT REVIEW
SMITHTOWN
Mon., Feb. 6, 13, 27, Mar. 6
6-8:30 p.m.
Fee: $88 per person.
Over 2 million students will be taking the SAT this year; if you're one of them, how prepared are you? This indispensable 4-week course will be led by long-time
continued on facing page

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continued
SAT instructors. Includes a study book. There will be no session on Monday, February 20 in observance of Presidents' Day.

VOLUN-TWEENS
NESCONSET (10-12 years)
Thurs., Feb. 9, 6:30-7:15 p.m.
Volunteer your time to make Valentine cards and crafts for those in a local nursing home.

GALENTINE'S DAY FOR TEENS
NESCONSET
Sat., Feb. 11, 11 a.m.-12 p.m.
Enjoy a morning of pampering and create your own DIY bath bombs and body scrubs. Since essential oils will be used, please note any allergies upon registration.

CHILDREN'S PROGRAMS

Register in person, online or by phone for all Children's Programs – 631-360-2480 unless otherwise noted. Call the library for dates and times and age restrictions for ALL programs.
Visit the Library website at www.smithlib.org for a complete program listing and additional details or go to the library and pick up a program flyer.
Note: Each child must have his/her own Library card to register for programs.

For School Age Children
A variety of literature-based programs which include a wide range of activities are offered throughout the school year. Each children's department provides specialized programs, unique to each branch.

SNOWFLAKE STORYCRAFT
SMITHTOWN (2-4 years w/adult)
Thurs., Jan. 19, 10-10:45 a.m.
Listen to snow stories and make a cotton snowflake.

SENSORY STORYTIME
NESCONSET (3-5 years w/adult)
Thurs., Jan. 19, 2:30-3:15 p.m.
Enjoy a hands-on approach to learning through exploring our sensory boxes and participate in a storytime. The enthusiasm in this program is palpable. Dress to make a mess.

BIRTHDAY STORYTIME
SMITHTOWN (3-5 years w/adult)
Fri., Jan. 20, 11-11:30 a.m.
We're celebrating everyone's birthday today. Listen to birthday

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Library Programs

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stories, enjoy a birthday treat and sing Happy Birthday.

BIRCH TREE ART
NESCONSET (7-10 years)
Fri., Jan. 20, 4:30-5:15 p.m.
Create a beautiful winter scene using tape, paint and buttons. *Dress to make a mess.*

ONCE UPON AN AUTHOR
NESCONSET (3-5 years w/adult)
Sat., Jan. 21, 10:30-11:15 a.m.
Enjoy a favorite children's author. Read stories and create a special project based on one of the author's books. *Dress to make a mess*.

GINGERBREAD STORYTIME
SMITHTOWN (5-7 years)
Sat., Jan. 21, 11-11:30 a.m.
Read some fun stories about the gingerbread man while enjoying some delicious gingerbread cookies.

SNOWMEN AT NIGHT ART
SMITHTOWN (8-12 years)
Tues., Jan. 24, 7-7:45 p.m.
Using pastels, learn to draw your own snowman based on the book *Snowmen at Night*.

FREEZE IT
NESCONSET (3-5 years w/adult)
Wed., Jan. 25, 2:30-3:15 p.m.
Enjoy the freeze at the Library! Read icy cold stories, use frozen paint for crafting and play ultimate freeze dance.

HELLO KITTY & FRIENDS
SMITHTOWN (3-5 years w/adult)
Wed., Jan. 25, 2:30-3:15 p.m.
Do you love *Hello Kitty*? If so, come to the Library for a special program featuring this adorable feline. Read fun stories and create some *Hello Kitty* crafts.

HIP HOP BABY
NESCONSET (3-18 months w/adult)
Thurs., Jan. 26, 11-11:30 a.m.
Boogie and bounce along with your baby during this interactive movement and music class. The littlest movers will enjoy wiggling and giggling.

DRAGON TALES
NESCONSET (6-8 years)
Sat., Jan. 28, 10:30-11:15 a.m.
Happy Chinese New Year! Celebrate the Year of the Rooster with stories and create a lucky dragon work of art.

BALLERINAS AND BOOKS
SMITHTOWN (5-7 years)
Sat., Jan. 28, 2:30-3:15 p.m.
Do you love ballet? Then come read some terrific ballet tales and afterwards, design your own popsicle-stick ballerinas.

POPSICLE ART
SMITHTOWN (8-11 years)
Mon., Jan. 30, 4:30-5:15 p.m.
Take simple popsicle-sticks, color and design them with markers and then arrange and glue to create an abstract artwork.

GROUNDHOG DAY CELEBRATION
SMITHTOWN (5-7 years)
Tues., Jan. 31, 4:30-5:15 p.m.
Will the groundhog see its shadow this year, signifying a long winter? We will read stories about this holiday and afterwards, make a related craft.

WINTER WHIMSY
NESCONSET (3-5 years w/adult)
Thurs., Feb. 2,
11-11:45 a.m.
OR 2:30-3:15 p.m.
Warm up with stories and use puffy snow paint to make a glittering art project that celebrates the magic of winter. *Dress to make a mess. Please register for only one session*.

STORYTIME WITH PEPPA PIG
SMITHTOWN
(Families w/children under 12)
Sat., Feb. 4, 11-11:30 a.m.
Today is Take Your Child to the Library Day. Enjoy a special storytime with a guest appearance by Peppa Pig. Bring your cameras for photos with this loveable character.

continued on facing page

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Library Programs

continued

***JUNIE B. JONES FIRST GRADER AT LAST* BOOK CHAT**
SMITHTOWN (5-7 years)
Fri., Feb. 3, 4:30-5:15 p.m.
Read the book and come to the program for a fun discussion while creating a project.

SUPER BOWL FUN
SMITHTOWN (5-7 years)
Sat., Feb. 4, 3-3:45 p.m.
Listen to football stories and stitch your very own 3-D paper football to bring home.

MEET AND GREET WITH DANIEL TIGER
NESCONSET
(Families w/children under 5)
Sat., Feb. 4, 10:30-11:30 a.m.
Ugga Mugga! Daniel Tiger will be visiting the Nesconset Branch for Take Your Child to the Library Day – bring your camera for a photo opportunity and complete grrr-ific crafts. *No registration required.*

ONGOING PROGRAMS

ArtSpace
SMITHTOWN (8-12 years)
Call for dates and times
This program encourages children to explore their creativity through experimenting with a variety of artistic styles and mediums.

Art Starts
NESCONSET (2-4 years w/adult)
Fri., Jan. 27, 11 a.m
SMITHTOWN (2-4 years w/adult)
Call for dates and times
Different crafts that encourage children's hand-eye coordination and gross and fine motor skills. *Dress to make a mess.*

Creation Station
SMITHTOWN (under the age of 12)
Saturdays, 10 a.m.-4 p.m.
Call for dates.
Come to the Library during these hours and complete some cool crafts. *No registration required.*

Fun for 4s & 5s
SMITHTOWN (4-5 years)
Tues., Jan. 24, 11 a.m.
Call for additional dates and times.
There's no better time to engage your child in the world of books and the imagination. This program is designed for children who can listen independently.

Homework Help
NESCONSET (6-10 years)
Thurs., Jan. 19, 26, Feb. 2
4:30-5:30 p.m.
Do you have the homework

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Library Programs

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blues? Need help studying for an upcoming test? Let qualified teen volunteers help you with homework, studying and projects. Bring your work to the Library and leave feeling accomplished.

LEGO League
SMITHTOWN (5-12 years)
Mon., Jan. 23, 4:30-5:15 p.m.
Call for additional dates and times
Do you enjoy building things? Using LEGOs and your imagination, you can create and build many wonderful things. We supply the LEGOS.

Nursery Rhyme Time
(birth-35 months w/adult)
SMITHTOWN
Sat., Jan. 21, 28, 10-10:30 a.m.
NESCONSET
Call for dates and times.
Enjoy a traditional time of nursery rhymes and songs for baby. *Siblings are welcome.*

Pajama Storytime
SMITHTOWN (3-6 years w/adult)
Tues., Jan. 3, 7-7:30 p.m.
Call for additional dates and times.
Want to come to the Library in your pajamas? Enjoy some stories and songs and bring a favorite stuffed animal if you'd like. Siblings are welcome. *No registration required.*

Terrific Threes
SMITHTOWN
(36-47 months w/adult)
Call for dates and times
Enjoy free play, stories, crafts and circle time. *Siblings are welcome.*

Time for Twos
SMITHTOWN
(24-35 months w/adult)
Thurs., Jan. 26, 10-10:45 a.m.
NESCONSET (24-35 months w/adult)
Call for dates and times
Build social skills in a relaxed, friendly environment, includes free play, songs, stories and a craft. *Siblings are welcome.*

Wonderful Ones
SMITHTOWN
(12-23 months w/adult)
Fri., Jan. 27, 10-10:45 a.m.
NESCONSET (12-23 months w/adult)
Tues., Jan. 31, 11-11:45 a.m.
Call for additional dates and times.
This action-packed program engages little ones in language based activities; includes free play, stories and fun! *Siblings are welcome.*

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POETRY OUT LOUD COMPETITION...

Congratulations to Juniors Isabella Benrubi and Kyle Pursaud for winning the 2016 Poetry Out Loud competition at The Knox School in St. James. Poetry Out Loud is an annual competition that requires students to recite poems from memory. These two students will go on to compete at the district level at Stony Brook University. Knox students that also participated include: Brandon Persaud, Isai Bala, Daniel Leach, Tess Pruzan, Aric Liu, Tiffany Chu, Mateja Markovic and Annie Kong. The Knox School has participated for almost a decade now and truly enjoys having their students develop skills not only in reading, analyzing and reciting poetry but also in public speaking and presentation. Poetry Out Loud winners, Isabella Benrubi and Kyle Pursaud are pictured with Ms. Donna Pergola, Chair of the English Department at The Knox School. For additional information visit www.knoxschool.org or 631-686-1600 x425.

Save the Date – Annual Pre-School Fair

The Town of Smithtown School Age Child Care (SACC) department will hold their annual Nursery School Fair on Wednesday, January 25, 2017 at the Main Branch of the Smithtown Library, located at 1 North Country Road in Smithtown from 10 a.m. to 12 noon (snow date 3/22/17).

The fair offers parents an opportunity to gather information and to ask questions about various programs offered by the preschools within the Smithtown area.

For additional information call SACC at 631-360-7517. *Parents do not need to register for this fair.*

Empire College Information Sessions for Adults

Empire State College, of the State University of New York, will hold public information session(s) about its associate and bachelor's degree programs at its Hauppauge location, New York State Office Building, Room 1A11, 250 Veterans Memorial Highway, Hauppauge on Thursday, January 26, 2017 at 6 p.m. For more information and additional dates, please call 516-997-4700, ext. 4068.

SUNY Empire State College was established in 1971 to offer adult learners the opportunity to earn associate, bachelor's and master's degrees from the State University of New York. Students learn through independent studies, online courses, seminars and residencies. Learners also may earn credit for prior college-level learning from work and life experience.

For additional information, visit www.esc.edu.

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MONEY MATTERS

Investment Tips for "Millennials"

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

If you are a "millennial" – a member of the age cohort born anywhere from the early 1980s to the late 1990s – then you're still in the early chapters of your career, so it may be a stretch for you to envision the end of it. But since you do have so many years until you retire, you've got the luxury of putting time on your side as you save and plan for retirement.

Here are some suggestions for making the best use of that time:

- **Invest early – and often**. Even if you are at the very beginning of your career, make investing a priority. At first, you might only be able to contribute a small amount each month, but something is far better than nothing – and after a year or so, you might be surprised at how much you've actually put away.
- **Take advantage of your employer's retirement plan**. If your employer offers a 401(k) or similar plan, contribute as much as you can afford. At the least, put in enough to earn your employer's match, if one is offered. Your contributions can lower your taxable income, and your earnings can grow on a tax-deferred basis.
- **Invest more as your earnings increase.** As your career advances, and your earnings rise, you'll want to increase your contributions to your 401(k) or similar plan. And if you ever "max out" on your annual 401(k) contributions (the limits change over time), you can probably still contribute to another tax-advantaged retirement plan, such as a traditional or Roth IRA.

Thus far, we've only discussed, in general terms, how much and how often you should invest. But it's obviously just as important to think about the type of investments you own. And at this stage of your life, you need an investment mix that provides you with ample opportunities for growth. Historically, stocks and stock-based vehicles provide greater growth potential than other investments, such as government securities, corporate bonds and certificates of deposit (CDs). Of course, stocks will rise and fall in price, sometimes dramatically. But with decades ahead of you, you do have time to overcome short-term losses. And you may be able to reduce the effects of

continued on facing page

Markets Change.
Are You Prepared?

When you stop and look back at what's happened in the markets, it's easy to realize how quickly things can change. That's why we should schedule some time to discuss how the market can impact your financial goals. We can also conduct a free portfolio review to help you decide if you should make changes to your investments and whether you're on track to reach your goals.

Stop by or call today to schedule your free review.

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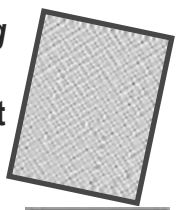

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MONEY MATTERS

continued
market volatility by spreading your dollars among many different stock-based investments, along with a reasonable percentage of bonds and other, more conservative securities.

Here's something else to consider: Many millennials want more from their investments than just good performance – they also want their money to make a difference in the world. This interest in "impact" investing (also known as "socially responsible" investing) has led some of your peers to screen out companies or industries they believe have a negative impact on society in favor of other businesses that are viewed as contributing to a more sustainable world. If this viewpoint resonates with you, then you may want to explore these types of investment opportunities with a financial professional.

But most importantly, keep on investing throughout your life. As a millennial, you've got plenty of the one asset that can never be replaced: *time*. Use it wisely.

Editor's Note:
Money Matters is a monthly feature written by Scott Posner, CFP, CRPC, A.A.M.S., an investment representative with Edward Jones Investments. This 130-year-old firm has over 10,000 offices around the world with one here in town at 542 North Country Road in the Old St. James School House. Mr. Posner has serviced both personal and institutional investors for over 31 years. For more information, or to request topics for future columns, call 631-862-2020.

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DESIGN IDEAS:
Clutter and the New Year

by Natalie Weinstein, Allied ASID, IDS

The New Year may bring sweeping changes to our country and the world. Without question, it will certainly be an interesting 2017. Much of what happens is beyond our control – but there is one place where we are in control, or should be – our home. January, as we all know by now, is the month for new beginnings – new resolve – and the desire to "clean up our act." We'll get organized and get rid of all that clutter around us. So how long will our resolve last and what actions can we take to create change?

Action is the critical word. Even one small action and the great feeling of accomplishment that follows can trigger a whole set of actions! So where to begin to help us succeed when we feel overwhelmed?

1) You must really want to change, so stop being defensive and making excuses.
2) Start by making a plan of what's needed to be done that works for your schedule (even if you don't know exactly where to start – start somewhere!)
3) Allot a block of time when you won't be rushed or pressured (Get into some comfortable clothes and put on some music).
4) Assign a manageable task (cleaning out one drawer, one closet, etc.).
5) Accomplish this task by not only organizing what's in that space, but by throwing out or giving away what's no longer used or needed.
6) Reward yourself (take a hot bath, get a massage, buy something new to put in the space you cleaned) or – feel so good that you want to continue and tackle another space!
7) Don't overdo it physically, or emotionally.
8) Plan the next time and project and set-up a future schedule.
9) Always keep the larger goal in mind, but reach it by continuing to accomplish a series of smaller, more manageable tasks.
10) Now that you've got the hang of it, try to always keep clutter under control. If a space takes no more than 15 minutes to clean up, you're a winner!

You will discover that organizing is like a game. Once you learn the rules and play it for a while, you can get really good at it. And when you're able to let go of your stuff, you'll feel happier and so will those around you; you'll even feel lighter.

It's also a fact that one successfully accomplished resolution generally leads to another. So, if your reward for getting organized is a gym membership instead of a hot fudge sundae, 2017 might be your best year ever, no matter what else is going on around you.

Kick-start your clutter cleanup! RSVP for one of these sessions: Sunday, January 22 or Sunday, January 29; Sessions are: 1-2:30 p.m.
RSVP now at: www.uniquelynatalie.com. Limit 20 per session at Uniquely Natalie Quality Consignment, 176 Second Street, St. James, NY 11780, 631-686-5644

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.natalieweinstein.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@natalieweinstein.com. For more information about Uniquely Natalie Quality Consignment, call 631-686-5644 or visit www.uniquelynatalie.com.

NATURALLY SPEAKING

It's Winter... Enjoy Its Beauty... As We Plan for Spring

by June A. Liardi

"Winter came down to our home one night quietly pirouetting in on silvery-toed slippers of snow, and we, we were children once again." –Bill Morgan Jr.

February, a short, little month, but usually packed with very cold temperatures along with ice and snow is almost here so we might as well embrace it. Bundle yourself up and take a hike in the woods. Its quiet, stark beauty will give you peace and with all the foliage gone you can enjoy the structure of all the different trees. If you go early in the morning or near dusk, look up in the trees, you may see an owl who is looking for a meal.

After your hike, snuggle up with your hot chocolate or tea and that pile of garden catalogs. There are more and more deer around in our area so, again, here is a list of some plants that deer tend to avoid. I say avoid because deer's eating habits tend to change with the seasons, so no plant seems to be 100% safe – but we can try.

For trees, shrubs and vines: Butterfly bush, Clematis, Dwarf Norway spruce, and Holly. For perennials try: Adams needle, Agastache, Blue Cardinal flower, Catmint, Foxglove and Speedwell; and for annuals try: Angel's Trumpet, Canna, Forget-Me-Not, Firecracker plant, Heliotrope and Larkspur. When planting bulbs: Allium, Autumn crocus, Daffodil, Fritillaria, Grape hyacinth.

Soon your grocery store will have spring blooming flowers for sale. You may see primrose, hyacinth, tulip, daffodils and cyclamen. Buy a variety of these plants to combine into one pretty planted arrangement. First find a container large enough to hold all the plants. You can either choose to leave them in their original pots or to take them out and plant them together in potting soil. Water the potted plants then arrange them in your chosen container. Fill in the gaps between the plants with some sphagnum moss, which you can find in the garden center or craft store. If you are planting them, fill your container with fresh potting soil, about 3/4 of the way up, then remove the plants from their pots and arrange them in the soil. Fill in and around the plants with the rest of the potting mix and water as needed.

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PERSPECTIVES ON REAL ESTATE

Staying Put – What If You Do Not Want to Move?

by Alexandra Rich

Baby Boomers are reimagining their retirement dreams. While many flee to warmer climates and golf course communities, condos and co-ops, apartments in cities and assisted living facilities, there are still many who just want to stay in place. Home is familiar and comforting, family and friends and the love of community are crucial to their sense of well being and safety. Beloved landmarks, restaurants and parks are more important than new adventures. Yet it wise to consider what alterations you can make now to accommodate late in life needs. Perhaps you are tired of your baths and kitchen and need a fresh start. Maybe the long winding front path has lost its charm and the basement is used less and less as a pantry and more for the grandchildren.

If you are planning renovations, large or small, it is smart to think ahead 10 or 20 years. What will you need later on which is not a priority now? Simple things like an electric garage door opener, a sturdy railing for the steps to the front door, installing outdoor lighting that eliminates dark spots, and setting up shelving in the garage for bulky supplies, are all safety items which make balance issues less frustrating and ultimately less dangerous. Replacing doorknobs with levered door handles (especially on outside entry doors) eases arthritic discomfort. Motion lights will see you safely indoors without increasing the electric bill. If you still have single pane windows and storms to put up and take off twice a year think about replacing them, not necessarily all at once, but gradually to reduce heat loss, make maintenance easier, and reduce the risks of balancing on a ladder. Is it time to replace your driveway? If so, consider the advantages to having a heating mechanism installed under the new pavement to insure ice will not accumulate after it snows and starts to melt.

Inside the house there are many accommodations you can start to make ranging from small and inexpensive, to more extensive and costly. If you have a step or two going into the family room, hand holds on either side of the entry archway insure that you will not trip. Safety bars in the bathroom can be both attractive and serviceable. Towel racks are not weight bearing devices, and they are already in use. Installing bars near the toilet, in the shower is easy and comforting. We tend to lose our sense of balance as we age, both moving forward and backward. Raising the height of the toilet seat three to five inches can make a substantial difference. If you have more than one bathroom think about converting the second tub/shower combination to an easy access, walk-in shower with a seat in the rear and a removable shower head. And make sure the illumination in the shower is sufficient so that you are not bathing in a dimly lit area. Nightlights installed in strategic spots are a comfort and guide. Light fixtures with two bulbs will ensure that if one goes out, there is a backup.

If you have a two story home consider getting a second railing installed to help climbing and descending the stairs. Two hand holds are better than one. Is the railing on the second floor landing high enough to be useful? If you want to look ahead to living on one level and save the upstairs for family and guests, do an analysis of how you use the rooms on the first floor. Is there a room you seldom use, a bedroom currently used as an office? Is it big enough to convert to your bedroom as time goes on? Is there a full bath on the main level? And is your laundry in the basement? Could you move it to the main floor by converting a closet or enlarging a full bath?

How user friendly is your kitchen? If you are considering new cabinetry or rehabilitating your old cabinets, pull out shelves can be a back, hip and knee saver. Light cabinetry can provide a useful contrast to darker appliances. Under cabinet lighting can make assembling meals easier and more inviting. Glass doors can save you time when the one platter you need seems to be eluding you. If you do not have a center island for food preparation consider having a moveable one which can help when you need the extra space and be moved out of the way when you do not.

Ideas for reappointing your home so that you may remain there in safety and comfort for many years to come are every where. You can visit eldercare facilities to spur your imagination. You can look at condos in over-55 developments. You can also consult with experts on designing retirement homes and retrofitting existing houses. The best time to consider what it will take to keep you where you want to

continued on page 78

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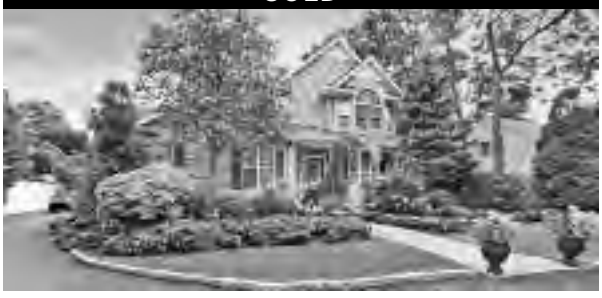

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Ron Villano, M.S., LMHC, ASAC, CCH is the leading expert in working through change. As a father who lost his 17-year old son in an auto accident, he always speaks from the heart. As a licensed mental health counselor, he guides others on how to work 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.

Ask Ron Villano

Dear Ron,

I recently got into business with an uncle that I am very close to. He has been very successful in our field for over 20 years and has been very patient and influential in the development of my career. Although we have a lot in common, we don't agree on everything. One of my other cousins used to work for my uncle but chose to leave the company after a big argument. I truly appreciate the value of working with my uncle and I would like to stay on board. However, I'd like to hear some pointers on how to maintain a good relationship with a family member who is a co-worker! I don't want to lose this opportunity and I definitely don't want to lose my relationship with my uncle. Thanks!

–Working Relations

Dear Working Relations,

Working with family can be a wonderful experience! Of course, it can also be a challenge. The two most important rules of working with family or friends are – have respect and have boundaries. It is crucial that a level of professionalism and respect be maintained at all times. Yes – you are uncle and nephew, but at work you are boss and employee or partners. You must treat one another as you would any business associate, with respect for their ideas, time and money. Also, it is crucial that you maintain strong boundaries. Know when to turn business mode "on" and when to turn it "off." There's no reason to talk statistics or payroll over a birthday or holiday dinner. Leisure time exists for a reason! Use it as such! Be honest with one

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HEALTH NOTES

Physical Therapist's Guide to Low Back Pain

by Rich Greco, PT, ATC, CSCS

If you have low back pain, you are not alone. At any given time, about 25% of people in the United States report having low back pain within the past 3 months. In most cases, low back pain is mild and disappears on its own. For some people, back pain can return or hang on, leading to a decrease in quality of life or even to disability.

Signs and Symptoms

The symptoms of low back pain vary a great deal. Your pain might be dull, burning or sharp. You might feel it at a single point or over a broad area. It might be accompanied by muscle spasms or stiffness. Sometimes, it might spread into one or both legs.

There are 3 different types of low back pain:

- Acute – pain lasting less than 3 months
- Recurrent – acute symptoms come back
- Chronic – pain lasting longer than 3 months

Most people who have an episode of acute pain will have at least one recurrence. Often, low back pain occurs due to overuse, strain or injury. It could be caused by too much bending, twisting, lifting – or even too much sitting. But just as often, the actual cause of low back pain isn't known.

Although low back pain is rarely serious or life threatening, there are several conditions that may contribute to low back pain, such as:

- Degenerative disk disease
- Lumbar spinal stenosis
- Fractures
- Herniated disk
- Osteoarthritis
- Osteoporosis
- Tumors of the spine

How Is It Diagnosed?

Your physical therapist will perform a thorough evaluation that includes:

- A review of your health history
- Questions about your specific symptoms
- Tests to identify any problems with posture, flexibility, muscle strength, joint mobility and movement
- Tests to identify signs or symptoms that could indicate a serious health problem such as broken bones or cancer
- Assessment of how you use your body at work, at home, during sports and at leisure

If your physical therapist suspects that your low back pain might be caused by a serious

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HEALTH NOTES

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health condition, the therapist will refer you to other health care professionals for evaluation.

How Can Physical Therapy Help?

Physical therapy will help you improve or restore mobility and reduce low back pain – in many cases, without expensive surgery or the side effects of medications.

If you are having low back pain right now:

- Stay active, and do as much of your normal routine as possible (bed rest for longer than a day can actually slow down your recovery.)
- If your pain lasts more than a few days or gets worse, schedule an appointment to see your physical therapist.

Not all low back pain is the same, so your treatment should be tailored for your specific symptoms and condition. Once the examination is complete, your physical therapist will evaluate the results, identify the factors that have contributed to your specific back problem, and design an individualized treatment plan for your specific back problem. Treatments may include:

- Manual therapy, including spinal manipulation, to improve the mobility of joints and soft tissues
- Specific strengthening and flexibility exercises
- Education about how you can take better care of your back
- Training for proper lifting, bending and sitting; for doing chores both at work and in the home; and for proper sleeping positions
- Use of ice or heat treatments or other modalities to help relieve pain.
- Home Electrical Stimulation Units (TENS) can also be helpful throughout the day.

Can this Injury or Condition be Prevented?

As experts in restoring and improving mobility and movement in people's lives, physical therapists play an important role not only in treating persistent or recurrent low back pain, but also in preventing it and reducing your risk of having it come back.

Physical Therapy will teach you strategies to prevent back pain:

- Participate in regular strengthening and stretching exercises to keep your back, stomach and leg muscles strong and flexible

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Living Well – Fend Off the Blues With a Hearing Test

by William Kent

Need a mood boost? Maybe it's 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 – 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. Many 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; and 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 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 90-100% for those with milder hearing loss and from 65-77% 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 uncertainness 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.

HEARING HELP IS AN IMPORTANT DECISION

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HEALTH NOTES

The "Essential" Essential Oils for Your Home!

by Terri Pace

What are the "Essential" Essential Oils for your home?

I love that I have tools at my fingertips right here in my own home. I love having easy access to solutions for common every day challenges… that they are natural… that they are safe for use by the entire family, even my children… and that they are effective! What follows are some of the oils I consider essential in my daily life!

Choose Your Mood & Intention

Your home is the gathering of the individuals in your family. If you are like my family, each individual member has a different mood, energy level, work schedule, etc., and their own set of challenges that they bring to the "table." Throughout the day, I will select an essential oil for the diffusers throughout our home with different intentions for each room.

For the kitchen, the heart of our home, I often select immune boosting, mood uplifting blends! I love the uplifting properties of any of the citrus essential oils, like Lemon, Lime, Bergamot or Wild Orange.* These essential oils, often high in D-Limonene, can also be very supportive to the immune system. I pair these citrus essential oils with Peppermint, Spearmint, Wintergreen, or Birch essential oils to open our airways, clear out the cobwebs of our mind and mood, and for an energy boost.*

I also keep a few essential oils on a spice rack near my stove. Adding a drop or two of spice oils like Basil, Cassia, Cinnamon, Fennel, Lemon, Marjoram, Oregano, Peppermint or Thyme essential oils can add robust flavor to any recipe.

And a must-have for every kitchen is Lavender essential oil to soothe any skin irritation earned while cooking!* Watch out for sharp knives and hot stoves.

For the office, you will always find a large selection of essential oils at my fingertips. Am I looking to remain calm through a project with a taxing schedule or pressing deadlines? In those moments, I use an essential oil in the wood category for grounding and stabilizing effects on my nervous system. My favorites are Arborvitae, Frankincense, and Sandalwood essential oils.*

Am I in need of some focus or creativity? In my home-based office, distractions abound so I reach for my Creativity Blend of 3 drops each of Frankincense and Lemon, and one drop each of Cypress, Sandalwood, Peppermint, and Melissa essential oils!* Blending essential oils is an art and easy to do with a little bit of training and no fear of experimentation. Like a favorite food recipe, you may start with instructions you got from someone else or a family tradition, and with a little confidence, you begin to customize it for your own special flare.

For the bedroom, I want peacefulness and an escape from the chatter inside my head; two things that help me get a good night's sleep. As I lay my head down on the pillow, I look for the gift in every experience, and give thanks to God for never giving up on me and showering me with His love! Essential oils which help promote this peaceful and grateful posture are Frankincense, Cedarwood, Lavender, Sandalwood, Spikenard, Wild Orange and White Fir to name a few!* In combination with each other or individually, I apply them over my heart, on the bottom of my feet, and inhale deeply as I express my gratitude for all that I have been given.

As we begin the New Year, I invite you to discover the benefits of living and loving natural solutions in your life. Attend one of my workshops, online conference calls, and/or webinars to see how high quality therapeutic grade essential oils can open many possibilities for you.

Essential oils are safe, effective and very affordable. However,

continued on page 78

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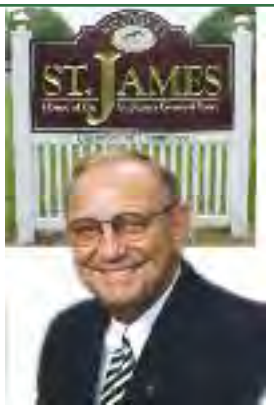

William J. Garthe
Listing Broker • Buyer Broker

ST. JAMES BUSINESS OPPORTUNITIES

St. James – Bull Run Farm family home - 3-bedroom/2-bath. Set on approximately 1.3 rolling acres. 4 car tandem bay garage and shop area with10' high entrance doors, perfect for tall commercial vehicles and off road concealed storage. Additional work bench area. Property as is. Low taxes. Listed at **$550K**. A proposed 4-lot sub-division, at same location, 6.34 acres zoned 1 acre residential is offered separately. A 7-stall horse barn set on one acre plus lot is also available.

448 Lake Ave
Two buildings – One 2-story building with 1 commercial space and 1 leased apartment. Plus a single one-story building with two separate commercial rentals. One vacancy (wet store) and the other was a nail salon. This investment center is set on quarter acre corner lot. Parking in rear of building. The location is close to King Kullen and municipal parking. **DRASTICALLY REDUCED! $425K**

220 Lake Ave
Two story office building with second accessory building on the same property. Two vacant office spaces available – perfect for self-user if needed. 1st floor office 1,400 sq. ft.; 2nd floor office 1,200 sq. ft. **Asking $775K**

PROPERTY BACK ON THE MARKET
St. James Lumber's 1.82 acres has many potential uses. The location calls for a better use of the property. Do your diligence with the town – the owner is open for all qualified projects.

275 Lake Avenue
Stand-alone 1,200 sq. ft. 2-story building. Very low taxes, presently being used as a professional office. **Asking $349K**

217 Lake Avenue
Stand alone building located at the entrance of the community with great exposure for the professional who desires this kind of location. Traffic light corner. Bonus is a second accessory building (two car garage) – use as storage or lease separately. **Asking $599K**

LOOKING FOR INNOVATIVE ENTREPRENEURS.

The properties listed here are just some of my brokerage listings on the market for sale and lease. If you, or any person who has a talent, product or inclination to start a business that will service this community please consider St. James as the place to do it.
I have been doing business in St. James since 1970. If you are knowledgeable and professional you will succeed. Over all, the economic health of St. James is better than most, and the income level is at a substantially higher level. This and a loyal community will add up to your success.

For more information on these listings visit
www.SearchingLongIslandNY.com

Magdelina S. Pollizotto

Magdelina S. Pollizotto, of Smithtown, NY, passed away peacefully on November 21,2016 at the age of 92. She was the beloved wife of Vincent. Cherished mother of Louis (Linda) Pollizotto, Camille Dulisse and the late Martin (Nancy) Pollizotto. Loving grandmother of eight and great grandmother of 14. She is survived by many other family members and friends.

A religious service was celebrated at St. Thomas of Canterbury. Interment followed at St. Charles Cemetery.

Arrangements were entrusted to the professional care of Hawkins & Davis Funeral Home of Smithtown.

Louise R. Koke

Louise R. Koke

Louise R. Koke, of St. James, NY, passed away peacefully on November 26, 2016 at the age of 85. She was the beloved wife of the late Robert. Cherished mother of Denise, Darcy, Dona Cowan, the late Robert, Danette, Joseph, Dorie Evans, Peter, Christopher, Gregory, Brian and Kama Wien. Loving grandmother of 22. She is survived by many other family members and friends.

A Funeral Mass was celebrated at St. Patrick's R.C. Church. Interment followed at St. Patrick's Cemetery.

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

Doris M. Masters

Doris M. Masters

Doris M. Masters, of Smithtown, NY, passed away peacefully on December 3, 2016 at the age of 92. She was a previous executive Vice President of the Bank of Smithtown, Past chairperson of the National Association of Bank Women and past Matron of Eastern Star. Beloved wife of the late Frederick J. Masters, Jr. Loving mother of Fred (Martha) Masters and Ron (Anne) Masters. Dear grandmother of seven, great-grandmother of 11 and great-great grandmother of two. Caring sister of the late Norma Grauman and the late James (Frank) Murray and sister-in-law of Dolores Whitehead. She is survived by many other family members and friends.

A religious service was celebrated at Hawkins & Davis Funeral Home of Smithtown. Interment followed at St. James Episcopal Cemetery.

Arrangements were entrusted to the professional care of Hawkins & Davis Funeral Home of Smithtown.

Anna Morreale

Anna Morreale

Anna Morreale, of Hauppauge, NY, passed away on December 19, 2016 at the age of 73. Beloved wife of Joseph. Loving mother of John (Heather), Joseph Jr. (Debbie), Peter (Melissa), and Frank (Ally). Adored grandmother of Jack, Abby, Sam, Ben, Jessica, Joseph, Peter, Lucas, Charlotte, Michael, Brianne, Grant, Violet and Spencer. Dear sister of Elizabeth D'Angelo and sister-in-law to Josephine. She is survived by many other family members and friends.

A Funeral Mass was celebrated at St. Patrick's R.C. Church. Interment followed at St. Charles Cemetery.

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

Edward M. Mraz

Edward M. Mraz, of Smithtown, NY, passed away on December 9, 2016 at the age of 71. He was the beloved husband of Marion. Loving brother of Elizabeth Gasparino and the late Joseph Mraz. Cherished son of the late Joseph and Vilma. Dear brother-in-law of Harold (Geraldine) Schultz, Agnes (Salvatore) Di Penta and Edward (Joanne) Schultz. Adored Uncle of many nieces and nephews.

A Funeral Mass was celebrated at Sts. Philips & James R.C. Church in St. James. Interment followed at Mt. St. Mary's Cemetery.

Arrangements were entrusted to the professional care of Hawkins & Davis Funeral Home of Smithtown.

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2017

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The Town of Smithtown Animal Shelter and Adoption Center, located at 410 East Main Street in Smithtown, has pets in need of adoption. The Center is open Monday through Friday from 8 a.m. to 5 p.m., Saturday from 8 a.m. to 4 p.m.

FEATURED PET

Hi, My name is Radar. I've had a terrible life and now I'm at the shelter waiting for a second chance. I am nervous with people but am sweet and playful with people I know. Won't you give me a chance? I'm best with older teens, I have some dog friends I play with, still need to be cat tested. I'm available at Smithtown Animal Shelter, 410 E. Main St., Smithtown, NY 11787. 631 360 7575.

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Naturally Speaking

continued from page 63

(Do not throw the plants out when they stop flowering, keep watering them and then plant outside when the weather warms up.) Now you have instant spring bloomers to enjoy until the real things appear outside.

The following are some web sites and apps that provide helpful gardening information. Check them out: YardMap, Merlin Bird ID, Garden Plan Pro, Homegrown with Bonnie Plants, Tomato Chooser and GrowIt.

Stay safe and stay warm as we look forward to the first day of spring in March.

"There is always music amongst the trees in the garden, but our hearts must be very quiet to hear it." –Minnie Aumonier

Editor's Note:
June Liardi, a St. James resident for over 30 years, is a wife and mother of three sons. June will be writing articles on gardening, nature related craft projects and family activities.

Real Estate

continued from page 64

be in later years is before there is a health crisis or sudden loss of physical fitness. Planning can make all the difference. You do not need to abandon what you love most, but you do need to think about, and experience the pleasure of, refiguring the potential of where you want to live day in and out for the foreseeable future.

Editor's Note:
Alexandra Rich is a Associate Real Estate Broker, Certified Buyer Representative and Relocation Specialist with Daniel Gale Sotheby's International Realty, 499 Lake Avenue, St. James, 631-584-6600, alexandrarich@danielgale.com. Ms. Rich is a St. James native, and has been a Realtor for 22 years. If you have any questions or suggestions for future articles please call or email Alex.

Ask Ron

continued from page 66

another. Let one another know when you are overwhelmed or overworked. It is only when the lines of respect are crossed that resentment and animosity comes out. I do not doubt that working with your uncle may be what is best for your career – however, make sure that you have thought the decision through and that you both understand what the expectations of the other will be!

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 daily appearances on the Verizon FiOS1 network. With offices in St. James, Bohemia, East Islip, Levittown and Middle Village 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.*

Low Back Pain

continued from page 69

- Keep your body in alignment, so that it can be more efficient when you move
- Keep good posture – don't slouch!
- Use good body positioning at work, home or during leisure activities.
- Maintain a regular physical fitness regimen – staying active can help to prevent injuries

Note:
The information above was provided by the American Physical Therapy Association.

Editor's Note:
Rich Greco is a licensed Physical Therapist and the Director of Greco Physical Therapy / Motion PT Group located in St. James. For more information on physical therapy for lower back pain and general injury rehabilitation contact him at 631-686-6600.

Essential Oils

continued from page 72

not all essential oils are created equal. Be an educated consumer and use only certified pure, therapeutic grade essential oils for your family!

Note:
*These statements have not been evaluated by the Food and Drug Administration. The products and methods recommended in this article are not intended to diagnose, treat, cure or prevent any illness or disease, nor are they intended to replace proper medical help.

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 workshops available: visit http://simplynaturalseminars.eventbrite.com. You are invited to a Men's Health Forum Dinner on January 29 for a discussion focused on common experiences for men and the simply natural solutions available to enjoy health and wellness at a higher level. Register at https://snsmensforum20170129.eventbrite.com.

Read all about what's happening in Saint James at
WWW.OURTOWNSTJAMES.COM

POET'S CORNER

A Woman

by John Taratunio, Fairfield Condos

What is it about a woman
That will make her fight until she wins
I don't mean scratching or biting
Or kicking in the shins
I'm talking about arguing a point
She'll argue with all her might
And I really think this is great except,
She will argue whether she is wrong or right.

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