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JANUARY
2023

Volume 36
Number 3

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

NEW HORIZONS. NEW ADVENTURES. NEW EXPERIENCES

2023

HAPPY NEW YEAR!

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PLEASE NOTE:

Advertising & Editorial Deadline
for the **FEBRUARY** edition of OUR TOWN • ST. JAMES is
THURSDAY, FEBRUARY 2, 2023 - 12 NOON.

Distribution takes place on **Wednesday, February 15, 2023.**

OUR TOWN • JANUARY 2023

MERCHANT SPOTLIGHT

FUN

Fitness (F) Understanding (U) Nutrition (N)

460 Lake Avenue
St. James, NY
631-779-6579
www.funpersonaltraining.com

by Debbi Spiegel

Fitness (F) Understanding (U) Nutrition (N) is the culmination of Ken Varriale's dream of a dozen years. Ken's personal journey makes his philosophy and gym unique. He gives clients a one-of-a-kind experience.

Ken believes, "that all you need to reach your goals is a little FUN! It is his mission to improve the overall health and quality of life of each client. FUN offers individualized expert personal training at fair prices with no hidden fees or contracts. We are confident that our unique and friendly training style will keep you focused on your goals and looking forward to your next training session. The only thing you have to lose is weight."

Ken has been certified by the National Academy of Sports Medicine for the past six years. He is NASM certified as a personal trainer, weight loss specialist, corrective exercise specialist, senior fitness specialist, and stretching and flexing coach. He believes in a positive motivational approach and wants the gym to feel like a safe haven for all.

Ken's parents both passed away very young. As a 300-pound smoker, he had an awakening to change his life. This was the beginning of his weight loss story. He wanted to lose weight in a healthy manner. He was amazed that his back problems disappeared. He started taking nutrition classes and exercising. He "nerded-out" hard by reading. He lost 150 pounds. Ken wanted to share his success and philosophy with others. He



found a way for regular people to achieve good health.

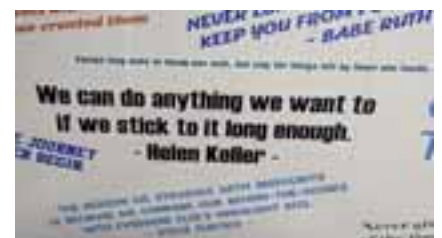
FUN came to life with one guy with a dream and passion. The décor was inspired by a pair of sneakers from eight years ago. The walls are covered with motivational quotes and artwork. You will be "saturated in positivity" as soon as you walk through the door. Ken teaches clients how to use science to enhance workouts. The multi-faceted exercises work with the central nervous system. He does not believe in machines. Workouts use resistance bands, free weights, stability balls, and bodyweight exercises.

The supplements that Ken recommends are not pills and powders. It is his concrete belief that results come from effort and consistency. Certain mental philosophies will supplement the consistent effort that you put into any goal in life. He believes in Desire – Make yourself want it bad enough and you will find a way; Faith – Believe you can and you will!; and Positive inner dialogue – You become what you think.

Many people make New Year's resolutions to get healthy and workout. Ken says that you can start any time that you are ready. You need to be fueled by passion. He has received a lot of positive feedback from the clients that he's helped.

Fitness (F) Understanding (U) Nutrition (N) is thrilled to be a new business that is part of the renaissance of St. James.

Ken's passion is infectious. He truly cares about the health of his neighbors. Schedule a free assessment at FUN to learn about this unique and personal training style.





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AROUND TOWN

Dream Big for the New Year With Celebrate St. James

by Doris Meyer,
CSJ Corresponding Secretary

Celebrate St. James is starting off the new year with big dreams. Our calendar for 2023 is already filled with exciting events for the months ahead, and we are about to kick off a campaign to welcome new members to our organization. We know for a fact that dreams really can come true! Celebrate Park on Lake Avenue is a fulfillment of a dream once held by CSJ, and we are confident that our next big dream, to have a permanent home for the St. James Community Cultural Arts Center, will be realized as well – if you'll dream big with us.

Our big dream can be your big dream, too. Imagine passing by the historic building on Second Street with a new plaza outside and then walking inside to enjoy a variety of events in a small theater that embrace all of what culture is: art,

drama, music, films, dance, history, and more. Doesn't our town deserve such a special place? Don't you deserve to live in a town that can boast something so special? So mark your calendars for January and join us!

On Sunday, January 22 at 1p.m., meet "Alice Roosevelt Longworth" as portrayed by actress Kim Hanley for CSJ's Living History Series. Alice was Teddy Roosevelt's only daughter who spent her early childhood years living in Oyster Bay's Sagamore Hill. She grew up to be one of the most outspoken and trendsetting women of her generation. She scandalized the public but did it with such charm that people loved her for it. Teddy Roosevelt was often quoted as having said "I can be president, or I can handle Alice. I cannot possibly do both." Donation \$25/ Members \$20.

A Children's Musical Theatre

Workshop, in cooperation with Lighthouse Repertory Theatre Company, will begin on January 24.

Classes for kids in grades 3 to 6 will be held for eight weeks on Tuesdays and Thursdays from 6 to 7:30 p.m. This is a golden opportunity for your child to experience the benefits of studying theater arts which can have major payoffs in school with soaring self-esteem and academic success through the development of critical and creative thinking skills. Students will learn basic acting, and vocal and dance techniques while working to perform a musical revue that will include scenes and songs from such musicals as *Frozen*,



continued on page 8



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PENDING



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SOLD



Smithtown, NY | \$685,000

SOLD



Head of the Harbor, NY | \$540,000

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Dream Big for the New Year With Celebrate St. James

continued from page 6
Annie, Oliver, and more. See the ad on page 21 for more details and registration.

Experience the astounding powers of *The Psychic Godfather*, Jason Donegan on Saturday, January 28, at 7 p.m. Many celebrities, both famous and infamous, have attested to Jason's amazing ability to connect with the spirit world, and now is your rare chance to see him here in St. James. Jason will address each person in the audience and will welcome a photograph of a loved one if you'd like to bring one. Donation \$45/ Seniors & Members \$40.

CSJ's Classic Film Sundays begin on January 29 at 1:00 p.m. with a showing of *City Lights*, starring Charlie Chaplin as the luckless tramp who falls in love with a blind flower girl. She and her mother are about to be evicted from their home



and the tramp goes to great lengths to get money for them, all of which end in failure. But does this romantic comedy have a happy ending? Join us to find out, and to learn more about the life and times of the legendary Charlie Chaplin. Donation \$25/ Members \$20.

More exciting events are on the

way in February, including celebrations for Valentine's Day on February 11 and Lincoln's Birthday on the 12 with impersonator Garry "Abe" Rissman.

Visit our website (www.celebratestjames.org) for more information about these events, online ticket sales, announcements of future events and to become a member. Be sure to follow us on Instagram and Facebook, and if you have any questions, you can call/text 631-984-0201.

If you're not already a member, we hope you will join CSJ and help us spread the word about our vision for enriching the lives of all who reside in our town.

Cheers to the new year and "dreaming big" with Celebrate St. James!



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Marianne's 2022 Closed Listings & Sales

2022 Closed Listings

2 Donna Court, East Setauket
MLS# 3345719. SP \$717,000.

59 Village Lane, Hauppauge
MLS# 3357713. SP \$565,000.

Moriches Road
(Land), Head of the Harbor
MLS# 3234814. SP \$370,000.

57 Fifty Acre Rd, Head of Harbor
MLS# 3349812. SP \$850,000.

1 Wetherill Ln, Head of the Harbor
MLS# 3346972. SP \$1,295,000.

33 Bacon Rd, Head of the Harbor
MLS# 3414485. SP \$1,850,000.

49 Harbor Rd, Head of the Harbor
MLS# 3319839. SP \$2,650,000.

519 Harrison Avenue, Miller Place
MLS# 3370147. SP \$723,000.

12 Beach Plum Ln, Nissequogue
MLS# 3376726. SP \$420,000.

9 Smith Lane, Nissequogue
MLS# 3387611. SP \$1,060,000.

5 Equine Lane, Nissequogue
MLS# 3389576. SP \$1,200,000.

107 Boney Lane, Nissequogue
MLS# 3376320. SP \$1,399,000.

663 Horse Race Ln, Nissequogue
MLS# 3345267. SP \$2,775,000.

302 Cabot Court, St. James
MLS# 3425198. SP \$367,000.

307 Flair Drive, St. James
MLS# 3397350. SP \$410,000.

1105 Cabot Court N, St. James
MLS# 3382308. SP \$460,000.

51 Richie Court North, St. James
MLS# 3387634. SP \$790,000.

3 Highwoods Road, St. James
MLS# 3383920. SP \$816,000.

Lot 2 Sunny Road
(Now East End Court), St. James
MLS# 3361033. SP \$1,399,000.

Landing Meadow
(Land), Smithtown
MLS# 3293736. SP \$380,000.

86 Plymouth Blvd, Smithtown
MLS# 3376549. SP \$485,000.

8 Neil Drive, Smithtown
MLS# 3413813. SP \$690,000.

43 E. Main Street, Smithtown
MLS# 3281304. SP \$660,000.

20 Abbey Lane, East Setauket
MLS# 3372794. SP \$999,000.

32 Kristin Lane, Hauppauge
MLS# 3385497. SP \$619,000.

2022 Closed Sales

57 Fifty Acre Rd, Head of Harbor
MLS# 3349812. SP \$850,000.

6 Pondsides Court, Mount Sinai
MLS# 3394290. SP \$1,340,000.

1101 Cabot Court, St. James
MLS# 3416103. SP \$300,000.

307 Flair Drive, St. James
MLS# 3397350. SP \$367,000.

209 Elton Court West, St. James
MLS# 3383107. SP \$559,000.

15 Lt. John Olsen Lane, St. James
MLS# 3390035. SP \$850,000.

8 Maple Road, Setauket,
MLS# 3398234. SP \$740,500.

84 Cobblestone Drive, Shoreham
MLS# 3367777. SP \$760,000.

32 Chelsea Drive, Smithtown
MLS# 3406160. SP \$570,000.

8 Neil Drive, Smithtown
MLS# 3413813. SP \$690,000.

22 Sanford Lane, Stony Brook
MLS# 3400999. SP \$600,000.

41 Oak Run, Stony Brook
MLS# 3428962. SP \$725,000.




Marianne J. Koke, CBR

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Celebrating Chanukah... The Festival of Lights

St. James residents gathered on Sunday, December 18, 2022 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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Colleen has been a professional designer for over a decade. She is a member of the American Society of Interior Designers (ASID). As a Senior Design Consultant, she has helped hundreds of families across Long Island with their home organizing needs. Colleen finds it most rewarding to help her neighbors in our town. She has lived in St. James since 1993 and raised her five children here.



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AROUND TOWN

Together We Make a Difference

The Tender Years Craft Group, sponsored by Club Moriches at the Fairfield at St. James condominium community, ended their 12th year of fundraising for St. Jude Children's Research Hospital and Suffolk County Make-A-Wish Foundation and are excited to announce their 2022 total donation of \$6,000 to be divided equally between the two charities.

Throughout the year, the group displays and sells their hand-crafted items at events in the Fairfield community. In December, they 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. On behalf of the Tender Years Craft Group, Phyllis Flynn (Chair) thanks Club Moriches for their continued support and all Fairfielders for purchasing craft items or making a personal donation. Thanks also to the Board of Directors for their support during the year.

All of us look forward to working together in 2023 to continue to "MAKE A DIFFERENCE."



Tender Years Craft Group. Pictured (L-R): Marguerite Forde, Ann Pilny, Phyllis Flynn (Chair), Rita Rosen, Carolee Gregg. **Not pictured:** Joan Beebe, Cathleen Browman, Kathy Corcoran, Beth Drucker, Carolyn Eberhardt, JoRita Falco, Heather Fales, Maria Fausone, Connie Gavala, Carol Geoghegan, Digna Tegelvad, and Maryann Viscusi.

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ST. JAMES "FAIRFIELD CONDO"



55+ Community. Freshly painted Corner End Ranch Unit. Living room, dining room, EIK, 1 BR, 1.5 baths. Large walk in closet, W/W carpeting. Amenities include: indoor and outdoor pools, tennis, clubhouse, bus transportation. **\$339,000.**

**STONY BROOK VILLAGE
"DIAMOND COLONIAL"**



Close to Historic SB Village, nature preserve, docks & beach. Waterviews of SB Duck Pond. LR/gas frplc, ½ bath, large EIK w/SS appls/granite. 1st flr master suite, 3 add'l BRs & full bath on 2nd floor, Fin. LL walkout w/full bath & wet bar, sitting room, den & office. Ideal m/d w/proper permits. BB lined blacktop driveway. 2 car att. side entry garage. oak floors, Andersen thermo windows, Rear deck. 200 amp elec. Gas, CAC. **\$899,000.**

ST. JAMES "CIRCA 1840'S"



North of 25A. Renovated & updated Farm Colonial. The interior consists of 3 BRs, office, 1.5 baths, wood burning frplc. in LR, formal DR, EIK, wide plank HW floors through out. Approx. 2.2 bucolic acres, large rocking chair front porch & rear deck. Det. 3 car garage. 3 additional rooms are sheetrocked & ready to be completed. Full bsmnt. Convenient to all. Must see! **\$849,000.**

HEAD OF HARBOR "OUR EXCLUSIVE"



Cul-de-sac location, Very private 2.5+ usable acres w/IGP, rear deck. Renovated Farm Ranch features 6 BRs, 4.5 baths, formal LR, formal DR, den w/wood burning frplc, + office. Full bsmnt, 2 car att. garage, arch. roof. **\$1,275,000.**

**ST. JAMES
"DESIRABLE OAKFIELD AREA"**



Location, Location, Location. 4 BR, 2.5 bath Colonial features all new windows and doors, oak floors, formal LR, DR, EIK, den w/frplc. Master BR w/updated full bath. Gas heat. Landscaped 1 acre, w/salt water IGP. New roof. Cul-de-sac street, Smithtown SD #1. Must see! **\$849,000.**

CALL FOR A FREE MARKET ANALYSIS

AROUND TOWN

39th Annual St. Patrick's Day Parade Set for Saturday, March 11

NOMINATIONS FOR PRINCES AND PRINCESSES NOW BEING ACCEPTED

The St. James Chamber of Commerce will hold their 39th annual St. Patrick's Day Parade on Saturday, March 11, 2023 beginning at 1 p.m. The parade will begin at Woodlawn and Lake Avenues and proceed north to the L.I.R.R. Station.

Spectators will be delighted with the many marching bands, representatives from many organizations as well as fire departments from all over – all for your viewing pleasure. Join the fun.

The St. Patrick's Day Parade board members are accepting nominations for Princes and Princesses. Nominations for Princes and Princesses should be submitted in letter form. The candidates for Princes and Princesses will be selected from Boys and Girls between the ages of 5 and 12 years of age. Candidates need not be of Irish descent. Please submit a recent picture, age, address and general information as to school, activities and hobbies the candidate is

involved in.

All nominations should be addressed to: St. Patrick's Day Parade Nominations and emailed to: parade@stjameschamber.org or mailed to: St. James Chamber of Commerce, PO Box 286, St. James NY 11780.

If you are a part of a musical group, band, dance troupe, business (or know of someone who is) and are interested in marching in the St. Patrick's Day Parade, call 631-698-7000, ext. 3380 or email: parade@stjameschamber.org.

So join your friends and neighbors for this most festive event. See you at the parade... March 11th!



Valentine's Day

is February 14th



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IN THE NEWS

Suffolk County Legislator Rob Trotta Congratulates RSVP Suffolk on 50 Years of Service

Suffolk County Legislator Rob Trotta met with Maryflorence Brenner, Executive Director of RSVP Suffolk (Retired Senior Volunteer Program), to learn more about the programs and services they provide to residents 55 and older in Suffolk County. This year, RSVP is celebrating its 50th anniversary.

RSVP, a non-profit organization, based in Smithtown, offers such diverse programs as its Telephone Reassurance program, Living Healthy with Better Choices, Community Computers Connections, Health Insurance Information Counseling Assistance (HICAP) and a Speaker's Bureau.

"RSVP is an integral part of the community and they have been a regular participant at my senior information fairs. They do extraordinary work and I wish them much success," said Suffolk County Legislator Rob Trotta.



Legislator Rob Trotta presented RSVP Executive Director Maryflorence Brenner with a proclamation from himself and one signed by all 18 members of the Suffolk County Legislature.



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I N T H E N E W S

Senator Mattera's 2022 Toy Drive Delivered Holiday Spirit Throughout Region

Senator Mario R. Mattera (2nd Senate District) celebrated the success of his 2022 Toy Drive by delivering toys to children being treated in local hospitals. Senator Mattera and his staff have been accepting gifts from residents and organizations in the area throughout the past month and were thrilled by the generosity of those who donated.

"Thank you so much to everyone who took the time to help deliver the warmth of the season to the young children who had to spend this time in the hospital. The generosity of everyone – including family, friends, neighbors and residents – is truly heartwarming and I hope that all the children know how much they mean to all of us," stated Senator Mattera.

Senator Mattera teamed up with staff and administrators at Stony Brook Children's Hospital, St. Catherine of Sienna in Smithtown and the Northwell Health Dolan Family Health Center in Greenlawn to make sure kids across the 2nd Senate District had a nicer holiday.

"We thank all the doctors, nurses,



administrators and support staff across our region for all they do for our community and for our families. We know many of them spent time away from their families dur-

ing the holidays to be there for their young patients and we want to make sure they know how much that sacrifice is appreciated," added Senator Mattera. "

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Call 631-382-2181 for further information or go to their website at www.smithtown.k12.ny.us go to DEPARTMENTS, then click ADULT EDUCATION, then click ADULT BASIC EDUCATION.

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HISTORICALLY SPEAKING

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

William Wickham Mills II Inherits a Large Estate in Mills Pond

by Bradley Harris,
Smithtown Historian

I have been writing about the grand estates that once dotted the landscape throughout St. James. Last month, I wrote about Timothy Mills and the early settlement of the Mills Pond area by his descendants. This article deals with William Wickham Mills II, the man who was responsible for transforming the Mills property into a grand estate in St. James.

Not long after I moved to St. James, I visited the Mills Pond House that the Town Board acquired in May of 1976 as a "gift" in the memory of Josephine Elsworth Smith and Frances Mildred Smith. The "gift" of the house and associated property came from the nephews of these two ladies, Edward H.L. Smith, Jr., William Wickham Mills Smith, and DuBois Tangier Smith. It was their wish that the Town of Smithtown would take title to the house, would purchase some additional land around the house, and would restore, rehabilitate, and adapt the house for public use so it could be used as a multi-purpose arts facility for the people of Smithtown. For the most part, these wishes have been carried out by the Town of Smithtown and the house is today the home of the Smithtown Township Arts Council.



Mills Pond House

Actually, I did more than just visit the house since in 1978, the Town Board saw fit to place the office of Town Historian in the Mills Pond House and they gave me a room on the second floor of the west wing. The room turned out to be a little bit bigger than a broom closet with a sloping ceiling that came down to a "belly window" which admitted the only light into the room. (A belly window gets its name from the fact that you have to lie down on your belly to see out the window.) The shape of the room made it practically impossible to stand up straight. Eugene Cannataro made all the arrangements for furnishing the office, and the Parks Department found a wooden desk, a chair, and a filing cabinet to stuff into the

room, and the Town Historian was in business. Of course nobody knew where to find me which was fine since there wasn't much for me to do. With time on my hands, I turned my attention to digging up the history of the Mills Pond House and the origin of the name "Mills Pond."

That's when I discovered that Zachary Studenroth, an architectural historian and preservation consultant, had completed an "adaptive reuse plan" for the Mills Pond House and had done an excellent job in researching the history of the Mills family and their association with the area known as Mills Pond. (Zachary Studenroth, "Historical Analysis of Mills Pond," Part 2,

continued on facing page

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HISTORICALLY SPEAKING

continued

pp. 6-35, part of the larger report, "Adaptive Reuse Report" of the Mills Pond House that was prepared for the Smithtown Arts Center in 1977.) This is what he discovered about the Mills family in St. James.

Timothy Mills (1667-1751) was the first member of the Mills family to settle in the area. Just when he moved to Mills Pond is not known, but in 1705, we know he purchased 100 acres of land from Samuel Smith at a place called "Stony Brook Neck near the road from Smithtown to Brookhaven." We also know that he had two wives. His first wife, Elizabeth, gave him two children who were born in Jamaica, Isaac and Miriam. His second wife, Sarah Longbotham, gave him eleven children: Deliverance, Jonas, Jonathan, Sarah, Samuel, Martha, Ruth, Mary, Elizabeth, Timothy, and Jacob. I suspect that Timothy and his prolific wife Sarah moved to Smithtown sometime after the first wife died, and sometime after 1705, when he bought 100 acres of land from Samuel Smith. (Zachary Studenroth, op. cit., pp. 10-11.)

Sarah and Timothy certainly must have had their hands full with 13 children to care for. But Timothy still found the time to work his productive farmland and soon became a "prominent member" of the Smithtown community. "He is recorded as providing Smithtown with its first book of records in 1715 and was appointed a town assessor in 1719." Then in 1732, he expanded his 100 acre farm by buying 521 acres of land from Jonathan Smith, the grandson of Richard Smith and the son of Jonathan Smith I. This purchase made Timothy Mills "a major landholder and farmer" of the land that surrounded the pond. The pond became known as the Mills' Pond, or simply Mills Pond. (Zachary Studenroth, op. cit., pp. 10-11.)

When he died in 1751, Timothy Mills' will provided for the equal division of his extensive acreage

among his six sons. Of Timothy's six sons – Isaac, Jonas, Jonathan, Samuel, Timothy and Jacob – Jonathan "emerges as the most successful member of his generation." Born October 23, 1710, Jonathan was "married twice." His first marriage on April 3, 1737 was "to Ruth Rud-

yard of Perth Amboy." She died on "December 16, 1748, at the age of thirty-four" leaving Jonathan with six young children. Jonathan had better luck with his second wife, Dorothy Miller, who he married on January 25, 1756. They enjoyed 42
continued on following page

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HISTORICALLY SPEAKING

William Wickham Mills II

continued from page 27
years of married life together until they both passed away in 1798. Dorothy and Jonathan had two sons, William Wickham (b.1760) and Jonathan II (b.1761). As they grew up, the six older children married and moved away leaving William Wickham and Jonathan at "Mills Pond to carry on the extensive farming and land speculation" their forebears had engaged in. Both of these Mills boys became farmers and worked their father's land. (Zachary Studenroth, op. cit., pp. 12-14.)

When their father died in 1798, William Wickham Mills inherited his father's homestead at Mill's Pond and, presumably, Jonathan Mills received half of his father's extensive lands. Apparently in 1805, both William Wickham and Jonathan Mills decided to build new homes near the pond on land they inherited from their father. Then in 1806, just after a "new commodious Mansion" was completed, Jonathan Mills died at the age of 44. His wife, Rachel, died five months later on January 9, 1807, at the age of 39, and their ten young children were suddenly orphaned. William Wickham became the ward of Jonathan's 10 children. "Little is known of these children except that, as they became of age, their uncle settled their inheritances" and William Wickham came into possession of a great amount of land that had belonged to his brother. (Zachary Stu-



**William Wickham Mills II,
painted by William Sidney Mount,
ca. 1829.**

denroth, op. cit., pp. 12-14.)

To his new house at Mills Pond that had been completed in 1806, William Wickham Mills brought his wife, Deborah Scott, and their daughter, Eliza Ann (b. December 24, 1801). It seems probable that William Wickham took his brother's children into his own home since he had plenty of room in his new house, but he may not have done this. In fact, as the years went by, William Wickham and Deborah



**Eliza Ann Mills,
painted by William Sidney Mount,
ca. 1829.**

Scott realized that they were not going to have any more children of their own, and William began to worry about finding an heir. "His brother's children, his wards, did not qualify." And so, "William Wickham Mills invited a son of his half-brother Jacob, then living in Orange County, New York, to come to live at Mills Pond. The boy was his uncle's namesake, William Wickham Mills." (Hereafter referred

continued on page 30



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HISTORICALLY SPEAKING

William Wickham Mills II

continued from page 28
to as William Wickham Mills II.)
(Zachary Studenroth, op. cit., pp. 14-15.)

"Born November 3, 1796," in 1808 William Wickham Mills II, then "about the age of twelve," came to Mills Pond to live with his uncle. "Of all the full and half cousins" who could have been chosen, "he was singled out, perhaps because of his age, and certainly because of his name." He grew up in his uncle's house along with Eliza Ann. William Wickham was five years older than Eliza Ann, but age difference didn't seem to matter, nor were they concerned about being cousins. As the years went by, they fell in love, and on March 27, 1822, William Wickham Mills II married his cousin Eliza Ann Mills. Together they would inherit the entire estate of William Wickham

Mills I. (Zachary Studenroth, op. cit., pp. 14-15.)

"William Wickham Mills I died February 2, 1825, aged sixty-five. Two years later, William Wickham Mills II inventoried the estate, now jointly owned by him and his wife. The estate then comprised 1698.3 acres." It was a sizeable inheritance that the young man from Orange County held in Smithtown, and he would take that inheritance and build it into an impressive fortune. More about William Wickham Mills II next month....

Editor's Note:

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



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continued on page 34



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continued from page 32
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\$60/ per class.

Begins Winter II session

Drawing & Painting w/Bill Graf, IN-STUDIO | All Levels

Students may choose to work in a variety of mediums – Oil, Acrylic, Watercolor, Gouache, Paste, Graphite or Charcoal. Wednesdays 2-5 p.m.
\$60/class

Advanced Painting Workshop IN-STUDIO Plein-Air

(weather permitting)
w/Christian White
Thursdays, 10 a.m.-1 p.m.
\$60/per class

Classical Figure Drawing IN-STUDIO –

w/Randal DiGiuseppe
Thursdays, 6-9 p.m.
\$80/per class includes model fee

NEW CLASS! Gouache Painting for Beginners – IN-STUDIO

w/Beth Drucker, (New Instructor)
Learn to create vibrant paintings using gouache. - All levels welcome
Fridays, 10:30 a.m.-1:30 p.m.
\$60/per class –
Begins Winter II session

Graphic Novel and Genre Illustration ONLINE – w/James Beihl

Create characters and environments for Graphic Novel illustration.
Fridays, 5:30-8:30 p.m.
\$60/per class

Art and Art History for the Young IN-STUDIO, w/Linda Catucci

Saturdays, 10 a.m.-12 p.m.
Age 6-12
\$50/per class including materials fee

NEW CLASS! Character Design and Illustration - IN-STUDIO w/Robert Gowdie

Youth Class for ages 13 - 16
Saturdays, 11 a.m.-1 p.m.
\$45/class + \$15 extra for one class with live costumed model

continued on page 66

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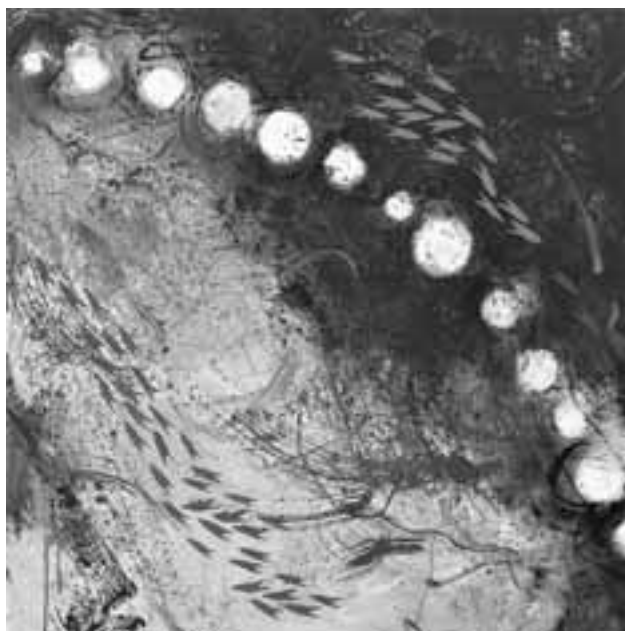


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Gallery North Features Anne Seelbach in *Elements Adrift*

Gallery North is pleased to present *Elements Adrift: Recent Work by Anne Seelbach*, a selection of recent works by Anne Seelbach, on view from January 12 to February 19, 2023. As a complement to the exhibition, Gallery North will host a lecture on the marine ecology of New York's waterways by Patricia Woodruff from the School of Marine and Atmospheric Sciences (SoMAS) at Stony Brook University on Friday, January 20 at 6 pm. Gallery North will also host an *ArTalk* with Anne Seelbach on Saturday, February 4 at 3 pm. The exhibition, and lecture will be free and open to the public.

Elements Adrift is Anne Seelbach's first solo exhibition at Gallery North. It features oil and acrylic paintings that reflect her lifelong fascination with the seasons, tides, and marine life, as well as her recent interest in the Earth's elements. Comprised of three of Seelbach's distinct series from the last ten years, *Elements Adrift* fluctuates between representation and abstraction. In her first series, the artist explores the shoreline. Stylized motifs of fish, gaskets, and netting populate the layered surfaces. Drawn from her time walking alongside the ocean, these works silently represent the slow degradation of our natural resources; here is the muck of pollution; over there are the piquant colors of chemicals mixing with sea water. Seelbach's brownish hues, deep blues, and rusty reds, layered upon stenciled forms both man-made and natural, provide a sense of loss while offering a conservationist's razor-thin glimmer of hope. In her second series, the artist shifts her attention to tidal pools and the majestic power of the moon. Based on her repeated visits to Monhegan Island in Maine, Seelbach's works, such as *In the Moon Reflection Life Begins*, seem to draw awe-inspiring energy from the moonlight. The artist is endlessly



13 Moons – Nature Adapts and Transforms

fascinated by how this energy drives her imagination. These canvasses are richly expressive of a dark power and resonate in many ways with the third series featured in the exhibition. Reflecting her most recent work, the third group of works in *Elements Adrift* shows Seelbach digging into the periodic table, examining each element one by one – iron, carbon, mercury – through painterly abstraction. There is an ebb and flow throughout this exhibition. Seelbach's paintings move from representation to abstraction, from hope to despair, and from the natural to the personal. Her richly layered artworks are endless, and require the type of deep looking that might seriously affect our inner self. In conjunction with *Elements Adrift*, Gallery North will also host a lecture on the marine ecology of New York's waterways by Patricia Woodruff from the School of Marine and Atmospheric Sciences (SoMAS) at Stony Brook University. This exhibition is generously sponsored by bld Architecture and Suffolk County's Department of Economic Development and Planning. The exhibition and lecture will be free and open to the public.

Based in North Haven, Anne Seelbach holds an MFA from Hunter College, City University of New York, and a BA from New York University. She has taught at the University of Rhode Island, Northeastern University, Emerson College, The Newark Museum, and the Parrish Art Museum. Her artwork has been exhibited nationally and internationally, and can be found in many major public and private collections including the Newark Museum and the Lyman Allyn Museum.

Gallery North is a public, not-for-profit, fine art gallery promoting the region's finest contemporary regional art

and craft. Established in 1965, Gallery North is located in the beautiful and historic area of Setauket, Long Island, and focuses on contemporary art in a variety of disciplines, including painting, drawing, printmaking, ceramics, and sculpture.

Exhibits explore the diversity and vitality of the arts on Long Island, while classes, workshops, talks, and annual festivals involve community members in the lively process of art making. Next door, in *The Studio at Gallery North*, the community is provided with a diverse selection of educational programming, including classes and workshops in a variety of mediums, such as watercolor, life drawing, papermaking, as well as printmaking, done in house on our printing press.

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

Gallery North is located at 90 North Country Rd., Setauket and is open Wednesday-Saturday 11 a.m.-5 p.m. and Sunday 1-5 p.m.

For more information call 631-751-2676.



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EMERGENCY APPOINTMENTS TAKEN



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.

Promoting Health and Wellness With Chiropractic

Would you like to boost your health naturally? Chiropractic treatment offers a simple solution.

A healthy diet and regular exercise aren't the only factors in health and wellness. Regular visits to your chiropractor help you reduce your risk of illness, ease the pain of chronic conditions, and even lower stress. Chiropractic care is not limited to treatments for back and neck pain. In fact, chiropractic offers an excellent way to maintain your health and avoid conditions and illnesses that can affect the quality of your life. Regular chiropractic care offers these important benefits:

11 Health and Wellness Benefits of Chiropractic Care

1. Healthier Immune System: Misaligned vertebrae in your spine or neck can press on the nerves that serve the immune system, interfering with the system's ability to fight illness. Spinal manipulation, a common chiropractic treatment, realigns your vertebrae and improves your resistance to diseases and infections.

2. No More Pain: Unlike prescription and over-the-counter pain relievers, chiropractic is not a temporary fix for pain. Treatments target the source of the problem, eliminating or reducing pain and preventing it from occurring again. Chiropractic offers a simple, effective way to treat pain in any part of the body.

3. Improved Balance: Poor balance can lead to falls and serious injuries. Balance issues are more common in senior citizens but can affect people of any age. Chiropractic treatment enhances the function of nerves involved in balance control, improves gait (walking) problems, and corrects imbalances that can cause misalignments in bones, joints, and muscles. Improving balance with chiropractic care can also help improve your sports per-

formance and reduce your risk of injuries.

4. Natural Headache and Migraine Relief:

Do you suffer from frequent tension headaches or migraines? Chiropractic treatments relax tight muscles in your head and neck and keep the vertebrae in your neck properly aligned. Regular treatment can help you reduce the number of days per month you experience headaches.

5. Excellent Posture: If you're like most people, you probably don't think about your posture when you work on your laptop or send a few texts on your phone. Unfortunately, poor posture can strain the muscles and bones in your back, neck, shoulders, and hips, causing pain and headaches. Chiropractic care realigns your joints, improves posture, and corrects imbalances.

6. Fewer Age-Related Aches and Pains:

The natural effects of aging can take a toll on your body, causing arthritis, bulging discs, decreased flexibility, poor range of motion, and other problems. Your chiropractor offers a variety of treatments that can help you manage age-related issues.

7. Less Stiffness: Spinal manipulation, spinal mobilization, soft tissue mobilization, massage, and other chiropractic treatments reduce stiffness and inflammation that can make your joints feel tight. Visiting your chiropractor on a regular basis is a simple way to keep your joints and muscles loose and flexible.

8. Better Gastrointestinal Health: Chiropractic treatment offers a natural solution for stomach pain, constipation, diarrhea, heartburn, and gas. Treatment is aimed at relaxing abdominal muscles and easing pressure on the nerves that travel to your stomach and intestines.

9. Lower Blood Pressure: High blood pressure stresses your arteries and your heart, increasing your risk of heart attack,

dementia, and heart and kidney disease. Its effect on blood pressure is one of the lesser-known, but very important, benefits of chiropractic care. High blood pressure could be related to an alignment problem in the neck in some cases. Researchers at UChicago Medicine noted spinal manipulation therapy resulted in a significant drop in blood pressure in people who had misaligned vertebrae in their necks.

10. Natural Stress Reduction: Stress may be unavoidable, but it doesn't have to take over your life. Chiropractic treatment loosens tight muscles and triggers the production of endorphins, the hormones that ease pain and improve your mood.

11. An Answer to Your Sleep Problems:

It's difficult to fall asleep and stay asleep if you're in pain or feel stressed. Unfortunately, insomnia is a common problem in the U.S. According to the American Academy of Sleep Medicine, 30 to 35 percent of Americans experience brief periods of insomnia, 15 to 20 percent develop symptoms that last less than three months, and 10 percent develop chronic insomnia. Chiropractic care relieves insomnia naturally, helping you get the sleep you need. Would you like to enhance your health and wellness with chiropractic care? Contact our office to schedule your appointment.

Sources:

[American Academy of Sleep Medicine: Insomnia Awareness Day Facts and Statistics](#)

[UChicago Medicine: Special Chiropractic Adjustment Lowers Blood Pressure Among Hypertensive Patients with Misaligned C-1 Vertebrae, 3/14/07](#)

[The Journal of the Canadian Chiropractic Association: What Effect Does Chiropractic Treatment Have on Gastrointestinal GI Disorders: A Narrative Review of the Literature, 6/15](#)

[U.S. News & World Report: Surprise: Chiropractors Can Treat These 5 Conditions, 11/30/15](#)

GENTLE EFFECTIVE TREATMENT OF:

- Back/Leg Pain (Sciatica, Disc Problems) • Neck/Arm Pain (Numbness, Tingling)
- Whiplash Injuries • Sports Injuries • Pinched Nerves • TMJ Disorders • Scoliosis • Headaches

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ARTS & ENTERTAINMENT

Programs Offered at Your Library

SMITHTOWN LIBRARY DOORS ARE OPEN

The Smithtown Library is dedicated to providing access to diverse information, lifelong learning and entertainment resources through outstanding service for all residents of the Library District via

multiple facilities consisting of four library buildings located in Smithtown, Commack, Kings Park and Nesconset.

The Nesconset, Commack and Kings Park Buildings are open Monday through Thursday from 9:30 a.m.-9 p.m.; Fridays from

9:30 a.m.-6 p.m.; and Saturdays from 9:30 a.m.-5 p.m.

The Smithtown Building is open on Monday to Fridays from 9:30 a.m.-9 p.m.; Saturdays from 9:30 a.m.-5 p.m. The Smithtown and Commack Buildings are open on Sunday from 1-5 p.m.; September-May.

Call 631-360-2480 for additional information.

STAY CONNECTED

Follow social media for the latest updates from the Library and for virtual programs, activities, suggestions and fun.



ADULT

BOOK DISCUSSION GROUPS

Night Owl Cafe Book Discussion Group

NESCONSET

Thursday, January 26, 7-8 p.m.

The Children's Blizzard
by Melane Benjamin

Tea-rrific Reads Book Discussion Group

NESCONSET

Tuesday, January 24, 2-3 p.m.

The Hideaway by Lauren K. Denton
Registration required.

Smithtown Book Discussion Group

SMITHTOWN

Thursday, January 19,
10:45-12:45 p.m.

The Investigator by John Sandford

Historical Non-Fiction Book Discussion Group

VIRTUAL

Thursday, January 26,
10:30-11:30 a.m.

SMITHTOWN

Thursday, January 26,
2:30-3:30 p.m.

*The Crown in Crisis: Countdown to
the Abdication* by Alexander
continued on page 40



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Library Programs

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Larman. Please note: There will be both a virtual and an in person session of this book.

ADULT

MOVIES AT THE LIBRARY

Friday Movies

SMITHTOWN

The Last Vermeer

Friday, January 20, 2 p.m.

Rated R: | Runtime: 118 min.

Breaking

Friday, January 27, 2 p.m.

Rated: PG | Runtime: 103 min.

BUS TRIP TO THE PHILADELPHIA FLOWER SHOW

The Garden Electric

Tuesday, March 7, 7:45am

Fee: \$80 per person includes ticket to show, coach bus transportation and all gratuities.

That spark of joy that comes while giving or receiving flowers – this is the moment captured by *The Garden Electric*. From the dazzling array of colors, unique shapes and textures, and rich fragrances of gorgeous floral displays and gardens come feelings of excitement and celebration. Enjoy lunch on your own at the Flower Show or at the Reading Terminal Market. Meet at the Nesconset Building parking lot at 7:45am to board the bus. We will depart the Flower Show at 4:30pm to return home. Registration began for Smithtown Library cardholders. Registration for non-Smithtown Library cardholders begins on Monday, January 30.

ADULT

IN-PERSON PROGRAMS

Game Day

NESCONSET

Mondays, 12-3 p.m.

SMITHTOWN

Fridays, 11 a.m.-1:30 p.m.

We provide the space, tables, chairs and a variety of games. Meet friends here or make new ones. *No registration required.*

Game Night

SMITHTOWN

Thursday, January 19,

6:30-8:30 p.m.

We provide the space, tables, chairs and a variety of games. Meet friends here or make new ones. *No registration required*

Art Group

SMITHTOWN

Tuesdays, 12-2:15 p.m.

Bring your supplies and work on your current project while you share ideas and learn new techniques from others. *No registration required.*

Adult Writers Group

SMITHTOWN

Tuesdays. Call for dates and times

Meet with this local group to share ideas and get feedback on your latest writing efforts. *No registration required.*

Glowforge 101

Creative Laser Cutting

SMITHTOWN

Saturday, January 21, 10-11:30 a.m.

Fee: \$7 per person

Learn how to use the Glowforge Pro in the LearnLab. This program will provide you with an overview of projects you can create using the Glowforge laser engraver and will teach you the basics of using the Glowforge software to create a small keepsake. A live demonstration will follow.

Defensive Driving

NESCONSET

Fee: \$30 per person

Wednesday, February 22,

9:30 a.m.-4:30 p.m.

Telephone, online and in person registration begins two months prior to program date. Classes are open to Smithtown Library cardholders only until one 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. Please bring your license to class. Must have a library card to

register; one registration per library card. Please note: cash payment only is due to the instructor at the beginning of class.

Sopita de Fideo

Mexican Noodle Soup

SMITHTOWN

Fee: \$10 per person

Monday, January 23, 7-8 p.m.

Chef Maria will demonstrate how to make a delicious Mexican tomato soup for those cold winter days. You will taste the soup and go home with a bag of Mexican noodles to recreate this dish.

Bingo Night for Adults

SMITHTOWN

Friday, January 27, 7-8 p.m.

Join us for an evening of action-packed Bingo excitement. Refreshments will be provided and prizes will be awarded.

Learn to Play Chess

SMITHTOWN

Monday, January 30,

6:30-8:30 p.m.

Join us for an introductory class that will teach you the basics, some of the lesser-known rules and suggestions for continuing to get better. There will also be time to play in a non-competitive, educational setting.

Osteoporosis in Men and Women

NESCONSET

Wednesday, January 25, 1-2 p.m.

Maintaining the health and wellness of your bones is essential. Attendees will learn about the risks, diagnosis and most up-to-date treatment therapies. Join osteoporosis expert, Frank Bonura MD for this very informative presentation.

5000 Years of Chinese Culture

NESCONSET

Wednesday, January 25, 7-8 p.m.

Celebrate Lunar New Year with a member from the Long Island Chinese Culture Presentation Team and learn all about the land of the divine. Topics of discussion will

continued on page 42

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Kim Crawford Sauvignon Blanc 750ml \$13.97 <small>Expires 2/15/23. Can't be combined with other discounts.</small>	Ruffino Chianti 750ml \$7.97 <small>Expires 2/15/23. Can't be combined with other discounts.</small>	Zaccagnini Montepulciano D'Abruzzo 750ml \$13.97 <small>Expires 2/15/23. Can't be combined with other discounts.</small>	Cupcake Sauvignon Blanc 750ml \$8.97 <small>Expires 2/15/23. Can't be combined with other discounts.</small>
Beringer White Zinfandel 1.5L \$10.97 <small>Expires 2/15/23. Can't be combined with other discounts.</small>	Grand Marnier 1L \$39.97 <small>Expires 2/15/23. Can't be combined with other discounts.</small>	Seagram's VO 1.75L \$26.97 <small>Expires 2/15/23. Can't be combined with other discounts.</small>	Jagermeister 750ml \$17.97 <small>Expires 2/15/23. Can't be combined with other discounts.</small>
Captain Morgan Spiced Rum 1.75L \$26.97 <small>Expires 2/15/23. Can't be combined with other discounts.</small>	DeKuyper Sour Apple Pucker 1L \$8.97 <small>Expires 2/15/23. Can't be combined with other discounts.</small>	Bacardi Silver Rum 1.75L \$23.97 <small>Expires 2/15/23. Can't be combined with other discounts.</small>	San Nicola 1.5L All Varietals Two For \$20 <small>Expires 2/15/23. Can't be combined with other discounts.</small>
Mommy's Time Out Pinot Grigio 750ml \$8.97 <small>Expires 2/15/23. Can't be combined with other discounts.</small>	Skyy Vodka 1.75L \$19.97 <small>Expires 2/15/23. Can't be combined with other discounts.</small>	Barefoot Red Moscato 1.5L \$10.97 <small>Expires 2/15/23. Can't be combined with other discounts.</small>	Chateau Ste. Michelle Riesling 750ml \$9.97 <small>Expires 2/15/23. Can't be combined with other discounts.</small>
H3 Cabernet Sauvignon 750ml \$11.97 <small>Expires 2/15/23. Can't be combined with other discounts.</small>	Malibu Coconut Rum 1.75L \$29.97 <small>Expires 2/15/23. Can't be combined with other discounts.</small>	Woodbridge Merlot 1.5L \$10.97 <small>Expires 2/15/23. Can't be combined with other discounts.</small>	New Amsterdam Vodka All Flavors 1L \$14.97 <small>Expires 2/15/23. Can't be combined with other discounts.</small>

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Library Programs

continued from page 40
include Chinese medicine, Chinese martial arts, classic Chinese dance, music and much more.

TEENS **GRADES 6-12**

Check the Library's calendar or call 631-360-2480 for additional information on how to register for Teen programs.

TEEN'S FACEBOOK PAGE
(<https://www.facebook.com/SmithtownLibraryTeens>),

TEEN'S INSTAGRAM PAGE
(<https://www.instagram.com/SmithtownLibraryTeens>)

YOUTUBE CHANNEL
(<https://bit.ly/SmithLibYouTube>).

TEEN VOLUNTEER OPPORTUNITIES

Teen Volunteer Opportunity in a Box

Can't fit our volunteer opportunities into your schedule? The Smithtown Library now offers one-hour volunteer sessions by appointment. Teens can spend time at the Library working on a variety of projects to help make a difference in the community. Teens may schedule up to two time slots per month. For more information or to schedule a session, contact any Reference Desk.

Take and Bake | Dog Treats

NESCONSET
Wednesday, January 25,
4:30-5:15 p.m.

Help feed our furry friends at the Smithtown Animal Shelter. We will prepare all ingredients for dog treats at the Library and you will take them home to bake. Return them to

the Library within two days and earn two hours of community service. This program may not be suitable for those with food allergies.

Junior Makers Volunteers

SMITHTOWN

Thursday, January 26, 5 - 6 p.m.

Join us in the LearnLab to learn all about TinkerCAD and 3D printing. Pair up with a younger child to assist them with their 3D creations.

Craft Kits for Kindness

NESCONSET

Tuesday, January 31, 4:30-5:30 p.m.

Teen volunteers will be cutting and putting together craft kits to give to our local senior center.

Winter Yarn Gnomes

NESCONSET

Saturday, January 21,
2:30-3:30 p.m.

Create your own festive winter
continued on page 44

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- Eggplant Parm or Eggplant Rollatini
- Sausage & Peppers or Meatballs
- Chicken Francese, Marsala or Parmigiana

FREE Tray of Garlic Knots
WITH ANY PACKAGE PURCHASE

Catering Package #2

\$460 + tax

Feeds 25-30 People

All Items Are Half Tray

- Tossed or Caesar Salad
- Baked Ziti or Penne ala Vodka
- Eggplant Parm or Eggplant Rollatini
- Sausage & Peppers or Meatballs
- Chicken Francese, Marsala or Parmigiana
- Buffalo Wings
- Chicken Fingers
- One 3 ft. Hero of your choice (American & Italian only)

Catering Package #3

\$520 + tax

Feeds 35-40 People

- Full Tray Tossed or Caesar Salad
- Full Tray Baked Ziti or Penne ala Vodka
- Full Tray Eggplant Parm or Eggplant Rollatini
- Full Tray Chicken Francese, Marsala or Parmigiana
- Half Tray Buffalo wings
- Half Tray Chicken Fingers
- One 3 ft. Hero of your choice (American & Italian only)

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ANY LARGE PIE

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With coupon • Cannot be combined
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1 Large Pie • 1 Tossed Salad
1 Platter Chicken Parmesan
12 Garlic Knots • 2-Liter Soda
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Expires 2/14/23

FOOTBALL SPECIALS

Combo #1

Large Cheese Pie
1 Dozen Buffalo Wings
12 Garlic Knots • 2 Liter Soda
\$41.99 + TAX

Combo #2

Large Cheese Pie
2 Dozen Buffalo Wings
12 Garlic Knots • 2 Liter Soda
\$50.99 + TAX

Combo #3

Large Cheese Pie
1 Dozen Buffalo Wings
Choice of Penne Ala Vodka or Baked Ziti
12 Garlic Knots • 2 Liter Soda
\$53.99 + TAX

Library Programs

continued from page 42
gnomes out of yarn.

Laser Engraved Door Hangers

SMITHTOWN
Wednesday, January 25,
7-8:30 p.m.

Learn the basics of laser engraving and watch a live demonstration of the Library's Glowforge.

Graphic Novel Book Club

SMITHTOWN
Tuesday, January 31, 4:30-5:30 p.m.

Join us to read and discuss *Dragon Hoops* by Gene Luen Yang. Copies of the book are available at the Smithtown Building Circulation Desk.



Dungeons and Dragons

SMITHTOWN
Tuesday, January 31, 6-8 p.m.
Join us for a round of this classic roleplaying game. Perfect for players of all skill levels, this campaign will introduce you to the game and its rules while you play. Dice and snacks will be provided. This program may not be suitable for those with food allergies.

CHILDREN IN-PERSON PROGRAMS Registration Required

Nursery Rhyme Time

(Birth-35 months w/adult)
SMITHTOWN | 10-10:30 a.m.
Monday, January 23,
Saturday, January 28,
Wednesday, February 1

Enjoy a traditional time of nursery rhymes and songs for baby. A great introduction to the Library for the youngest of children.

Wonderful Ones

SMITHTOWN (12-23 months w/adult)
Monday, January 30, 10-10:45 a.m.

This action-packed program engages little ones in language-based activities; includes free play, stories and fun. Siblings are welcome.

Time for Twos

NESCONSET (24-35 months w/adult)
Monday, January 23, 11-11:45 a.m.

SMITHTOWN
Thursday, January 26,
10-10:45 a.m.

Visit the Library and enjoy building social skills in a relaxed, friendly environment; includes free play, songs, stories and a craft. Siblings are welcome.

Terrific Threes

SMITHTOWN (36-47 months w/adult)
Tuesday, January 24, 10-10:45 a.m.

Enjoy free play, stories, crafts and circle time. Siblings welcome.

Family Dance Party

SMITHTOWN
(12 months-6 years w/adult)
Saturday, February 4, 10-10:45 a.m.

Celebrate Take Your Child to the Library Day with a family dance party. Put on your dancing shoes and learn some dance moves to bust out at your next block party. There will be music, games and bubbles! Siblings are welcome

Baby Steps

NESCONSET
(Birth-12 months w/adult)
Monday, January 30,
10:30-11:15 a.m.

An open-ended playtime for you and your little one. Meet new families and friends while your baby is introduced to various sensory experiences through creative play.

Create-N-Play

SMITHTOWN (2-4 years w/adult)
Friday, January 20, 10-10:45 a.m.

Come to the Library to create a cute craft project, meet other families and enjoy playing with the playsets in the Children's Craft Room.

Bubbles, Bubbles, Bubbles

NESCONSET (2-4 years w/adult)
Tuesday, January 24,
10:30-11:15 a.m.

It may be cold outside, but we'll bring the fun inside the Library. Join us for stories and crafts all about BUBBLES. We will blow bubbles, pop bubbles and even dance in bubbles.

Playgarten

Nesconset (2-4 years w/adult)
Friday, January 27, 10-10:45 a.m.

Gather, play and grow, participate in an open-ended, self-directed playtime and explore our creative art stations. *No registration required.*

Chameleon Colors

NESCONSET (2-4 years w/adult)
Saturday, January 28, 10-10:30 a.m.

Listen to colorful stories and mix some paint during a fun storytime and craft. *Dress to make a mess.*

Lunar New Year Celebration

Nesconset (3-5 years w/adult)
Saturday, January 21, 10-10:45 a.m.

Friends over the globe will celebrate Lunar New Year on January 22. Join in the fun and read stories and create a dragon craft to bring you luck throughout the year.

Animals in Winter

SMITHTOWN (3-5 years w/adult)
Wednesday, January 25,
10-10:45 a.m.

Learn about what animals do in the winter, then explore a variety of crafts and activities at different stations. *Dress to make a mess.*

Dino Tales

SMITHTOWN (3-5 years w/adult)
Tuesday, January 31, 3-3:45 p.m.

Enjoy some dinosaur fun with stories and a dino-mite craft.

Sensory Storytime

NESCONSET (3-5 years w/adult)
Wednesday, February 1,
11-11:45 a.m.

Enjoy a hands-on approach to
continued on page 46



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continued from page 44
learning through exploring our sensory activities and participate in a storytime.

The Thing About Yetis

SMITHTOWN (3-5 years w/adult)
Wednesday, February 1,
2:30-3:15 p.m.

Yetis love winter, but did you know that cold weather can make yetis cranky and sometimes they actually miss summer? We'll learn all about what yetis like and don't like when we read *The Thing About Yetis* by Vin Vogel and other fun stories featuring these adorable snow monsters.

Winter Wonder Art

SMITHTOWN (3-5 years w/adult)
Thursday, February 2,
2:30-3:15 p.m.

From snowmen to penguins, join us for playful winter-themed crafts! *Dress to make a mess.*



Moose Tracks Mystery Storytime

SMITHTOWN (4-5 years)
Saturday, January 21, 3-3:30 p.m.

Who left moose tracks all over the house? Solve this and other mysteries in this fun storytime.

Toasty Tales

SMITHTOWN (5-7 years)
Wednesday, January 25,
4:30-5:15 p.m.

Come in from the cold and warm up with some toasty tales shared around the virtual crackling fireplace. Create your own winter scene wreath to bring home.

Snow Much Fun

NESCONSET (5-7 years)
Saturday, January 28,
11:15 a.m.-12 p.m.

Library Programs

Cozy up with snowy stories and create your own winter wonderland scene using a canvas, watercolors and salt "snow."

DIY Stickers

SMITHTOWN (5-12 years)
Thursday, January 19, 5-5:45 p.m.

Create your own stickers in the LearnLab. Join us to learn all about our Cricut cutting machine, then use what you learned to create some one-of-a-kind stickers.

Junior Makers

SMITHTOWN (5-12 years)
Thursday, January 26, 5-5:45 p.m.
Learn how to create 3D designs in Tinkercad, then pair up with a teen volunteer to use what you learned to make your own 3D printed creations.

Snowy Pinecone Owls

NESCONSET (6-12 years)
Friday, January 20, 4:30-5:15 p.m.
The snowy owl lives in the Arctic, where it's even colder than how it feels today. Enjoy stories about this wintertime friend and use a pinecone to create a "hoot" of a craft. *Dress to make a mess*

Snow Dough

NESCONSET (6-12 years)
Tuesday, January 31, 6:30-7:15 p.m.
There is no need to bundle up to play with this snow. Make your own snow dough and bring the outside in.

Doodlebugs

NESCONSET (8-12 years)
Saturday, January 21,
11:15 a.m.-12 p.m.
Join us for some buzz-worthy stories and design your own 3D doodlebug as we practice the mindful and creative technique of doodling

LEGO® League

SMITHTOWN (5-10 years)
Saturday, January 28, 3-3:45 p.m.
Calling all master builders. Bring your imaginations to this block party and construct your own crea-

tions using our collection of LEGO® bricks.

Make It Monday

SMITHTOWN (5-12 years)
Mondays, 6:30-8:30 p.m.

Come to the Library during these hours to tinker, build and play with a variety of STEAM challenges, toys and projects. *No registration required.*

Puzzle Showdown

SMITHTOWN (8-12 years)
Thursday, February 2, 5-5:45 p.m.

Are you a fan of puzzles? Join us in the LearnLab to play with puzzles, brain teasers and games that were all made using technology in the room. Challenge your mind and explore our makerspace in this fun-filled program.

Creation Station

SMITHTOWN (Families)
Saturdays, 10 a.m.-3 p.m.

Looking for something to do on Saturday? Come to the Library during these hours and complete some cool crafts. *No registration required*

Family Movie Night

Smithtown (Families)
Friday, January 20, 6-8 p.m.
Lightyear. Rated PG; runtime 100 minutes. Enjoy a movie with your family while you share time together. Watch this family oriented-feature film on the big screen.

Family Bingo

SMITHTOWN (Families)
Saturday, February 4, 3-3:45 p.m.
Celebrate *Take Your Child to the Library Day* with a game of bingo and prizes. Sure to be fun for the whole family.

Stay and Play

SMITHTOWN (Families)
Friday, January 27, 7-8:30 p.m.
Stop by the Children's Craft Room during these hours for fun family gaming! Enjoy a variety of board games and some friendly competition. *No registration required.*

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Sandy@sa-healthplans.com

Meet the Reboli Center's January 2023 Artisan of the Month: Shamma Murphy –

This January, The Reboli Center is showcasing the whimsical, captivating creations of Shamma Murphy, a needle felting expert from Stony Brook. The Center is displaying a variety of her work, focusing on fanciful sheep and cows – “ewes and coos” (Scottish Highland cows that have long fur that hangs over their face), as well as other adorable creatures.

An experienced civil engineer, she now works at a local horse farm promoting organic farming and gardening. She grew up in Port Washington, NY, but Stony Brook has been her home for more than 10 years. It is where she is raising her two teenagers and loves the sense of community that Stony Brook offers.

Shamma has always enjoyed making things and cross stitching and crocheting were her favorite winter hobbies until she discovered needle felting. Her passion for this craft has developed over the past two years. She is fascinated by the process of needle felting: “Poke a barbed needle into unspun wool as this ‘knits’ the fibers together compressing the wool into whatever shape you choose to sculpt. It is a dry process much like crocheting and knitting, using coarse wool in most cases. Wet felting, on the other hand, is ‘knitting’ the fibers together by agitating the wool with soapy water, and usually using a finer fiber like merino wool,” said Shamma.

The supplies for this craft are wool and felting needles, which she orders from England. She does get raw wool from a farm in Huntington that she processes herself. According to Shamma, “I use wool that has been processed into a prespun form, one would use this to spin into yarn. Most of the time I use coarse wool with a high micron (fiber diameter) count. These types of wool needle felt quite nicely and you don't see many needle marks at the end. For the finer coat of an



animal, I will use a very fine merino wool, it is quite delicate, and due to its low micron count, it is rather difficult to needle felt well. The wool locks (wool that is delicately washed without any agitation, this enables the wool to keep its form) are from two different farms, one in New Jersey and the other in upstate New York, all are hand dyed by the shepherdess. Goat mohair locks and a tiny bit of alpaca is also lo



Pictured are photos of Shamma Murphy's needle felted animals and flowers.

cally sourced.”

Shamma is honored to be selected as artisan of the month. She noted that she never thought of herself as an artisan, but just enjoys crafting and creating cute things. She met Lois Reboli, founder and president of The Reboli Center, at the Center, and when Lois saw her beautiful and delightful pieces, she invited Shamma to be an artisan of the month.

Friday January 20 is the Reboli Center's Third Friday of the Month and Shamma will be the featured guest speaker, followed by questions and answers. Shamma will speak from 6:30pm – 7:30pm and discuss needle felting, sourcing sustainable materials, different types of fibers and provide a demonstration of her craft. The Center will also sell kits for guests to purchase to make a felted heart – just in time for Valentine's Day.

The Reboli Center is located at 64 Main Street in Stony Brook, and is open Tuesday-Saturday from 11am-5pm and on Sunday 1pm-5pm. Admission is free. For more information, call 631-751-7707.

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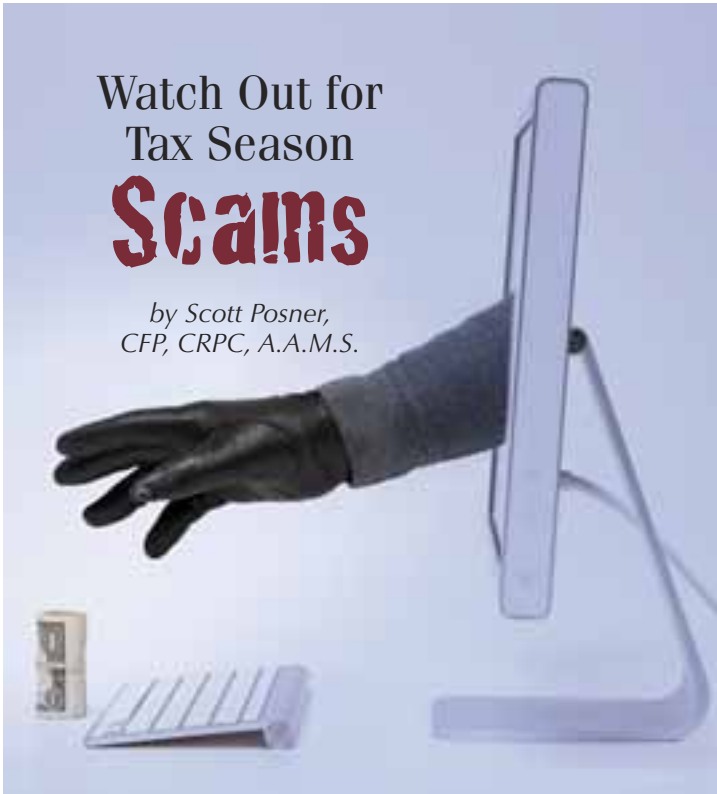
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FINANCIAL FOCUS

Watch Out for Tax Season Scams

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



It's that time of year when we do our taxes – but it's also the same time that tax scammers go to work. What scams should you watch for – and how can you avoid being victimized?

Sadly, the list of scams is pretty long, including demands for payment or requests for “additional information” pertaining to your tax refund, in which the sender asks for your Social Security number and other personal information. These scam emails can look quite official, often incorporating the IRS logo. You might also receive scam text messages containing bogus links claiming to be the IRS website or an on-line “tool” that can help process your refund faster.

But keep these points in mind:

- The IRS generally won't contact you by phone and won't contact you by email, text messages or social media channels to ask for personal or financial information. The IRS begins most correspondence to taxpayers through regular mail delivered by the U.S. Postal Service.
- The IRS won't call to demand you make an immediate payment through a prepaid debit card or wire transfer. If you owe taxes, the IRS generally will mail you a bill. And the IRS won't threaten to bring in the

continued on facing page

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- police or another law enforcement group to arrest you for not paying your taxes.

In general, be extremely skeptical about any type of communication purporting to be from the IRS that sounds bullying or over-inquisitive – and certainly don't give out any personal or financial information. But these fake messages aren't the only tax-season scams out there. You might even receive a direct deposit from what appears to be the U.S. Treasury Department – but if you weren't expecting it, something's likely not right. This payment could be a sign that a fraudulent tax return was filed in your name, and it might be followed by a communication from a supposed IRS agent requesting this overpayment be sent to them. If this happens to you, you'll want to contact the IRS right

away, and you could also ask your bank to return the deposit to the government.

Other scams don't claim to originate directly from the IRS, as scammers pretend to be from real or imaginary tax organizations. For example, you could get a message from the Taxpayer Advocate Service, an independent organization within the IRS, but this agency won't contact you without a legitimate reason. Or you could receive a message from the nonexistent "Bureau of Tax Enforcement." Your best bet is to delete these messages immediately or send them to your spam folder.

Not all tax season scams originate from fraudulent IRS representatives or fake agencies. You also need to be careful about whom you hire to prepare your taxes. If possible, get a recommendation from a trusted friend or family member.

And keep in mind that a legitimate tax preparer must have a valid Preparer Tax Identification Number and must sign your tax return. If someone doesn't have this number or is reluctant to sign your return, it may well be a sign that this individual is a "ghost preparer" who only wants to pocket your fee.

Tax scammers are, unfortunately, here to stay – but remaining vigilant can help you keep them from causing problems for you in this tax season and all the ones in the future.

Editor's Note:

Financial Focus is a monthly feature written by Scott Posner, CFP, CRPC, A.A.M.S., an investment representative with Edward Jones Investments. This 130-year-old firm has over 10,000 offices around the world with one here in town at 542 North Country Road in the Old St. James School House. Mr. Posner has serviced both personal and institutional investors for over 32 years. For more information, or to request topics for future columns, call 631-862-2020.

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by
Natalie Weinstein,
Allied ASID

*"The wind is
blowing
The snow is
snowing*

*But I can weather the storm
What do I care
how much it may storm
I've got my home
to keep me warm"*

The lyrics to that old song which I "borrowed" and changed slightly come to mind in the often cold and bleak days of winter. Just think of all the "love" your home gives you in winter, and for that matter, in every other season, as well. Cuddling up in your well organized and appointed living room with a warm afghan on your comfy sofa in front of a blazing fire, (real or not) the smells of baking cookies is your immaculately clean oven wafting through the air, soft music playing in the background, low lighting to get you in a relaxed mood as your home embraces you on a bleary winter's day Wait – what -? Are you in the wrong house? Can it be your home isn't giving you any "love"? Hmm.

Perhaps you need to play back this "could be" scene and examine what's missing in your home – and what you are missing. January, the month of resolutions, is probably the best time to examine your home and yourself.

You can start fresh – a new year – a new leaf – a new list of what we will do and how we will be – better. Unfortunately, many of our resolutions are soon forgotten, but I'm a positive thinker and I believe in you, dear reader, and I believe that your home can be a great place to start as well as keep going. So get off that sofa, clean up the toys, papers and other stuff around, walk into your kitchen, find a pad and writing instrument, you know they are around somewhere (from before



you put everything in your mobile devices) and get ready to write things down. Now start walking room by room and make a list of what you see that doesn't make you feel "loved" in your home.

Only a short time ago I helped a dear client whose home was scheduled to be redone get through the holidays. She was overwhelmed and overworked. Her home was cluttered with furniture from her Mom's recently sold home and too many of her own mismatched things. It was two weeks before Christmas and her decorations were still in boxes and not nearly enough for her large and needy home. I offered to help and enlisted the aid of my personal Christmas Santa, Paul and three of his helpers, from Paul's Long Island Landscaping. On a windy, cold and rainy Friday, I sent her off to work and we got to work! Pointing my "magic finger," every piece of furniture was moved or removed (to the basement) and out came the fabulous garlands, wreaths and holiday accessories from Paul's trucks. By mid-afternoon, chaos turned to calm and her home became holiday ready, neat



and organized. All that was left for her to do was decorate the tree with her family and set the dining room table. The change in her and her family was amazing and while the holiday decorations will be gone by the time you read this, the mood and intent is still there – and this house is one the family is happy to come home to.

continued on page 66

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Hearing Loss and Easy Steps to Help You Address It

by William Kent

Life's "To Do" list can be pretty daunting. And often, getting started on something is the hardest part. This can be especially true for addressing hearing loss.

The fact is that most people wait roughly seven years to do anything about it, once they realize they have hearing loss. And that's too bad – research shows that when people treat even just mild hearing loss, their quality of life goes up. Plus, when people with hearing loss use hearing instruments, they get more pleasure from doing things and feel more engaged in life.

Conversely, non-hearing aid users are more prone to feel down, depressed or hopeless, a Better Hearing Institute (BHI) survey found. They're also more likely than hearing aid users to say they find themselves getting more forgetful. Groundbreaking studies have discovered that hearing loss is linked to cognitive decline and dementia. Add to that, BHI research showing that untreated hearing loss can take a significant toll on earnings – up to \$30,000 annually.

The tricky thing is, we live in a noisy world. It's hard not to be affected. Many of us undoubtedly feel the impact of blaring music, earbuds, noisy restaurants, clubs and coffee shops, high-decibel ball games and motor sports, ear-piercingly shrill power tools, loud workplaces, and more. It all boils down to this: You're not alone in the changes and struggles you're experiencing with your hearing. You have lots of company. Almost 40 million others in the United States

have some degree of hearing loss. Research even suggests that hearing loss is now common among people in their 40's, and is increasing among 20-to-39-year-olds. Luckily, the vast majority of people with hearing loss can benefit from hearing instruments – which are now sleeker, smaller, more powerful, and work better than ever before. They've transformed dramatically, even in just the last couple of years.

So, if you're tired of turning up the TV volume, missing what people are saying at work, asking family and friends to repeat things, can barely remember the sound of morning birds, or are simply worn out from coping with a neglected hearing loss, do something about it. This may be your monumental moment. You can make the most of it.

To help, here are some easy, achievable steps to get you started. The road to better hearing – and a better quality of life – is a single step away.

- *Visit a hearing care professional.* Hearing Instrument Specialists and Audiologists are specialists expressly trained in all aspects of hearing instruments and amplification, and are licensed in NY State. They have the most appropriate and accurate equipment to give you a precise read on your current hearing level. And they can reliably counsel you on treatment options. Research shows that the great majority of people who visit hearing care professionals say they're happy with the quality of service and counseling they receive. Most hearing care

professionals even provide trials so you can see what using hearing instruments is like.

- *Gather information.* Educating yourself helps you reach acceptance and peace of mind. Learn what you need to know. New, sleek and stylish, state-of-the art hearing instruments make it much easier to manage hearing difficulty without a lot of fuss. Many new hearing instruments are virtually invisible; sit inside the ear canal, out of site. Treating hearing loss means better quality of life and more effortless living for you.
- *Let it all sink in and make a plan.* Consider everything you've learned and take time to think about it. But do give yourself a timeline for making a decision. If after you've educated yourself about hearing loss and hearing specialists, you decide to wait, set a hard date for re-evaluating your decision. Research shows that the sooner you treat hearing loss, the better it is for you and your quality of life.

After all is said and done remember this, the worst thing to do is nothing. Try very hard not to make that one an option.

Editor's Note:

For more information about this article or hearing loss in general, call William Kent at Long Island Hearing. With offices in both Nassau and Suffolk Counties they will be happy to assist you with any questions you may have. Contact them at 1-800-698-5200.

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HEALTH NOTES

Ask Ron



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

Dear Ron

My son and daughter-in-law have taken up vaping, much to my complete disappointment and concern. They understand that they cannot vape inside my home and step outside and away from my sight to indulge this terrible habit. My issue is that at their house they vape indoors and I don't wish to be subjected to breathing their second hand vapor. When I said that it was hard for me to come to their home because of this they did not offer any

solutions and did not want to discuss the issue saying that they compromise everywhere else. So my choice is to go to their home and be surrounded by vapor and the smell or stay home and away. My brother and sister support me because they can't stand it either and are very upset that they are no longer seeing their nephew because his home is not comfortable. Is there anything I can do about the situation which won't cause more upset.

—Vaped out.

Dear Vaped Out

Vaping is such a concerning topic much like smoking was decades ago. Addressing habits with family and the impact it has on others is certainly a difficult conversation. If you want to try the compromise conversation again, see if you can talk about it in a neutral place like a park so no one is on their own home turf. Your job is to remain as objective as possible when seeking a solution, even if your son and daughter-in-law meet you with upset. Hard to do certainly, but if you want to see a change to their at-home habits when you are around, they will need to feel like it is more of a courtesy than a parental demand. If they are not open to making their home space easier for you to manage when you visit, and you are ultimately uncomfortable in their home, then create more opportunities to have them over to your home, or the homes of your siblings, where they do honor the request to vape outside.

Editor's Note:

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

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off: You are a
most precious

The hustle and bustle of December is behind us, and January has arrived with new promises and hope-filled wishes. Phew. Take a deep breath and give yourself permission to enjoy a little bit of R&R. In this all too brief lull, we allow our minds to drift; we seek the quiet where our heartfelt wishes can be revealed.

At the turn of each new year, it is common that our focus shifts to personal goals, resolutions, and yes... an intention for self-improvement. A quick search on the web offers these top resolutions for 2023...

Exercise more, eat healthier, lose weight, reduce stress, get more restful sleep, quit a bad habit; get organized, save money, reduce expenses, spend less time on social media, more time with family and friends and live life to the fullest.

Notice that six of the top ten items are health-related intentions; intentions that are all about taking better care of you. Maybe you already know which is your highest

priority, but for many, it can be overwhelming to figure out where and how to begin. So I'm offering you a tool to determine exactly that!



Take a moment to review these questions and rate yourself in these four main categories:

Do you avoid or limit processed, junk, or fast foods?

Do you get sustainable energy from what you eat?

Do you experience discomfort (gas, heartburn, bloating) from what you eat?

Do you take nutritional supplements?

Do you exercise regularly?
Do you move freely and recover quickly?
Are you at your desired weight?
Do you have energy throughout the day?
Do your cravings control you?
Do you have metabolic issues (blood pressure, lipids, glucose, skin, hair, nails, etc.)?

Do you fall asleep easily and wake up feeling refreshed?
Do you adapt quickly to life's happenings?
Are you emotionally balanced?
Do you feel overly anxious, fearful, or overwhelmed?

Do you eat organic foods and avoid chemically laden foods?
Do you use chemical free/natural products for personal care, in your home, and for cleaning?
Do you engage in routine internal body cleansing activities?

These are just a few of the questions from our in-depth Vitality Assessment, a perfect way to stir awareness about your top health and wellness priorities. Contact me for a copy of our complete Vitality Assessment and let's have a conversation on point about what is most relevant to your goals and daily routine.

- **ASK**
 - o Be clear about what you want to achieve, who you want to become.
 - o Set realistic goals.
 - o Break them down into smaller, measurable, and achievable action items.
- **BELIEVE**
 - o “The key to building lasting habits continued on facing page



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HEALTH NOTES

continued

is focusing on creating a new identity first. Your current behaviors are simply a reflection of your current identity. To change your behavior for good, you need to start believing new things about yourself. You need to build identity-based habits." ~*Atomic Habits*, by James Clear

- o My goals are strong enough to inspire actions that become my identity!

- **RECEIVE**

- o "You are 100% disciplined to your existing set of habits." ~ *The Gap and the Gain*, by Dan Sullivan with Dr. Michael Hyatt. As we transform our daily routines, we are simply redefining that set of habits.
- o Be willing to release the old way of doing things, the memory of who you used to be, how you

used to behave. This makes space for your new identity and your new identity-based habits.

- o You don't need more. You need to do more with what you have!

Own your Health

Invest the time and resources to live your best life right now by committing to a more robust personal self-care routine. This is the time for you to see yourself differently, to behave differently, to truly take care of you.

You are invited...

to Attend Fun with Oils workshops (3rd Monday) where we feature different self-care topics each month.

January 23 – Haircare

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March 20 – Nutrition & Supplements

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May 15 – Green Clean

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- **Note:**

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

Editor's Note:

Terri Pace and her family are longtime residents of St. James. 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. Visit this website for more information on other events and workshops available: <http://simplynatural-seminars.eventbrite.com>

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SHORT STORY

Terrible Toos and Other Words

by June Capossela Kempf

I am going too the store.

I have to hands.

I have two go home.

If you find nothing wrong with these lines, you have lots of company – especially if you post on social media. No one knows where, were, ware to put what or why. Is it there, their or they're? Spellcheck doesn't seem to work on Facebook or Twitter; but when a misplaced homophone appears, it rubs me the wrong way which compels me to correct the situation once and for all. So, with great naiveté, I will attempt to sort the whole dilemma out by referring to Harry Shaw's Guide to Correct Usage Errors in English and ways to correct them. Hang on.

On page 97 it says 'to' is a preposition (go to the store) and the sign of an infinitive - to work. 'Too' is an adverb meaning also, and 'two' is a number that follows the number one – Okay? That's an easy one. Next, we have their, there and they're. Where do they belong?

I flip back a page in Shaw's handbook and find an entry: There – See Their.

Under their, I see all three words – with this explanation: "These simple and common words cause much difficulty, but they are easy to keep straight:

Their is a possessive pronoun, - ex: This is their mistake.

There means 'in or out of a



place' - ex: Were you there when they were teaching grammar? They're is a contraction of 'they are' ex: We are disappointed because they're not passing the course.

Is this clear yet?

What about where, we're – or is it wear or ware. Not even Shaw's handbook can give a clear explanation. The book lists We're, followed by see is. I flip to page 60 and find Is lumped with was and were. We're is nowhere in sight but everyone knows that's just a contraction for we are, right?

Where – The guide was not too clear on this either so simply put, the word is spelled this way to denote location: Where is my dictionary?

Ware – and Wear – Shaw made no mention of these two. Frustrated beyond belief, I set his book aside and reassessed the whole mess.

What's the big deal? Why stress out over folks who have trouble with the inconsistencies of this confusing English language that is further complicated by Americanization atrocities. Correct grammar is no longer a big issue, so why am I obsessing about it in these troubled times?

I need to chill out, forget about language rules and focus more on the stuff that needs improvement the most – like peace, justice, and love for each other. With that in mind, all I have too say is:

Happy Noo Year, youse guys.

Editor's Note:

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



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Shake your **SHAMROCK!**
And be **IRISH** for A day!*

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High School East Chamber Choir Spreads Holiday Cheer



Talk about decking the halls. The Smithtown High School East Chamber Choir spread some cheer this holiday season by singing holiday favorites at elementary and middle schools in the Smithtown Central School District. The musicians, who performed at Radio City Music Hall earlier in the month, decked the halls with sounds of the season while students sang and applauded. The choir performed 15 different performances throughout the district since Thanksgiving. The choir is directed by music teacher Mark Hegreness. High School East chamber choir performing. *Photos courtesy of Smithtown CSD.*

STOCKING STUFFERS FOR THE MILITARY...



Smithtown High School East students, faculty and staff donated items that could fit into a stocking to be shipped to military across the country and overseas. Ms. Maeve Miller's fashion and marketing students decorated 30 stockings and under the supervision of Mrs. Doreen Kelly and Mr. Stephen Costello (club advisors), the School of Business Honor Society members filled the stockings and created holiday cards for our military. *Photo courtesy of Smithtown CSD.*

IN THE SCHOOLS

SMITHTOWN SCHOLAR ATHLETES...



The Accomsett MS girl's soccer team (top photo), Great Hollow MS girl's tennis team (left) and the Nesaquake MS cross country teams (below) all were winners of the Smithtown Booster Club's fall sports scholar athlete awards. All teams had a GPA of 4.0 or higher.

Photos courtesy of Smithtown CSD.



IN THE SCHOOLS

The Nutcracker Returned to St. James Elementary



Former St. James Elementary School Principal Mary Grace Lynch performing in *The Nutcracker*.
Photo courtesy of Smithtown CSD.

Tchaikovsky would be proud. An annual tradition at St. James Elementary school continued recently with the first and second graders performance of *The Nutcracker* and a special guest surprise.

For 14 years music teacher Christa Braunreuther has been rehearsing with students to get them ready for the big show. The tradition starts off the holiday season and lives on throughout the years.

"It brings me joy to bring meaningful musical experiences to the children and create memories that will last forever," said Braunreuther.

Mrs. Braunreuther also had a surprise up her sleeve, asking former St. James Elementary School Principal Mary Grace Lynch to reprise her role as Mother Ginger. Mary Grace said she "couldn't say no!"

GIVING SENIORS SOME SMILES...

Mills Pond Elementary fifth graders put plenty of smiles on the faces of local seniors on Wednesday, December 21, 2022 as the students sang holiday songs at the St. James Rehabilitation and Healthcare Clinic. The students sang *Rudolph The Red Nosed Reindeer*, *Jingle Bell Rock*, *Dreidel, Dreidel, Dreidel*, *Frosty The Snowman*, *Feliz Navidad*, *Jingle Bells* and *Rocking Around The Christmas Tree*. The students also created cards and gifts to give to the seniors during their civic centers at Mills Pond.



Photos courtesy of Smithtown CSD

POET'S CORNER

An Angel Standing There

by John Taratunio
1928 - 2018

*Now and then I hear a voice
Spoken softly sounding strong
I have to listen, I have no choice
Not to do so would be so wrong*

*The words I hear are words of wisdom
Spoken so to guide my way
It doesn't command, it gently implies
In ways I feel I must obey*

*But as I questioned this solemn voice
During my daily prayer
I turned and looked around
And saw an angel standing there*

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AROUND TOWN

The Atelier

continued from page 34

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Design Ideas

continued from page 52

So in this New Year, 2023, as you "weather the storm", stay warm, safe and healthy in your home. Perhaps you don't have Santa Paul, his helpers, and me (although you could), you have your list. Check off your accomplishments as you de-clutter and organize. You can turn your wishes into reality and your home can and will give you the love you give it.

Editor's Note:

Meet Natalie Weinstein through Online Design, a new service that can take you from inception to completion for your home and patio virtually or contact us for an in home consultation. Natalie Weinstein, Allied ASID, is an accredited designer, acknowledged

business leader, entrepreneur, author, media personality and motivational speaker. Her interior design firm, Natalie Weinstein Design Associates, has been creating lifestyle changes in homes and public spaces, decorating for countless clients since 1973. For questions, please call - 631-862-6198 or email us - info@natalieweinstein.com. Visit our website www.natalieweinstein.com.



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- Winter Homecare
- St. Patrick's Day
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