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JULY
2021

Volume 34
Number 8

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





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OUR TOWN

– ST. JAMES –

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PLEASE NOTE:

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Distribution takes place on **Wednesday, July 14, 2021.**

JMN Architecture, P.C.

Joseph M. Neitzel, RA
516-672-2089

St. James, New York
jmn-architecture.com
j.neitzel@jmn-architecture.com

by Debbi Spiegel

Joseph Neitzel, a lifetime resident of St. James, is the Principal of JMN Architecture P.C. JMN Architecture P.C. is a full-service architecture, interior, and planning firm specializing in high-end residential projects, additions, renovations, and new residential and commercial construction including restaurants. His mission is: "Providing design and architectural solutions that enhance your everyday life."

Joe knew at an early age that he wanted to become an architect. He was intrigued by watching his grandfather draw up plans and visiting job sites. He studied architecture at SUNY Farmingdale. After graduation and seven tests, Joe became a licensed member of the NYS Board of Architecture.

Joe started his career using computer-drafted 3D visualizations and models. These virtual models also known as "renderings" allow clients to make educated decisions. It gives the client the advantage of seeing the components develop rather than just lines on paper. With eight years of experience working for other firms, Joseph established his private practice in March 2021.

JMN Architecture P.C. provides a fully integrated and innovative architectural approach that balances the understanding of the present and respect for the past. Creative and flexible, JMN is diverse in both practice expertise and in the types of projects taken – bringing great value to clients.

Home is where the heart is. Your home is where you spend quality time with the most im-



portant people in your life – your family. Mr. Neitzel understands that philosophy and is careful to ensure that whatever you desire is done to your specifications. He works closely with you, the homeowner, to determine your wants and needs, from the initial planning stages through completion. He wants you to be delighted with the results. Home consultations can be done virtually but in-person is preferred. This is where the collaboration begins – bouncing ideas before any drawings are done.

Exterior living space renovations have become very popular. Any work done to improve backyard space or converting a garage needs to be built by town code and with proper permits. The goal is to create a building space that reflects the client's needs and personality and to ensure that their vision becomes reality.

After preparing construction drawings, JMN will file the necessary paperwork with the town building department. The permit process has been affected by the pandemic. Building departments are starting to get caught up on the backlog of permits.

Construction administration is another service that Joe can provide. Being on-site and involved in each project – his role is to protect your project from any



kind of adverse situation and keep you comfortable during the construction process.

Follow JMN on Instagram at [jmn_architecture](#) to view some of his latest projects.

JMN Architecture P.C. provides their clients with a full range of services from concept to completion. They aim to exceed clients' expectations in both creativity and service.

Every project created at JMN Architecture, P.C. is as special and individual as its owner. The client becomes part of the design team and a synthesis of architecture is achieved. Call Joe for your next project.

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A R O U N D T O W N

Celebrate St. James Summer Happenings and More... IT'S BEGINNING TO FEEL A LOT LIKE...NORMAL

by Patricia Clark

Summer is right around the corner and St. Jamesers – actually everyone – everywhere – are ready to tiptoe back to a time and place when gatherings and entertaining public events were the norm. Soon you will (really) see the town start building Celebrate Park – the culmination of nearly two years of planning, fundraising, and dreaming. And more fun is on the way.

In early June, before this article goes to print, Celebrate St. James will be hosting an art gallery show at the St. James Calderone Theatre and Art Gallery, formerly Uniquely Natalie Quality Consignments, at 176 Second Street, St. James., featuring an exhibition of student artwork from Smithtown High School East. It is



a display of work focusing on "Social Realism." The display will be open to visitors through the end of June and can also be viewed online at www.celebratestjames.org. Each piece is accompanied by a topical commentary prepared by the student-artist to explain the topic they chose and why, covering a broad spectrum of topics. Other art gallery shows will take place

over the coming months. Anyone interested in presenting their work in the Celebrate St. James gallery may contact 631-686-5644.

The Sunday night concert line-up is ready to go. Celebrate St. James is proud to announce the following performers for the summer of 2021:

John Zollo and The Dedications

June 27

The Eagle River Band

July 11

The Precisions

July 25

The John Fogerty Project

August 8

Pump Rocks

August 22

All performances will be held continued on page 8

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A R O U N D T O W N

Celebrate St. James Summer Happenings and More...

continued from page 6
at Long Beach Town Park and start time is 6 p.m. Save the dates – come for great music – and stay for the beautiful sunsets. The concerts are funded by a grant, sponsored by Legislator Robert Trotta, from the Suffolk County Department of Parks.

Celebrate St. James is planning to revive the Cottages to Castles Home and Garden Tour in September and it will be offered both live and virtually. Stay tuned for particulars.

The biggest event of the year will be held on Wednesday, October 13, 2021, at Flowerfield – the long-awaited Roaring 20's Gala dedicated to "Save the Theatre." The St. James Calderone Theatre dates back to the early 20th century and Celebrate St. James is planning to buy and restore this building to create a

small theatre, a community center for the arts, classrooms for art and music therapy, a recording studio, art gallery shows, and an expansion of the museum started by Celebrate St. James – right here in the heart of the town.

The restored building will be the perfect complement to Celebrate Park and there will be two special venues in town where we will host both indoor and outdoor events. The gala will be an evening of fun for all and a chance to relive the original Roaring 20's. Celebrate St. James is proud to announce the five deserving honorees: Steven Bellone, George Desmarais, Thomas Donohue, Mario Mattera, and in memoriam Roseann Cousin, who have made a significant impact in St. James. Get ready for a 17-piece band, "bathtub" gin, gam-

bling at our speak-easy, and great food and spirits. Get your flapper dresses and dapper suits and fedoras on.



Raising the money to purchase and restore the theatre will be a challenge and worthwhile task. A website, www.savethestjamestheatre.org, is being created along with a GoFundMe page to help raise funds for this ambitious endeavor!

As you can see, Celebrate St. James is offering something for everyone – please come on board and enjoy the 2021 ride. We need your help. Let us hear from you at 631-984-0201 (call or text) or email celebratestjames@gmail.com.

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A R O U N D T O W N

Save the St. James Theatre

by Natalie Weinstein

After much soul searching and consultation with my personal attorney, as well as the Executive Board of Celebrate St. James Past-Present-Future (CSJ), I have agreed to sell the Calderone Theater building at 176 Second Street, St. James, to Celebrate St. James, the organization of which I am a founder and, at this time, its president. Fearing it may be considered a conflict of interest,

I have agreed to complete transparency, as well as a sale price on or below the appraised value. I truly believe this historic theater building will best serve the com-



St. James Calderone Theater

munity as a Cultural Arts Center and small theatre for the benefit it will provide in the areas of art, music, history, and the performing arts for the St. James com-

munity and beyond, now and in perpetuity, while bringing economic revitalization at a time when it is most needed.

The hamlet of St. James is on the cusp of this revitalization. New shops and eateries have opened and more will be coming. CSJ has raised the money to build Celebrate Park on town property, as a gathering place for art, music, and historical events. Local support for this project has garnered over \$200,000 in individual donations ranging from \$100 to many thousands. Based on this success, the continued on page 14

HARBOR COUNTRY DAY SCHOOL 2020-2021 SCROLL OF HONOR

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



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A R O U N D T O W N

Save the St. James Theatre

continued from page 12
 organization is now ready to take on the purchase of the 100+ year old Calderone Theatre when it is needed most. The effects of the pandemic have laid low many and has hit our children and the elderly particularly hard. The positive effect of the arts can ameliorate the isolation and depression so many have suffered and help us all heal together.

Raising the money to purchase and renovate the theater will not be an easy task, but an important and worthwhile one. While the success of this fundraising campaign is in the hands of both professionals and passionate volunteers, it ultimately rests with those who will benefit – you – the local community. St. James is a special town. People want to live here, work here, and



retire here long after raising a family and have done so for generations. You deserve a community center for the arts as well as need it. As awkward a position as I am in, as owner of the building and president of the organization who wishes to own and steward the property on behalf of the community, those are the circumstances that presently exist. Fundraising endeavors are being planned by CSJ in which I play a part, and I will do my part in that effort, as well as respon-

sibly develop leadership for CSJ to steward this project and the activities it will bring forth now and in the future.

It is often said that it is the arts that separate man (and woman) from the apes. While one small theater in St. James cannot compare to the great art, sculpture, and architecture of the past – it is our history, and it should be preserved. I can think of no other way to do so except to leave it in the hands of those who are willing and able to steward it for the betterment of you, the deserving people of St. James.

So watch for www.savethestjamestheatre.org, and to learn more about how you can participate in this ambitious endeavor contact Celebrate St. James at 631-984-0201 or at celebratestjames@gmail.com.

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A R O U N D T O W N

TROOP 7 MEMORIAL DAY FLAGS...



St. James Boy Scouts Troop 7 would like to thank Smithtown Planning Director Peter Hans and Highway Construction Supervisor Dan Morgan. Mr. Hans and Mr. Morgan made sure that the flag mounts were incorporated into the redevelopment project on Lake Avenue. They both coordinated the layout and supervised the installation of the in-pavement flag mounts along Lake Avenue. Troop 7 installs the flags on Memorial Day, Flag Day, July 4th, September 11th and Veterans Day. For more information on how to join Troop 7 contact Scout Master Anthony Colao at Troop7scouts@optimum.net



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A R O U N D T O W N

SCOUTING CONTINUES TO GROW IN ST. JAMES...



St. James Troop 301 welcomes new Scouts – Sam, Salvatore and Jeremy who crossed over from Cub Scout Pack 228 into Scout Troop 301. In addition, a warm welcome to St. James and Troop 301 to the Carro family and their Scout Noah. St. James Troop 301, chartered by St. James Lutheran Church, meets every Thursday at 7 p.m. Please join Scouting!



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– FAMILY GATHERINGS –

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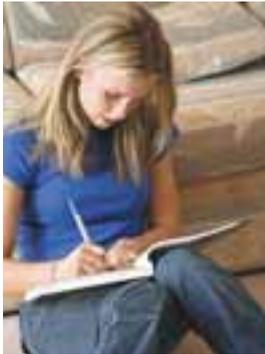
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- Shrimp • Baked Clams •
- Oysters on the Half Shell •

Contact Us On  For Updates

The Smithtown Historical Society Proudly Announces The 15th Annual Mildred Smith Historical Essay Contest

High School Junior students (2020-2021 school year) are invited to submit an essay for the 15th Annual Mildred Smith Historical Essay Contest. The author of the winning essay will receive a \$1,000 scholarship.

This Year's Topic: Tell the story of a school within the Smithtown Township that you have either attended in the past or currently attend.



Give a brief history of the school, and discuss either its traditions and/or what

makes your school special or unique.

The contest is open to any current high school junior attending any of the eligible schools.*

Final entries are due August 6, 2021 at the Smithtown Historical Society. The winner will be awarded the scholarship at the Society's Heritage Ball in November.

Rules and Guidelines

- Student must be a high school junior during the 2020-2021 school year.
- *Student must attend one of the following schools: Com-mack High School, Hauppauge High School, Kings Park High School, The Knox School, Smithtown Christian School, Smithtown High School East or Smithtown High School West.
- Papers must be 4-6 pages in

length, typed, double-spaced, using Times New Roman 12 pt. font. Any photos included are in addition to the 4-6 typed pages and should be on a separate page.

- Papers must address subject and make use of historical research. Sources must be cited.
 - Papers will be judged on 3 criteria: quality of writing, quality of historical research and creativity.
 - Judging will be by a panel selected by the Historical Society. All judges' decisions are final.
 - Entries may be mailed to or dropped off at 239 E. Main St, Smithtown, NY 11787, or e-mailed to education@smithtownhistorical.org
- For additional information call 631-265-6768.



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Joseph M. Neitzel, R.A.
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Neighbors Helping Neighbors at the Smithtown Emergency Food Pantry

by Pat Westlake

The Smithtown Emergency Food Pantry is open to assist all who come to us and say they are in need. No appointment is necessary – just stop by.

The Pantry is located in the Parish House of St. Thomas of Canterbury Episcopal Church, 90 Edgewater Avenue, Smithtown (corner of Brookside Drive & Edgewater). We are open Tuesday, Thursday, and Saturday from 10 a.m. until 12 noon.

The Pantry is sponsored by Seven Local Churches, but we cannot do this ministry without the support of our community. Donations of food and grocery items may be dropped off during our regular hours. You may contact us to learn what we are in need of at 631-265-7676 or smithtownpantry@optonline.net



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HISTORICALLY SPEAKING

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

In 1907, the Freeholders of St. James School District #3 Decide to Build Another New Schoolhouse

by Bradley Harris,
Smithtown Historian

I have been writing about the early history of St. James and the gradual transformation from a one horse town into a thriving country village. Last month's article was about a new school house that was built in St. James in 1896 and this article takes a look at a new schoolhouse the community decided to build ten years later. This article provides further insight into the contentious issues involving the placement and construction of a new schoolhouse in the rapidly changing community.

The schoolhouse designed by

Stanford White and erected by the St. James School District #3 in 1896 at a cost of \$2,000 was used for a period of ten years. It must have come as quite a shock to the residents of St. James to discover that they had no sooner paid for the schoolhouse on Three Sisters Road, when they were forced to consider building another new schoolhouse. Apparently enrollment in the district grew so rapidly in a short span of 10 years from 1896 to 1906 that the "new" schoolhouse no longer met the needs of the community and another larger building was needed.

Even though the thought of building a new schoolhouse in St. James took people by surprise, there had been plenty of

signs that change was coming. In 1896, the freeholders voted at their annual meeting to employ two teachers in the school on Three Sisters Road and two teachers were steadily employed after that. The number of students enrolled in the district was steadily increasing. In 1902, the freeholders expanded the curriculum being taught by voting that these subjects be included in the course of study: "Reading, Writing, Spelling, Arithmetic, Algebra, English Grammar, Geography, U.S. History, Civil Government, Physiology, Physical Engineering, Natural Philosophy, and Book-Keeping." School curriculum was changing.

Still it must have come as
continued on facing page

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HISTORICALLY SPEAKING

continued quite a surprise to many people in the community when the trustees of the district began to talk about finding a location for a new school building. The first discussion of this matter took place at a special meeting held on Sept. 7, 1906. Well over a 100 people must have attended this special meeting and debated whether or not a new building was needed. The brief minutes of this meeting indicate that the freeholders were considering a motion about whether or not to purchase a school site "south of the Railroad" or on "the North side" of the tracks. This discussion in itself must have been lengthy and heated since the record reflects that when a vote was finally taken, 99 people voted in a close vote that saw 52 people vote to build a new school north of the tracks while 46 voted to have the school built south of the tracks. Having determined that a school site should be north of the LIRR tracks, the meeting was adjourned.

By January 18, 1907, the trustees had located a new site for a school and another special meeting was held. When the meeting convened, a motion was made to raise \$1,100 with which to purchase the property on North Country Road (where the old schoolhouse stands today). The 40 freeholders in attendance voted "25 for and 15 against." The district had the site for a new schoolhouse.

Then on May 15, 1907, another special meeting was convened. At this meeting it was moved that the district "raise \$8,000 for building a school house on land lately purchased for that purpose." 26 freeholders were present and when the vote on the motion was cast, 15 voted against the motion and 11 voted for it and the motion was defeated. Much to their own surprise, the freeholders had

authorized the purchase of a new school site but refused to authorize the money needed to build a new school building. The discussion that ensued at this meeting must have been intense and certainly there must have been a lot of pressure applied to

those who voted against the motion because minutes reflect that the freeholders decided "to reconsider the vote" on the motion of a "second ballot." When this vote was taken, the same 26 people voted and this time
continued on following page



Another New Schoolhouse

continued from page 23

12 votes were cast against the motion and 14 voted for it. Three people had switched their votes and the measure passed. The freeholders then authorized the district to raise the necessary funds by installments of \$500 for each ensuing year until the debt was retired. Having made the decision to build the new school and having determined how it would be paid for, the meeting adjourned.

When the community learned of the decision to build a new school house for \$8,000 on a site on the north side of the LIRR tracks, and that the decision had been made by a determined group of 11 people, who had pressured three people to change their vote, all hell broke loose.

Still, one can just imagine what people in St. James were saying: "Another new schoolhouse in St. James? Why the school we are using is only ten years old. We just finished paying for the last one and we have to build another school? And it's going to cost \$8,000? The beautiful schoolhouse on Three Sisters Road,

continued on facing page



The St. James School on North Country Road was the third schoolhouse to be built in St. James and served the community from 1907 until 1938 when the St. James Elementary School on Lake Avenue was constructed.

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HISTORICALLY SPEAKING

continued designed by Stanford White himself, only cost \$2,000 to build. Who made this decision? You mean to tell me that this decision to build a new school was made by 14 people? Who are they?" Surely the 14 individuals who cast an affirmative vote to build a new school at the May 15, 1907 meeting of the freeholders of School District #3 had their ears ringing with some very unpleasant comments from their friends and neighbors.

In an effort to put this matter to rest, it was decided to have the freeholders decide once again by voting on a resolution at their "Annual School Meeting" of August 6, 1907. The new resolution read: "Resolved that the sum of Eight Thousand Dollars be raised with which to build a new school house on the new school site recently acquired for this district; and that said sum shall be raised, levied and collected in equal yearly installments of five hundred each with interest not to exceed six per centum; and that the Trustees be authorized to issue bonds or other evidences of indebtedness therefor, which shall be a charge upon the district and paid at maturity and which shall not be sold below par." At their meeting, the freeholders then voted on the resolution. To give the resolution more weight and to try to quell the criticism of the earlier vote, "the ayes and noes of the inhabitants present and entitled to vote and voting were recorded in the minutes." When the final tally was taken, 23 freeholders were on record having voted in favor of building the new school at a cost of \$8,000. Apparently no one voted against the resolution. Before adjourning the meeting, the freeholders also voted that "the Trustees be empowered to sell the Old School house and grounds, delivery to be made upon completion of the

new school."

Two months later, the freeholders were back at another special meeting on October 16, 1907 to consider the sale of the school house on Three Sisters Road. A motion was "made by Livingston Smith and seconded

by Geo. T. Baldwin that the trustees be empowered to sell the Old School House and the land on which it stands for a sum not less than two thousand dollars or as much more as possible." So by the fall of 1907, decisions had continued on page 83

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THE WINE DOWN

You've Got Jim Beam In a Can? Better Let Him Out!

by Rick Masters

There has recently been a flood of canned "hard" seltzers and Ready-To-Drink ("RTD") cocktails on store shelves. Most are only 100 gluten-free calories with 5% alcohol. Here's a quick rundown...

In 2016, White Claw Hard Seltzer, a brand with its roots in Europe, was introduced to the American market, pioneering an industry trend. White Claw is a combination of seltzer water, gluten-free alcohol, and fruit flavors including black cherry, ruby grapefruit, and, mango. It's distributed through the same channels as beer, and was initially marketed to consumers searching for a "light" product with lower calories.

Samuel Adams owner Boston Beer also released its version of a continued on facing page



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THE WINE DOWN

continued
canned hard seltzer, named Truly, in 2016. Its 5% alcohol comes from fermenting sugar cane. Suddenly, Hard Seltzer was its own beverage category.

E.J. Gallo launched High Noon Hard Seltzer in 2019. High Noon is produced from Midwestern corn-based vodka that's distilled six times, and can be purchased in liquor stores. High Noon has flavors like Watermelon, Black Cherry and Peach. Buoyed by Barstool Sports founder Dave Portnoy's support, High Noon has gotten a share of an exponentially-growing market.

Then, there are Ready-To-Drink ("RTD") cocktails, also in cans.

Two Chicks – founded by two women – produces a series of sparkling RTD cocktails like Cranberry Tartini, Tequila Grapefruit Cocktail, and Sparkling Apple Gimlet.

Cutwater, founded by beer brewer Yuseff Cherney, has its own line of spirits, but also produces RTD cocktails like Moscow Mule, Margaritas, and Long Island Ice Tea.

Long Island Spirits, from the North Fork, has its own LiV RTD cocktails like Southampton Lemonade and Watermelon Crush.

Absolut Vodka has jumped into the fray with TWO lines: Absolut Vodka Soda (lime and cucumber, grapefruit and rosemary, raspberry and lemongrass) and Absolut Cocktails (Berry Vodkarita, Grapefruit Paloma, and Mango Mule).

Recently, Jim Beam, the world's best-selling Bourbon brand, has introduced its own

two whiskey-based RTD cocktails: the Jim Beam Classic Highball, which combines Bourbon, citrus and seltzer, and the Jim Beam Ginger Highball, a mix of Bourbon and ginger ale.

Look for them coming to a Summer near you!

Editor's Note:

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

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ARTS & ENTERTAINMENT

The Roaring 20s on Long Island 2021 VIRTUAL LONG ISLAND ROOM PROGRAM SERIES

The Smithtown Library's Long Island Room is pleased to announce that its 2021 Virtual Program Series, *The Roaring 20s on Long Island*, will kick off in June. The series and corresponding ex-

hibit will examine how Long Island was impacted by the important historical events and popular culture of the 1920s. *Online, in-person and telephone registration is required for each*

program. All programs will be available on Zoom. Login information for Zoom will be sent to the email address associated with your library card on the date of the program.

Rum Running on Long Island's East End Tuesday, June 29, 7-8:30 p.m.

Known as the "noble experiment," Prohibition, or the nationwide constitutional ban on the production, importation, transportation and sale of alcohol brought about by the 18th Amendment, lasted for 13 years, from 1920 until its repeal in 1933.

Throughout that period how-ever, many did what they could to circumvent the law and, in some instances, even profited by smuggling alcohol to local speakeasies, a practice known as rum running.

Long Island's East End, with its proximity to New York City, became a hub for this lucrative activity and was considered one of the country's largest entry
continued on page 30



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The Roaring 20s on Long Island

continued from page 28
points for the distribution of illegal alcohol.

Amy Kasuga Folk, Collections Manager at the Oysterponds Historical Society and Curator/ Collections Manager at the Southold Historical Society as well as the Southold Town Historian, will explore the history of rum running on the East End and the people and places associated with this illicit industry.

The "Golden Age" of Aviation on Long Island

Tuesday, July 27, 7-8:30 p.m.

The years between the end of World War I and the beginning of World War II are often referred to as the "Golden Age" of aviation. On Long Island, aircraft manufacturing boomed and pioneering pilots made countless



flights to and from the area's many airfields mostly located along the Hempstead Plains in Nassau County. In fact, Charles Lindbergh's famed first solo transatlantic flight departed from Roosevelt Field and passed over Smithtown in May 1927.

So important was Long Island to this period of flying history, it quickly became known as the "Cradle of Aviation." Find out more about Long Island's significant contributions to this

"Golden Age" as a Cradle of Aviation Museum Educator talks about the many aviation firsts that occurred here during the 1920s and beyond.

Other upcoming programs in the series:

Babe Ruth and the Birth of the Yankees Dynasty
Tuesday, August 31. 7-8:30 p.m.

The King of Queens – Louis Armstrong's Wonderful World
Tuesday, Sept. 28. 7-8:30 p.m.

Gatsby's Gold Coast – How Long Island's North Shore Inspired a Classic American Novel
Tuesday, October 19, 7-8:30 p.m.

Smithtown During the Roaring 20s
Tuesday, November 23, 7-8:30 p.m.

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Gallery North Features Christine D'Addario and Terry Elkins in *Boundless*

Gallery North is pleased to present the work of artists Christine D'Addario and Terry Elkins in the exhibition, *Boundless*, July 8, 2021 to August 15, 2021. An opening reception will be held Thursday, July 29, from 6-8 p.m. and D'Addario and Elkins will be featured in a Virtual ArTalk, available on YouTube and social media starting July 18, 2021.

Looking up at the limitless sky, one can forget the land below. There is boundless space where land, sea, and sky meet; where radiant, glimmering light meets rising swells; where luminous waves meet weathered, pristine shores. This is the space occupied by artists Christine D'Addario and Terry Elkins in the exhibition, *Boundless*.

Originally an abstract painter, Elkins has slowly adapted his abstraction over the last three decades into land and seascapes done *en plein air*. Fascinated by the ocean and the bays that surround him on the East End, his paintings are testaments to the



constant shift of light along the coastline.

In like manner, D'Addario bears witness to that boundlessness by the shore. Her paintings provide, as she states, "a moment for inner reflection," calming your spirit so that you feel at one with the universe as you gaze up at the vast expanse of the sky.

This two-person exhibition, the first to feature these two painters side-by-side, will feature medium and large scale oil paintings, as well as small oils.

Gallery North, a not-for-profit gallery promoting the finest con-

temporary regional art and craft, is located at 90 North Country Road in Setauket. It is open Wednesday to Saturday from 11 a.m. to 5 p.m. and Sunday from 1-5 p.m.

Established in 1965, Gallery North focuses on contemporary art in a variety of disciplines, including painting, drawing, printmaking, ceramics, sculpture, digital art, and film. Exhibits explore the diversity and vitality of the arts on Long Island, while classes, workshops, talks, and annual festivals involve community members in the lively process of art making.

Next door, in The Studio at Gallery North, the community is provided with a diverse selection of educational programming, including classes and workshops in watercolor, life drawing, papermaking, as well as printmaking, done in house on our printing press. For more information, visit gallerynorth.org or find them on Facebook, Instagram, Twitter (@gallerynorthli) or call 631-751-2676.

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- Half Tray Chicken Fingers
- One 3 ft. Hero of your choice (American & Italian only)

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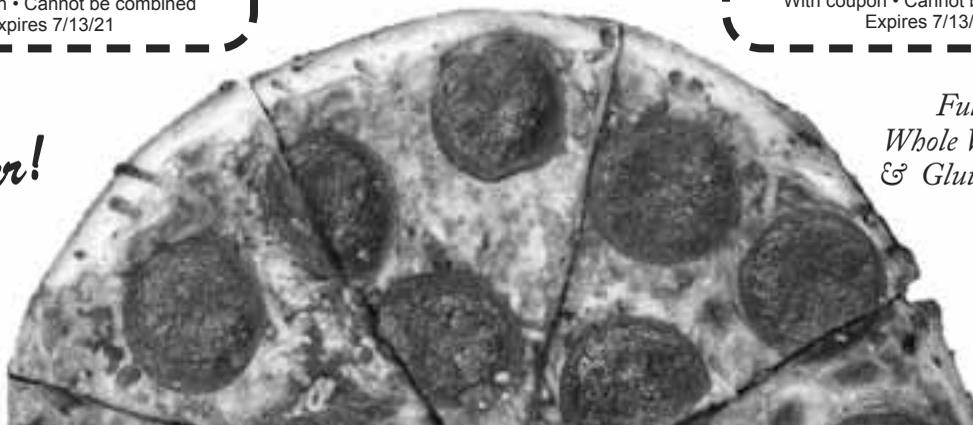
1 Large Pie • 1 Tossed Salad
1 Platter Chicken Parmesan
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ARTS & ENTERTAINMENT

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



Goat Yoga – June 25

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

EVENTS

Hooked on Crochet
Mondays, 10 a.m.-12 noon
239 E. Main St. Pavilion
Smithtown | 631-265-6768
Every Monday you can join in with the Crochet Club to help

beautify the grounds at the Historical Society. All levels are welcome.

Technology Savvy Seniors
Friday, June 18, 10 a.m. | FREE
Brush Barn
205 Middle Country Rd.
Smithtown
631-265-6768

Free technology workshop and help with cell phones, tablets, continued on page 36



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St. James, NY – Historic Gem
Innisfallen, former Joel Smith Mansion on 2.4 acres. The 8 bedrooms in main house and separate 2-bedroom Apartment is perfect for multi-generational living. 2 horses permitted - special use permit for owner occupied bed & breakfast. MLS# 3307485. \$939,000.



St. James, NY – New Construction
Exquisite new construction of 5-bedroom, 4.5-bath Post-Modern home on a private court. Talented high-end builder has a fresh approach which delivers a finished product that goes beyond "cookie cutter" design. Perfectly sited on a flat half acre. MLS# 3270703. \$1,299,000.



Nissequogue, NY – Updated Farm Ranch
Enjoy magnificent sunsets from this updated Farm Ranch. The L.I. Sound is your backdrop to this luxurious waterfront home. This warm & welcoming 4-bedroom, 6-bath home is located on a private cul-de-sac on 5.5 acres in the pastoral Village of Nissequogue. MLS# 3298208. \$1,799,000.



Smithtown, NY – Highly Visible Free Standing Building
3,600 plus sq. ft. with 25 ft. on East Main Street located in main shopping district of Smithtown. Second entrance at back. Municipal parking in front & back. Space can be divided. Ideal location for bar, retail, or office. MLS# 3281304. \$828,000.



St. James, NY – New Construction Commercial Building
Ideal location, high visibility - new shopping center just completed. Almost fully leased. The last space available is 1,200 sq. ft. and has 10 ft. ceilings, ample parking, triple net lease - tenant pays all utilities, taxes, and maintenance. MLS# 3248376. \$24 - \$28/per sq. ft.



Smithtown, NY – Tranquil Acre
Tranquil acre of property in North Smithtown. Beautiful setting to build the home of your dreams. Department of Environmental Conservation permit approved. MLS# 3293736. \$425,000.



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ARTS & ENTERTAINMENT

Smithtown Historical Society Happenings

continued from page 34
laptops and more. Meets every other Friday at 10 a.m. Topics vary. Reservations are suggested as there is limited seating – call 631-265-6768.

Goat Yoga | \$28 per person
June 25, 5:30 p.m., 6:45 p.m.
239 Middle Country Rd.
Smithtown | 631- 265-6768
45-minutes yoga with friendly goats. BYO Mat and Water

Smithtown Historical Society
Presents

PORTALS TO THE PAST

Summer Programs for Children

Call 632-265-6768

for details and registration.

Each week features a new theme for fun and learning! Each day runs from 9:30 a.m. - 12:30 p.m.

\$150/week – Non-Members
\$125/week – Members



All programs start their day at the Smithtown Historical Society's Rockwell Farm Pavilion 245 E Main St. Smithtown Campers will be grouped with others in their age range of 6-9 or 9-12 when possible.

- Children must be age 6 before the start of Summer Camp on July 1.
- Refunds will be given with at least 1 week's notice of cancellation; day/week of cancellations will not receive a refund.

Pre-registration and pre-payment are required for all programs.

\$75/members
\$100 non-members

Week 1 | July 6-9
Craft Week
(No camp July 5)

\$150/week – Non-Members
\$125/week – Members

Week 2 | July 12-16
Adventurers Week

Week 3 | July 19-23
Spa Week

Week 4 | July 26-30
Woodworking Week

Week 5 | August 2-6
Life on the Farm

Week 6 | August 9-13
Art Week

Week 7 | August 16-20
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OWN A PIECE OF ST. JAMES at "Celebrate Park"

Today, our family and community mean more than ever. The revitalization of Lake Avenue is well under way – and the best is yet to come! "Celebrate Park" will be the centerpiece of the Historic St. James Cultural and Arts District. The money raised by donations from the community will build a central meeting place for the town, standing as a testament to what local government, community minded organizations, and hometown residents can accomplish together. We hope you will share in this wonderful milestone in the rebirth of St. James.



Create a special message in Celebrate Park for your family, or in remembrance of a loved one, in honor of someone special to you, to our town, or to our country.

- ENGRAVE A BRICK 4" X 8" FOR\$100 - 3 LINES OF PRINT – up to 18 CHARACTERS/per line
- ENGRAVE A BRICK 8" X 8" FOR\$150 - 6 LINES OF PRINT – up to 18 CHARACTERS/per line
- ENGRAVE A BRICK 12" X 12" FOR\$200 - 10 LINES OF PRINT – up to 23 CHARACTERS/per line

Celebrate Park Brick/Block Order Form
*Please make checks payable to Celebrate St. James
 (in memo indicate "park building fund")*
Mail Order to Celebrate St. James, 459 Lake Avenue, St. James 11780

I would like to order _____ Bricks @ \$100 each. Total \$ _____

I would like to order _____ Bricks @ \$150 each. Total \$ _____

I would like to order _____ Bricks @ \$200 each. Total \$ _____

Name _____

Address _____

Town, State, Zip code _____

Phone and email _____

*PLEASE PRINT OR TYPE IMPRINT INFORMATION CLEARLY
 ON A SEPARATE SHEET OF PAPER FOR EACH BRICK OR BLOCK ORDERED
 (Note: spaces and punctuation count as a character)*

Questions call or text: 631.984.0201 or email: celebratestjames@gmail.com
Order online: www.celebratestjames.org

**To inquire about other park item donations that will be recognized on
 "Celebrate Park's Donor Wall" call 516.242.9242**

*Celebrate St. James – Past – Present – Future is a 501(c)3 not for profit organization.
 Contributions are tax deductible to the full extent allowable by law.*



Two 1928 BMW Motorcycles are framed by paintings of gas pumps by Joseph Reboli and the green truck on the right is by Jim Molloy and the truck on the left by Scott Hewett.

The Reboli Center is “Shifting Gears” With Its New Exciting Exhibit on Motor Vehicles

Come explore the art & beauty of cars and motorcycles, on canvas and on the pavement. The Reboli Center is shifting gears in more ways than one with its newest exhibit focusing on motor vehicles. The exhibit “Shifting Gears” will run now through July 18, 2021 and in-

cludes artworks of various modes of transportation, as well as two 1928 BMW motorcycles on loan from the Nettesheim Museum in Huntington. This theme continues in the History Room where an account of the Vanderbilt Motor Parkway is explored, courtesy of historian Howard

Kroplick.

“We have spectacular motor themed paintings by such noted artists as Alan Bull, Scott Hewett, Nelson Medina, Jim Molloy, Doug Reina and Joseph Reboli, as well as exquisitely crafted model cars by Marshall Buck,
continued on page 40

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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.

Will Chiropractic Relieve Your Tendonitis?

Chiropractic Treatment Can Relieve Your Tendonitis Symptoms

Tendonitis pain can linger for weeks or months after you first notice the pain. Fortunately, chiropractic treatment offers an effective way to speed healing and reduce your pain.

Tendonitis Symptoms

Tendonitis occurs due to inflammation in a tendon, a tough cord that connects a muscle to a bone. The condition can affect any part of your body and is known by different names depending on its location. Tennis elbow, golfer's elbow, pitcher's shoulder jumper's knee, and trigger finger are common types of tendonitis, as are biceps, triceps, Achilles, thumb, and rotator cuff tendonitis.

Symptoms of tendonitis include:

- Pain that may extend into your arm, leg, or another area of your body
- Swelling
- Stiffness

You're more likely to develop tendonitis if you participate in a sport or activity that involves repetitive movements. Golf, tennis, baseball, basketball, cleaning, painting, and gardening can strain the tendon, making it more likely to become inflamed. If you have poor posture or work in a job that requires twisting your body into unnatural or uncomfortable positions, your tendonitis risk may be higher.

Age can also be a factor in tendonitis. As you get older, your tendons become weaker and stiffer and can't handle activity the same way they once could. Even if you haven't changed your habits or activity level, you may still develop tendonitis simply due to your age.

Tendonitis can even be related to your use



of digital devices. "Smartphone tendonitis" can affect tendons in the thumbs and wrists, according to the American Academy of Orthopaedic Surgeons.

How Chiropractic Treatment Can Help You

Chiropractic treatment offers several important benefits for tendonitis, including:

- **Reduced Inflammation:** Inflammation in a tendon could be related to a subluxation, a problem that occurs when vertebrae in your spine become misaligned. Misalignments increase tension on muscles and tendons, increasing your risk of developing an inflamed tendon. Once inflammation occurs, it may not get better unless normal alignment is restored. Your chiropractor realigns your spine with spinal manipulation, a treatment that uses quick, hands-on pressure to move the vertebrae into the proper alignment.

- **Improved Range of Motion:** Spinal manipulation, soft tissue mobilization, massage, and other chiropractic treatments decrease stiffness, making it easier to move the injured part of your body. Treatments also break up scar tissue that can restrict the movement of your joints. Improving range of

motion in nearby joints may ease your tendonitis symptoms and prevent a recurrence. For example, your Achilles tendon can be strained if the bones in your ankles or feet don't move freely.

- **Diagnosis of the Cause of Tendonitis:** If you don't know why you have tendonitis, you may be more likely to develop the condition again. Your chiropractor can determine if a muscle imbalance may be to blame for your symptoms, as overworked muscles can become inflamed more easily. Overdeveloping one set of muscles may mean that other muscles become weaker and less able to support your tendons adequately.

- **Muscle Strengthening Exercises and Recommendations:** If your chiropractor determines that an issue with your muscles has caused or contributed to your condition, they can recommend exercises that will help you use all of your muscles equally. He or she will also teach you exercises that will strengthen your tendons and muscles. If tight muscles are to blame for tendonitis, you'll receive information about exercises and habits that help keep your muscles loose.

Are you struggling with tendonitis symptoms? Chiropractic treatment can help you ease your pain naturally. Contact our office to schedule an appointment.

Sources:

[American Academy of Orthopaedic Surgeons: Smartphone Tendonitis: An Emerging Problem](#)
[American Chiropractic Association: Tennis Elbow Treatment 4/27/16](#)
[Harvard Health Publishing: Tendonitis, 12/14](#)
[Journal of the Canadian Chiropractic Association: Post-Surgical Care of a Professional Ballet Dancer Following Calcaneal Exostectomy and Debridement with Re-attachment of the Left Achilles Tendon, 2009](#)

Member:

- American Chiropractic Association
- International Chiropractic Association
- Council on Diagnostic Imaging
- American Chiropractic Association Sports Council
- NYS Chiropractic Association
- American Medical Athletic Association

GENTLE EFFECTIVE TREATMENT OF:

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

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- Worker's Compensation
- No Fault (Auto)
- Union Plans
- Major Medical
- etc...

The Reboli Center is “Shifting Gears”

continued from page 38
and two 1928 BMW motor-
cycles on display,” said Lois
Reboli, a founder of the Reboli
Center for Art & History.

This show offers something
for everyone – art lovers, car
aficionados and history buffs.

The Reboli Center is ex-
tremely grateful to Plycon
Transportation Group in Kings
Park for sponsoring this exhibit
and for the generosity of Dis-
play Makers in Nesconset.

The Reboli Center is open
Tuesday-Saturday from 11 a.m.-
5 p.m. and Sunday from 1-5
p.m. The Center is FREE and
open to the public. Masks must
be worn inside. The Reboli
Center for Art & History is lo-
cated at 64 Main Street in
Stony Brook. For more infor-
mation call 631-751-7707.

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ARTS & ENTERTAINMENT

Programs Offered at Your Library

SMITHTOWN LIBRARY DOORS ARE OPEN

The Smithtown Library is happy to announce that they are open to the public. All four buildings of The Smithtown Library will have limited hours and services.

They are committed to the health and safety of our community and have made several changes over the past few months to ensure that patrons will feel confident that they are in safe hands upon entering the doors.

The buildings will be open Mondays, Tuesdays, Wednesdays and Thursdays, 9:30 a.m.-9 p.m.; Fridays, 9:30 a.m.-6 p.m.; and Saturdays from 9:30 a.m.-5 p.m.; Sundays (Smithtown only), 1-5 p.m.

Some other changes you can expect include face mask



requirements for staff and patrons, computer by reservations only, reduced seating, clear protective shields at all service desks, no in-person programs, limited access to the Children's Department and returns in the book drops only. Curbside

pickup service will continue for those who do not wish to enter the building.

Call 631-360-2480 for additional information; and for more details on the new guidelines and safety

continued on page 46

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2 Wallis Lane | Nissequogue | \$14,600,000 | Inspired by the Governor's Palace in Williamsburg, VA, this notable estate was completed in 1935. Commanding nearly 15 level, waterfront acres overlooking Long Island Sound, Somerset enjoys an unassuming approach that leads to the end of a long, private road adjacent to the lush David Weld Sanctuary; a tranquil, wooded nature preserve. The property, with its specimen plantings and exceptional privacy, boasts a staggering span of nearly 900-feet of unobstructed waterfrontage along the shoreline. **Web# 3262013**



Under Contract | 30 Smith Lane | Nissequogue | \$2,495,000 | 5 BR, 4 BA | Built in 1687, with additions made between 1712 and 1742, Beachbend has been in the Smith family for nearly three centuries. Perched near the edge of Stony Brook Harbor, the estate is set on approx. 19 bucolic acres, and the main house retains many of its original details. This exquisite estate is listed on the National Register of Historic Places and protected by a conservation easement with the Peconic Land Trust. **Web# 3305041**

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Library Programs

continued from page 42
precautions, visit:
<https://bit.ly/SmithReopening>.

STAY CONNECTED

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

suggestions and fun.

BOOK DISCUSSION GROUPS

Tea-rrific Reads

Book Discussion Group

Tuesday, June 22, 2-3 p.m.
The Tuscan Child by Rhys Bowen. *Registration required.*

This program will be available on Zoom.

Night Owl Cafe

Book Discussion Group

Thursday, June 24, 7-8 p.m.
Rachinko by Min Jin Lee Frank. *Registration required.* This program will be available on Zoom.



Historical Non-fiction Book Discussion Group

Thursday, July 22, 2:30-3:30 p.m.
Broadway: A History of New York City in Thirteen Miles by Fran Leadon. *Registration required.* This program will be available on Zoom.

ADULT

Take and Make | Vase String Art

Fee: \$5 per person

Take home a bag filled with supplies needed to create a decorative wall hanging. A hammer will also be required to complete this project. *Registration required.* Online and in-person registration begins on June 9 and ends on June 24. Supply bags can be picked up from the building of your choice beginning June 28. When registering online, indicate pick up building.

Take and Make | Sunset Painting

Fee: \$5 per person.

Welcome summer into your home with this sunset painting. Watch the instructional video and follow along at your own pace. *Registration required.*

continued on facing page

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ARTS & ENTERTAINMENT

continued

Online and in-person registration begins on June 17 and ends on June 24. Supply bags can be picked up from the building of your choice beginning July 1. When registering online, indicate pick up building.

Take and Make | Magnolia Wreath
Fee: \$5 per person

Adorn your door with a gorgeous magnolia wreath that will never wilt. You supply the glue gun and we supply the rest. Watch the instructional video and follow along at your own pace. *Registration required.* Online and in-person registration begins on June 21 and ends on June 28. Supply bags can be picked up from the building of your choice beginning July 2. When registering online, indicate pick up building.



Grilling Sweet and Spicy Chicken Wings with Chef Rob Scott

Saturday, June 19, 11 a.m.

Chef Rob Scott will show us how to make two different types of chicken wings. *No registration required.* This program will be shared on the Facebook page (<https://www.facebook.com/themithtownlibrary>).

Sports News Talk

Monday, June 21,
10:30 a.m.-12 p.m.

Do you love discussing sports? Join this relaxed discussion group all about sports. *No registration required.* This program will be available on Zoom. Zoom Information: <http://bit.ly/SmithLibSportsNew>

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Join Zoom program on your computer:
Meeting ID: 835 5503 5087
Password: SmithLib Join Zoom program by telephone:
(646) 558-8656
Meeting ID: 882 9856 4923

Password: 49613456

Art Nouveau and Art Deco

Tuesday, June 22, 7-8 p.m.

Art Nouveau, an ornamental style with the objective to break down traditional distinctions in
continued on page 48

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Library Programs

continued from page 47
 fine art, flourished in the 1890s. Join us for a talk on the artwork and artists that rebelled against tradition. *No registration required.* This program will be available on Zoom and shared on the Facebook page (<https://www.facebook.com/the-smithtownlibrary>). Zoom Information: <http://bit.ly/SmithLibArt> Password: SmithLib Join Zoom program on your computer: Meeting ID: 872 8450 7852 Password: SmithLib Join Zoom program by telephone: (646) 558-8656 Meeting ID: 872 8450 7852 Password: 97405101

Exploring Long Island's Shipwrecks

Wednesday, June 23, 7-8 p.m.
 This informative and exciting presentation will explore a



number of different shipwrecks from all eras in Long Island history. *No registration required.* This program will be available on Zoom and shared on the Facebook page (<https://www.facebook.com/th smithtownlibrary>). Zoom Information: <http://bit.ly/SmithLibExploringShipwrecks> Password: SmithLib Join Zoom program on your

computer:
 Meeting ID: 813 0546 6669
 Password: SmithLib Join Zoom program by telephone: (646) 558-8656
 Meeting ID: 813 0546 6669
 Password: 90023076

Cheesecake Stuffed Chocolate Chip Cookies with Rob Scott

Friday, June 25, 11 a.m.

Chef Rob Scott will show us how to make delicious cheesecake stuffed chocolate chip cookies. *No registration required.* This program will be shared on the Facebook page (<https://www.facebook.com/the-smithtownlibrary>).

TEENS Grades 6-12

Check the Library's calendar or continued on page 50



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Library Programs

continued from page 48

call 631-360-2480 for additional information on how to register for Teen programs.

TEEN'S FACEBOOK PAGE

(<https://www.facebook.com/SmithtownLibraryTeens>),

TEEN'S INSTAGRAM PAGE

(<https://www.instagram.com/SmithtownLibraryTeens>)

YOUTUBE CHANNEL

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

Teen Take and Make Tissue Paper Canvas Art

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Colorful, chic and simple.

Create a masterpiece using tissue paper and mod podge. Kits must be picked up by June 30. *In-person or telephone registration is required.* Supplies are available on a first come, first served basis.



Getting Ready to Babysit

Saturday, June 19,
10 a.m.-1 p.m.

Fee: \$20 per person

Join Cornell Cooperative Extension in this virtual course designed to help teens develop the skills necessary for the responsibility of being a sitter. Course certification will be emailed after the completion of the training. *Registration*

required. This program will be available on Zoom. Login information for Zoom will be sent to the email address associated with your Library card the day before the event.

Colored Salt Jars

Friday, June 25, 4:30 p.m.

Talk about a blast from the past! Learn how to make nostalgic trinkets with supplies from home. *No registration required.* This program will be shared on the Teen's Facebook page, Teen's Instagram page and YouTube channel. After the program, the video will remain available.

VOLUNTEER OPPORTUNITIES

Instagram Teen Takeover

Earn community service by creating social media posts for
continued on page 52

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Library Programs

continued from page 50
the Library that promote Library services and resources. Check out the Teen section of the Library's homepage for more information.

CHILDREN

FUN ACTIVITIES TO DO AT HOME

Besides fun programming, the Children's Librarians have been compiling lots of activities for children and families to do at home. Follow Children's social media pages or go to the website (www.smithlib.org) to discover these activities.

Take and Make | Preschool Packs

NESCONSET BUILDING

Learn, play, create and grow. Craft kits will allow your pre-

schooler to exercise their fine motor skills, creativity and imagination. A new craft kit will be available every Monday in June. *No registration required.* Supplies are available on a first come, first served basis.

Take and Make | Create It Kits

NESCONSET BUILDING

Imagine, design and discover. Craft kits will allow your school age child to grow creatively. A new craft kit will be available every Monday in June. *No registration required.* Supplies are available on a first come, first served basis.

Take and Make | Summer Fun

SMITHTOWN BUILDING

Say hello to summer with a kit filled with stories, crafts and activities. Kits will be available beginning June 14. *No registration*

required. Supplies are available on a first come, first served basis



Take and Make All About Ice Cream

SMITHTOWN BUILDING

Learn all about ice cream with this interactive kit, which continued on facing page



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ARTS & ENTERTAINMENT

continued includes an ice cream craft, coloring sheet, a hidden picture, a suggested reading bookmark and a link to World Book Kids: How To Make Ice Cream in a Bag. Kits will be available beginning June 21. *No registration required.* Supplies are available on a first come, first served basis.

Take and Make | Simple String Art

SMITHTOWN BUILDING

Learn how to make your own stitched string art design with a craft kit that contains everything you need! This program is designed for children ages 7-12. Kits will be available beginning June 25. *No registration required.* Supplies are available on a first come, first served basis.



Welcome Summer Storytime

Saturday, June 19 | 10 a.m.

Join Miss Liz and Miss Jessica for a fun storytime celebrating the beginning of summer! *No registration required.* This program will be shared on the Children's Facebook page scheduled to expire on June 26.

Rainbows for Everyone

Monday, June 28 | 3 p.m.

Show your pride and learn about colors with an empowering story that encourages kids to express themselves in every color of the rainbow. *No registra-*

tion required. This program will be shared on the Children's Facebook page scheduled to expire on July 5.

Storytime with Miss Sharon

Tuesday, June 29 | 11 a.m.

Listen to an exciting read with

Miss Sharon geared towards preschoolers. *No registration required.* This program will be shared on the Children's Facebook page scheduled to expire one week from the program date.



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SHORT STORY

Baby Doctors

by June Capossela Kempf

I don't know about you, but it seems that all my doctors are getting younger and younger these days.

In a recent encounter, a young man entered the examination room where I was waiting and

announced that he was filling in for my primary doctor. I took one look at him and thought, Oh my God, he's a doctor? He looks younger than my youngest child. Even so, he was very thorough, efficient and polite. He willingly answered all my questions, pre-

scribed an anti-biotic for my sore throat and sent me on my way. Yet, all through the entire exam, I felt like I was being treated by Doogie Howser.

I suppose it is to be expected that doctors would appear like youngsters to those of us who have become oldsters; but still, it is somewhat disturbing to face up to this reality. It used to be that my physicians were quite older than me or close enough to my age to commiserate with my issues.

As a child, a visit to my 'old' family doctor was more like a social call with a much older Dutch uncle. Dr. Biffar would sit and chat with my Mom and me before and after the actual medical exam. He would let me feed a cracker to his parrot who lived in a cage by the window; and when it was time to leave, he would present Mom with a bill for \$5 and let me pick the lollipop of my choice from a fish-bowl on his desk.

As the years flew by, I caught up with my doctors age grouping and felt comfortable in their care. We could still be on the same page if a subject like an enema ever came up. Fortunately, a lot of progress has been made and most of the old remedies have been abandoned by the younger and smarter generation of medical practitioners. Even so, I was still harboring some doubt when I was recently introduced to a youthful surgeon who was about to remove an unwanted growth on my neck. I may have mentioned my apprehension to one of the nurses – just before I was wheeled into the OR, because the next thing I heard was the good doctor telling me:

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continued on facing page

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SHORT STORY

continued this procedure.”

Hoping that he also came with a sense of humor, I blurted out: “Yes, Doc, I am so happy to hear that; however, you don’t say whether you have your driver’s license yet.”

Lucky for me, he did not let his scalpel slip and slit my throat. I guess he’s heard worse in the environs of an operating room.

In the end, Doctor Doogie did a wonderful job. We even engaged in mature dialogue during the whole un-sedated procedure and by doing so restored my trust in his youthful agility. In retrospect, I regret my smart mouth reply to his attempt to put me at ease during the procedure. Perhaps, I should send him an apology and a thank you note – or make amends by giving him a big basket filled with lollipops.

Editor’s Note:

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



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Y O U C A N H E L P

Cats and Kittens are Available to Adopt or Foster

Meet the Smithtown Animal Shelter's Pets of the Month, a dynamic duo named Popcorn and Pretzel. Popcorn is a 10 month old Female orange Domestic Short Hair, while Pretzel is a 10 month old Male gray and white Domestic Short Hair. These two are great friends who would like to be adopted together. They were found as part of a cat hoarding situation, where they grew up having very little human interaction. Fortunately, after a few months in the care of the Animal Shelter, they've started to come out of their shells. Their purrfect home would be a quiet, adult-only space that is dog free. Popcorn and Pretzel are used to living with other cats, so they would get along well in a home with potential kitty siblings.



Popcorn and Pretzel

Currently, there are a variety of male and female cats and kittens

available to adopt or foster. If you are looking for a fun loving, yarn tossing ball of love, stop by the Kitten Nursery or the Cat Condos at the Smithtown Animal Shelter and find a PURR-fect

soulmate or two!

All of the felines at the Shelter are current on vaccines and have received a full workup (blood work, Feline HIV & Leukemia tested, physical exam etc.) by a board certified Veterinarian.

Due to the COVID-19 outbreak, the Smithtown Animal Shelter has had to restrict public access, including our loyal volunteers. If you have no other pets or young children at home, and are looking for a way to serve your community in this time of crisis, please consider signing up to be a foster.

Foster parents provide temporary care for cats, kittens, and dogs in their own homes. Some animals need as little as two weeks of care, while others may need care for extended periods of time.

Download the Foster Application continued on facing page

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tion at: <https://www.smithtownny.gov/DocumentCenter/View/4325/Foster-Application>

Thinking About Adoption:

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

Residents who have other pets can arrange to bring your four-legged family member to the shelter or set up an at home meet & greet to see how your prospective family member



does with other family, pets and the household itself. Please allow yourself an hour minimum to meet with your potential new family member.

During the COVID-19 pandemic, public access is restricted to confirmed adoption appointments and wildlife/domestic animal rescue only. Hours at the Smithtown Animal Shelter are currently Monday - Saturday 10 a.m. - 3 p.m. (Sundays and Wednesday evenings: by appointment only).

For additional information call 631-360-7575 or email animalshelter@tosgov.com. The Smithtown Animal Shelter is located at 410 East Main Street, Smithtown.

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IN THE SCHOOLS

HONORING SMITHTOWN'S HEROES...



Smithtown High School East held its official ribbon-cutting on May 26, 2021 for its new Wall of Heroes, dedicated to those who served our country and defended America's freedom. The wall honors Smithtown alumni – graduates of Smithtown High School East, Central High School and Smithtown Branch High School – who have served in any branch of the armed forces. It features each individual's name, military portrait, high school graduation year and branch of the military service. The digital display – which has seven different monitors – currently features more than 100 graduates.

Photos courtesy of Smithtown Central School District



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

Smithtown Students Receive NYS Cte Seal

Smithtown Central School District business students are now eligible to receive an additional endorsement from New York State on their high school diploma if they meet the required criteria. New York State has approved eligible students to receive the New York State Marketing Pathway CTE Endorsement/Seal.

This endorsement will show potential colleges and employers that the student has met the requirements of content in coursework as well as work experience, which is the cornerstone of Smithtown's business department. In addition, this approved pathway can also be used as a graduation requirement under the 4+1 pathway for both the Regents and Advanced Regents Diploma (in addition to the 22 units of credit students need).



Pictured (L-R) are: Smithtown Central School District's career and technical education teacher Christine LoFrese, Daniela Macias, Zachary Spiegel and Shannon Roche with Smithtown H.S. East Principal Dr. Kevin Simmons.

Photos courtesy of Smithtown Central School District

Students Daniela Macias, Shannon Roche and Zachary Spiegel from High School East completed four credits of course-

work in business classes as well as an internship experience under the supervision of their work experience coordinator.



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Smithtown's Honor Speakers Recognized

Smithtown Central School District held a viewing ceremony for its two honor speakers from Smithtown High School East and Smithtown High School West, who were honored at the annual Suffolk County School Superintendents Association virtual valedictorian recognition ceremony on June 3.

The two honor speakers – George Maidhof from Smithtown High School West and Maximilian Nadelson from Smithtown High School East – were surrounded by family members and district administrators as they watched the event. Hosted by Center Moriches School District Superintendent of Schools and president of the Suffolk County School Superintendents Association Dr. Ron Masera, the guest speaker was “The Energy Bus” author Jon Gordon.



From left: Smithtown High School West Principal John Coady, George Maidhof from Smithtown High School West, Smithtown Central School District Assistant Superintendent for Instruction and Administration Jennifer Bradshaw, Maximillian Nadelson from Smithtown High School East and Smithtown High School East Principal Dr. Kevin Simmons.

Photo courtesy of Smithtown Central School District

SMITHTOWN HS EAST HABITAT CLUB HEADS BACK TO BUILDING



Members from the Smithtown High School East Habitat for Humanity Club volunteered on a student build in East Patchogue on May 14 and May 21, 2021. The students were trained and instructed to place the rafters on the roof and frame the rooms of the home. The site supervisor also discussed safety protocols, the responsibility of the homeowner, and the mission statement for Habitat for Humanity.

Photos courtesy of Smithtown Central School District

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

FURRY VISITORS WELCOMED AT SMITHTOWN HS EAST'S LIBRARY..



The newly reconfigured Smithtown High School East library hosted some special guests on May 17, 2021. The senior leadership classes arranged for three therapy dogs – Barbie, Khieron and Dino – from Therapy Dogs of Long Island to visit with students and staff. “After the year we had, it was nice to do something as a group,” said Smithtown HS East senior leadership student Giaonna Barbone. The librarians were also happy to have the buzz of activity back in the space. Smithtown HS East senior Gianna Goldsborough was excited by how the day played out. “The library made the visit easy for the students and the dogs, and it brought us together in unexpected ways. There were no phones out. Kids were bonding with the dogs and each other.”

*Photos courtesy of
Smithtown Central School District*



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

The COVID-19 pandemic may have unsettled many aspects of your life – including your financial situation. Even if your employment and earnings were not directly affected, you might have concerns about whether you’ve been making the right investment moves in such a stressful environment. The pandemic is, hopefully, just a once-in-a-lifetime occurrence, but different events can rattle financial markets. And changes in your own life also can affect your plans. To prepare yourself for whatever tomorrow may hold, you may want to get some professional help – but what, really, can you expect from a financial advisor?

A financial advisor will look holistically at your life – your family composition, your career,



your hopes and dreams, your instincts about saving and spending money, your risk tolerance and other factors. So, during your initial meeting, and at subsequent reviews afterward, here are some of the key areas you’ll discuss:

- **Feelings about your financial situation** – Numbers are important to financial advisors, but what’s most meaningful to them is understanding what’s

important to their clients. Are you confident about your overall financial outlook? Are you worried about your cash flow? Are you distressed over volatility in the financial markets? Do you have concerns about your career? By getting at the answers to these and similar questions, a financial advisor can gain a clear sense of who you are and what matters to you. You can then follow an established process to build your personalized strategies and take the specific actions needed to achieve your goals.

- **Progress toward your goals** – It takes patience and discipline to achieve long-term goals, such as helping send your kids to college or enjoying the retirement lifestyle you’ve envied.
continued on facing page



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sioned for yourself. As you save and invest for these goals over the years, you'll want to ...measure your progress regularly. If you seem to be falling behind, your financial advisor can suggest moves such as increasing your investments or adjusting your investment mix.

• **Changes in your family situation** – Marriage or remarriage, the arrival of new children, the departure of children for college, caregiving responsibilities for older parents – any and all of these events can make a big difference in your goals and, as a result, your investment plans. During your reviews, your financial advisor will consider these changes when making suggestions or recommendations. (Changes in your family's

status may affect your estate plans, so you'll also need to work with your legal advisor or other estate-planning professional.)

• **Changes in your retirement plans** – As you near retirement, you might decide that your original plans for this time of your life no longer suit you. For example, you might have once thought that, when you retired, you would stay close to home, volunteering and pursuing your hobbies. But now you've been thinking how much you would enjoy traveling, or perhaps even living abroad for a while. To accommodate your change in plans, a financial professional may recommend certain moves, such as working a couple of years longer or adjusting the

amount you eventually withdraw from your 401(k), IRA and other retirement accounts.

As you work toward your goals, you may find it challenging to navigate the financial markets and respond to the changes in your life – but you don't have to go it alone. And knowing what to expect from a financial advisor can help smooth your journey.

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.

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

To find out how to get your financial goals on track, contact your Edward Jones financial advisor today.



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by Natalie Weinstein.
Allied ASID, IDS

Stepping Out for Summer



The summer of 2021 looks a lot more promising than last year's. With the loosening of restrictions and a large number of vaccinated people, we will all be venturing out more in an effort to return to normalcy. Stepping out, for many can be as close as your own backyard. Last year it might have been the family escape from being confined to home with only your immediate family. Now it can again be a great gathering place for entertainment and enjoying life with all of your social circle.

Many have used the time at home this past year for home improvements, inside and out. Maybe you are ready to try out that new bar-be-cue or expanded deck. One thing is for sure, attempting any major projects in your backyard will find you facing the lack of materials, labor in great demand, and prices sky high – all effects of the pandemic. There are, however, many things you can do to make this summer memorable and fun at home in your own backyard.

- While new patio furniture may be non-existent in the market place, replacement cushions may be. A good clean up of your furniture or a do-it-yourself restaining just requires your elbow grease!

- Add some solar lighting to create evening ambiance – no electrician needed.
- Cheerful paper goods easily make your outdoor gathering pretty.
- Add a Karaoke machine and you will have some home grown entertainment.
- Plant your flowers now while pretty colorful annuals are still available. They enrich all the senses.
- Think non-toxic and create a bug free environment for you and your guests.
- Check out some inexpensive, and still available, outdoor area rugs to turn a deck seating area into an extension of your indoors.
- And don't forget the food! Outdoor grilling can provide healthy and wholesome delights while still being delicious. Preparing individual

portions in advance of side dishes and salads might reassure those still concerned about health and safety.

So relax, enjoy your outdoors this summer. Keep it casual and fun, and most of all, appreciate the gathering of friends and extended family so long missed.

Editor's Note:

Meet Natalie Weinstein through Online Design, a new service that can take you from inception to completion for your home and patio. Contact us for decorating or outdoor living ideas. Natalie Weinstein, Allied ASID, IDS, is an accredited designer, acknowledged business leader, entrepreneur, author, media personality and motivational speaker. Her interior design firm, Natalie Weinstein Design Associates, has been creating lifestyle changes in homes and public spaces, decorating for countless clients since 1973. For questions, please call 631-862-6198 or email us – nfo@natalieweinstein.com. Visit our website www.natalieweinstein.com.

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Making a Difference

by Sally Wellinger

One of the biggest challenges we have in life is balancing our human needs with the health of the Earth. Many local, regional, national, and worldwide conflicts are caused from differing opinions on the balance. When we combine general knowledge with special interest groups information the choice can be even more confusing. The intent of this article is not to sway any opinion on any topic, but to present a way to look at these issues through a different lens.

If we look at every choice and decision we make as an option that is sitting on a spectrum instead of being two opposing options, we will have a better idea of the impact these choices make on society and on the planet. People will still have differing opinions on where the right choice sits on the spectrum, but by looking at all issues from both ends and in-between, we will all better understand differing opinions.

One example of making a difference, was the team effort in restricting and banning the use of DDT. DDT is an insecticide that was discovered in the 1800's, but most widely used by the U.S. during World War 2 in an effort to protect troops from insects and from contracting diseases spread by insects. The problem was that there was no long-term study on the effects of DDT on organisms (such as humans) and the environment. Noticing the effectiveness of DDT with regard to removing pesky insects; farmers and other people started using DDT. Spraying DDT on crops did effectively remove insects, but also was absorbed into the plants and made its way into the food we eat. From there, the FDA deemed use of DDT still okay, but food products were required to have no



more than 7ppm (parts per million) in them to be deemed safe for consumption. Although DDT effectively controlled insect populations and the diseases they carry, scientific research started showing that DDT effects other organisms as well.

In 1962, Rachel Carsons' book, *Silent Spring*, was published and shared information on some of the detrimental effects DDT causes on the environment and other organisms. Shortly after, Dennis Puleston, who worked at Brookhaven National Lab, did some research testing Osprey eggs, and noticed that DDT was the reason female Osprey were laying eggs with brittle shells. This was causing a drastic decline in their population. The interesting part of the research was that the concentration of DDT in the Osprey was ingested in food. The DDT being sprayed on Long Island made it to the waterway, which was absorbed by algae, which was filtered by mussels, which were consumed by crabs, which were ingested by fish, which were caught by Osprey.

Puleston and others formed a group called the EDF (Environmental Defense Fund) and effectively persuaded the government to ban the use of DDT. Just recently in 2006, the debate came up again for the use of DDT in reducing malaria in Africa. DDT does have an effect on humans

and has been linked to liver and reproductive issues, as well as a possible carcinogen. When making these decisions, the full spectrum should be considered as well as other alternatives.

Sometimes the issue might be a decision made right in our backyard. For example, making a choice on what type or amount of

weed killer, lawn fertilization or insect control to use may make a big difference on the ecosystem in your backyard, and even all of Long Island and the surrounding water. Certain insect sprays are more effective than others at removing pesky insects from your backyard, but what is the ecological impact of some products as opposed to others.

Deciding on products that create the least impact on nature while effectively solving a problem is not always easy but will help the environment and your backyard in the long run. Everyone would love a yard free of mosquitos, but what is the best way to solve that problem without affecting the good insects and larger organisms? The answer is not always easy to find. The main idea to take home is the more informed we are, the better decisions we can make and every decision regardless of how big or small can make a difference in our health and the health of our planet.

Editor's Note:

Sally Wellinger is a St. James resident for over 30 years. She is the Executive Director for the Center of Environmental Education and Discovery (CEED) along with working as a part-time Biology AIS instructor for Smithtown School District. In addition to her experience as an outdoor education instructor, Sally is a certified NYS teacher in Elementary Education, Biology, and General Science. Sally loves sharing her interest in nature each month with a nature inspired article.



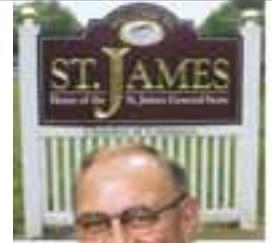
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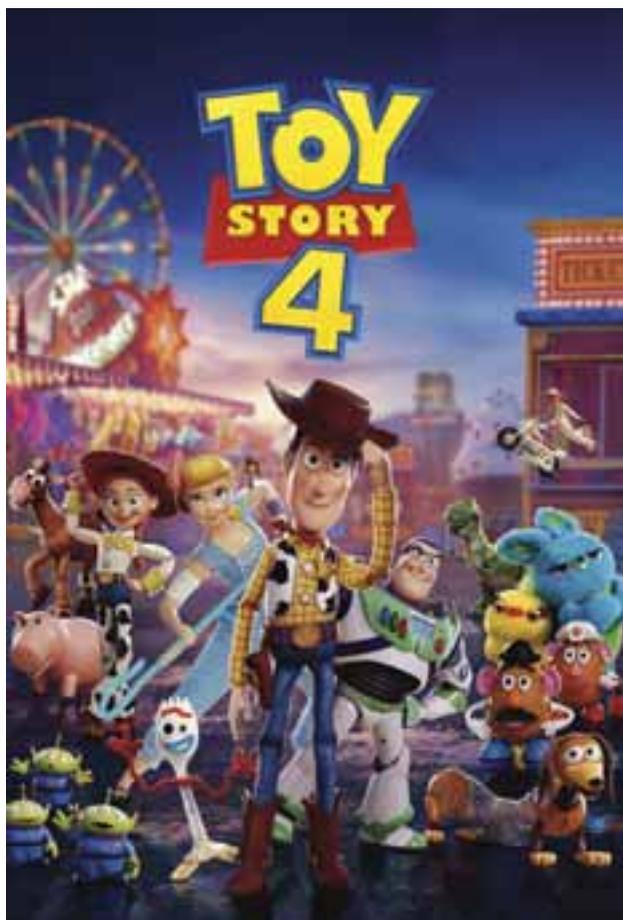
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Hearing Health For Men

by William Kent

Hearing health affects a man's lifestyle, and if he wants to stay active, feel younger and remain socially and professionally engaged, he should address any hearing loss he may be experiencing. National Men's Health Week runs in the month of June.

Studies show that men who address their hearing loss with the use of hearing instruments or other appropriate treatment most often improve their quality of life because it helps them maintain a more engaged, active lifestyle at both work and home. Fortunately, the vast majority of people with hearing loss can benefit from hearing instruments. In fact, eight out of ten hearing instrument users say they're satisfied with the changes that have occurred in their lives specifically due to their hearing instruments.

For decades, research has shown an association between unaddressed hearing loss and a whole range of physical, mental and emotional conditions – from depression, anxiety, and strained relationships to cognitive decline, difficulty learning new tasks, and even failing grades. A national Better Hearing Institute study, in fact, uncovered income loss as an under-recognized consequence of leaving hearing loss unaddressed. People with untreated hearing loss, the study found, lose as much as \$30,000 in income annually, depending on their degree of loss. But the use of hearing instruments was found to reduce the risk of income loss dramatically – by 90 - 100% for those with milder hearing loss, and from 65-77% for those whose hearing loss was severe to moderate. The study also found that people with severe hearing loss who do use hearing instruments are twice as likely to be employed as their peers who don't use them.

In recent years, considerable

information has emerged on the link between hearing loss and several common chronic diseases that men suffer – including heart disease, diabetes, chronic kidney disease, Alzheimer's disease, and depression. While research is still needed to fully understand the association between hearing loss and these illnesses, this relatively new information makes it all the more important that men take A Hearing Check Up and include hearing health as part of their routine medical care.

There are simple things men can do to protect their hearing. Listening to smartphones and MP3 players only at a low volume, and wearing earplugs in noisy environments like sporting events, clubs, concerts, or when using power tools and riding motorcycles are examples.



A Technological Transformation

Many men enjoy and keep pace with the latest in consumer electronics. It's surprising, then, to find that so many men are not fully aware of the technological revolution that has occurred in the hearing aid marketplace in the past few years. Unfortunately, the lack of awareness of recent advances holds many back from dealing with their hearing health.

Here are four little-known facts about today's modern hearing instruments that active, youthful-minded men should know:

1. They're virtually invisible.

Many of today's hearing instruments sit discreetly and

comfortably inside your ear canal, providing both natural sound quality, and discreet and easy use.

2. They automatically adjust to all kinds of soundscapes. Whether it's the rustling of sheets and whispers on the pillow that you're after, easy conversation in a crowded restaurant, or the chirp of crickets on a late summer's evening, recent technological advances have made hearing instruments far more versatile that ever before and in a broad range of sound environments.
3. You can do water sports and sweat while wearing them. Water resistant digital instruments have arrived. This new feature is built into some newly designed hearing instruments for those concerned about water, humidity and dust. This works well with active lifestyles of swimmers, skiers, snowboarders, intensive sports enthusiasts, and anyone working in dusty, demanding environments.
4. They love iPhone's, Smart phone's, Home Entertainment Systems, and other prized electronics. Wireless, digital hearing aids are now the norm. That means seamless connectivity – directly into your hearing instruments at volumes that are just right for you, from your smartphone, iPod, television, and other beloved high-tech gadgets. What's more, you own the volume. No one around you needs to be affected.

To be informed healthcare consumers, men need to realize that today's state-of-the-art hearing instruments are highly effective, sleek, and sophisticated wearable electronics that can help them stay actively connected, not only to life, but also
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HEALTH NOTES

Ask Ron Villano



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

in your personal and professional life.

Dear Ron

I wear a mask because I feel comfortable doing so. I have been vaccinated and my whole family has been as well. I do visit some elderly people whom I have been doing shopping for since the pandemic started that I would like to protect. I can also tell that my allergies have been decreased this season because of the mask. I have no issue wearing it even after someone says the pandemic is

over. But I have been noticing lately that people look at me almost with a scared look if I have a mask on. At times I would like to explain to them my reasons why I do so but then I fear getting into a whole difficult conversation. My husband says I should stand up for myself. Which is the right approach to take?
-Say Yes to the Mask

Dear Say Yes

To wear the mask or not to wear the mask is the question on the minds of those who are venturing back out into the former social settings and just like it was a year ago everyone has opinions. Some opinions are shared verbally, posted on social media, or left unspoken but still shown on facial expressions and gestures. If we could post just one idea to describe how we should be reacting it would be something like: My house, my rules; Your house, your rules. All other times, just be you. Things get mixed up when the lines get blurred and people try and make one universal rule in a society where we very rarely accept one opinion. The right approach... do what YOU feel is comfortable to do in each situation. Opinions of strangers and those who are outside of your immediate social circle hardly matter. So just let that sideways, ill-looking glance or under breath comments slide. But if you are in a more intimate setting, you can describe your choice: just be aware to avoid making judgments OR feeling the need to counter explain their thoughts and reasons. Use statements that are "I" based - "I like wearing my mask because I feel that it helps protect people around me and has really helped with my allergies." And lastly, when any conversation goes sour - masks or any other topic - you have the freedom to simply end it by simply changing the subject or just politely walking away.

Editor's Note:

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

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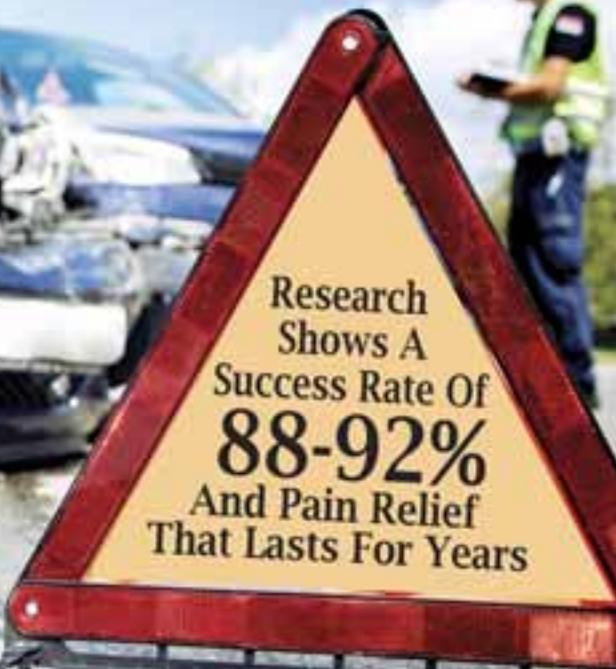
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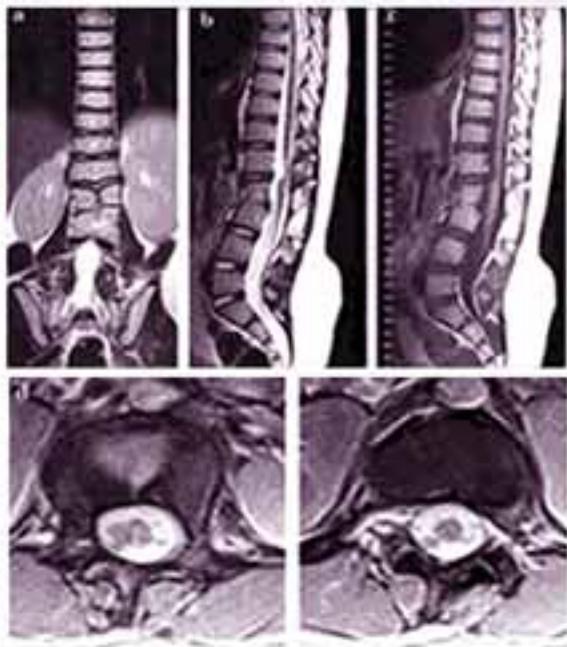
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by Terri Pace

Feeling the Extra Weight

It's been a long year. Our normal activities and routines continue to be disrupted. We

are more stressed, less active, and we reach for those comfort foods to soothe our angst. And now, we have the extra pounds to show for it. Our clothes feel snug as we carry around what I now lovingly refer to as the C-15. This seems to be the consensus among my circle of friends.

There are many contributing factors that add weight to both body and mind. It is well known that a great foundation for enjoying our current weight is to eat a balanced diet of nutritious food, stay well hydrated, and engage in aerobic movement every day – dare I say the “E” word, exercise?

Another factor that can impact our “weight” is our toxic load. We are constantly exposed to environmental and chemical toxins, so our load is often high. The good news is the body has built-in protections and filters to help manage this exposure. With sustained exposure or too heavy of a load, the toxic “weight” we carry can have serious long-term consequences. Toxins have been known to interfere with hormones, cause imbalances, damage organs, harm cell membranes and DNA, and even modify gene expression.

These are the physical things that weigh us down. We know what to do to attain and sustain healthy weight in our life. Oftentimes, we simply don't do the things we ought to do. Why is that? Is there an emotional component to our weight?

How Much Weight Is On You?

The Impact of Emotions & Stress

We must also acknowledge the emotions and stress we feel as other contributing factors that make us feel heavy. Emotions can trigger stress and feeling stress can predispose us towards disruptive cycles for healthy weight management. What happens in the body's stress response?

1. When a stress response is triggered, the body releases cortisol. This simultaneously increases appetite hormones, hence our desire for those comfort foods. When chronically stressed, we tend to crave carbohydrates. Hmm...ever notice that before?
2. Stress hormones can also hamper our ability to wind down at night and get the restful sleep we need.
3. Digestive function can be suppressed during times of high stress. Ever notice that knot in your belly or digestive discomfort when you feel stressed? This can reduce both metabolic function (energy production) and the ability to properly absorb nutrients. A double whammy.

Now we are eating more, moving less, inadequately nourishing the body, and missing out of the sleep we need... making it so easy to pack on the pounds.

Day after day, night after night... how do we break the cycle?!

What Makes Us “Feel” Heavy?

An important aspect of healthy weight management is to address the emotional terrain and improve the body's ability to respond to stress.

In awareness lies choice. We cannot change something that we will not admit is an issue. Start by acknowledging what feels heavy. Maybe this list will help the discernment process:

- Dramatic and rapid changes in circumstances
- Fear of the unknown
- Perceived inability to control outcomes
- More questions than there are answers
- Change in customary societal norms
- Lack of trust
- Information overload

WOW...no wonder we feel such extra weight. What are we to do about these extra pounds and the additional emotional weight we've gained?

Shedding Emotional Baggage

1. Essential Oils & Behavior

We learn behavior through a complex system of pleasure and rewards in a feedback loop to form patterns. Certain essential oils can support this system to create healthy patterns and new behaviors!

Essential oils high in a chemical constituent called Beta-pinene can help improve the regulation of cognitive processes like emotion, pleasure, motivation, reward, cognition, executive reasoning, sleep and arousal, learning and memory, pain, appetite and satiety. It calls into action neurotransmitters like dopamine and serotonin, and helps balance

continued on facing page



HEALTH NOTES

continued the fight-or-flight response to bring the system back into homeostasis.

Highest concentration of Beta-pinene can be found in these essential oils: Green Mandarin, Wild Orange, Cypress, Frankincense, Douglas Fir, Yarrow, and Pink Pepper. Use these essential oils ON, IN, and AROUND you every day. What a powerful way to reprogram how you feel and behave!!

2. Aroma & Stress

The olfactory system (how the body processes aroma) can easily impact memory, mood, and emotional response. I love to calm the nervous system simply by combining a calming thought with one of these aromas: Cedarwood, Frankincense, Myrrh, Vetiver, and Siberian Fir. Simply breathe in from your palms or place a few drops in your diffuser.

Add a few drops of your favorite citrus essential oil to your diffuser to brighten the mood and cleanse the air. Citrus oils support natural and healthy cleansing and provide protective properties of antioxidants. The aromas of citrus oils are uplifting and invigorating and can help you feel lighter.

It is easy to keep stress under control. Lavender essential oil helps maintain healthy cortisol levels, one of your body's stress hormones. Apply a few drops to your hands, neck, or pulse points to help manage your body's stress response naturally*. You can also reduce stress (night or day) with a drop or two of these powerful stress relievers: Basil, Bergamot, Frankincense, Lemon, Petitgrain, or Wild Orange essential oils.*

3. Toxic Load & Metabolic Health

Metabolic function is how the body creates energy, not how it SPENDS energy. It is also how the body heals itself and how it

rids itself of toxicity. Here are a few tips to support the body's ability to do those three things (create energy, heal itself, rid toxins)!

Yarrow essential oil with Pomegranate seed oil offers a variety of powerful benefits. This dynamic duo acts as tonic to rejuvenate the blood, boosts the elimination of toxins from the body, and may help regulate blood vessel tone (allowing critical organs to function normally) through enhanced circulation, metabolic function, and digestion.* Simply ingest 1-2 drops every morning and evening to promote healthy metabolism.

Add a drop of Lemon essential oil to each glass of water to improve the body's natural ability to filter out toxins. Plus, with such a great flavor added to your water, it may motivate you to drink more water and keep you hydrated! Drinking more water is a simple weight loss strategy that has many other health benefits.

Stop those cravings with Peppermint essential oil under

the tongue or Fennel essential oil on the inside of your lower gums. This is not all this digestive duo can do. When you take Peppermint internally, it can alleviate occasional stomach upset.* Fennel essential oil is also known for its ability to promote healthy metabolic function and circulation.*

*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.

Editor's Note:

Terri Pace 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. Watch and learn about many different health topics on Vimeo: <https://vimeo.com/simplynatural> including how to manage pain, increase energy, breathe easier, reduce stress, and conquer the blues...naturally – or call Terri at 631-487-1627 – no purchase necessary to attend.

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HEALTH NOTES

Lacrosse Meets Yoga

by Amy Biondi

As increasing numbers of athletes are turning to yoga as a means of cross training, the boys Lacrosse team at Smithtown High School East have also sought to enhance their athletic abilities by utilizing this modality. Studies have shown that a regular yoga practice can bring about marked improvement in flexibility, muscle activation, injury prevention and improved focus; all integral to a stronger and more powerful athletic performance.

Coach Robert Campbell recognized that this season would be hard on the young athlete's minds and bodies and felt it was instrumental to dedicate time to incorporate yoga in order to practice deep stretching and mindfulness. "Yoga hits both these buckets wonderfully," says



Coach Campbell "In a normal season there is not nearly enough time dedicated to mind-set and stretching. This season with having games every other day, it is important for these young men to learn to block out distraction while increasing their

flexibility."

This season the team moved forward with a plan of gaining flexibility and improving balance, while also cultivating focus and mindfulness through breathing techniques designed to
continued on facing page

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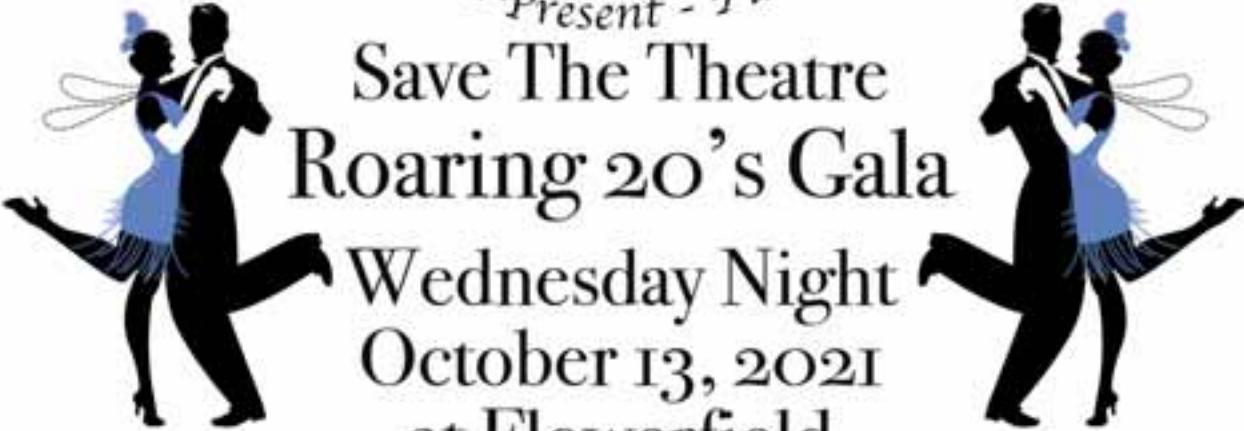
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HEALTH NOTES

Lacrosse Meets Yoga

continued
reduce stress. Practicing yoga helps to access the parasympathetic side of the Autonomic Nervous System which is responsible for establishing a state of calm. Employing practices that will reduce the *fight or flight* response is beneficial for the young athletes for when they are in stressful situations at practice,

in a game or everyday life situations.

The athletes of Smithtown High School East are in great company, as over the past decade more and more professional sports teams have taken up the practice of yoga in order to improve their performance. From LeBron James to Tom Brady, some of the biggest names in

sports have incorporated the ancient practice of yoga into their workout regimen with highly successful outcomes.

Editor's Note:

Amy Biondi is an E-RYT 500 Yoga Teacher and Licensed Massage Therapist. For private sessions and class schedule she can be reached at 631-678-8436 or mind-bodyamyimt@gmail.com

Hearing Health for Men

continued from page 72
to their other prized electronics, from smartphone to home entertainment systems.

Today's hearing instruments make it quite simple for young, middle age or older men who have hearing loss to better their lives thru 'selective' amplification. Usually the only ones that know that you're wearing them is

you. Our advice, very simple, schedule a hearing test, (most health insurance covers annual hearing test in full or little out of pocket expense) and speak to your Hearing Health Care Professional for direction. Begin to "Hear the Difference." Schedule your hearing test now rather than later, it may change your life forever.

Editor's Note:

William Kent is the Director of Long Island Hearing, an Audiology and Hearing Instrument Dispensing Practice. Established in 1985 and with convenient/accommodating offices in Nassau and Suffolk Counties, they can be reached at 1-800-698-5200 to schedule an appointment, or request information about hearing loss. They would be happy to forward literature to your home or office.

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O B I T U A R I E S

Nicholas M. Mauro

February 16, 1934 - May 31, 2021

Nicholas (Nick) M. Mauro, of Smithtown, passed away on May 31, 2021 at the age of 87 at the Visiting Nurse Hospice of Suffolk County Center in East Northport, New York.

Nick was born and attended grammar and high school in Perth Amboy, N.J. and attended college in Forest Grove, Oregon. In 1957 Nick began his service in the United States Army serving in the Military Police and Criminal Investigation division until 1962. Nick was awarded the Army Commendation Medal for Meritorious Service during his tour in Saugus, France.

After the Army, Nick had a successful career working for Thom McAn Shoe Company, a division of Melville Corporation, until his retirement in 1996. Nick was also very active in the community where he was a member of the Sons of Italy (OSIA), Dr. Vincenzo Sellaro Lodge #2319 serving in numerous positions including on the Council: Trustee (1991), Second Vice President (1991-1993), First Vice President (1993-1995), President (1995-1997). Nick was an active member and chaired numerous committees up until recently. Nick served the Grand Lodge with distinction and was the recipient of the prestigious Dr. Vincent Sellaro Award in 2007; and President's Lifetime Achievement Award 2009 as well as the Bene



Nicholas (Nick) M. Mauro

Emeritus Award in 2019. He also actively participated on the state and national levels including as a board member to the OSIA Day Care Center, was a New York State Deputy, and was elected to the National Arbitration Committee to highlight a few of his many accomplishments.

Nick also was an active, participating member of the following organizations: St. Patrick Usher Society; Knights of Columbus; Holy Mother Mary Council, and the American Legion.

Nick was the youngest of seven children born to Santa and Augusto Mauro. He is predeceased by his five brothers: Jo-

seph, Anthony, Lewis, Salvatore, and William, along with his beloved sister, Antoinette. He is also predeceased by his first wife Ginette Gaugry, whom he met in France while in the Army. They had two children, a daughter, Sylvie, who is married to Ernest Feist, and a son, Nicholas (Nicky), who is married to Nina Capra. He has three grandchildren, Ernie Feist Jr., and Nicholas and Anthony Mauro. Ginette passed away in 1989. Nick met and married his second wife Charlotte in 1993. She passed away in 2000. Nick met and has been committed, since 2004, to Marian Palazzolo and her two daughters and their families: Claudia, and her husband Doug Gordon; and Gina, and her husband, Bob Nuzzo; and, Marion's grandchildren: Douglas and Thomas Gordon, and Edward, Joseph and Michael Nuzzo. Nick is also survived by many nieces and nephews.

Nick was vibrant and enjoyed life, especially a good joke, was proud of his family, and Italian-American heritage and faith, and was loved and blessed with many friends.

In Lieu of flowers, donations can be made to St. Jude's Children's Research Center.

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THE FINISH LINE

Historically Speaking

continued from page 25
been made to sell the old school house on Three Sisters Road and build a new \$8,000 school house on a site on North Country Road that was "north of the railroad tracks." Construction of the new building began in the fall of 1907, and by the fall of 1908, the schoolhouse was open.

(The references in this article come from the original minutes of the meetings of the Freeholders of St. James School District #3. The Smithtown Historical Society has these minutes and they cover the years 1863-1924 and are on file in the Caleb Smith House.)

Editor's Note:

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

DID YOU KNOW?

July 4th is a day when Americans celebrate their independence, but it's also a day to commemorate two men who played vital roles in procuring that independence. Both John Adams, the second President of the United States, and his successor Thomas Jefferson passed away on July 4, 1826. The two men had an interesting relationship that became increasingly complex as the nation they helped to found developed. According to History.com, Adams and Jefferson were confidantes in the 1780s. But as time wore on, each man developed a different view of what the United States government should be, creating a rift in their relationship that was only widened by the 1800 presidential election. The men ran against each other in that election, which is still considered one of the more contentious elections in American history. Jefferson ultimately claimed victory, a result so unnerving to Adams that he left Washington, D.C. prior to Jefferson's inauguration.

The two men would ultimately reconcile, exchanging more than 150 letters before dying within hours of one another on Independence Day in 1826.

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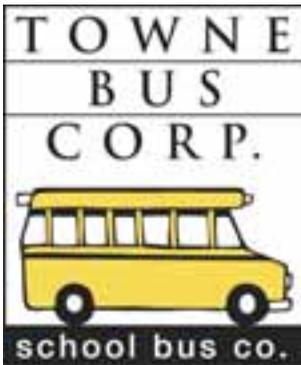
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