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JUNE
2019

Volume 32
Number 8

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

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PLEASE NOTE:

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Distribution takes place on **Wednesday, July 17, 2019.**

MERCHANT SPOTLIGHT



B.L.T. Café

521 Lake Avenue, St. James
631-584-4229

HOURS:

MONDAY-FRIDAY 6 A.M.-4 P.M.
SATURDAY 7 A.M.-3 P.M.
SUNDAY, 7 A.M.-2 P.M.

by Debbi Spiegel

Do you remember the lyrics to the theme song from "Cheers?" Where everybody knows your name. This phrase is printed on the B.L.T. Café staff shirts and it is their mission. The Breakfast Lunch Takeout Café opened in 1999. José was the man behind the grill and after many years, José and his family took over the operation of the café.

B.L.T. Café serves up their famously strong Galaxie coffee and breakfast starting at 6 a.m. during the week. José enjoys interacting with the "morning gang" as they read their newspapers while enjoying their coffee.

B.L.T. Café's breakfast menu is filled with delicious morning meal favorites. Fluffy pancakes, waffles or french toast can be served with a side of bacon, ham or sausage. Specialty pancakes include blueberry, chocolate chip or banana. José and his nephew Carlos, who is manning the grill these days, are proud to use B.L.T.'s original recipe for home fries. They are crisp and grilled to perfection. The egg platter features eggs, bacon,

sausage, home fries, and toast or a bagel. Their combination omelets are also quite popular. José said that they use 30 dozen eggs per day. Other breakfast options include egg sandwiches served on a roll or oatmeal with fruit.

Sonny's Famous BLT with mayo is at the top of the lunch menu. All sandwiches can be made into platters that are served with french fries, macaroni salad, and a pickle. Beef and turkey burgers are juicy and quite filling. José's favorite specialty sandwich is grilled chicken, bacon, Swiss cheese, pickles and Russian dressing on a roll. He also prides himself on his Cubano sandwich. The homemade chicken salad is a favorite among customers too. Other sandwiches include a Reuben with corned beef or turkey, Philly cheese steak, roast pork with mushrooms, onions and melted pepper jack, gyros, and quesadillas. Their colorful spinach salad is prepared with the freshest spinach, chopped eggs, bacon, mushrooms, and red onions. The house salad with grilled chicken and José's homemade dressing is talked about all over town. Wraps include grilled chicken or turkey with steamed veggies; crispy chicken, spinach, tomato and feta; pastrami

Reuben or turkey, spinach, cranberries, and walnut wrap. Whiteboard special menu items change several times per week.

Your thirst will be quenched with B.L.T. Café's homemade iced-tea. They brew sweetened and unsweetened versions. Green tea and herbal teas are available and served either hot or iced. Their chocolate milk includes secret ingredients.

José is enjoying his transition from cook to owner. The major difference is all of the paperwork. There is mutual admiration between him, his customers and staff. B.L.T. Café is a true St. James treasure!

Come hungry to enjoy B.L.T. Café's generous portions while sitting at the counter, at one of the tables or taking it to-go. B.L.T. Café is opened Monday through Friday from 6 a.m. to 4 p.m., Saturday from 7 a.m. to 3 p.m. and Sunday from 7 a.m. to 2 p.m.



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Long Island Cars Super Swap Sunday Car Show

Long Island Cars will present their "Super Swap Sunday" Car Show and Swap Meet on Sunday, June 23, 2019 at Flowerfield Fairgrounds on Route 25A in St. James.

Flowerfield Fairgrounds, once a turn of the century flower farm, will be filled with classic and collectible automobiles including show cars from the 50's, 60's and 70's, one-of-a-kind custom cars, antiques, exotics, street rods, trucks, muscle cars and imports. Show cars will be competing in 50 classes for coveted "Long Island Cars" impressive trophies.

This event will also include Long Island Cars signature swap meet with well stocked vendors offering older parts, literature and accessories for swap and sale. If you are looking for those rare car parts to complete your

1957 Chevy convertible



custom or collectible car, this is the event where you'll find them.

If you are looking to buy your dream car, check out the Car Corral where owners will be selling cars directly to the public.

Enjoy live music, fun fair food and much more. Flowerfield Fairgrounds is located on Route 25A in St. James. Hours are 8 a.m. to

4 p.m., rain date: Sunday, June 30, 2019. Admission: \$9; under 12 years are free; free parking.

Display or sell your collectible car with admission, Judged cars and vendors register at the gate between 7 a.m. and 10 a.m. Call 631-567-5898 or visit LongIslandCars.com for additional information.

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A R O U N D T O W N

MEMORIAL DAY TRIBUTE...



Boy Scouts from Troop 7, of St. James, are shown placing flags at Calverton National Cemetery for Memorial Day.

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A R O U N D T O W N



The St. James community gathers to mark the celebration of an official Cultural Arts District along Lake Avenue in St. James.

Lake Avenue Cultural Arts District Ribbon Cutting Ceremony

On Sunday May 19, 2019, *Celebrate St. James, Past, Present and Future*, hosted State, County and Town Officials as well as local residents and business owners, at the Lake Avenue Gazebo to commemorate an official Cultural Arts District along Lake Avenue in the hamlet of St. James. The ceremony included a custom artwork unveiling by local artist Arline Goldstein, ceremonial toast and ribbon cutting.

"There has always been something about St. James that has fostered community pride. It was

and is a place where people have come together in the past and still do... it is a place where, no matter who we are or what we think, we always share one commonality – we love our hometown." - NATALIE WEINSTEIN, President of *CELEBRATE ST. JAMES*.

Designated Cultural Arts Districts have helped towns and cities to serve as a powerful economic driver when coinciding with revitalization efforts. Supervisor Ed Wehrheim asked the crowd to envision the future Lake Avenue as it undergoes a

renaissance.

The Town Board voted unanimously on April 25, 2019 to declare an overlay cultural arts district along Lake Avenue in St. James. The district encompasses Lake Avenue from Route 25A (at the St. James Firehouse) on the north end down to Woodlawn Avenue on the south end.

The St. James Cultural Arts District, is intended to highlight the arts, culture and entertainment for residents and visitors alike.

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A R O U N D T O W N

Scott & Debby Posner Are Riding For a Cure...

- HELP THEM GET THERE -

by Scott Posner

Last year I participated in the Empire State Ride (www.empiresetateride.com), a 7 day, 546 mile bicycle ride from Staten Island to Niagara Falls to raise money for cancer research. My inspiration was my incredible, courageous and amazing wife Debby, a cancer warrior and survivor. Debby continues to support others in their battle. She currently leads the Supporting Sisters in Pink, a support group she has been part of since 2006.

The organizers of the ride were touched by Debby's history and sent a film crew to capture her story which can be seen at <https://youtu.be/TsnFEGDdeOM>. (You can also search Scott Posner on youtube to access the video)

After arriving in Niagara Falls last August I received some VERY surprising news. My courageous, tenacious, inspiration, my wife Debby, declared her intention to complete the ride this summer. So on July 28 Debby and I will set off as part of the Empire State Ride TOGETHER! I am so thrilled



Scott and Debby at Niagara Falls

to share this very worthy effort with the person that inspired my journey.

My goal is to help Debby raise as much money as possible. Last year I was fortunate enough to have amazing supporters that resulted in Millennium Rider status for raising over \$10,000. Debby will ride into Niagara Falls in the

front group as a survivor, my goal is for her to add Millennium status as well. Please consider supporting her ride by visiting <http://give.roswellpark.org/goto/Debby>. We hope to see a day where no one will ever have to hear the news of a cancer diagnosis. Join the fight, make a difference. It is also not too late to join the ride and make an even larger impact. We will win the fight, we just need help getting there. **THANK YOU!**



Scott with his team after receiving the Millennium Rider trophy

Editor's Note:

Scott and Debby Posner are not only St. James residents, but also have their business here in St. James as well. Please support them for this worthy cause.

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A R O U N D T O W N

Dr. Guy Lodico Achieves Internationally Recognized EdTech Leader Status

Dr. Guy A. Lodico, of St. James, has been awarded with the esteemed distinction of Certified Education Technology Leader (CETL). The CETL is a rigorous internationally recognized professional assessment established by the Consortium for School Networking (CoSN). In accordance with CETL guidelines, Dr. Lodico has demonstrated his mastery of the body of knowledge defining the leadership skill areas critical to providing vision for and building 21st century learning environments to support student achievement.

In addition to leading Educational Technology (EdTech) initiatives at POBCSD, Dr. Lodico is Past President of the New York State Association for Computers and Technologies in Education

(NYSCATE) organization where he led professional development and innovative EdTech conferences for thousands of educators across the state and served as Chairman of the Nassau Association of School Technologists (NASTECH) BOCES organization.

Most recently, Dr. Lodico's research study on Educational Leadership was selected by a blind peer review panel for presentation and journal publication at this year's 2019 Technology Education Research Symposium (TERS). He is also a past recipient of the School Administrators Association of New York State (SAANYS) Leadership and Support Award and was inducted into the NYSCATE Hall of Fame in recognition of his contribu-

continued on page 38



Dr. Guy Lodico



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stone fireplace, vaulted ceilings. CAC, Cvac, private 2 acres w/paver patio & heated IGP. Arch. roof, full bsmnt., 2 car side entry garage. Cul-de-sac location. Must see.

\$949,000.

HEAD OF THE HARBOR "CUL-DE-SAC"

Spacious New England style Colonial w/exquisite indoor gunite pool. Seasonal water-views of Stony Brook Harbor. 4 BRs, 2.5 baths, 2 frplc, oak floors. CAC, arch roof. 2+ car garage. Whole house generator. Lovely 2 acres w/tennis.



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HEAD OF THE HARBOR "DIAMOND POST MODERN"

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CALL FOR A FREE MARKET ANALYSIS

A R O U N D T O W N

Celebrate St. James: Past – Present – Future Happenings

Celebrate St. James is excited to announce the *CELEBRATE ST. JAMES MUSEUM*, open on Sundays from 11 a.m. to 5 p.m. and Monday, Thursday, Friday and Saturday, from 10 a.m. to 5 p.m. at the Uniquely

Natalie Quality Consignment (formerly The Calderone Theater), 176 Second Street, St. James NY 11780 - Second Floor (walk up only). Admission is complimentary.

FREE SUMMER MUSIC SERIES AT THE GAZEBO

St. James Gazebo RR, Station on Lake Ave. | Sundays, 7-8:30 p.m. | Bring a Chair

June 30 - The Dedications

July 4th - Patriotic Songs

July 14 - Willie and the Poor Boys

Credence Clearwater Revival Tribute Band

July 28 - Liverpool Shuffle

Beatles Tribute Band

August 11 - Risky Business

Music of the 60's, 70's

August 25 - Six Gun

Country Western music with line dancing

Funded in part by a grant from the Suffolk County Dept. of Parks

Volunteer Drivers Needed for Meals on Wheels Program

Do you have a couple of free hours in your week? Would you like to provide a vital service to senior citizens in your community? The Town of Smithtown Senior Citizens Department has an opportunity for you!

They are looking for volunteers to deliver meals to the home-

bound elderly in the Smithtown community. Meals are delivered in the late morning each Monday - Friday and require as little as two hours a week, one to four days per month. You can even choose to be a "back-up" driver if your time is limited. Volunteers use their own vehicles and are

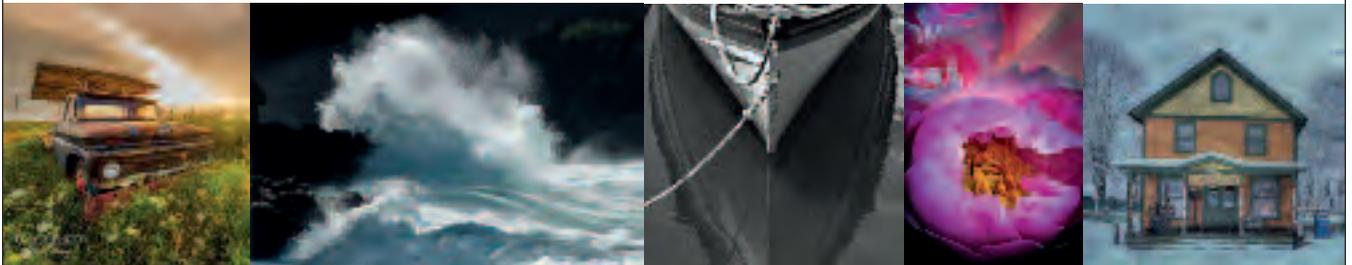
reimbursed for mileage.

Volunteer with a friend and share the experience! If you have the time to spare, please join this wonderful group of volunteers. For more information, call 631-360-7616.

Funding is provided by the continued on page 38

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July 13 to Aug. 15, 2019: **"Celebrate Long Island"** (Long Island landscapes & culture)

Aug. 24 to Sept. 26, 2019: **"Up Close & Personal"** (Macro and close-up photography)

Oct. 5 to Oct. 31, 2019: **"Childhood Memories"**

Nov. 9 to Dec 4, 2019: **"Planes, Trains & Automobiles"**

Dec. 12 to Jan. 15, 2020: **"Wildlife" (+ Holiday Auction)**

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Nissequogue, NY – Captivating River Views

Updated country retreat with river views. Cherry and granite kitchen with solarium breakfast area. Spacious living room with stone fireplace, formal dining room, 4 bedrooms, 2 master sized with full baths, full basement and 3-car garage. SD #1. MLS# 3095578. \$699,000.



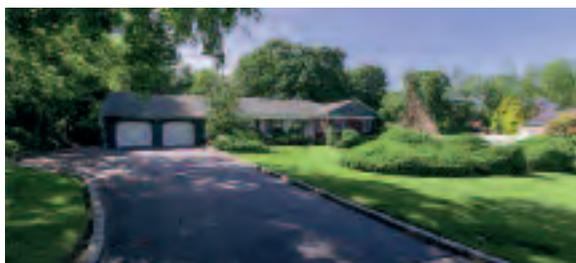
Smithtown, NY – Gated Community

Lovely Brittany model. Open-floor plan on 1st floor, rear slider to patio and green lawn. Master bedroom with full bath and walk-in closet. Full basement, attached garage, laundry on main level. Elegant clubhouse, pool and tennis courts. SD #1. MLS# 3135649. \$429,000.



St. James, NY – New to Market

Center Hall Colonial on 1/2-acre in Damon park. Large entry foyer leads to formal living room and dining room, eat-in kitchen with Cherry cabinetry, den with fireplace, 2-car garage and gas heat. Rear yard with in-ground pool and basketball court. SD #1. MLS# P1348856. \$679,000.



St. James, NY – New to Market

Updated and pristine 4-bedroom Yablonski Ranch on nicely landscaped acre. Fine millwork, gracious gathering rooms, charming front porch and sunlit eat-in kitchen. Updated baths, fully finished basement with outside entrance. Private yard with mature trees and lap pool. SD #1. MLS# P1348776. \$685,000.



Stony Brook, NY – Recently Updated

Center Hall Colonial on .65-acre in tranquil cul-de-sac. Features spacious gathering rooms, Wood Buring fireplace, newly painted interior, new carpeting in bedrooms, 2-car garage and full basement. Close to Stony Brook Village. Three Village Schools. SD #1. MLS# 3124489. \$519,000.



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I N T H E N E W S

Celebrating the American Legion's Centennial

On Sunday, May 26, 2019 the Smithtown Veterans Resource Committee, local officials and the American Legion Posts throughout the Smithtown Township hosted a Centennial Ceremony at the Veterans Memorial Plaza. Veteran members from James Ely Miller Post 833, Sherwood Brothers Post 1152 and Donald C. Munro Post 944 along with community members gathered together to commemorate the 100th Anniversary.

"For 100 years American Legions across this nation have protected, democracy, decency, freedom and the selfless men and women who fought to safeguard this great nation and her children. We're here today to celebrate a noble vision that began 100 years ago this year... To Legionnaires across the continued on facing page



Centennial Ceremony at the Veterans Memorial Plaza.

Photo by Vietnam Veteran Ron Pacchiana of JBA Studio

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I N T H E N E W S

continued nation, may you be fortunate enough to continue the mission for 100 more."

The presentation of the colors was conducted by members of the three American Legion Posts, followed by an acappella performance of the National Anthem by the Smithtown High School East Chamber Choir.



A brief interlude performance of *To The Colors* was played by Kevin Eaton on the bugle. The ceremony closed with final comments from Sherwood Brothers Post 1152 Commander Ed Springer Sr. who discussed the importance of inviting the younger generations of Veterans to join the membership.

The Smithtown American Legion Rifle Squad executed the ceremonial military gun salute followed by a solo performance of *God Bless America*, performed by Smithtown PIO Nicole Garguilo. Town Clerk Vincent Puleo ended the ceremony by thanking the Town Parks Department, State, County and Local Officials and the newly formed Veterans Resource Committee who orchestrated the 100th Anniversary

celebration.

The American Legion is the nation's leading advocate for veterans. With a current membership of 2.2 million wartime veterans, the American Legion was founded in 1919 on the four pillars of a strong National Secu-

rity, Veterans Affairs, Americanism and youth programs. Legionnaires work for the betterment of their communities through more than 13,000 posts across the nation and around the world.

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Smithtown Food Pantry Donations Still Needed

by William J. Garthe

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

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

temporary help.

Items needed for the food pantry:

Baked beans, tuna fish, all types canned vegetables, spaghetti, tomato sauce, peanut butter and jelly, snacks, all boxed pastas, baby food and formula – all non-perishable food items.

Other Items:

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

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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HISTORICALLY SPEAKING

LIVES, LOVES, AND LAMENTS OF THE PEOPLE OF ST. JAMES The Mills Pond House, an Elegant Country Estate Built for William Wickham Mills II

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 the Emmets and the estates they owned in Head-of-the-Harbor. This article takes a look at the first large home built in Head-of-the-Harbor by William Wickham Mills II in 1838.

The Mills Pond House, off North Country Road in St. James, actually stands within the boundaries of the incorporated village of Head-of-the-Harbor. Today the house is owned by the Town of Smithtown and is now the home of the Smithtown Township Arts Council. This house and its surrounding out-buildings and acreage was once one of the finest estates in Smithtown and Suffolk County, and was created by William Wickham Mills II, a descendant of Timothy Mills who had been the first of that name to settle in Smithtown.

Timothy Mills was born in Jamaica in 1667, grew up in Jamaica, and "on March 19, 1705" purchased 100 acres of land from Samuel Smith "at a place



Mills Pond House

called Stony Brook Neck, near ye road from Smithtown to Brookhaven." Samuel Smith, a son of Richard Smith, had been given the land by his father who described it in the following way: "in length, east and west 160 poles, and in breadth 100 poles, excluding ye highway of 6 poles wide." Why Samuel Smith sold 100 acres of land to Timothy Mills, and what Timothy Mills paid for it is not known, nor do we know what the boundaries of this parcel of land were. (One would have to know how long a

"pole" is and where they were measuring from, and I haven't got the foggiest.)

But a later purchase in 1731 helps us out. In 1731, "Timothy Mills increased his original 100-acre farm by purchasing a contiguous tract from Jonathan Smith," the son of Jonathan Smith I and grandson of Richard Smith. In 1732, Timothy Mills purchased an additional 521 acres of land "bounded as followeth, on the north by said highway, on the east by

continued on facing page

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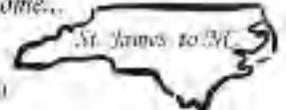
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HISTORICALLY SPEAKING

continued
Brookhaven line or highway ascertained between said Brookhaven and Smithtown, and bounded on the south side by the Country Road that leads to the towns eastward, and bounded on the west by land that Timothy Mills bought of Adam Smith deceased." Timothy Smith became a prominent resident of Smithtown and "his purchase of five hundred and twenty acres in 1732 established him as a major landholder and farmer." (Zack Studenroth, Part 2: Mills Pond House, An Historic Structure Report, Smithtown Planning Department, December 1977, p. 10.)

Timothy Mills was married twice. He had two children by his first wife "before moving to Smithtown: Issac and Miriam. By his second wife, Sarah Longbotham, he had eleven: Deliverance, Jonas, Jonathan, Sarah, Samuel, Martha, Ruth, Mary, Elizabeth, Timothy, and Jacob." When he died, Timothy Mills "divided his ample holdings equally between his six sons." Of these six sons, "Jonathan emerges as the most successful member of his generation, and it is to one of his descendants, William Wickham Mills I, that we owe the consolidation of the Mills Pond property in the nineteenth century." (Zack Studenroth, op. cit., p. 12)

"Jonathan Mills was born October 23, 1710 and died on the same day in 1798." He married twice. His first wife bore him six children and by his second wife he had two more sons: William Wickham (b. 1760) and Jonathan (b. 1761). As their older siblings grew up, they relocated to other communities while Jonathan and William Wickham "remained at Mills Pond to carry on the extensive farming and land speculation." Jonathan kept an account book from 1785-1806 that "details a full range of agricultural

interests: growing wheat, turnips, corn, 'ris', potatoes, flax, oats and apples. He raised sheep, cows and swine, sold them as stock or dressed as food, and their derivative products lard, butter, tallow, and hides. He sold cider, bricks, and firewood.

These products provided the main sustenance for the family and balanced numerous expenditures for other goods and services: weaving, making ropes, help with sowing and reaping, making and repairing shoes and continued on following page

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ARTS & ENTERTAINMENT

Water Water Everywhere Fine Art Showcase at Mills Pond Gallery

The Smithtown Township Arts Council is pleased to announce *Water Water Everywhere*, a fine art exhibition featuring works by 31 artists, at the Mills Pond Gallery, 660 Route 25A in St. James. The exhibition will run through July 13, 2019.

From ponds, streams and lakes to oceans and rivers, the waters of Long Island have long provided artists endless possibilities in which to seek their muse. This exhibit captures the unique qualities of Long Island's waters.

Works included were created in a variety of medium including oil, acrylic, pastel, watercolor, mixed media and solarplate etching and a variety of styles from realism to whimsical. Whether their artwork is abstract, painterly, or completely representative, artist's creations show



To Goose Island by Cliff Miller.

their connections with the waters that surround them.

Regular Gallery hours are Wednesday through Friday, 10 a.m.-4 p.m.; Saturday and Sunday, 12-4 p.m. Closed July 4. Visit millspondgallery.org or call 631-862-6575 for directions or

information. Admission to the gallery is always FREE. Please use the rear parking lot off Mills Pond Road, directly across from the two white stone pillars at Flowerfield, 199 Mills Pond Road.

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- One 3 ft. Hero of your choice (American & Italian only)

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- Half Tray Chicken Fingers
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ARTS & ENTERTAINMENT

24th Annual Stony Brook Film Festival - July 19-28, 2019

The 24th Stony Brook Film Festival, held July 19-28, 2019, will celebrate the best in independent film premieres. Many films will have directors, cast and crew for question and answer sessions after the screenings. Film Passes and Gold Passes are available for purchase.

Film Passes are the best way to enjoy the Festival. A film pass, at \$90, is good for all 10 days of films and full of perks. With discounts from local sponsors and restaurants, entry into all films, and other benefits, a film pass is your ticket to the movies this summer!

Gold Passes, at \$250, are your ticket to the VIP experience. With reserved seating in the VIP section, you can mingle with filmmakers. In addition, entry to the Opening and Closing Night Parties are included as part of

your gold pass.

Opening & Closing Night Party tickets are extremely limited. Buy early.

The Festival is produced by Staller Center for the Arts at Stony Brook University. 15,000 film lovers attend the festival each year. Typically, each Festival feature is paired with a short film (shorts are usually no more than 29 minutes long). Two features and two shorts are screened each evening.

2019 FESTIVAL FILMS:

Thursday, July 19 | Opening Night
Shelter

Friday, July 20

The Bookshop, Seven,
Growing Up, Take Me to the Waves

Saturday, July 21

Dean Darling, Unnatural;
Octav, Hunter Gatherer,
The Etruscan Smile, The Lightkeeper

Sunday, July 22

Abducted in Plain Sight, Rammat
Gammat, My Brother Simple, Internet
Gangsters, Thrasher Road, In the Field

Monday, July 23

The Unseen, Open Your Eyes,
The Guilty, Deserted

Tuesday, July 24

Outdoors, Intercept,
Trauma, Lost in the Middle

Wednesday, July 25

A Dysfunctional Cat, Every Other
Weekend, Funny Story, A Foreman

Thursday, July 26

Symphone for Ana, Love & Spirit,
A Boy, A Girl, A Dream, Miscreant

Friday, July 27

The Tale, Man Divided

Saturday, July 28 | Closing Night

Aurora Borealis: Észak fény.

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Summer art classes are offered in three age groupings: 5-7, 7-10, or 11-14 – mornings, afternoons or full day.



Ages 11-14: choose from *Design Your Own Video Game Character, Fashion Design, Let's Draw!, Figure Drawing or Mixed Media Drawing*

Ages 7-10: choose from *Cartooning, Characters, Storyboards, Op Art, Hand Building Pottery, Creating Desserts, Watercolor*

Ages 5-7: choose from *Pet Portraits, Painting Animals, Plant, Landscapes, Art and Ecology, Junior Space Explorers! Junior Fashionistas, Unbelievable Unicorns*

Students are encouraged to recognize their natural talents and creative strengths in a non-competitive environment and also to have fun! Open to

children of all experience levels. Always new projects for students taking multiple weeks/same classes! All classes will run with a minimum of 5 students.

Prices vary according to length of class. For complete descriptions and information visit

www.millspondgallery.org/summer-art-classes-for-children-2019. Email classes@stacarts.org or call 631-862-6575 for a brochure. All classes are held at the Mills Pond Gallery, 660 Route 25A in St. James.

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ARTS & ENTERTAINMENT

On Stage at Smithtown Performing Arts Center

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 \$22-\$38 unless otherwise noted, group rates available. Call the box office at 631-724-3700 for reservations, to purchase gift cards or visit their website at www.smithtownpac.org.

2019 SEASON PERFORMANCE SCHEDULE

Evita

Through June 23, 2019
Evita charts the young and ambitious Eva Peron's meteoric rise to sainthood. Lyrics by Tim Rice
Music by Andrew Lloyd Webber

Beach Bums

Saturday, June 29 | 8 p.m.
Tickets: \$40

The "Beach party," the cars, the sun, free love, surfin', the endless summer... This is what The Beach Boys music is.

42nd Street

July 6-August 18, 2019
One of show business's most classic and beloved tales, 42nd Street tells the story of Peggy Sawyer, a talented young performer with stars in her eyes who gets her big break on Broadway.

The Emperor's New Clothes

THEATER FOR KIDS
July 13-August 18, 2019
Tickets: \$18

Cast of Beatlemania

Saturday, August 31 | 8 p.m.
Tickets: \$40
This Beatles tribute is back. Enjoy a night with John, Paul, George and Ringo as they sing all the

classics.

Let the Right One In

September 7-October 20, 2019
A dark and visceral coming-of-age vampire love story, based on the acclaimed novel and film.

Madagascar

A Musical Adventure, Jr.
THEATER FOR KIDS
September 14-October 27, 2019
Filled with outlandish characters, adventure galore and an upbeat score, Madagascar JR. will leave audiences with no choice but to "Move It, Move It!"

The Godfathers of Comedy

Saturday, October 12 | 8 p.m.
Tickets: \$40
Get a belly full of laughter with some of the best Italian comedians Long Island has to offer.
continued on page 85

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2019 Dennis Cannataro Free Family Summer Concert Series

The ever-popular Dennis Cannataro Family Summer Concert Series kicks-off on Thursday, July 11, 2019 with Jimmy Kenny and the Pirate Beach Band and will continue with a different band for five weeks. The concerts take place on the front lawn of the Smithtown Library Main Building, 1 North Country Road and

are made possible by a generous Suffolk County grant secured by Legislator Robert Trotta. Bring your family and friends down to enjoy these evenings of music and fun.

In case of inclement weather on the day of the event, please call 631-360-2480 ext. 231 or go to www.smithlib.org after 3:00 pm. Pets and smoking are not permitted at the concerts.

This is the 15th annual FREE outdoor summer concert series. The shows are held on Thursday evenings and

begin promptly at 8 p.m., but it is recommended that you plan on arriving early. Bring your chairs or blankets with you!

NO PETS or SMOKING allowed!

Jimmy Kenny & the Pirate Beach Band

Thursday, July 11 | 8 p.m.
Beach Party Tribute Band

Songs in the Attic

Thursday, July 18 | 8 p.m.
Billy Joel Tribute Band

Just Sixties (60s)

Thursday, July 25 | 8 p.m.

Way Back When (60s, 70s, 80s)

Thursday, August 1 | 8p.m.

Strawberry Fields

Thursday, August 8 | 8 p.m.
Beatles Tribute Band



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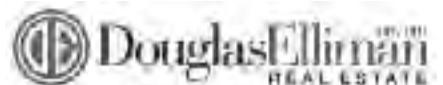


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Face to Face: Artists Painting Artists

Through September 30, 2019 The Long Island Museum, located at 1200 Route 25A in Stony Brook, will present *Face to Face: Artists Painting Artists*, a unique exhibition exploring how artists see other artists.

How do artists look? How does an artist perceive and portray individuals in portraiture? And what if those individuals – their subjects – are fellow artists themselves? *Face to Face* is a unique exploration of artists painting other artists. The exhibition will begin with 19th and early 20th century artists, such as William Sidney Mount, Shepard Alonzo Mount, William Merritt Chase, Irving Wiles, and Fairfield Porter and feature approximately 60 works in total, including works by more than 30 contemporary artists (many working at least part of the year on Long Is-

land) who have taken turns sitting for studio portraits of one another.

Artists themselves make ideal subjects. They understand the patience required in sitting for a portrait, and the importance of light, color, and texture filtered through brushes, canvas, paint and the artist's eye. Artists also inspire each other. They often live or work near one another, regularly show their work and give feedback, and have formed distinct communities scattered throughout the region. This exhibition was the brainchild of local artists Douglas Reina and Ty Stroudsburg, who have assisted in reaching out to the regional community of painters from our area.

On June 23 from 1 to 4 p.m. Long Island Museum visitors will have a chance to come face to face with the artists and see them



Tracey Harris painting Connie Fox

at work, painting portraits of select volunteers. Visitors may choose to sit for a portrait while the artists demonstrate the process behind their work. Artists scheduled to paint on June 23 are Doug Reina, Kelynn Alder and Kevin McEvoy, who all have works on display in the exhibition. *Face to Face*, runs through September 30 in the art museum.

Long Island Museum hours are Thursday through Saturday, 10 a.m. to 5 p.m. and Sunday from 12 noon to 5 p.m. Admission is \$10/adults, \$7/seniors, \$5/students 6-17 and college students with I.D. Children under six are admitted free. For additional information visit longislandmuseum.org or call 631-751-0066.

Dr. Guy Lodico continued from page 14

tions to education as being significant, substantial and long-standing.

"I am grateful to have been awarded this distinction as a Certified Education Technology

Leader," said Dr. Guy A. Lodico. "In today's increasingly technical world, it is vital that we leverage technology as a medium through which to effectively communicate, engage, motivate, inspire, and empower all stakeholders in support of student achievement. Our work is continuously adapting, but our focus remains the same – how we can use technology to positively affect the life, education, health and safety of children."

Meals on Wheels

continued from page 18
U.S. Administration for Community Living through NYS office for the Aging, Suffolk County Office for the Aging and the Town of Smithtown.

For more information about the Smithtown Senior Citizens Department visit them at 420 Middle Country Road in Smithtown or www.smithtownny.gov.

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Smithtown Historical Society Happenings

Since 1955 the Smithtown Historical Society has worked to ensure that the history of Smithtown Township and our Long Island heritage are preserved and interpreted for the education and enjoyment of current and future generations.

Their mission is carried out through collection, conservation and preservation, research, exhibitions, publications, educational programs, support of regional heritage organizations, living history events, community library and archives.

The Historical Society maintains six houses and eight out-buildings 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 dur-

ing the year. For further information about any of their programs call 631-265-6768.

EVENTS

Hooked on Crochet
Mondays & Saturdays | 10 a.m.
Caleb Smith House
5 North Country Road
Smithtown | 631-265-6768

Every other Saturday and Monday from June 22, 2019, you can join in with the Crochet Club to help beautify the grounds at the Historical Society. All levels are welcome.

TALES FOR TOTS

631-360-2480
Smithtown Historical Society's
Roseneath Cottage
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FREE



Storytime for children 3-5 years with caregiver. 2nd Friday of each month at 11 a.m.

Discover a new theme through reading each month. Register by calling the Main Branch of the Smithtown Library - 631-360-2480.

July 12 – *Beach*
August 9 – *Summer*
September 13 – *Back to School*
October 11 – *Fall*
November 9 – *Thankful*
December 13 – *Winter*



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ARTS & ENTERTAINMENT

Jazz in the Gallery – *The Art League Meets the Jazz Loft*

The Art League of Long Island is proud to present a series of Jazz performances to be held quarterly, in conjunction with the Jazz Loft in Stony Brook, in the beautiful multi-level Jeanie Tengelsen Gallery, located at 107 East Deer Park Road in Dix Hills.



SCHEDULE

Thursday evenings at 7 p.m.

August 8, 2019

“Master of Jazz”

with the Warren Vache Trio

October 24, 2019

“Chatter Jazz”

with Ray Anderson and Friends

February 13, 2020

Swingin’ the Blues
with the Eli Yamin Trio

May 14, 2020

The return of *Vanessa Trouble*
and
“The Great Women of Song”

July 9, 2020

Mardi Gras Parade
featuring The Hot Peppers!!!!!!

October 8, 2020

Dan Pugach Trio
with Nicole Zuraitis on vocals

This exciting new series is sponsored by Olivia and Harlan Fischer, of Head of the Harbor, who have sponsored a monthly concert series at the Jazz Loft in Stony Brook, since it opened in May of 2016.
www.thejazzloft.org

“We hope people will come out on a Thursday evening – the combination of wonderful music in a great location at a great price is hard to beat,” said Harlan Fischer.

Tom Manuel, the founder and director of the Jazz Loft feels “that this is just one more way to keep Jazz alive and well on Long Island. The location and the setting are both awesome.”

Ticket prices are \$20. For members of the Art League of Long Island as well as seniors, the price is \$15. Tickets can be purchased in advance at 631-462-5400, the Art League’s website, www.artleagueli.org, or they can be purchased at the door.

The Art League of Long Island is located at 107 East Deer Park Road in Dix Hills, NY. It is exit 42N on the Northern State and exit 51N on the LIE.

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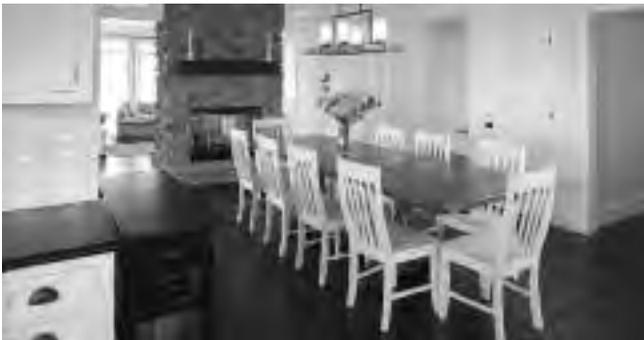
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Discovering Long Island's Voice and Her Own – Alicia Patterson and the Founding of *Newsday*



The Smithtown Library will present a special program in the Long Island Room on Tuesday,

June 25 from 7-8:30 p.m. about Alicia Patterson and the founding of *Newsday*.

Though she was born into a family of prominent newspapermen, Alicia Patterson's (1906-1963) future in the business seemed uncertain at best, particularly when she was fired from her own father's newspaper, *The New York Daily News*, at the age of 21. Despite this early setback,

Patterson, along with her third husband, Harry F. Guggenheim, went on to successfully establish Long Island's *Newsday* in September 1940.

With Patterson at the helm, the daily newspaper's readership expanded rapidly, reaching the 100,000 circulation mark by 1949 and, in 1954, the publication was awarded its first Pulitzer

Prize for its hard-hitting and, at the time, relatively unique brand of investigative journalism.

Geri Solomon, Assistant Dean of Special Collections at Hofstra University, will examine how Alicia Patterson altered the trajectory of her life and, in the process, became a true innovator in the highly competitive New York newspaper industry.

Robert White 2019 at Gallery North

Gallery North, located at 90 North Country Road in Setuaket, is pleased to present an exhibit of drawings, sketches, prints and small sculpture spanning the career of the late sculptor Robert White, going back to 1933.

For additional information call 631-751-2676 or visit www.gallerynorth.org. Gallery hours are Wed.-Sat. 10 a.m.-5 p.m. Sunday 12-5 p.m. Closed Mon. and Tues.



Sketch for *Can Grande*

– ROBERT WHITE

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ARTS & ENTERTAINMENT

The Atelier at Flowerfield Happenings

Studio Art Classes, Lectures & Exhibits – The Crossroads of Art & Community

The Atelier at Flowerfield is an art studio steeped in the old master tradition, unique in that professional artists paint and teach alongside their students in the North Light Painting Studio. Personalized training in drawing and painting for artists of all ages, at all levels of achievement is offered. The Atelier at Flowerfield is a non-profit 501(c)3 organization located at 2 Flowerfield, Suite 15, in St. James.

If you would like to schedule a tour of the facilities or sign up for a FREE trial class call 631-250-9009 between 9 a.m.-5 p.m. M-S, or email: administrator@atelierflowerfield.org or visit their website at www.atelierflowerfield.org

EXHIBITIONS

Masterworks 2019
Through September 30
Mon.-Fri., 9am-9pm
9am-5pm
Third annual exhibition of work by Atelier instructors, Workshop guest instructors.

EVENTS

Open House

Friday, June 21, 5:30-8 p.m.
Live art demos, tours, refreshments and introductions to instructors. This is a FREE event and is family friendly. This event also marks the beginning of the new Middle and High School Portfolio Development Program - a singular program which includes year round classical art training for youth.

WORKSHOP

Pastel Painting with Lana Ballot

July 12, 13, 14 | \$400
Learn to paint coastal landscapes in pastel in the studio.

STUDIO ART SUMMER CLASSES

July 8-August 30

Friday Night Open Figure

Fridays | 6-9 p.m. | 18 years & up
Fee: \$20/person, per class
June 28, July 5, 12
Work with a live nude model for a 3-hour, uninstruced session of

short and long poses. Easels and drawing boards are provided.

Cast Drawing for Beginners

OR

Still Life Drawing and Painting

OR

Portrait Drawing & Painting w/live model

10 a.m.-1 p.m.

Mondays, Tuesdays, Wednesdays, Thursdays, Fridays

6-9 p.m.

Wednesdays

Fee: \$55/class

Plein Air Painting

Tuesdays, 3-6 p.m.

Fee: 55/class

Classical Art Foundations for Middle & High School Students

Mondays, 6-8 p.m.

Fee: \$40/class

+ \$25 materials fee

Drawing for Beginners

Wed., 2-5 p.m. | Fee: \$55/class

Watercolor Painting

Tuesdays, 2-5 p.m.

Fee: \$55/class

Intro to Painting

Tuesdays, 6-8 p.m.

Fee: \$40/class

Plein Air Painting With Pastels

Thurs., 2-5 p.m. | Fee: \$55/class

Figure Drawing & Painting

Fridays, 2-5 p.m.

Fee: \$72.50/class,

(includes model fee)

Classical Art for the Young Ages 7-11

Saturdays, 10-12 noon

Fee: \$40/class

+ \$25 materials fee

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Saturdays, 2-5 p.m.

Fee: \$60/class

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ARTS & ENTERTAINMENT

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 and to purchase tickets visit www.thejazzloft.org or call 631-751-1895. Subject to availability, tickets can be purchased at the door before the event.

EVENT SCHEDULE

Thursday, June 20 | 7 p.m.
The Bad Little Big Band is a 12-piece big band directed by pianist, composer and arranger Rich Iacona. Madeline Kole accompanies on vocals. Tickets: \$25/adults, \$20/seniors, \$15/students, \$10/children, children under 5/free

Friday, June 21 | 7 p.m.
Three Village Historical Society Prohibition Night. The Hot Club of Stony Brook, a 1920's era jazz band performs for the annual Prohibition Night. Tickets: \$25/adults, \$20/seniors, \$15/students, \$10/children, children under 5/free

Saturday, June 22 | 7 p.m.
Harry Allen Quartet. Tickets: \$30/adults, \$25/seniors,

\$20/students, \$15/children, children under 5/free.

Wednesday, June 26
Jazz Loft Trio and Jam
 The Jazz Loft Trio performs at 7 p.m. followed by an open jam at 8 pm. Tickets: 7 p.m./\$10; 8 p.m./\$5

Thursday, June 27 | 7 p.m.
Interplay Jazz Orchestra
 17-piece jazz big band performs original compositions. Tickets: \$25/adults, \$20/seniors, \$15/students, \$10/children, children under 5/free

Wednesday, July 3
Jazz Loft Trio and Jam
 The Jazz Loft Trio performs at 7 p.m. followed by an open jam at 8 pm. Tickets: 7 p.m./\$10; 8 p.m./\$5

continued on page 50



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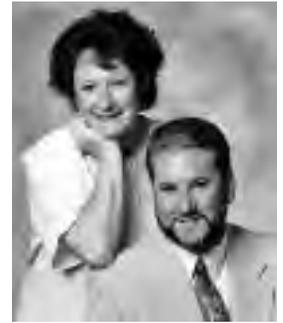
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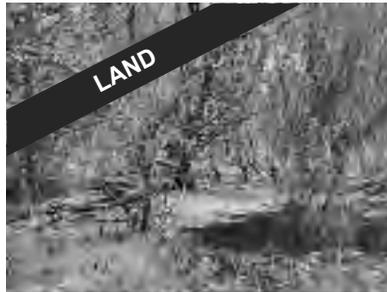
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THE HEAT IS ON!

Let's find a home for the family to gather in this summer.

935 Corey Creek Lane, Southold. \$249,000.

Build your dream home on this flat half acre lot in beautiful Corey Creek Estates. Walk to water! Boat ramp access within walking distance at the end of the road.



144 S Jackson Ave., St. James. \$469,900.



This large Hi Ranch offers 3 bedrooms, 1 1/2 baths, custom kitchen, updated baths, cozy fireplace, Andersen windows, built in pool surrounded by multilevel decks for fantastic entertaining space.



39 Copperbeech Rd., St. James. \$429,000.

This Ranch style home in this family friendly neighborhood won't last! It offers 3 bedrooms, 1 1/2 baths, new CAC, updated windows and doors, skylight in the bathroom, oak floors under carpets, a finished basement with a half bath and an outside entrance, an alarm system, in ground sprinklers and a private fenced yard with lovely landscaping as well as a paver driveway. And LOW TAXES! All this is located on a mid block location.

12 Shore Rd., Stony Brook. \$588,880.

Renovated two story home with 2 bedrooms and 2 baths. The taxes alone should be a reason to buy this charming home at \$6,700! If not that then the wonderful water views are a good enough reason.



N/C Willis Ave., Ronkonkoma. \$379,990.



Build your dream home, pick your finishes, change the floor plan, add or subtract what you love or not. This is the opportunity to build your dream home at an affordable price. What is building your forever home worth to you?

The Jazz Loft

continued from page 48

Wednesday, July 10 | 1 p.m.
Young At Heart: Celebrating Judy Garland. The series was designed for those with memory loss or those who prefer their jazz in the afternoon.
Tickets: \$10

Wednesday, July 10
Jazz Loft Trio and Jam
The Jazz Loft Trio performs at 7 p.m. followed by an open jam at 8 pm. Tickets: 7 p.m./\$10; 8 p.m./\$5

Thursday, July 11 | 7 p.m.
A Tribute to Jack Wilson
Trumpeter Tom Manuel, the 17 piece Jazz Loft Big Band and pianist Max McBride pay tribute to American jazz pianist, composer and band leader Jack Wilson.
Tickets: \$25/adults, \$20/seniors,

\$15/students, \$10/children, children under 5/free

Wednesday, July 17
The Jazz Loft Trio and Jam and The Art of Jazz
The Jazz Loft Trio performs at 7 p.m. followed by an open jam at 8 pm. While the music plays artists from The Atelier sketch a live clothed model.
Tickets: 7 p.m./\$10; 8 p.m./\$5



Thursday, July 18 | 7 p.m.
The Bad Little Big Band is a 12-piece big band directed by pianist, composer and arranger Rich Iacona. Madeline Kole accompanies on vocals. Tickets: \$25/adults, \$20/seniors,

\$15/students, \$10/children, children under 5/free

Friday, July 19 | 7 p.m.
The Iris Ornig Quintet. Bassist and composer Iris Ornig's compositions have been described as swinging, playful, straight ahead with plenty of twists and surprises.
Tickets: \$25/adults, \$20/seniors, \$15/students, \$10/children, children under 5/free

Saturday, July 20 | 5-9 p.m.
BB&B! Barbecue, Beer & Bluegrass. The Taylor Ackley Ensemble will play outdoors in the Jazz Loft's Count Basie Garden performing contemporary works drawn from American roots music including bluegrass, country, western swing and old time music. Tickets: \$40 includes beer and barbecue.

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The Art League of Long Island 2019 Happenings

Jeanie Tengelsen Gallery
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 631-462-5400
 www.artleagueli.org.

Gallery Admission is FREE
 GALLERY HOURS:
 Mon-Thurs: 9 a.m.-9 p.m.
 Fri: 9 a.m.-4 p.m.
 Sat-Sun: 11a.m.-4 p.m.

EXHIBITS

Diversity in Our Lives Through June 23

Artwork representing the artist's interpretations of diversity.

Gallery Talk | FREE
Sunday June 9, 1-3 p.m.

Laughing Out Loud! **Photography Competition** June 29 – August 4

Amateur and professional photographers' photographic works addressing humor, whimsy, laughter and all things that tickle the funny bone.

Reception | FREE
Sunday, June 30, 3:30-5:30 p.m.
Gallery Talk | FREE
Thursday, July 11, 7 p.m.

WORKSHOPS, LECTURES, EVENTS

To register, call the Art League of Long Island at 631-462-5400 x222

or visit www.artleagueli.org.
All programs take place at the Art League Center
107 E. Deer Park Road, Dix Hills
unless otherwise noted.

Summer Art Adventure Ages 5-14

Looking for fun and creative activities for your child this summer? The Art League offers themed sessions led by Certified Instructors in a fun and relaxed environment. Sessions begin the week of July 8 and take place at Paumanok Elementary School, 1 Seaman Neck Road in Dix Hills. Register online at www.artleagueli.org/summer-art-adventure or call 631-462-5400 x222.

Summer Pre-College Portfolio Ages 15-18

The Art League is offering two 3-week sessions for high school students to fully immerse themselves in the creative process and

build their portfolios for college. Sessions begin the week of July 8. Register online at <https://www.artleagueli.org/catalog/summer-pre-college-program> or call 631-462-5400 x222.

June 23 & 30 OR July 14 & 21 **10 a.m.-2 p.m. | \$165** **Drawing from Photos:** **For Teens and Adults!**

Learn valuable tips and techniques focusing on composition, shading and proportion, all of which will result in a realistic work of art!

June 28, 9:30 a.m.-3 p.m. **\$135**

Adobe Illustrator Crash Course
This one-day class will help get you started producing amazing graphics and illustrations for books, flyers, magazines, websites, web-toons, and so much more.

June 29, 10 a.m.-1 p.m. | \$40 **Managing Your Artist Life:** **Getting Better At** **Getting It Together**

This artist coaching workshop will include discussion, present information and have group and individual exercises on many topics.

June 30, 10 a.m.-2 p.m. | \$50 **Using Your Smartphone to** **Create and Edit Photos for** **Exhibition Submission**

Learn basic set-ups for achieving submission-quality photos of your artwork with your smartphone for entrance into exhibitions.

July 8 | Spinner Ring **July 9 | Stackable & Stone Rings** **10 a.m.-2 p.m. | \$80 + \$20** **materials fee for each session**

Experience simple jewelry making in these exciting one-day workshops! Make a dynamic movable spinner ring using sterling silver and mixed metals.

continued on page 85

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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.

Stretching

Most of us know that regular stretching is an important part of a daily routine, but in fact the majority of us do not do it. Stretching is an activity that should not only be reserved for professional athletes but also incorporated in everyone's daily routine. An athlete, according to the dictionary, is defined as "a person who participates in exercise or sports," therefore to some degree we all can be considered an athlete. One who makes a living at sports would be a professional athlete, participating in sports in your spare time without being paid would make you an amateur athlete, and if using your body at work would make you an occupational athlete. No matter to what degree your body is used, stretching should be incorporated on a regular basis.

Some people are more flexible than others, but everyone can become more limber. Younger people tend to have more flexibility due to an active lifestyle. Adults on the other hand can be found sitting at a desk or standing behind a counter for long periods of time, which can lead to stiffness. They need to make a conscious effort to remain flexible. If flexibility is lost in certain muscles, you are at a higher risk for pulling or tearing those muscles when an increase in demand is placed on them.

Stretching can be incorporated into your daily routine. A good time to stretch is in the morning when you first get up. Basic stretches for your lower back, legs, arms and neck could easily be implemented before taking a shower. Stretching

while at work can easily be implemented while sitting at your desk. Stretching doesn't require any special outfit it just requires a conscious effort and can be done anywhere. Making stretching a routine is the challenge, but once done it is rewarding.

Most of us know that stretching is an important function and that there are many ways to stretch. Find a routine that works for you and meets your specific needs. Whatever methods of stretching you decide to use remember to go slow, do not bounce and if you feel pain stop the stretch. Keep in mind a flexible body is more efficient, able to have a broader range of motion, stays balanced more easily, is less prone to injury, recovers faster and in general feels better.

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- NYS Chiropractic Association
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- Whiplash Injuries
- Sports Injuries
- Pinched Nerves
- TMJ Disorders
- Scoliosis
- Headaches

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Long Island Museum 2019 Calendar

1200 Route 25A
Stony Brook, NY 11790
631-751-0066

mail@LongIslandMuseum.org
www.longislandmuseum.org

HOURS:

Thursday-Saturday, 10 a.m.-5 p.m.; Sunday, 12 noon-5 p.m. (unless otherwise noted)

ADMISSION:

\$10/adults, \$7/seniors 62+, \$5/students 6-17 years and college students with I.D.

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

ADULT PROGRAMS AND EVENTS

June 20, 6-8 p.m. Summer Thursday

On the eve of the summer solstice, join LIM after hours for food, drinks and crocheting fun as they prepare to have new trees wrapped later in the

summer! Also enjoy free admission to the Art Museum after hours.

June 23, 1-4 p.m. Face-to-Face

Spend your afternoon with artists featured in the *Face to Face* exhibition and watch them create portraits of lucky selected visitors! Artists Doug Reina, Kelynn Alder and Kevin McEvoy, all who have works on display, will treat visitors to a taste of their work by using them as the subjects.

June 28, 6-9 p.m.

Mount House Summer Soiree
Closed to the public for decades, the Hawkins-Mount family home will be open for a very special evening. Guests will enjoy dinner, tours of the house, music by Red Skies Music Ensemble and a talk about William Sidney Mount's life and career by Joshua Ruff, Deputy Director, Director of Collections. Reservations are \$150 per person or \$250 per couple. Visit longislandmuseum.org/events for more information.

July 6, 7 p.m.

Sunday Street Concert

The Sunday Street Concert Series presents the Small Glories in concert. The Gene Casey Acoustic will open this concert. Visit www.sundaystreet.org for advance discount tickets. If available, tickets may be purchased at the door on the day of the show. Concert tickets do not include museum admission.

July 9, 10 a.m. – 12 noon Senior Tuesday

When the museum is otherwise closed to the public, seniors 62 and older will take a FREE, self-guided tour of *Face To Face: Artists Painting Artists*, on display in the Art Museum.

July 11, 6 – 8 p.m. Summer Thursday

Enjoy a walking tour of *Walt Whitman's Arcadia* after hours with SBU scholars.

July 18, 6 – 9 p.m. Puttin' on the Ritz

Part 2 of the 80th anniversary event series includes dinner in the gallery among the world class carriage collection, followed by an outdoor concert by Tom Manuel of the Jazz Loft and his eight-piece ensemble performing music from 1939, the year the LIM was born. Reservations are \$150 per person or \$250 per couple. Visit longislandmuseum.org/events for more information.

August 4, 1 – 4 p.m. Family Fun Day

Spend the day at the museum with the whole family! Music by Three Village Chamber Players, ongoing obstacles and other fitness activities with My Gym Stony Brook, artmaking stations, gallery viewing, refreshments, and more! FREE admission for all.

continued on facing page

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continued

EXHIBITIONS

Through June 23

This is Me

This unique exhibition features works by students from Maryhaven Center of Hope Residential School and highlights the work of these talented artists. Maryhaven is a nonprofit, Long Island based agency committed to helping persons with special needs realize their full potential.

Through September 2, 2019

Walt Whitman's Arcadia:

Long Island Through the Eyes of a Poet & Painters

Walt Whitman's Arcadia will present chosen passages from Whitman's writings alongside more than 20 paintings by William Sidney Mount, John F. Kensett, Lemuel Wiles and more. The stunning wooded landscapes, rustic scenery, and rugged shoreline that so captivated Whitman was equally fascinating to artists from across the region.

Now through July 7, 2019

I Sing the Body Electric

Amateur and professional artists were invited to submit works inspired by the written word in this annual juried art competition. A panel of museum staff members selected for finalists for this exhibition and winners were chosen by an outside art professional. See works in all media, accompanied by the artist's inspiration for each piece.

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

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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ARTS & ENTERTAINMENT

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 Smithtown Building, is located at 1 North Country Road, Smithtown. The Nesconset Building (Administration Business Office) is located at 148 Smithtown Blvd., Nesconset. The Commack Building is located at 3 Indian Head Road, Commack. The Kings Park Building 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 required and begins one month prior to program date 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 www.smithlib.org. If paying in cash, please bring exact change only. Program fees are non-refundable and non-transferable. Check the Library's calendar or contact your local building for availability. *Out of district residents should call the Library for program availability.*

MOVIES AT THE LIBRARY

SMITHTOWN
Friday, June 21, 2 p.m.
& 6:15 p.m.
If Beale Street Could Talk
Rated: R, Runtime: 119 min.
Friday, June 28, 2 p.m.
Puzzle
Rated: R, Runtime: 103 min.
NESCONSET
Call for movies, dates and times.

BOOK DISCUSSION GROUPS

Tea-rrific Reads Book Discussion
NESCONSET

Tues., June 25, 2:15-3:15 p.m.
Dear Mrs. Bird by AJ Pearce.
Registration encouraged.

Sports Pages Book Discussion Group

SMITHTOWN
Call for dates and times.
No registration required.

Night Owl Cafe Book Discussion

AT THE NESCONSET STARBUCKS
Thurs., June 27, 7:15-8:15 p.m.
Homer's Odyssey by Gwen Cooper. *Registration encouraged.*

Smithtown Book Discussion Group

SMITHTOWN
Thurs., June 20, 10:15-12:15 p.m.
The Story of a New Name by Elena Ferrante. *No registration required.*

Historical Non-fiction Book Discussion Group

SMITHTOWN
Thursday, July 18
10:30-11:30 or 2:30-3:30 p.m.
The Glass Universe: How the Ladies of the Harvard
continued on facing page

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ARTS & ENTERTAINMENT

continued

Observatory took the Measure of the Stars by Dava Sobel. *In-person registration only.*

ADULT PROGRAMS

WHAT IS THE CLOUD?

SMITHTOWN

Friday, June 21, 10-11 a.m.

Do you get confused when you hear the phrase "the cloud?" What is it? What can it do for you? This lecture will answer these questions as well as introduce many popular cloud services from companies like Google, Apple, Dropbox and Microsoft.

COMPUTER BASICS

SMITHTOWN

Monday, June 24, 7-8 p.m.

Learn the basics of using a Windows-based computer including how to open and close

programs, finding, saving and deleting files, basic internet searching and more. Mouse skills will be covered.

EXPLORING LONG ISLAND'S UNDERWATER WORLD

NESCONSET

Tuesday, June 25, 7-8 p.m.

Follow Chris Paparo, aka the "Fish Guy," on an underwater tour of Long Island. Enjoy amazing photographs and videos of local fish, crustaceans, mollusks and other assorted invertebrates while learning interesting facts about those creatures you might encounter on a fishing trip or a stroll down the beach.

ABBOTT AND COSTELLO AN AMERICAN COMEDY DUO

SMITHTOWN

Wed., June 26, 7-8:30 p.m.

Film history presenter Glenn Andreiev will provide this multi-

media program about the comedy duo, Bud Abbott and Lou Costello.

BEADED MEMORY WIRE BRACELET

NESCONSET

Tuesday, July 2, 7-8:30 p.m.

Fee: \$10

Make a memory wire bracelet using crystals and metal beads. Each bracelet will have a heart charm for extra bling. Different crystal colors will be available for you to choose from.

DIP A STICK FOR DIABETES

SMITHTOWN

Tues., July 2, 12-1 p.m.

More than 1 in 4 people have diabetes or pre-diabetes and are unaware of it. Join Allison Beatty, founder and president of the non-profit organization Dip a Stick for Diabetes, as she talks
continued on following page

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continued from page 57 about the importance of early diabetes diagnosis in order to reduce the risk of diabetes complications.

FILM AND DISCUSSION

SMITHTOWN

Friday, July 5, 6:30-8:30 p.m.

Join Joyann Cirigliano of the Four Harbors Audubon Society for a film viewing and light discussion of topics related to our environment. This month's movie will be *Plastic Paradise - The Great Pacific Garbage Patch*.

ACOUSTIC AFTERNOON WITH JOJO LEONE

NESCONSET

Saturday, July 6, 2-3:30 p.m.

Come in from the heat and relax with acoustic singer Jojo Leone as he puts his own touch

Library Programs

on the hits of today and yesterday.

MAH JONGG PARTY

NESCONSET

Wed., July 10, 10 a.m.-12 noon
Fee: \$5

Join friends and fans of Mah Jongg – win prizes and have fun. This event is open to all levels of play; no supplies are required and instruction will be available as needed.

APOLLO AT 50 - L.I.'S ROLE IN THE RACE TO THE MOON

SMITHTOWN

Tues., July 30, 7-8:30 p.m.

Fifty years ago, on July 20, 1969, the world watched as Apollo 11 astronauts, Neil Armstrong and Buzz Aldrin took their first steps on the moon. While many are familiar with this landmark event, few may realize that the spacecraft that transported



Armstrong and Aldrin to the moon's surface, known as the Lunar Module, was built right here on Long Island, by the Grumman Corporation. Learn more about the Apollo Space Program, the development and construction of the Lunar Module, and Long Island's role in this historic period of space exploration, as a Cradle of Aviation Museum Educator reflects on the 50th anniversary of this significant achievement.

continued on facing page

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ARTS & ENTERTAINMENT

continued

ONGOING ADULT PROGRAMS

Adult Game Day

SMITHTOWN
Fridays, 11 a.m.-1:30 p.m.
NESCONSET
Mondays, 12-3 p.m.
Call for additional dates and times.

We provide the space, tables and chairs. *No registration required.*

Adult Writers Group

SMITHTOWN
Call for dates and times.
Meet with a local group to share ideas and get feedback on your latest writing efforts. *No registration required.*

Art Group

SMITHTOWN
Tuesdays, 12-2:15 p.m.

Call for dates and times.
Weekly group will work on independent projects. *No registration required.*

Open Knit and Crochet Night

SMITHTOWN
Call for dates, 5-7 p.m.
Experienced crafters and beginners are welcome to knit and crochet with other enthusiasts. *No registration required.*

Defensive Driving

Telephone, online and in-person registration is ongoing. Classes are open to Smithtown Library cardholders only until one week prior to the program, when, space permitting, all individuals are welcome to register. Open to all adult drivers regardless of age. Bring your license to class. Must have a library card to register; one registration per library card.

AARP Classes

SMITHTOWN
Thurs., July 11, 9:30 a.m.-4 p.m.
NESCONSET
Call for dates and times
KINGS PARK
Tues. & Wed., July 9 & 10
10:30 a.m.-2 p.m. both days
Fee: \$20 with an AARP membership card; \$25 without. *Only checks or money orders will be accepted.*

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.)*

continued on following page



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Library Programs

continued from page 59

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.

COSMIC BEADING

NESCONSET
Tuesday, June 25, 4:30-5:30 p.m.
Beads, buttons, bookmarks and more. You will create jewelry and bookmarks with galaxy inspired beads.

GETTING READY TO BABYSIT

NESCONSET
Wed., June 26, 4:30-7:30 p.m.
This course is designed to help tweens and teens develop the skills necessary for the responsibility of being a sitter – child safety, developmental stages of childhood and how to plan activities that are age-appropriate. Hands-on activities and course certification are included.

DIY CLOTHESPIN PHOTO FRAME

NESCONSET
Thursday, June 27, 3-4 p.m.
Kick off the summer by creating a unique photo frame to hang your warmest memories to come.

SPACE JAM-BOREE

NESCONSET
Saturday, June 29, 3-4:30 p.m.
This summer will be out of this world. Teens will welcome the warm weather with games, a movie, video games and crafts.

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.

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 building.

PRESCHOOL SUMMER DANCE PARTY

NESCONSET (3-5 years w/adult)
Friday, June 21, 2:30-3 p.m.
Celebrate the start of summer with music, dancing and beach ball fun.



PUPPY STORYTIME

SMITHTOWN (2-4 years w/adult)
Monday, June 24, 2:30-3:15 p.m.
Enjoy stories and rhymes about adorable puppies and make a cute puppy craft.

UPCYCLED BIRD FEEDERS

NESCONSET (5-8 years)
Wed., June 26, 3-3:45 p.m.
Read fun stories about our feathered friends and make homemade all-natural bird feeders using everyday materials.

CONSTRUCTION ZONE

NESCONSET (2-4 years w/adult)
Thurs., June 27, 10-10:45 a.m.
OR 11:15 a.m.-12 noon
Put on your hard hats and bring your little construction workers to build with all types of blocks.

SEASHELL SHARPIE ART

NESCONSET (8-12 years)
Friday, June 28, 2:30-3 p.m.
Get creative and turn ordinary seashells into works of art using Sharpies and your imagination.

GAME ON

NESCONSET (6-12 years)
Saturday, June 29, 11-11:45 a.m.
It's a hole-in-FUN when we play mini golf in the Library. Stay cool with crafts, snacks and some super-sized games.

continued on facing page

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Library Programs

continued

THE JESTER JIM SHOW

Nesconset (5-12 years)
Thurs., July 11, 7-8 p.m.

Jester Jim is back with his hilarious plungerific show, filled with juggling, balancing stunts and beatboxing.



FAMILY MOVIE NIGHT ON THE LAWN

SMITHTOWN
For families with children under 12
Tuesday, August 13, 8 p.m.
Rain Date: Wed., Aug. 14
Toy Story
Rated G; runtime 81 min.

Enjoy an evening movie on the lawn. Bring chairs or blankets and we will supply the popcorn.

ONGOING PROGRAMS

Creation Station

(Families w/children under 12)
SMITHTOWN
Saturdays, 10 a.m.-3 p.m.
Come to the Library during these hours and complete some cool crafts. *No registration required.*

LEGO League

SMITHTOWN (5-12 years)
Call for dates and times
Bring your imagination to this block party and construct your own creations using the Library's LEGO bricks.

Nursery Rhyme Time

(birth-35 months w/adult)
SMITHTOWN
Sat., Jun. 22, 29, 10-10:30 a.m.
NESCONSET
Thurs., June 20, 6:30-7p.m.
Sat., June 22, 10-10:30 a.m.

Fri., June 28, 10:30-11 a.m.
A time of nursery rhymes and songs for baby. *Siblings are welcome.*



Pajama Storytime

SMITHTOWN (3-6 years w/adult)
Wed., June 26, 7-7:30 p.m.
Come to the Library in your pajamas for stories and songs. Bring a favorite stuffed animal if you'd like. *Siblings are welcome.*

Terrific Threes

SMITHTOWN
(36-47 months w/adult)
Wed., June 19, 10-10:45 a.m.
Enjoy free play, stories, crafts and circle time.
Siblings are welcome.
continued on page 78

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YOU CAN HELP

Pets for Adoption at the Smithtown Animal Shelter

submitted by the
Smithtown Animal Shelter

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.; Sunday by appointment only.

The Smithtown Animal and Adoption Center is proud to introduce this month's **Special Pet of the month Kix**; an older fella with an unlimited supply of love to give one lucky family. Kix is a 16 year old male/neutered cat who was found injured, limping along the road. Thanks to medical attention and a tremendous amount of TLC, Kix has made a wonderful recovery living at the Animal Shelter. He is extremely friendly and will often reach out his little white paw for attention whenever a human walks into his room. Everyone who meets him falls in love with him!

Kix is neutered, current on vaccinations; dewormed; monthly flea & tick prevention applied, microchipped and FeLV/FIV negative. He's house-trained, good with other cats, dogs and kids. Kix is looking for a Furrever Home, where he can be cared for and loved for the remainder of his nine lives.

All dogs and cats at the shelter



are up-to-date on current vaccines and have received full workups by a board certified Veterinarian.

If you are interested in meeting any of the wonderful dogs and cats at the Smithtown Animal & Adoption Center, please call ahead to book an hour to properly interact with them in a domestic setting.

Kittens Kittens & More Kittens:

There is certainly in no short supply of kittens. Currently there

are a variety of male and female kittens available to adopt or foster, from red-headed to cobalt blue, calico and tortoise shell domestic short-hair and long... If you are looking for a fun-loving, yarn-tossing ball of love, stop in at the Smithtown Animal Shelter today and find your PURR-fect soulmate or two!

Thinking About Adoption:

The Smithtown Animal & Adoption Center's primary concern is finding the perfect home for each animal that finds his/her way to the shelter. The Animal Control Officers at the Smithtown Animal & Adoption Center will go out of their way to ensure both the rescued and rescuer are made for one another. If you have other pets, you can arrange to bring your four-legged family member into the shelter or we can set up an at home Meet & Greet to see how your prospective family member does with other family members, pets or the household itself.



To Inquire about the pet of the month or to meet your potential soulmate, please call the Smithtown Animal & Adoption Center at 631-360-7575.



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IN THE SCHOOLS

Smithtown East Student Honored as National Merit Scholar

Smithtown High School East senior Ian Winkeler has been named a 2019 National Merit Scholar. He is among the 2,500 winners of the 2019 National Merit \$2,500 Scholarship. The winners were selected from a pool of more than 15,000 finalists.

Winkeler is a member of the National, Math, English and Tri-M honor societies. He also plays the alto saxophone in the school's jazz ensemble. Winkeler is a member of

the Quiz Bowl team and plays both volleyball and tennis. Outside of school, he is a certified EMT and a volunteer with the Nissequogue Fire Department. Winkeler will be attending Stony Brook University in the fall, majoring in biochemistry.

Smithtown High School East senior Ian Winkeler has been named a 2019 National Merit Scholar. He is pictured with Smithtown High School East Principal Dr. Kevin Simmons.

Photo courtesy of Smithtown Central School District



SMITHTOWN EAST RESEARCHERS SCORE TOP AWARDS AT ISEF...

Smithtown High School East's THINK discovery science research students competed at the International Science and Engineering Fair in Phoenix, Arizona, in May. Pictured here is Smithtown High School East science research coordinator Maria Zeitlin with students Anthony D'Amore and Matthew Mullahy, who both received second place for their work in animal sciences and behavioral sciences, respectively.

Photo courtesy of Smithtown Central School District

SMITHTOWN SENIOR SCHOLARS RECOGNIZED...



For maintaining a 4.0 GPA for four consecutive years of high school, 95 Smithtown High School East seniors were honored as Gold Cord recipients during their annual Gold Cord Awards ceremony on May 23, 2019. Each student was called to the stage for recognition, a look back at their most memorable high school moments and to highlight future college and career goals. Smithtown H.S. East Principal Dr. Kevin Simmons presented each student with their gold cord and certificate while guidance counselors announced the recipients' names.

Photo courtesy of Smithtown Central School District

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Preparing for Summer Entertaining



by Natalie Weinstein,
Allied ASID,
IDS

I hope all of you had a great Memorial Day – perhaps celebrating with friends and family or just taking some well needed quiet time for yourself to relax and unwind as well as remember those who fought for our country.

For the slow starters among us, it probably was a weekend of getting the pool ready, trying to organize outdoor play equipment, fixing bicycles so you can actually ride them, cleaning the outdoor furniture or buying new cushions, making the grill ready for use, hopefully checking hoses and tubes as well as cleaning the racks thoroughly. And how is the yard looking? There are many plants in pots that can decorate your porch and patios and still many in-the-ground plants to bring color to your garden.

In short are you getting ready for the shortest fun time, between the 4th of July and Labor Day, to enjoy the outdoors? If the answer is yes, then you are all set to make the most of those lazy days of summer (Who said that?). So let's all look forward to summer entertaining when the inside of your house gets to stay "company neat" because the major space used is the great outdoors.

Outdoor entertaining is far more relaxed, but once again, good planning can help you enjoy your guests, stress free. So make your shopping list before you get to the supermarket to avoid run backs. Find some "summer pretty" dishwasher safe plastic dishes and "go withs" so no one is worried about breakage, or great looking heavy duty



Backyard entertaining

paper goods that can just be trashed. Set up your entertaining area in advance to make sure you have enough tables and seating. Stock up on insect repellent, antihistamine for bug bites, and citronella pots. And what about an ice chest? While you're out shopping – ask yourself if you need a few more fun games for kids as well as adults, like badminton or croquet? Are there enough pool toys to go around? And here's a terrific crowd pleaser – a karaoke machine! I found a great portable one two summers ago and it was the best party mixer when guests don't know each other. They instantly become new friends through music. If you're worried about annoying the neighbors, just invite them!

Setting an outdoor table is fun and easy. Just see what's growing in your garden and fill some vases with fresh flowers for table dressing. I like to place my tables for guests on the lawn and create shade over them with standing umbrellas. I have a variety of colorful tablecloths that go together but aren't matching, and plastic dishes that co-ordinate. I set up the bar and main buffet table on

the patio and have the barbeque off to the side – but not too far – so guests can visit with the chef and talk about the Yankees (or the Mets).

I love it when people ask if they can bring something they like to cook. It adds real flavor to the event in more ways than one. My guest list is always varied and there's a smorgasbord of people as well as food. So if you've been meaning to return invitations all winter, use the summer as a happy time to entertain while keeping wear and tear on your home to a minimum.

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, 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

Do You Have a Business Succession Strategy?

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

If you own a business, you've always got plenty to think about: sales, marketing, employees, competition, industry trends, consumer preferences – the list goes on and on. It's easy to get so caught up in your work that you might not take time to think about retirement. But if and when that day arrives, you'll want to be prepared – which means you need a business succession plan.

And you will have to put considerable thought and effort in selecting such a plan, because you've got several choices. You could keep the business in your family. You could offer it to an employee or an outsider. You could design a plan that will



take effect while you're alive or after you've passed away. Your decision should be based on several factors, including your family situation, the nature of your business, and your overall financial position (including the composition of your investment portfolio), but, at the outset of your search, you may want to know about some popular suc-

cession strategies, including:

Giving the business away

You can leave your business to your children, but if you transfer it during your lifetime, you may be able to obtain some valuable benefits. For example, by relinquishing control gradually, you can be reassured that your children will be able to manage the business on

their own. This strategy may also offer tax benefits. You can give your business away outright, but you may want to consider using a trust or family limited partnership, both of which may allow you to control the business for as long as you want, while still receiving a regular income stream.

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Birds – Those Funny Little Creatures

by Sally Wellinger

Anyone who says a bird is a bird has really never looked closely at those amazing little creatures. First of all, their bones are hollow, which makes them very light for their size. The wings of a bird have evolved with a very cool function, they help them fly! Feathers and wings help keep them aerodynamic. Some birds can fly at amazing speeds and heights. Birds share many similarities; however different types of birds can vary quite a bit from one another.

Even birds hanging out in the same group in your backyard can be very different. Have you ever had a large group of blackbirds land in your yard? Next time, look very closely. There are probably many different types of birds within that flock. The blackbirds with a small red stripe on their wings are red-winged blackbirds. These birds are migratory and are often considered the first sign of spring once they arrive on Long Island. Red-winged blackbirds predominantly eat seeds and will travel long distances for their food. The common grackle is a dark iridescent bird; sometimes instead of black it looks purplish, and if the sun hits it just right, it appears bluish. These birds will eat just about anything including garbage. They are one of the biggest culprits for eating corn in corn fields, but sadly we blame the crow. Perhaps we should change the name of scarecrows to scaregrackles.

The starlings are another blackbird. They have a yellow beak and often have little white spots or streaks in their feathers. These birds are actually invasive; they arrived in North America from Europe in 1890 when a group of Shakespeare fans in New York City wanted all of the birds that were mentioned in Shakespeare to reside in the United States. One hundred of



Eagle Mobbed by Crows Photo © David Dixon (cc-by-sa/2.0)

these birds were released that year, and today all of the starlings we see in the United States are descended from those 100 birds.

If you see a blackbird with a brown head, that is a cowbird. Cowbirds are interesting little creatures, in that they do not lay eggs in their own nest, nor do they raise their own young. They are considered a brood parasite, because sometimes a female cowbird will remove another bird's eggs and leave her own in the nest for that bird to raise. Often, the cowbird just leaves her eggs along with the others, resulting in her offspring being raised with a different type of bird. Even if the cowbird female doesn't remove the existing eggs, the smaller birds have a difficult time surviving as the larger cowbird hatchling will eat more than its share of the food, or even push the smaller hatchlings out of the nest.

What is most interesting about these birds, is that no matter how different they are, they all band together to go after a threat. If a hawk comes swooping down in your backyard, often all the other birds in the yard will band together and go after that hawk. Their calls get extremely loud as they swoop in and swipe at the hawk. Occasionally, the hawk will drop whatever animal it has

grasped in its talons. These birds banding together is called mobbing and is a way for them to frighten larger predators away. They also might use this technique for territorial reasons. Squirrels and chipmunks have been known to join the bird mobbing, especially if the hawk has targeted one of their own. Squirrels are able to mimic the mobbing cry of birds which will help congregate the birds with them to mob the hawk. Nature can be pretty amazing if you think about it!

If this has sparked your interest in our little feathery friends, there are a few organizations in the area that you might want to look into. One of the largest and closest is the Four Harbors Audubon Society that hosts a free bird walk at Avalon in Stony Brook the second Saturday of every month. They also sponsor Friday movie nights at the Smithtown Library. To learn more about Four Harbors Audubon Society, visit their website <http://fourharborsaudubon.com/>

Editor's Note:

Sally Wellinger, a St. James resident for over 30 years, is a wife and mother of four children. She is a NYS Elementary teacher certified in PK-6 grade, Biology and General Science grades 7-12 and is an outdoor environmental educator. Sally will be writing nature inspired articles each month.

Summer Time and The Living Is Easy

by June A. Liardi

Summer time and the living is easy, I hope yours is.

As the temperatures heat up your garden plants may be looking a little down-in-the-dumps. Spring blooms may have faded away leaving your garden beds a little sparse looking. First take a critical look to see what can be removed, moved or cut back.

Then take advantage of summer sales on perennials. Pick up some annuals too, to tuck in the empty spots between the perennials. You can also plant some fast-growing seeds like cosmos and zinnia. You will have to make sure to keep everything well watered, the soil will dry out quickly in the heat and humidity. Add some fertilizer and mulch also.

Place a few colorful pots among the plants in the garden to quickly fill in empty spaces, this will add new color and texture to your garden bed.

You could also add some pieces of garden art, a birdbath, statue or gazing ball, perhaps. If you have an old wooden chair, repaint it with a color such as lavender or light blue and place it in the garden. It could hold a container of plants or have climbing plants grow up onto it. Use your imagination for other eye-catching hard-scaping. They are nice surprises for your garden visitors. These quick changes can



take your garden well into the autumn season.

Another type of garden that is easy to put together is a rock garden. It is nice for a small area and/or a sunny spot. You will need to choose small alpine plants. Create a miniature landscape with interesting rocks or lava rocks. Lava rocks can easily be sculpted to form growing areas for the small plants. These plants also grow very nicely in a trough, a shallow stone planter similar to a bonsai container. Make sure to use a well-draining soil mix when planting. These plants, for the most part, do not like to sit in soggy soil.

For ages farmers have planted their crops based on the moon phases, it is said that the moon in its cycles affects plant growth. Here are some vegetables and their summer planting dates. Beans, 7/2-15, broccoli 7/2-7, carrots 7/1, 7/17-21, kale 7/2-16, 7/31, peas 7/15-16, 7/31, spinach 7/31, turnips 7/1, 7/17-

30. Good luck.

This is a nice, refreshing punch you may want to try for your July 4th get together: Combine a bottle of pomegranate/cranberry juice, fresh strawberries, blueberries and raspberries, add a bottle of sparkling water and float orange slices on top. For the older crowd add some vodka.

Hope you can enjoy this beautiful summer month, it is what a lot of us wish for all year. Lay in the cool grass and look at the clouds, take a walk in the warm summer rain, catch a sunset at the beach, look up at the stars and watch the lightening bugs fly about looking for love.

“Everywhere water is a thing of beauty, gleaming in the dew-drops, singing in the summer rain.” – JOHN BALLANTINE GOUGH

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.



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Alzheimer's Disease, Early Diagnosis and Hearing Checks

by William Kent

There are many families within our community coping with Alzheimer's and the challenges it presents. It is important to ensure that the hearing health of those in our community with Alzheimer's is appropriately managed. Hearing loss, when left unaddressed, can compound the difficulties that people with Alzheimer's and their families already face, however in many cases, the appropriate use of hearing aids can benefit people with Alzheimer's.

There is strong evidence that hearing impairment contributes to the progression of cognitive dysfunction in older adults. Unmanaged hearing loss can interrupt the cognitive processing of spoken language and sound, regardless of other coexisting conditions. But when an individual has both Alzheimer's and hearing loss, many of the symptoms of hearing loss can interact with those common to Alzheimer's, making the disease more difficult than it might be if the hearing loss had been addressed.

Studies have shown that although a significantly higher percentage of people with Alzheimer's disease may have hearing loss than their normally aging peers, they are much less likely to receive attention for their hearing needs. A comprehensive hearing assessment should be part of any Alzheimer's diagnosis and any hearing loss should be addressed. By addressing the hearing loss, we can help improve quality-of-life for those who have Alzheimer's and help them live as fully as possible.

Numerous studies have linked untreated hearing loss to a wide range of physical and emotional conditions, including impaired memory and ability to learn new tasks, reduced alertness, increased risk to personal safety, irritability, negativism, anger,

fatigue, tension, stress, depression, and diminished psychological and overall health.

Caregivers of people with Alzheimer's are urged to also address their own hearing health – recognizing the negative impact that untreated hearing loss can have on their own quality of life and emotional well-being. Caregivers can determine if they need a comprehensive hearing check by a hearing professional by taking a free, quick, and confidential online hearing test at www.hearingcheck.org.

Sergei Kochkin, PhD, Better Hearing Institute's executive director says: "Alzheimer's disease is a heart-wrenching illness that poses many challenges for the individual, family and caregiver. Early detection, diagnosis, and intervention are critical because they provide the best opportunities for treatment, support, and planning. With the summer months upon us, and we are seeing family and friends more frequently, it is important that each of us remain vigilant to the early signs of Alzheimer's in the people we love."

About Alzheimer's Disease

(SOURCE: ALZHEIMER'S ASSOCIATION)

Alzheimer's disease is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks. Today, an estimated 5.4 million Americans are living with Alzheimer's, and they are supported by nearly 15 million caregivers. Alzheimer's disease is now the sixth-leading cause of death in the United States.

Any individual experiencing one or more of the following 10



warning signs of Alzheimer's should see a doctor to find the cause:

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks at home, at work or at leisure
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality

For more information about the 10 warning signs of Alzheimer's disease, early detection and diagnosis, contact the Alzheimer's Association at www.alz.org/10signs.

Editor's Note:

William Kent is Director of Long Island Hearing, a family owned and operated Audiology and Hearing Instrument Practice since in 1985. They have offices in Nassau and Suffolk Counties and can be reached at 1-800-698-5200 for questions about this article and hearing loss.

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HEALTH NOTES



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,
My wedding is coming up in the next year and my fiancé and I have a dilemma. I have two uncles on my father's side of the family who do not speak to each other. One of them, we'll call him "Dan," is very close with my fiancé and I. We see Uncle Dan and his wife on a regular basis and have a loving relationship with them. On the other hand, Uncle "Harry" is very close with my mother and father but does not have a very active relationship with my fiancé and I. We see Uncle Harry a few times a year and have very limited contact. I do not have any ill feelings toward either uncle and I feel as though both of them are acting immature in regards to the conflict that keeps them from speaking. However, I don't know what to do for my wedding. I worry that Uncle Dan will not show up if Uncle Harry is invited. My parents*

*feel that I cannot exclude one of them and that both must be invited. I'm interested in an outsider's opinion. What do you think?
- Conflicted*

Dear Conflicted,
This is quite the dilemma! I believe you have several options. The first is to simply say nothing, invite both uncles, and let them manage their own emotions and make their own decision about attending or not. The second option is to speak to both of them directly. Let them know that you love them and would like both of them to be in attendance. You may even choose to disclose to them that they will not have to sit at the same table or interact at all – simply coexist peacefully. From there, take a step back and let them make their own decisions. The third option is to
continued on page 77

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Founder/Director

How to Prevent Summer Sports Injuries

by Dr. Linda M. Bocchichio

Most sports injuries occur when physical stresses are placed upon unconditioned bodies. The majority of Americans are inactive and sedentary, despite the current interest in fitness. Only one of three adults in the U.S. exercises regularly. Inactivity leads to unconditioned muscles, joints and tendons.

The number one way to prevent summertime sports injuries is proper body conditioning. Proper body conditioning consists of the following:

Cardiovascular Strength

This is the ability of the heart and blood to carry oxygen to cells of the body. This is increased by aerobic exercise such as walking, swimming, dancing, cycling, etc.



Muscular Tone & Flexibility

This is achieved through daily stretching and yoga. Stretching improves agility and reduces the chance of injury.

Muscular Strength & Endurance

This can be achieved by using weights and with isometric exercise.

Many summertime sports injuries involve the neck, back

and other joints. See your doctor of chiropractic to assure that your spine is in proper alignment before beginning any strenuous exercise program.

Editor's Note:

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

Dr. Linda M. Bocchichio

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Osteoarthritis

by Richard Greco, PT, ATC, CSCS

“Arthritis” is a term used to describe inflammation of the joints. Osteoarthritis (OA) is the most common form of arthritis and usually is caused by the deterioration of a joint. Typically, the weight-bearing joints are affected, with the knee and the hip being the most common.

OA affects daily activity and is the most common cause of disability in the US adult population. Although OA does not always require surgery, such as a joint replacement, it has been estimated that the use of total joint replacement in the US will increase 174% for hips and 673% for knees by the year 2030.

What is Osteoarthritis?

Your bones are connected at joints such as the hip and knee. A rubbery substance called cartilage coats the bones at these joints and helps reduce friction when you move. A protective oily substance called synovial fluid is also contained within the joint, helping to ease movement. When these protective coverings break down, the bones begin to rub together during movement. This can cause pain, and the process itself can lead to more damage in the remaining cartilage and the bones themselves.

The cause of OA is unknown. Current research points to aging as the main cause. Factors that may increase your risk for OA include:

- **Age.** Growing older increases your risk for developing OA because degeneration and aging of the cartilage and synovial fluid increases over time.
- **Genetics.** Research indicates that some people's bodies have difficulty forming cartilage. Individuals can pass this problem on to their children.
- **Past injury.** Individuals with

prior injury to a specific joint, especially a weight-bearing joint (such as the hip or knee), are at increased risk for developing OA.

- **Occupation.** Jobs that require repetitive squatting, bending, and twisting (eg, construction, landscaping, childcare) are risk factors for OA. People who perform jobs that require prolonged kneeling (eg, miners, flooring specialists) also are at high risk.



- **Sports.** Athletes who repeatedly use a specific joint in extreme ways (eg, pitchers, football linemen, ballet dancers, runners) and those who engage in high-impact joint loading done in a repetitive manner (eg, running, jumping, landing on hard surfaces) may increase their risk for developing OA later in life.
- **Obesity.** Being overweight causes increased stress to the weight-bearing joints (such as knees), increasing the risk for development of OA.

How Does it Feel?

Typically, OA causes pain and stiffness in the affected joint. Common symptoms include:

- Stiffness in the joint, especially in the morning, which eases in less than 30 minutes
- Stiffness in the joint after sitting

or lying down for long periods

- Pain during activity that is relieved by rest
- Cracking, creaking, crunching, or other types of joint noise
- Pain when you press on the joint
- Increased bone growth around the joint that you may be able to feel

How Is It Diagnosed?

Osteoarthritis is typically diagnosed by your doctor using an X-ray, but there are signs that may lead your physical therapist to suspect you have OA. Joint stiffness; difficulty moving; joint cracking, creaking, or crunching; and pain that is relieved with rest are typical symptoms. Physical therapists often use the American Academy of Rheumatology criteria for diagnosing knee OA, which lists the presence of pain, plus at least 3 of the following 5 criteria:

- Age >50 years
- Stiffness <30 minutes
- Crepitus (a grinding/crunching sound emitted from the joint with movement)
- Bone tenderness
- Bony enlargement

How Can a Physical Therapist Help?

Physical therapist treatment has proven to be an effective treatment for OA, and may help you avoid surgery and use of prescription painkillers. Although the symptoms and progression of OA are different for each person, starting an individualized exercise program and addressing risk factors can help relieve your symptoms and slow the condition's advance.

Your physical therapist may:

- Perform a thorough examination to determine your symptoms.

continued on facing page

HEALTH NOTES

continued

- Observe what activities are difficult for you.
- Design an individualized exercise program to address your specific needs and improve your movement.
- Use manual (hands-on) physical therapy to improve movement of the affected joint.
- Offer suggestions for adjusting your work area to lessen the strain on your joints.
- Teach you aerobic and strengthening exercises to improve your movement and overall health.
- Design and teach you a home-exercise program to improve your strength and movement
- Teach you an exercise program for safe weight loss, if you



need to lose weight to ease pressure on your joints.

- Recommend simple lifestyle changes that will help keep the weight off.

In cases of severe OA that are not helped by physical therapy alone, surgery, such as a knee or hip replacement, may be necessary. Your physical therapist will refer you to an orthopedic surgeon to discuss the possibility

of surgery.

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

Editor's Note:

Richard Greco, PT, ATC, CSCS, is a St. James resident and the Director of Motion Sports Medicine in St. James, located at 430-7 North Country Road. If you have any questions regarding Osteoarthritis or physical therapy in general, please contact his office at 631-686-6600.



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POWER & POSSIBILITIES OF ESSENTIAL OILS

Supporting Energy Levels Naturally

by Terri Pace

Energy, a Precious Resource

Summer is in full swing and it's amazing how quickly our schedules fill up, right? Like many of you, I am busy from the minute I wake until the day's peaceful end. Often, the list of things I want to get done is longer than the minutes of the day allow so it's super important that I have the energy to do what I want to do.

What things affect our energy levels?

As you might imagine, energy is affected by many factors including sleep, mood, stress, diet, adrenal function, hydration, thyroid health, blood sugar levels to name a few. Are you on a medication that affects any of these things? This can further compli-

cate your energy levels.

Though energy production in the body is affected by many factors, there are some simply natural ways you can invigorate the body and the mind!

1. Mint oils

Some of the most common mint oils are Peppermint, Spearmint, and Wintergreen essential oils. All are very stimulating and energizing. Their aroma presents us with a sense of excitement and floods our respiratory system and brain cells with oxygen for an immediate burst of energy and clarity. When you need to feel invigorated, simply apply a drop to your palm, rub your hands together, make a nose tent and inhale deeply.

What's great about this form of stimulation is that it doesn't use up your hormones like many of the energy drinks on the market, and so there is no "crash" afterwards. And there's no digestive discomfort or disruption; these essential oils actually aid healthy

digestion... and we know how important nutrition is to maintaining our energy levels.*

2. Citrus oils

There are many choices in the citrus plant group... Tangerine, Red Mandarin, Green Mandarin, Lime, Lemon, Bergamot... so simply pick your favorite. The chemistry of citrus essential oils is high in limonene which instantly uplifts your mood and makes you feel happy. When we are happy, we feel more energetic and want to check off the next thing on our list. Use it aromatically in your diffuser or add a drop or two to each glass of water.*

3. Tree oils

The essential oils in this plant group ground us, provide more clarity, and offer us a sense of renewal. When we are grounded, we spend less energy floating on the distracting chatter in our heads; when we have more clarity, we focus on and do what is most important and let go of the trivial items on our to-do list. NOW we are using our energy more efficiently. This group also provides an effective way to manage your stress naturally.

My go-to oils in this group are Frankincense, Siberian Fir, Copaiba, and Vetiver. I use these oils topically on the bottom of my feet or on the back of my neck throughout the day when I notice I'm floating off track or am indecisive. These are all great choices at bedtime, too, for an exceptional night of sleep. When we are well-rested, our bodies are well prepared for the day in front of us.

4. Herb oils

Many are familiar with the essential oils in this group, which help improve digestion and

continued on facing page

Terri Pace
Holistic Health Coach
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HEALTH NOTES

continued
reduce feelings of stress. You may ask, how does stress affect our energy levels? Chronic stress can overstimulate the adrenal glands, which are involved in producing over 50 hormones that drive almost every bodily function; this will dramatically affect your energy levels.

- Basil and Coriander essential oils help to lower our stress hormones.* Apply either to the temples and the back of the neck to reduce feelings of tension.
- Take Rosemary essential oil internally to help reduce nervous tension and occasional fatigue (physical, mental).*
- Cinnamon essential oil supports a healthy metabolic function.* A healthy metabo-

lism is key to supporting your vibrant energy levels.

Want to delve deeper into this topic? Attend our workshop *Supporting Energy Naturally* on June 20, 2019. Call Terri at 631-487-1627.

Note:

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Essential oils are safe, effective and very affordable. However, not all essential oils are created equal. Be an educated consumer and use only certified pure, therapeutic grade essential oils for your family.

Editor's Note:

Terri Pace and her family are longtime residents of St. James and owners of Pace's Steak House in Hauppauge, NY. Terri is a certified Holistic Health Coach. She is an educator, sharing her experiences and knowledge on the use of

simply natural solutions to support the structure and functions of the body for optimal health and wellness. Terri invites you to contact her for a FREE private, personal wellness consultation and to get samples of essential oils which can support your specific wellness goals: simply.natural@optimum.net For more information on other events and weekly workshops available: visit <http://simply-naturalseminars.eventbrite.com> or call Terri at 631-487-1627 - no purchase necessary to attend.



THE FINISH LINE

Financial Focus

continued from page 67
Selling the business outright

You can always sell your business outright whenever you like – right now, when you retire or some time in between. Of course, any sale brings tax considerations.

Using a buy-sell arrangement to transfer the business

Instead of simply selling the business in a traditional transaction, you could employ a buy-sell agreement. With this arrangement, you can generally determine when, to whom, and at what price you can sell it. If you would like to keep the business in your family, you may be able to fund the buy-sell agreement with life insurance, so family members could use the death benefit to buy your ownership stake.

Buying a private annuity

When you buy a private annu-

ity, you can transfer the business to family members, or someone else, who will then make payments to you for the rest of your life, or, possibly, for your lifetime and that of a second person's. In addition to potentially providing you with a lifetime income stream, this type of sale can remove assets from your estate without triggering gift or estate taxes.

These and other techniques can be complex, so before deciding on what is best for your situation, you'll want to consult with your tax, legal and financial advisors. By taking your time and getting the professional help you need, you can make a successful succession choice.

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.

Ron Villano

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disregard your parents' feelings and invite one of them and exclude the other. There are consequences for each option. You must weigh them and go with the one that yields the end result you are looking for!

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 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.

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

Happy Birthday



Chiara Capizzano

Happy Birthday wishes go out to Chiara Capizzano, of St. James, who turned one year old on May 1, 2019. Chiara celebrated her big day with a birthday party with her family.

"Happy first birthday, Kiki! Wishing you a "Onederful" year! We love you!"

Love, Mommy, Daddy, Gigi and Baba



Beverly A. Gross

Special birthday wishes go out to Beverly A. Gross, of St. James, who turns 75 years old on July 13, 2019. Beverly will spend the day celebrating with family and then spending the evening in Westbury to see Johnny Mathis perform. Beverly shares a birthday with Harrison Ford who was born on the same day in 1942.

Beverly's beautiful smile brings much happiness to all who know her. We wish her a very Happy Birthday on her special day and many more to come.

Congratulations Graduate

Daniel C. Lettieri, of St. James, received a Bachelor of Arts degree in Sociology from King's College, Wilkes-Barre, PA, at its 70th Commencement Exercises on May 19, 2019.

Best wishes and continued success to Daniel from your friends and family in St. James.



Library Programs

continued from page 61

Time for Twos

NESCONSET
(24-35 months w/adult)
Fri., June 21, 11-11:45 a.m.

SMITHTOWN
Wed., June 26 | 10-10:45 a.m.
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Wonderful Ones

SMITHTOWN
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Tues. June 25, 10-10:45 a.m.

NESCONSET
(12-23 months w/adult)
Call for dates and times
Engage little ones in language based activities; includes free play and stories. *Siblings are welcome.*

P O E T ' S C O R N E R

History

by John Taratunio
1928 - 2018

*One if by land, two if by sea
Was a simple formula for liberty
That simple code was no mystery
But it played an important part in American history
At that time our forefathers fought our very first war
So America would be free forever more
From that our country grew and grew
Into the greatest force the world ever knew
But with all the wars that were fought before
It's inevitable there will always be more....*

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O B I T U A R I E S

Marshall J. Ledwick

Marshall J. Ledwick made his final journey home on May 14, 2019. He was a devoted and loved: husband of Valerie Cornwall, father of Troy (Kathy) Ledwick, and Diana (Dave) Tobin. Grandfather of Heather Carroll, Ray Ledwick, Emily Tobin and Jackson Ledwick. Great-grandfather of Aria Bencini.



Marshall J. Ledwick

Marshall was a proud United States Navy veteran, and served as a Submariner on the U.S.S. Entemedor during the Cuban missile crisis. He later became an airline pilot and flight instructor.

Marshall was adventurous and a self-starter, he had a successful pizzeria, and retail business. Marshall was the original owner of the St. James Jewelry Shoppe on Lake Avenue.

Marshall skied all over the United States and Europe. He loved boating and fishing and was an avid Scuba and wreck diver. He even crossed the "Pond" on H.M.S. Bounty. He was a gourmet cook, and loved to prepare meals for family and friends. Marshall enjoyed life to the fullest, he will be sorely missed.

A Funeral Service was held at Moloney Funeral Home on May 20, 2019. Interment followed at Mt. Pleasant Cemetery.

Ronald Reiss

Ronald Reiss, long time resident of St. James passed away on June 2, 2019 at the age of 86. Former Trustee of Nissequogue Village. Loving husband of Shirley Reiss for 60 years. Ron retired in 1993 from Grumman, where he worked for 43 years. A man of many interests, gambling, fishing, golfing, and bowling just to name a few. He was a friend to all and will truly be missed.



Ronald Reiss

A Funeral Service was held at the St. James Funeral Home on June 9, 2019. Interment took place at Calverton National Cemetery with military honors on June 10, 2019. In memory of Ron, please consider a donation to St. Jude Children's Research Hospital or the Long Island State Veterans Home.

Mr. Reiss's funeral arrangements were professionally supervised by the Maher family and staff of the St. James Funeral Home.

John Rowan

John Rowan, long time resident of St. James, passed away on May 22, 2019 at the age of 60. Son of Jeannette and Francis; father to Deirdre, Conor, Hannah, and Zachary; grandfather to Liam, Daniel, Brendan, Quinn and Baby Leo; youngest brother to Susan, Peter, Steven and Ellen; partner and "House Husband" to Cathy. He was dearly beloved.



John Rowan

A reverent man, John made sure to get outside every night before bedtime to thank the universe for its blessings. With an innate generosity of spirit, John gave to all around him. He had a unique ability to make others feel at ease, even strangers he passed on the street. He was a good listener, and could be counted on to give a sincere hug, coupled with a hearty laugh. On the dance floor, he played a mean air guitar. John was a humble, quiet, gentleman who knew how to have fun, and left a large wake. It's an understatement to say that he was loved, and will be missed.

A Reflective Prayer Service was held on May 25, 2019 at the St. James Funeral Home.

Mr. Rowan's funeral arrangements were professionally supervised by the Maher family and staff of the St. James Funeral Home.

Theresa A. Stramiello

Theresa A. Stramiello, of Smithtown, NY, passed away on April 29, 2019 at the age of 79. Beloved mother of Diane (Henry), Carolyn (Sean), Lisa (Rich), Ron (Gloria). Loving grandma of Brian, Daniel, Morgan, Amanda, Kayla, and Aaron. She was a longtime member of the Catholic Daughters of Sts. Philip and James R.C. Church in St. James.



Theresa A. Stramiello

A Funeral Mass was held at Sts. Philip and James R.C. Church, St. James, NY on May 4, 2019. Interment followed at St. James Episcopal Cemetery.

Funeral arrangements were professionally supervised by the Maher family and staff of the St. James Funeral Home.

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O B I T U A R I E S

Shirley Arlene Schickler

Shirley Arlene Schickler (Spidle) was born in Cambridge, Massachusetts on May 11, 1930, and she passed away peacefully on April 4, 2019. Shirley grew up in Arlington MA, raised her family in Commack, NY and lived in retirement for 31 years with her husband William John Schickler Jr. in Sarasota, FL.

Shirley was the second of four children born to Joseph and Janet Spidle. She graduated in 1948 from Arlington High School in MA, and at age 20, she married her husband William (Bill) to whom she was married for 68 years. Although she was thoroughly devoted to her family, she decided to work toward her college degree in psychology, which she proudly earned from Hofstra University in 1970.

Although being a mother to her beloved sons was her priority, she

became the first woman to be elected as Receiver of Taxes in Smithtown, NY, serving from 1975 to 1988. In addition, she was a community assistant to her state senator and a Republican committeewoman for 16 years, also in Smithtown. After retiring to Sarasota in 1988, she became an avid golfer and volunteered for many years at S.P.A.R.C.C (Safe Place and Rape Crisis Center). In addition, she was a member of Church of the Palms and The Meadows Country Club.

Shirley will long be remembered as a very loving lady who was devoted to her family throughout her life. She was passionate about many social causes, and she always made herself available to any family member who needed her support. She had a life-long love of children, and she was particularly dedicated to

her three grandchildren who were so precious to her. It was not uncommon for Shirley to stop in the street to address a child. Finally, her love of children was reflected by decades of support to many children's charities.

Survivors include her husband William J; a son William; daughter-in-law Wendy; three grandchildren Andrew, Jamie and Colin; grandson-in-law Winston; great-grandson Idris; a brother Roger; and sister-in-law Joan. A son Robert, sister Janet and brother Richard preceded Shirley in death.

A graveside service will be held on June 21, 2019 at The Smithtown Rural Cemetery in Smithtown, NY.

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



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HAVING AN AFFAIR? NEED HELP? Call Sunshine Events (631-838-9967 (formerly Touch of Class). Waitstaff, Bartenders, Menus and Floral Designs. Graduations, Birthdays and Corporate Events. Experienced and Professional 10% off with ad. 6/19

SPACE AVAILABLE – Up to 1,800 square feet. 176 Second Street, St. James - 1 block off Lake Avenue. Artists and artists groups, and businesses invited to inquire. Rental fee upon request. Call Natalie at 631-862-6198. 6/19

STUDIO APARTMENT FOR RENT IN ST. JAMES – Close to all. Female Preferred. No Smokers / No Pets. Includes All – Heat, Elec, AC, Washer/Dryer. Security and References a must. \$850 month. Call 631-413-4073. 6/19

LIMOUSINE FOR HIRE – Lincoln SUV. Licensed – Insured – Dependable. All Airports/Night-on-the-Town/Vineyards/Special Occasions. 20% OFF when you mention you saw the ad in Our Town. Call and book today! 631-487-2927. 6/19rv

VOICE / PIANO LESSONS with Dr. Melanie Birnbaum - All Ages / All Levels / NYSSMA Preparation. Call 631-522-2921. 9/19

CAREER OPPORTUNITY – Looking for 2 experienced salespersons to join our dynamic, local real estate team. Mentoring and coaching program will bring your business to the next level. Reply in confidence to Manager – 917-747-3793. 6/19

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

JOB OPPORTUNITY - IMMEDIATE OPENING – Natalie Weinsten Design Associates is looking for an experienced Bookkeeper to assist in managing day-to-day accounting and finance requirements. Confidentiality, excellent organizational skills, and accuracy are important qualifications for this position, as well as good customer relations and the ability to communicate clearly. The ideal candidate for this position is a skilled multi-tasker, is reliable and is committed to consistently meeting deadlines. **Flexible hours, in-office position only – send resume to info@natalieweinstein.com**

Responsibilities: Balance and maintain accurate ledgers; Match purchase orders with invoices; Coordinate bank deposits and report financial results on a regular basis to management; Monitor office expenses and tally and enter cash receipts; Pay vendor invoices and track bank account balances; Develop monthly financial statements, including cash flow, profit and loss statements and balance sheets; Prepare quarterly tax returns; Process bi-weekly payroll, **Skills:** Five years' experience working in accounts payable and receivable, general ledger, payroll and payroll reports; Strong knowledge of generally accepted accounting principles; Extensive experience with data entry, record keeping and computer operation; Proficiency in Microsoft Office, Excel and QuickBooks; Experience in services related to payroll processing and submitting payroll taxes; Strong understanding of business and income tax worksheets and computations. Call 631-862-6198. 6/19

VOLUNTEERS WANTED For Celebrate St. James nonprofit. Social Media, Marketing, Website Maintenance. Training available. Call 631-862-4615. 6/19

VENDORS WANTED FOR ST. JAMES DAY – Craft vendors are wanted for the St. James Chamber of Commerce's 32nd annual St. James Day, Sunday, October 6, 2019, along Lake Avenue. 10'x10' spaces are being provided for \$125 per space, after 8/15/19 - \$150 if available (no exceptions). For additional information call 631-584-8510 - to receive an application leave, your name, address and phone number on machine. Applications are available on the Chamber website at www.stjameschamber.org. We look forward to seeing you there. 9/19

VOLUNTEERS WANTED For Celebrate St. James nonprofit. Social Media, Marketing, Website Maintenance. Training available. Call 631-862-4615. 6/19

JOIN THE SMITHTOWN GARDEN CLUB – Learn about gardening and meet new people. Club meets the 2nd Tuesday of the month at the Brush Barn on Middle Country Road in Smithtown. Call Joan Weicks at 631-361-2007 for more info.

RECEPTION / MEETING HALL AVAILABLE FOR USE – St. James United Methodist Church, offers a spacious meeting hall with commercial kitchen for civic and support groups, receptions, clubs, workshops and seminars. The 35'x60' meeting room has tables, chairs, rest rooms and a grand piano. The Church is located at 532 Moriches Road in Head of the Harbor. Expansive parking and handicapped access is provided. Contact the Office at 631-584-5340 for available dates and suggested donations. The SJUMC offers their facilities as a community outreach to the St. James area and welcomes all visitors.

For advertising information please call 631-862-9849

T H E F I N I S H L I N E

Performing Arts Center

continued from page 34

Forever Motown

Saturday, October 26 | 8 p.m.

Tickets: \$50

A non-stop, high energy trip down memory lane! Featuring the songs America grew up on.

Subscription plans available at substantial savings. Call the box office at 631-724-3700 more information.

Become a member and save with additional benefits. Annual membership is \$75 and a life-time 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.

Art League of LI

continued from page 52

Return for the second session and create stackable and stone rings. Take one or both sessions.

July 12, 9:30-3 p.m. | \$135 Adobe Photoshop Crash Course

This one-day class will give you the basic, skills to get you up and running.

July 14 & 21, 10-2 p.m. | \$150 Intro to Silversmithing

Create a pendant or earrings in sterling silver.

July 15, | 10 a.m.-2 p.m. \$80 + \$20 materials fee

**Jewelry Making:
Dangle Earrings in Sterling**
Make a pair of simple silver wire or mixed metals dangle earrings from intertwined circles. Lean

how to shape wire, solder, texture, and assemble.

July 16 & 17, 10 a.m.-1 p.m. \$140 + \$30 materials fee

Solarplate Etching Workshop
Learn the incredibly versatile and environmentally friendly method of printmaking called Solarplate etching. Artists will explore various materials and learn a variety of ways to create unique plates and prints.

July 18, 9:30-12:30 p.m. | \$65 Silk Painting Workshop: Floral Scarf

Learn how to paint a flower on silk without using gutta. You will paint sample pieces and go on to paint an 11 x 60-inch silk scarf using a design of your choice.

CLASSIFIED ADVERTISING FORM

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

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

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\$5⁰⁰ for the first 20 words
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OUR TOWN • ST. JAMES
359 Lake Ave., St. James, NY 11780
For information call 631-862-9849**

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The following is a list of advertisers who can be found in this issue of *Our Town • St. James*

ART

Watermark Galleries
Fine Art Photography
220 Lake Avenue
631-379-2061

ATTORNEY

Joseph A. Bollhofer, Esq.
291 Lake Avenue
631-584-0100 | Fax: 631-584-2304

AUDIOLOGY

Long Island Hearing, Inc.
55 Southern Blvd., Nesconset
631-972-5211 | 1-800-698-5200

AUTOMOTIVE /

Repair / Parts / Gas
King Bear Auto Service Centers
805 Middle Country Road
631-366-2500

St. James Automotive Center

525 North Country Road
631-584-5798

BAKERY

Alpine Pastry Shoppe
59 Route 111, Smithtown
631-265-5610

BANK

Roslyn Savings Bank
556 North Country Road
631-862-4200

BEAUTY

Salon 230
230 Lake Avenue
631-862-7023 | 631-584-9644

Scruples 'Head to Toe'

430 North Country Road
631-584-8030

BOUTIQUE | CLOTHING

Chica Boutique
367 Lake Avenue
631-250-9613

CHIROPRACTORS

Dr. Linda M. Bocchichio
105 Lake Avenue South, Nesconset
631-979-9854

**Chiropractic Healthcare
of St. James**

Dr. Gregory R. Thomaier
338 Lake Avenue
631-584-8100

Express Family Wellness

Dr. Gary DiBenedetto
320 Lake Avenue - Walk -Ins

CLEANING SERVICE

Fresh Start Cleaning
631-512-7377

DANCE

Chorus Line Dance Studio
380 Lake Avenue
631-584-7575

Seiskaya Ballet

BESFI 2019 Summer Workshop
7 Flowerfield - Suite 16
631-584-0192 | 631-862-6925

T J E Dance Force

556 North Country Road
631-584-6888

EVENTS

**St. James Chamber of Commerce
FREE Family Summer
Outdoor Movie Night**
on Deepwells Front Lawn
Disney's *Ralph Breaks the Internet*
Tuesday, July 9, 7:45 p.m.
631-584-8510

EXTERMINATING

Scientific Exterminating
599 Lake Avenue
631-265-5252 | Fax: 862-7272

FINANCIAL

**Ameriprise Financial
Lawrence Just**
1200 Vets. Mem. Hwy., Hauppauge,
631-428-4829

Branch Financial Services

Harlan J. Fischer, President
50 Route 111, Smithtown
631-979-6000

Edward Jones Investments

Scott Posner, CFP
542 North Country Road
631-862-2020

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Branch Funeral Homes
190 East Main Street, Smithtown
631-724-9500

St. James Funeral Home

829 Middle Country Road
631-584-5200

HEALTH / FITNESS

Anne Marie Lisa
Certified Nutritional Counselor
631-525-1045

Family & Personal Counseling,

Hypnosis and Weight Loss
872 Middle Country Road
631-758-8290

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213 Lake Avenue
www.Jyotiwithin.com
631-250-9977

**Luxor Nursing & Rehab
at Mills Pond**

273 Moriches Road
631-862-8990

**Motion Sports Medicine -
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430-7 North Country Road
631-686-6600

Shaolin Self Defense Centers

556-08 North Country Road
631-617-5148

Simply Natural Solutions

Wellness Consultations
Terri Pace | 631-487-1627
simply.natural@optimum.net

Stony Brook

**Orthopaedic Associates
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Stony Brook Medicine
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631-444-4000, 631-444-4477

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Cell: 516-380-0727

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Natalie Weinstein
Design Associates
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400 North Country Road
631-724-5425

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430-04 North Country Rd.
631-862-7020

MUSIC LESSONS

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

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631-862-7447

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

Liz Jongebloed
DeBarbieri Associates
406 North Country Road
631-903-0836

Marianne Koke, CBR
Daniel Gale | Sotheby's
81 Route 111, Smithtown
631-584-6600 | 631-335-7111

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

David & Rowena Nedvin
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7 West Main St., Smithtown
631-767-5221 | 631-360-2800

Maria Orlandi
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996 Jericho Tpke., Smithtown
631-697-0474 | 631-858-6955

Paul Regina | Coldwell Banker
Residential Brokerage
28 East Main Street, Smithtown
516-314-7782

Reliance Real Estate
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631-879-7018

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631-862-6161

Patio Restaurant & Catering
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631-862-7475; Text: 631-356-2729

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823 Middle Country Road
631-265-9865

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244 Lake Avenue
631-584-5686

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Pick any or all weeks you want!



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556 North Country Road
631-584-6888

Holbrook

310 Main Street
631-585-6900

Competition Center

1150-5 Lincoln Ave., Holbrook
631-256-3050