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# Our Town

S • T • J • A • M • E • S



NOVEMBER  
2022  
Volume 36  
Number 1

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



## A Chilling & Thrilling Haunted House and Trail of Terror

See pages  
79-81





*Vote*

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- St. James Resident 48 yrs.
- 48 yrs In the Health Care Service
- 35 yrs in the St. James Fire Department
- 1st Woman Assistant Chief Elected in Suffolk County

- Setting New Standards for Women in the Fire Service.
- Served 6 years in the Chief's Office as Assistant Chief, and then 2 yrs as Chief.
- Currently an EMT - CC for Critical Care.
- EMS Provider of the Year, 5 times
- Top Responder for EMS Calls for 2022
- Critical Care Nurse at Stony Brook for 25 yrs.
- Current Nursing Supervisor at the Smithtown Center for Rehabilitation
- Responsible for Overseeing 30+ Nurses and Health Care Providers.

- Nationally Certified Health and Safety Officer.
- 2022 - Multiple EMS saves.
- 2022 - Fire Police Certified.



**VOTE**  
**December 13, 2022**  
**3-9 p.m.**

- Fire House  
221 Jefferson Ave.
- Fairfield Clubhouse  
1 Fairfield Dr
- Head of the Harbor Village Hall  
500 North Country Rd.

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with the knowledge of  
how to best care for  
the community.*

# Our Town

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## STAFF

Ruth Garthe ..... Editor  
Robin Clark ..... Associate Editor  
Debbi Spiegel ..... Feature Writer  
William Garthe ..... Advertising Sales

## OUR TOWN

— ST. JAMES —

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

Call 631-862-9849 for Advertising & Copy Deadline

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

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

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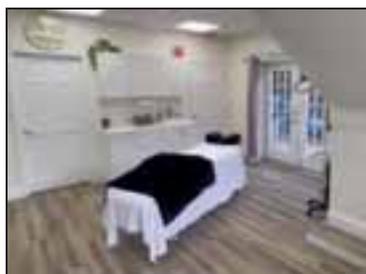
Advertising & Editorial Deadline for the **DECEMBER** edition of OUR TOWN • ST. JAMES is **THURSDAY, DECEMBER 1, 2022 - 12 NOON.**

Distribution takes place on **Wednesday, December 14, 2022.**

MERCHANT SPOTLIGHT

# Lush Beauty Lounge

400 Lake Avenue  
St. James NY 11780  
631-637-0428  
www.vagaro.com/  
lushbeautyloungeny



by *Debbi Spiegel*

Lush Beauty Lounge has called Lake Avenue home since August 2022. Owner Toni-Ann DeCamp has been a New York State licensed esthetician/permanent makeup artist for almost 20 years. The pandemic caused her to downsize her former location. She wanted a location in our town and her current space on Lake Avenue “spoke to her.”

Lush Beauty Lounge offers services that include permanent make up, injectables, airbrush tanning, event make up, brow and lash services, waxing, skincare, and more. Lush is an intimate spa accommodating only one client at a time for a very private experience. Appointments can be booked online or by text or phone.

“Helping people look and feel their best is our passion,” states Toni-Ann. Lush was built on one simple philosophy, a beautiful you means a healthy you. They care about your beauty and your well-being from the moment you step through their doors. They want your experience to be the unique and relaxing experience you imagined it to be.

Beauty expert Toni-Ann holds a Suffolk County Body Artist certificate issued by Suffolk County Health Services. All technicians attend ongoing education so that Lush can maintain the highest standards in the industry.

Their mission is to always provide you with premium products and services. At Lush, they want to exceed your expectations.

Clients have a detailed consultation before any services are performed. Toni-Ann makes sure that there is a clear communication



about realistic expectations. This includes an extensive medical history. There are several health factors including skin type, allergies, and medications that can affect a candidate’s success. Other things to discuss are your goals, lifestyle, and any problem areas you wish to address.

Beauty trends are all over social media and touted by celebrities. Toni-Ann is an artist that “enhances what you already have.” She believes in moderation. A thick, dark ombre brow trend will not last forever, but you will be stuck with it.

Injectables are given by Nurse Practitioner Melissa. Lush hosts Botox days once per month. Holiday girls’ night-out parties can be planned as well as gift certificates for any service offered.

Permanent make up is available by implanting pigment beneath the

surface of the skin by the means of a sterile, disposable needle to produce the appearance of soft make up.

Initial brow appointments are two hours. The artist will begin to measure and shape your eyebrows. Once you agree to the shape of your brows, the artist will then select the pigmentation (ink) that matches your natural hair color. A touch-up session is required 6-8 weeks later to perfect the brows. They can last for two years before needing maintenance. The success of the treatment depends on obeying the post-treatment instructions.

Toni-Ann is a breast cancer survivor and a mother of two teenagers. She plans on adding scar camouflage and scalp pigmentation services in the near future.

Follow Lush Beauty Lounge on Instagram and Facebook to see before and after pictures and events.



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**Nissequogue, NY | \$699,000**



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*Happy Thanksgiving!*

It's a season of appreciation. Let's take the time to appreciate all of our blessings and be grateful for the many things we have.  
Thank you to all of our loyal clients.



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H O L I D A Y   H A P P E N I N G S

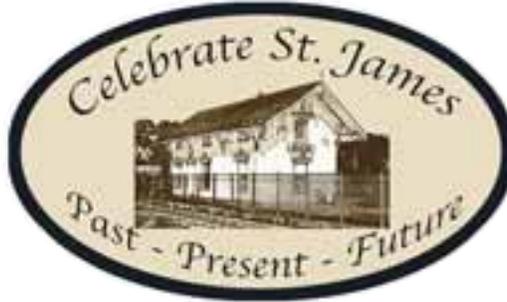
## How Thankful Are You to Live in Our Town? Celebrate It With Celebrate St. James!

by Doris Meyer,  
CSJ Corresponding Secretary

The history of Thanksgiving is rooted in a time of giving thanks for the blessings of an abundant harvest. The tradition continues as we take time each year to reflect on all that we are grateful for in our lives. When you count your blessings, do you include living in St. James? Think about it: How thankful are you to live in our town?

Perhaps you are filled with gratitude for good neighbors, pretty streets, the convenience of shopping and dining along a revitalized Lake Avenue, or Celebrate Park, where there recently was a ribbon-cutting ceremony held by local dignitaries and members of CSJ.

Well, there is one more reason to be thankful for living in our town, and some of you may not even be



aware of it.

There is an historic building located at 176 Second Street that was first constructed as an elegant theater. Evidence of its theatrical past can be found in its magnificent tin ceiling, original stage and dressing room areas. It is the vision of CSJ to save this building by raising funds to purchase it to become the permanent home for the St. James Community Cultural Arts Center.

The building is currently used by CSJ to present a variety of interesting and exciting programs for all ages, but we need the help of generous supporters who share our vision to continue to do so. Just as a family heirloom would be treasured by one who inherits it, this building is the "heirloom" of our town that must be cherished and preserved.

If you're thankful to live in our town, then please consider how such gratitude would be deepened if we all could enjoy a place to gather for experiences of art, music, drama, history, comedy, and so on, that enhance the joy of living here. CSJ honored November as Native American History Month with an exhibit of "Celebrating the Art and Culture of the Shinnecock Nation." There was a great turn out for the  
continued on page 8





**Holiday Pottery Sale!**

**Opening Weekend**

**November 19 & 20**

**10AM - 6PM**

*Live Music*

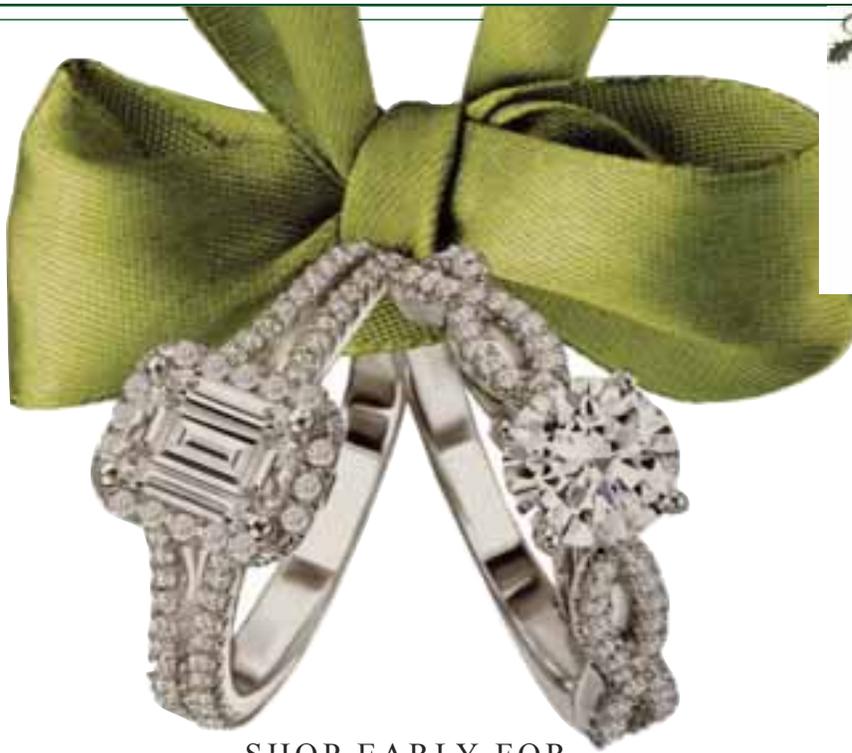
Sale runs through 12/18!  
Check website for updates




Visit our website for do-at-home Pottery project kits

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## HOLIDAY HAPPENINGS

### Celebrate With Celebrate St. James!

continued from page 6 opening reception, and all who attended were fascinated by the compelling presentation given by Josephine Smith, cultural educator for the Shinnecock. November is a time to celebrate the rich histories, diverse cultures, and important contributions of our nation's very first people, and thanks to CSJ, the exhibit served as a wonderful celebration.

What else does CSJ have for you to enjoy? Read on!



**Stop by at 176 Second Street to get an early start on your holiday shopping at the Celebrate St. James Gift Shop** – we have a wide variety of items crafted by local artists, authors and photographers – many items perfect for stocking stuffers.

Open Tuesday – Thursday, Saturday – Sunday, 10 a.m. to 3 p.m.

**Saturday, November 19, 8 p.m., Paul Anthony Presents "A Night of Comedy"** – Come for a night out of laughs galore in the lovely community room of the St. James Fire Department House, 533 NY 25A. Here is your opportunity to listen to a line-up of hilarious comedians for an evening of good clean fun. Minimum donation of \$35 includes refreshments. For more information, see the ad on page 27.

**Sunday, December 4, 1 p.m., Opening Reception for a Youth Art Show** – Join us at the St. James Community Cultural Arts Center at the opening of a special exhibit of artwork created by the students of Smithtown East HS and The Knox School, hosted by our own Jack Ader at 176 Second Street. The

exhibit is open to the public and will remain on display until January 4, 2023. Admission is FREE. Refreshments served at the opening.



**Saturday, December 10, AM & PM Sessions, Children's Holiday Party** Last year's party received such rave reviews that we are going to double the fun this year with two sessions: 10 a.m. to  
continued on page 10

**Black Friday** Sale

**NOVEMBER 25, 2022 ONLY**

You can pre-order if you can't make it in that day



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Pay \$200 – Value \$280 – Save \$80

**Eyebrow Wax Series**

Pay \$125 – Value \$175 – Save \$50

**Lip or Chin Wax Series**

Pay \$75 – Value \$105 – Save \$30

**Brow Tint Series**

Pay \$175 – Value \$245 – Save \$70

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H O L I D A Y   H A P P E N I N G S

### Celebrate With Celebrate St. James!

continued from page 8  
12 p.m. and 1:30 p.m. to 3:30 p.m.  
You and your kids won't want to miss a photo-op with Santa and Mrs. Claus, a sing-along with Nicky Loiodice, decorating sugar cookies with Jessica DeGorter, the author of the charming cookie-themed book "My Favorite Day of the Year," Yummy treats and goodie bags. Minimum donation parent & child \$20/each additional child \$10.



**Tuesday, December 13, 7 p.m., CSJ Monthly Membership Meeting on Zoom** – If you are a member of Celebrate St. James, you'll receive an agenda and link to attend this informative meeting led by CSJ president, Patricia Clark. We'd love to have you with us to have a virtual toast to the holiday and a special free raffle for those in attendance.

**Tuesday, December 20, 7:30 p.m., CSJ Monthly Book Club Meeting on Zoom** – Our book club welcomes everyone for lively and informative discussions. If you haven't joined us yet, please contact [celebratest-james@gmail.com](mailto:celebratest-james@gmail.com) to receive the link. Dr. Christine Pacinello will lead a discussion on *Taste – My Life Through Food* by Stanley Tucci.



We appreciate your support, and if you'd like to express your thanks for all that CSJ is striving to do for our town, we'd be grateful whatever help you can offer, whether its volunteer assistance or attendance at our events. Donations help cover the cost of events and are tax deductible. Please remember to follow us on Facebook and Instagram and visit our website at [www.celebratestjames.org](http://www.celebratestjames.org) for more information and online ticket sales. You may also call/text 631-984-0201.



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Hours:  
Monday 12-5 • Tuesday 10-5 • Wednesday 10-5  
Thursday 12-7 • Friday 11-3  
Can accommodate outside these hours

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**Rice-*STATESMAN***

**"LAVISH"**

**Lipson, *NY TIMES***

**"a perfect holiday treat  
for families of all ages"**

**Bradbrook, *DAN'S PAPERS***

**"Polished"**

**Goodman, *NEWSDAY***

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**Groups > 20**

**(can be for multiple  
performances) - \$30**

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**"...disarmingly childfriendly..."**

**Parks, *NEWSDAY***

**"...lavish and sumptuous..."**

**Taylor, *NEWSDAY***

COMPASS

## HAVE A JOYOUS THANKSGIVING.

Thanksgiving is a time of reflection for all our blessings. Your continued support means so much.



As a Founding Agent of Smithtown and a member of the Luxury Division, let Maria Orlandi welcome you home!

**Maria Orlandi**

Licensed Associate RE Broker

[maria.orlandi@compass.com](mailto:maria.orlandi@compass.com)

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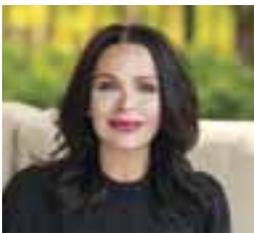


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**HEAD OF HARBOR**

**19 The Chase**  
5 BD | 3 BA | 1 HB  
\$1,649,000

Beautiful French Manor residence in an exclusive private community in The Village of Head of Harbor. Gracious living space with large principal rooms, a classic open floor plan and entry foyer with grand staircase. Sits on one of the most desirable two acre parcels, with a bucolic backyard oasis.



**Maria Orlandi**  
Licensed Associate RE Broker  
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H O L I D A Y   H A P P E N I N G S

## Christmas Tree Lighting Extravaganza at Deepwells

The St. James Chamber of Commerce invites everyone to their 35th annual Christmas Tree Lighting Ceremony on Saturday, December 3, 2022 beginning at 4:30 p.m. at Deepwells Farm County Park on the corner of Moriches Road and Route 25A in St. James.

A special appearance by Santa Claus is scheduled, so be sure to

bring your cameras to take pictures with Santa. Holiday music will be performed for your pleasure.

Enjoy some hot chocolate and cookies under the tent and join your friends and neighbors in St. James as they sing out joyous Christmas Carols while getting into the holiday spirit.



## Branch Funeral Home Hosts Free Holiday Bus Trip to Calverton Cemetery

A special invitation is extended by the Vigilante family of The Branch Funeral Homes to all those who have lost a loved one.

"Please join us on a bus trip to Calverton National Cemetery on Friday, December 2, 2022. We have found that over the years, those who participate find this to be a very fulfilling and comforting event,

especially at this time of year."

The trip is completely *free* and is open to anyone who would like to attend. Coffee, donuts and cold drinks will be served along with pizza on the way back. The bus has a lavatory.

Please call the Branch Funeral Home at 631-724-9500 to reserve your seat on the bus. Meet at the

Branch Funeral Home, 2115 Jericho Tpke. in Commack at 7:45 a.m. or 190 East Main Street in Smithtown at 8:15 a.m. or at the Smithtown Senior Center, 420 Middle Country Road, Smithtown at 8:30 a.m. on Friday, December 2, 2022. The bus will arrive at Calverton at 9:30 a.m. and depart from Calverton at 1:30 p.m.

# TURNING ? 65

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H O L I D A Y   H A P P E N I N G S

**OPERATION SANTA CLAUS**  
**St. James Fire Department's 42nd Annual Christmas & Holiday Parade Set for December 10**

Santa Claus is coming to town Saturday, December 10, 2022. The St. James Fire Department will once again play host to Santa Claus and his friends for the 42nd annual "Festival of Lights" Christmas and Holiday Parade.

The parade departs at 5 p.m. Be sure to see all the brightly lit and holiday decorated fire trucks as they travel throughout the streets of St. James in celebration of this holiday season.

The Fire Department requests residents on side streets to keep their cars off the road and move them into driveways during the parade as this route has some very tight turns.



**Special Note from John Young, Parade Chairperson:**

Please do not clog intersections so the various trucks can get through. *We all hope you enjoy the parade!*

The Fire Department will be running a Food Drive the night of the parade. All non-perishable items can be dropped off at Station 2 at Jefferson Avenue.



The Chiefs' Office, Board of Fire Commissioners, Board of Directors and members of the volunteer fire department, wish the community a very Merry Holiday Season.

Please note that this route is tentative and subject to change as may be required by inclement weather and roadway obstructions.

**PARADE ROUTE**  
**Start at Station 2**

- Right on Woodlawn
- Left on Lake Ave.
- Right on 25A
- Right on Acorn Rd.
- Left on Oakfield Rd.
- Right on 25A
- Left on Ashleigh Dr.
- Right on Wellington Dr.
- Left on 25A



- Left on Harbor Rd.
- Left on Shep Jones Ln.
- Right on 25A
- Right on Hitherbrook Rd.
- Right on Bacon Rd.
- Left on Harbor Rd.
- Left on Hitherbrook Rd.
- Right on Three Sisters Hollow Rd.
- Right on Gate Rd.
- Right on Farm Rd.
- Left on Harbor Rd.
- Left on Harbor Hill Rd.
- Left on Three Sisters Hollow Rd.
- Right on Thompson Hill Rd.
- Right on 25A
- Right on Moriches Rd.
- Right on Harbor Hill Rd.
- Left on Cordwood
- Left on Moriches Rd.
- Left on 50 Acre Rd.
- Right on Moriches Rd.
- Right on Highland Ave.
- Right on 25A
- Left on Woodlawn Ave.
- Right on 50 Acre Rd. South
- Right on Carengie Dr.
- Left on Marquette
- Right on Colgate Dr.
- Left on Hofstra Dr.
- Right on East Hill Dr.
- Left on Penn Dri.
- Right on Dartmouth Dr.
- Left on 50 Acre Road S.
- Right on Woodlawn Ave.
- Left on Jackson Ave. - Railroad
- Right on Northern Blvd.
- Left on Mckinley Street
- Right on St. James Ave North
- Cross Woodlawn Ave.
- Left on Cleveland Street

- Right on Tredwell Ave.
- Right on Roseville Ave.
- Left on Orchard Ln.
- Left on Rutherford Street
- Left on Arlington Ave.
- Right on Roseville Ave.
- Right on Oshea Ln.
- Left on David Ln.
- Right on Jefferson Ave.
- Left on Nimitz Rd.
- Right on Lake Ave.
- Left on Pine Street
- Left on Sunny Rd.
- Left on Oak Street
- Left on Lake Ave.
- Right on Roseville Ave.
- Left on Jefferson Ave.
- Left on Patton Rd.
- Left on Lake Ave.
- Left on Sherwood Dr.
- Left on Jefferson Ave.
- Right on Roseville Ave.
- Right on Northern Blvd.
- Right on Woodlawn Ave.
- Left on Washington
- Left on Third Ave.
- Left on Jefferson Ave.
- Right on Woodlawn Ave.
- Right on Lincoln Ave.
- Left on Railroad Ave.
- Left on Grant Ave.
- Right on Woodlawn Ave.
- Right on Northern Blvd.
- Left on Cleremont Ave.
- Left on Pierepont Street
- Left on Vanderbilt Ave.
- Right on Rodney Street
- Right on Cleremont
- Left on Pierpont Street
- Left on Clinton Ave.
- Right on 25A
- Left on Carrow Pl.
- Left on Clinton Ave.
- Left on Remsen Street
- Right on 25A
- Right on Van Buren Street
- Left on Clinton Ave.
- Left on Northern Blvd.
- Right on 25A
- Right on Moriches Rd.
- Right on Lake Ave.

**Stop At Gazebo On Lake Ave**  
**Break For 30 Minutes**

continued on facing page

HOLIDAY HAPPENINGS

continued

**Second Half**

Right on Woodlawn Ave.  
 Right on Hobson Ave.  
 Left on Middle Country Rd.  
 Left on Astor Ave.  
 Right on Woodlawn Ave.  
 Right on Cambon Ave.  
 Left on Camelot Ln.  
 Left on Hillside Ave.  
 Right on Sansun Ln.  
 Left on Storyland Rd.  
 Left on Cinderella Ln.  
 Right on Richie Court  
 Left on Carol Ln.  
 Left on Hillside Ave.  
 Right on King Arthurs Court  
 Left on Gordon Gate  
 Right on Cambon Ave.  
 Right on Woodlawn Ave.  
 Right on Moriches Rd.  
 Left on Fairfield Dr.  
 Right on Moriches Rd.  
 Right on Lennox Dr.  
 Right on Moriches Rd.  
 Right on Mills Pond Rd.  
 Right on Arrowood Dr.  
 Right on Elderwood Dr.  
 Left on Inwood Dr.  
 Right on Arrowood Dr.  
 Right on Brasswood  
 Left on Elderwood Dr. to  
 Elderwood West  
 Left on Arrowood Dr.  
 Left on Oldwood Rd.  
 Left on Greenwood Dr.  
 Right on Elderwood Dr.  
 Left on Arrowood Dr.  
 Cross To Bayberry Dr.  
 Right on Clover Ln.  
 Left on Planetree Ln.  
 Left on Mills Pond Rd.  
 Left on Copperbeech Rd.  
 Left on Curlin Ln.  
 Right on Pear Court  
 Left on Bayberry Dr.  
 Right on Applewood Rd.  
 Right on Copperbeech Rd.  
 Right on Mills Pond Rd.  
 Right on Moriches Rd.  
 Left on Maple Dr.  
 Left on Lake Ave.  
 Left on Railroad Ave.  
 Right on Moriches Rd.  
 Right on Cambon Ave.  
 Right on Woodlawn Ave.  
 Right on 7th Ave.

Left on Moriches Rd.  
 Left on Sixth Ave.  
 Right on Woodlawn Ave.  
 Right on Fifth Ave.  
 Left on 1st Street  
 Left on 4th Ave.  
 Right on Woodlawn Ave.  
 Right on 3rd Ave.

Left on First Street  
 Left on Second Ave.  
 Right on Woodlawn Ave.  
 Right on First Ave.  
 Left on Railroad Ave.  
 Left on Lake Ave.  
 Right on Woodlawn Ave.

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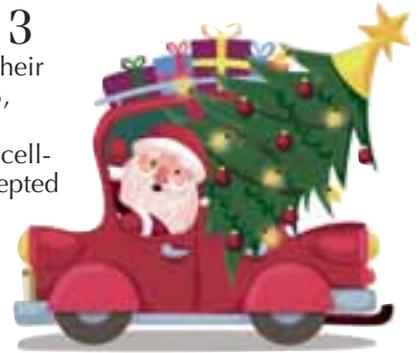
## HOLIDAY HAPPENINGS

### Holiday Toy / Gift Drive Set for December 3



The St. James Community is happy to present their Holiday Toy/ Gift Drive on Saturday, December 3, 2022 at the St. James Fire House, located at 533 North Country Road (Route 25A). Take your cell-phone picture with Santa. Donations will be accepted from 11 a.m. to 4 p.m. Gift Cards are greatly appreciated.

Admission is an unwrapped gift. Early drop off at TD Bank on Lake Avenue and Moriches Road.



### Black Fri-YAY is Back in Stony Brook Village!

Stony Brook Village is happy to announce the return of Black Friday on November 25 with deals throughout the village shops, as well as carolers, a petting zoo and live music from 2-4 p.m. Also opening to the public will be the Long Island Music and Entertainment Hall of Fame.

Rocking Horse Farms will be set up with a variety of animals for children to pet. Burke and Brenda

will be performing original and cover songs in the genres of R&B, Roots, Blues and Contemporary Acoustic at the Stony Brook Post Office. The Celestial Holiday Carolers will be performing holiday music throughout Market Square. Black Friday deals will be available all throughout the open-air center.

The Long Island Music and Entertainment Hall of Fame will be open to the public. The upstairs exhibit

space will feature a permanent "Hall of Fame" with plaques and exhibits recognizing the over 100 and growing inductees. The main exhibit space will be the first rotating exhibit "Long Island's Legendary Club Scene: 1960's - 1980's."

For more information on Black Friday in Stony Brook Village, visit [stonybrookvillage.com](http://stonybrookvillage.com) or call (631) 751-2244.

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## Town of Smithtown and Celebrate St. James Commemorate the Completion of Celebrate Park With Ribbon Cutting Ceremony and Dedication

On Tuesday, October 18, 2022 the Town of Smithtown in conjunction with Celebrate St. James; Past, Present & Future, hosted State, County & local officials, park donors, small businesses and community members, to cut a ribbon marking the official opening of Celebrate Park, on Lake Avenue in St. James. Supervisor Ed Wehrheim led the ceremony, in which the Town of Smithtown acknowledged the various departments, private citizens, and community organizations who collaborated together in a public-private partnership to build the new park and municipal parking lot.

"We've seen a full blown renaissance here in our quaint hamlet. People are strolling Lake Avenue again, kids are riding bikes to town again. And can you blame them? With a great park to sit and relax in, maybe take in a live performance... paired with some homemade old fashioned ice cream just across the street... it sounds like a Norman Rockwell, picture-perfect day to me! Before I took office, I had once counted 33 empty storefronts on Lake Avenue. Now there's maybe less than a handful. This is what revitalization looks like... Today we commemorate what can happen when a community, the good people who call it home and local levels of government can do when we all work together. Today we get to enjoy the fruits of our labor and officially welcome the people of this great town to Celebrate Park."

- SUPERVISOR ED WEHRHEIM



In 2020, the Town of Smithtown entered into an intergovernmental contract with Suffolk County, for the purchase of property, formerly known as the Irish Viking, located on Lake Avenue in St. James, with a plan to construct a municipal parking lot and community park as the third phase of the St. James downtown revitalization initiative. Upon completion of the purchase of the centrally located land, the Town of Smithtown began to coordinate design and construction efforts together with St. James residents; Natalie Weinstein of Natalie Weinstein Design Associates, Landscape Architect, Bob Retnauer of RDA and Architect, Michael Morbillo of Enspire Design Group, and in conjunction with the local arts organization, Celebrate St. James; Past, Present & Future. The park, which was partially funded through community donations and the construction of the municipal lot was completed in August.

"I, and I am sure many of you, never would have imagined this joint achievement of local government and a small band of volunteers. But this is an unusual administration and an unusual group of volunteers. Both embody the vision of economic revitalization. Both are committed to progress and both attract the talent and cooperation of some pretty amazing

people. I know, because I have the privilege of working with so many of them... Today we will cut a ribbon to symbolically and actually turn a vision into reality – taking an eyesore in our community and transforming it into a place of pride for all – now and in the future. I will forever hold scenes in my mind of children playing here, teenagers gathering here, and people respectfully walking their dogs here. This park will tell our living history for generations to come...

- NATALIE WEINSTEIN,  
FOUNDER OF CELEBRATE ST. JAMES  
PAST - PRESENT - FUTURE

Celebrate Park, which was completed in August of this year features a wrought iron custom gateway, a pavilion, a pergola, synthetic lawn, unique bench wall seating, personalized brick walkways which members of the community customized individually, a flag pole, benches, tables, dog fountain, and seasonally curated landscaping. Specialty string lighting frames the park and illuminates the space in the evening hours. Additionally, a donor wall serves as a backdrop to the pavilion and the pergola is coupled with original artwork (by Arline Goldstein) and a guide of cultural and historic sites throughout the hamlet.



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# AROUND TOWN



## Chorus Line Dance Studio Hosted a Go Gold Dance Event

Chorus Line Dance Studio recently hosted a Go Gold Dance Event to raise awareness of childhood cancer. Over 50 students attended and were treated to a miniconvention with volunteer staff members teaching dance, theater and a fitness class. All had an amazing time dancing for an excellent cause and even took a break to make cards and bracelets for children who are currently in the hospital. All proceeds for this event and

the other Go Gold fundraisers held by Chorus Line this month were donated to Delaney Unger's foundation, **Live Like Laney**.

Delaney has been a student at Chorus Line since she was 2 years old and is now a high school senior. She started her Live Like Laney foundation in 2019 after she was diagnosed at age 11 with osteosarcoma. She now dedicates herself to helping other families who have a child with childhood cancer.

Delaney dances with a prosthetic left leg and continues to amaze us with her talent, grace and positive outlook on life. Her goal is to become a Child Life Specialist to assist children as they deal with a cancer diagnosis and its treatment.

We are so proud of Delaney and wish her continued success as she enjoys her senior year and prepares for college

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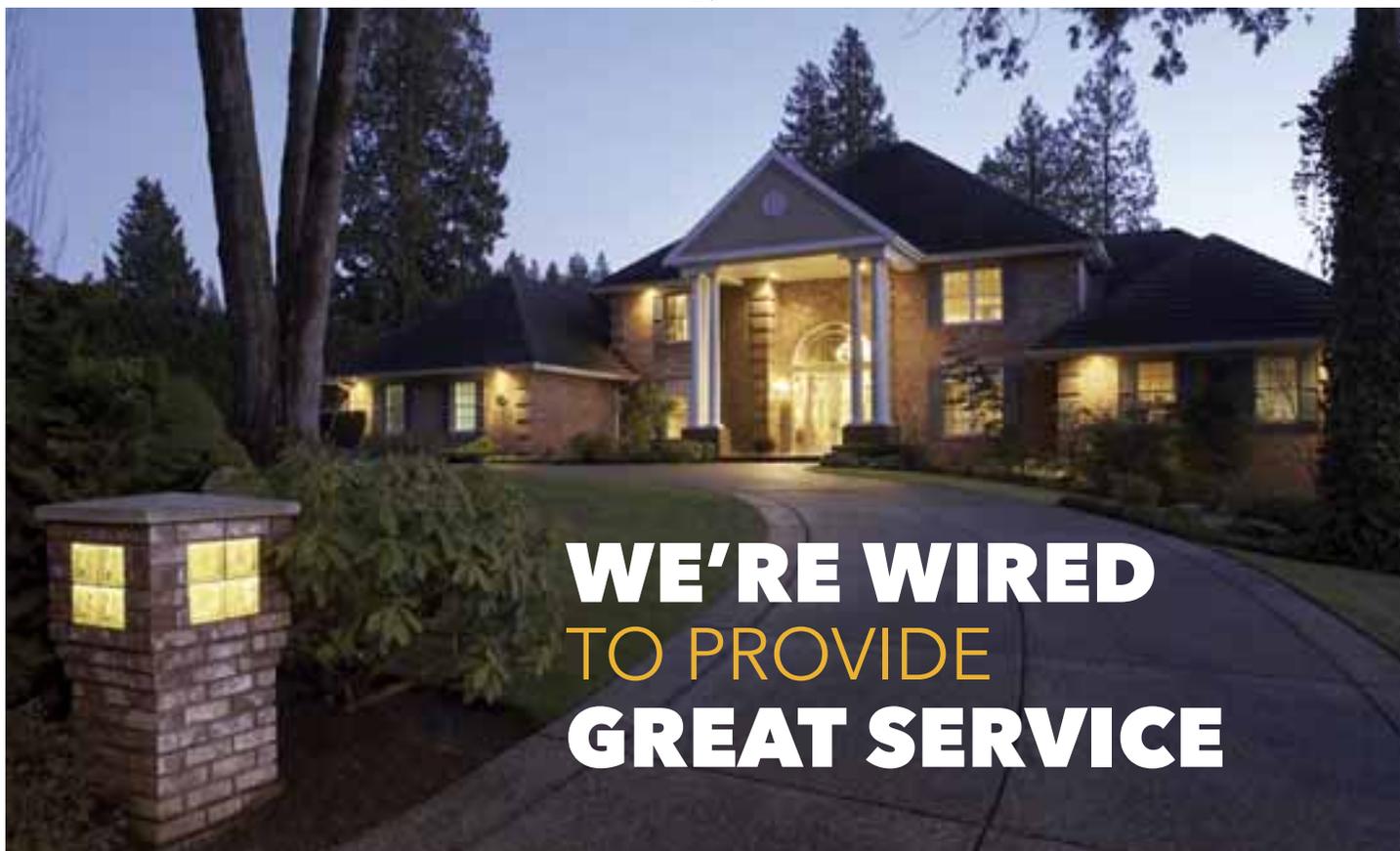
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**Nissequogue, NY – Hamptons-style Estate**  
This magnificent custom-built Hamptons Shingle-style Estate on 6.07 acres overlooking the greens of the Nissequogue Golf Club is a rare find. The Estate, comprised of the main residence, Carriage House, 2 garages, and in-ground gunite pool with pergola is an entertainer's delight. MLS# 3372867. \$3,400,000.



**Smithtown, NY – Point of Woods Farm Ranch**  
This oversized 5-bedroom, 4-bath Farm Ranch is perfectly situated on a parklike acre in the Nissequogue Overlook community. With spacious principal rooms, gleaming hardwood floors, den with a stone fireplace, and kitchen with granite countertops, you'll want to move right in. MLS# 3440623. \$849,000.



**St. James, NY – Newly Constructed Colonial**  
Currently being built with superior materials and fine finishes. This 5-bedroom, 4.5-bath Colonial will have a dramatic 2-story entry foyer, spacious chef's kitchen with top-of-the-line appliances, cathedral ceilings, and much more, exuding comfort, quality, and luxury throughout. MLS# 3407143. \$1,650,000.



**Nissequogue, NY – Waterfront Farm Ranch**  
Long Island Sound is your backdrop to this beautiful waterfront home. Enjoy gorgeous views and magnificent sunsets from this 4-bedroom, 5-bath Farm Ranch constructed of brick and cedar, situated on 5.5 private acres in the pastoral village of Nissequogue. MLS# 3386483. \$1,475,000.



**Lake Grove, NY – Charming Ranch**  
This 2-bedroom Ranch in Lake Grove features an open floor plan for comfortable living, and boasts a spacious living room, full-wall brick fireplace, kitchen with granite countertops that opens to the dining area, updated full bath, and a full basement with outside entrance. MLS# 3420816. \$429,000.



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84 Cobblestone Drive | Shoreham, NY | Sold  
MLS# 3367777. \$760,000.



307 Flair Drive | Saint James, NY | Listed & Sold  
MLS# 3397350. \$410,000.



302 Cabot Court | Saint James, NY | Listed  
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1101 Cabot Court | Saint James, NY | Sold  
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## AROUND TOWN



### Halloween in St. James...

Each year St. James does Halloween BIG... The Deepwells Haunted Mansion was a huge success... The Deepwells Historical Society hosted the annual Trunk or Treat event on Halloween morning with a little help from the St. James Chamber of Commerce, Town of Smithtown, St. James Fire Department and Celebrate St. James ~ Past ~ Present ~ Future. Kids of all ages came down dressed in costume and were treated to some fun and treats... All in all, Halloween was celebrated BIG in St. James.



### We Welcome My Darling Jeans to St. James...

**My Darling Jeans**, located at 556 Route 25A in St. James, is a fabulous children's clothing boutique with everything and anything a child could want and need. There were lots of children in attendance, cotton candy, a DJ and balloon animals for the opening ceremony. Owner Pamela Atkinson, along with her family and friends, cut the ribbon celebrating this wonderful addition to St. James. If you are looking for clothing for your children or are looking for that very special gift, be sure to stop by... you will be amazed at what you will find. Let's all welcome **My Darling Jeans** to the St. James community.



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I N T H E N E W S

## Tickets on Sale for the 43rd TVHS Annual Candlelight House Tour

You're invited to join in celebrating the long lasting tradition of the 43rd Annual Candlelight House Tour.

The tour, will showcase 4 select local homes, in Old Field, the historic Keepers Cottage at the Old Field Lighthouse, and on the Pius Estate, Wide Water, the magnificent rebuilt Barn.

All the houses, cottage and barn will be decorated in holiday finery by a team of talented decorators.

Friday, December 2 and Saturday, December 3, 2022 tickets will be available for secure online purchase only at [www.tvhs.org](http://www.tvhs.org)

Become a TVHS Member for BIG SAVINGS. TVHS members enjoy up to 25% discount on ticket purchases with valid discount code.

New or renewed memberships must be purchased in advance at [www.tvhs.org](http://www.tvhs.org), and a discount code will be emailed within 24 hours of



signing up. TVHS memberships begin at just \$40/year, are tax deductible and come with an array of benefits. Become a member or renew your membership now.

For additional information call 631-751-3730 or email Mari at [director@tvhs.org](mailto:director@tvhs.org). The TVHS is located at 93 North Country Road in Setauket.

## TVHS to Hold a Winter Market

The Three Village Winter Market, an outdoor holiday shopping experience located on the grounds of the Three Village Historical Society at 93 N. Country Road in Setauket,

will take place on Saturday, December 10 and Sunday, December 11, from 11 a.m. to 4 p.m.

Vendor Registration is currently available. Call 631-751-3730.

## Children's Trends



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I N T H E N E W S

NEWS OF LONG AGO

What Will It Be, Thanksgiving or Harvest Home?

by Bradley Harris,  
Smithtown Historian

*With the celebration of Thanksgiving this month, I thought that it would be interesting to take a look at what is known about the very first celebration of Thanksgiving that took place in October of 1621 in Plymouth, Massachusetts when the Pilgrims celebrated the harvest of their crops.*

Thanksgiving is one of those holidays that we all enjoy as a day when family and friends gather and share a traditional meal of turkey and the trimmings. It is as traditional as apple pie and ice cream, an all American holiday. Yet it isn't. For one thing, the celebration is certainly English in origin. Another thing to keep in mind is that the



holiday and its celebration has evolved and changed with the passage of time. Thanksgiving Day as we know it today began with President Lincoln in 1863 when he set the date for celebrating a national

day of Thanksgiving as the fourth Thursday in November. Of course, other generations of Americans have modified that date. President Franklin D. Roosevelt proclaimed that in 1939 the date for the celebration of Thanksgiving ought to be November 23rd. This year at least, Thanksgiving is on the fourth Thursday of November on the 24th. So let's just enjoy it, and this year, give it a little more zest by celebrating it as the Pilgrims did so long ago in October of 1621 in Plymouth, Massachusetts.

If you are going to be a purist and really celebrate the holiday as the Pilgrims did, you first have to change the name of the celebration to "Harvest Home." Apparently the Pilgrims had a festival that was more in tune with the English

continued on page 32



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continued from page 30 celebration than one that involved a day of prayer and Thanksgiving. Harvest Home was an "older mode of Thanksgiving" that was celebrated by English farmers once "the main crop was ingathered" and "it was cakes and ale and hang the cost." Those who have studied that first Thanksgiving have concluded that "Plymouth's Harvest Home conformed in most essentials to its English prototype. (James Deetz and Jay Anderson, Par-takers of Plenty: A Study of the First Thanksgiving, Plymouth Plantation Educational Publication Series, Plymouth Plantation, Plymouth, Massachusetts.)

If you opt to celebrate the holiday as the Pilgrims did, you should plan for a festival that will last approximately one week, but you can squeeze it into four days. You will need enough wild game to last for four days so it might be wise to prepare in advance and send the duck hunters out early to bring home "geese, ducks, and possibly turkeys." Governor Bradford of Plymouth Colony made sure that this was done beforehand. And during this festival, you should also plan for some "traditional recreations" that you and your guests can enjoy over the four days. You might want to include some sort of a parade, a shooting demonstration with "muskets and fowling pieces," and some athletic competition. You might consider some of the things the Pilgrims could have done in this regard: archery, track and field events or cricket. These activities would approximate some of their athletic recreations. (James Deetz and Jay Anderson, op. cit.)

The most important aspect of your celebration of Harvest Home, that of feasting, will take a little more preparation time. You don't have to be concerned about table settings and enough chairs for the guests. If you do this the way the Pilgrims must have, you can eat outside (weather permitting). "The



familiar scene to which we have become accustomed, of Pilgrims and Indians feasting together while seated at tables in the open, is most certainly a creation of later artists.... It is more likely that food was taken, not at an appointed time and place, but at frequent intervals throughout the time of the festival. Seating was almost certainly on the ground. Lacking forks..., food was taken with fingers, from the tips of knives, and with spoons. Wooden trenchers (small shallow dishes) were probably very much in evidence, while other foodstuffs could have been consumed directly from large kettles, or in the case of meat, eaten with the hands, hot from the roasting fire." A bit messy perhaps, but it will certainly make the clean up of dishes and silverware a lot easier. (James Deetz and Jay Anderson, op. cit.)

The actual food will be a little more tricky. The main focal point of the meal will certainly have to be a "young, lean goose." This will have to be "a domesticated bird, fattened on grain stubble." You should prepare several ducks and wild turkeys to add to the repast, but the goose will be the *piece de resistance*. To supplement the goose, you might want to prepare several "fleshpies." These would have been meat pies

tucked into some kind of corn-meal pastry. You might want to make such a pie out of "old chicken, hare or pigeon meat tenderized by hours of simmering and then baking." Or if you have a deer hunter in the family, you could substitute venison as the Pilgrims surely must have done with the deer that the Indians brought to the feast. To add to the feast, you might want to make a "frumenty pudding." This will give you trouble and require some research on how to make it, but suffice it to say that you want a pudding that will approximate old-fashioned rice pudding, only this dish will have a wheat base, spices, fruits, and sweeteners like milk and honey.

The vegetable for this feast will have to be pumpkins that you can bake, stew, or make into a pudding. And to top off this feast, don't forget "the cakes and ale." The cakes are not quite what you are used to however. "The cakes were made of corn - roasted, pounded in a home-made mortar and pestle, mixed into a paste with water, and fried on a griddle into thin, crisp 'pan' cakes." To wash these "dry and crumbly" cakes down, you will need ale. You might want to homebrew a sweet ale, but maybe at this point it would be easier to pick up some Molson's Golden Ale. (James Deetz and Jay Anderson, op. cit.)

There you have it - your own authentic Harvest Home celebration. Actually, it sounds like it would be a lot of fun. If you decide to try and recreate Thanksgiving this way, by all means call me. I could roast the meat over an open fire. Have a happy Thanksgiving (or should I say Harvest Home).

**Editor's Note:**

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

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## East Meets West – Historic Hercules Figurehead Is Rededicated With Former & Current Owners

October 27, 2022 – The Ward Melville Heritage Organization (WMHO) announced the restoration of their beloved Hercules Figurehead in Stony Brook Village with former owners, admirers, its restorers and sponsors. In this rededication, the East, represented by the Canoe Place Inn (CPI) of Hampton Bays, and the West, represented by the WMHO of Stony Brook Village, meet to celebrate the completed renovations of CPI this year and the Hercules Figurehead beginning its restoration, generously sponsored by Olivia and Harlan Fischer of Head of the Harbor.

The restoration of the 200 year-old figurehead was no small task. Danielle Parisi of ART of NYC & Long Island was retained to restore the Hercules Figurehead. The figurehead needed extensive attention and was cleaned, sanded, re-plastered, repaired and then painted and varnished.

“We are pleased that local residents Mr. and Mrs. Harlan Fischer stepped forward to help restore Hercules and the Pavilion for all to enjoy” said Gloria Rocchio, President of the WMHO. “He will protect the harbor for many years to come.”



**OLIVIA FISCHER POINTS TO THE HERCULES FIGUREHEAD IN AN ARTICLE FROM THE 1960's. Pictured (L to R): Honorable Jonathan Kornreich, Councilman, Town of Brookhaven; Gloria Rocchio, President, WMHO; Honorable Steven Engelbright, Assemblymen, New York State; Olivia Fischer; Harlan Fischer, Branch Financial Services; Jim Morgo, Long-Time Consultant to Rechler Equity Partners and President of Morgo Public Private Strategies Inc.; Dr. Richard Rugen, Chairman, WMHO; Brenda Sinclair Berntson, President, Hampton Bays Historical Society; Ed Gutleber, Trustee, WMHO; Charles Napoli, Trustee, WMHO.**



**History of the Hercules Figurehead and USS Ohio**

*Hercules was the original figure-*

*head on the USS Ohio, the first ship to be launched from the Brooklyn Navy Yard in 1820. Its cost was \$550,000 then, about 14 million today. The Hercules Figurehead alone cost \$1,500 (today, \$38,000.) In the Nile's National Registry, an English Captain in the Royal Navy was quoted as having said that the USS Ohio, with its 74 guns, was "the perfection of a line-of-battle ship." The USS Ohio voyaged to the Mediterranean in 1838, and Mexico towards the end of the Mexican-American War in 1847. It was stationed in Boston from 1847 to 1882, and used as a training post as it was a large vessel and could accommodate large numbers of Naval Officers at one time. During the Civil War, the USS Ohio was fully armed and was utilized to bring Navy Officers to blockade fleets off the coast of Southern States. In 1875, the Hercules Figurehead and*

*the USS Ohio were placed "in ordinary" and were considered of no further use to the government. Both were sold in 1882 to Mr. Israel Snow of Maine for \$17,100, who sold both for \$20,000 to a group of Long Islanders from Greenport and Riverhead. The USS Ohio was burned in an explosive funeral pyre in Greenport Harbor. The Hercules Figurehead was removed from the ship before its funeral and was sold to a family in Aquebogue for ten dollars. The family fixed Hercules with new paint and sold the figurehead to the proprietor of the Canoe Place Inn at the time, Miles Carpenter, for \$15 or \$25. The figurehead remained across the street from the Canoe Place Inn from the late 1800s until 1951, when Ward Melville purchased it and relocated it to the Hercules Pavilion in Stony Brook Village where it now guards Stony Brook Harbor.*

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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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ARTS & ENTERTAINMENT

# Meet the Reboli Center's November Artisan: Brian Tierney, St. James Woodworker

Brian Tierney grew up in Port Jefferson and has lived in St. James since 1972. He was in high school the same time, but a different grade when the late artist Joseph Reboli was a student. The two did not know one another. It was while in high school that Brian developed an interest in woodworking and a hobby turned into a career.

Many of the pieces of furniture in his home have been made by Brian. They include night stands, a jelly cupboard, shelves, benches and many more items. All were made with power tools and it wasn't until about four years ago that he mastered hand tools, and had to learn how to sharpen chisels, planes and saws. With this new skill set, Brian learned how to make stars. At first, he created four pointed stars and then with a lot of practice was able to make stars with up to eight points.

All the stars are finished with mineral oil to bring out the grain, add a little sheen and prevent drying out. No dye or stain is used.

"I love the quietness of using only hand tools, and what I consider the artistic choices involved, like planning how many points to have, what size to make the star, and what combinations of wood to use. I look at a finished star and think, wow, I made that," Brian said.

Brian obtains his wood from



several sources and uses a variety of woods. Some pieces are reclaimed from unwanted furniture providing his with oak, sycamore, birch, and cedar, along with fir, pine, spruce and maple. He also buys wood online, such as walnut, African mahogany, purpleheart, zebrawood and padauk, which is a west African wood. According to Brian, "All wood has unique characteristics of color, grain pattern, and hardness. Purpleheart is a beautiful color, but is over three times as hard as red oak, and dulls saws and planes blades very



quickly. It doesn't even glue well because it is so waxy."

"It is very complimentary to have my work chosen to be displayed at the Reboli Center, a place of such good taste and style, by such talented artists and artisans," Brian added.

Lois Reboli, a founder of the Center and president said, "As the holiday season approaches, I think Brian's work will find a new home with many of our visitors. The stars will be a beautiful addition to one's holiday decorations or as gifts."

The Reboli Center is located at 64 Main Street in Stony Brook, and is open Tuesday – Saturday from 11 a.m.–5 p.m. and on Sunday from 1-5 p.m. Admission is FREE. For additional information call 631--751-7701 or visit [www.ReboliCenter.com](http://www.ReboliCenter.com) for programs and upcoming events.



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ARTS & ENTERTAINMENT

# Long Island Symphonic Choral Association (LISCA) Winter Concert Set for December 10

LISCA will perform their *WINTER CONCERT* on Saturday, December 10, 2022 at 8 p.m. at the St. James Roman Catholic Church, 429 Route 25A in Setauket.

The celebration of the birth and impact of Jesus on the world's people gave rise to profound musical works, two of which are featured in LISCA's Winter Concert.

The 45-member chorus under the baton of Music Director and Conductor, Eric Stewart, will perform both works with strings and organ accompaniment: Mozart's *Missa Brevis in F Major* (K. 192) and Bach's motet for double-chorus *Komm, Jesu, Komm*. First heard at the Salzburg Cathedral in 1774, the *Missa Brevis* is regarded as the jewel of the young Mozart's early masses. In *Komm, Jesu, Komm*, Bach captured the tired, aching and



weary soul trudging through life's travails, praying for relief and salvation.

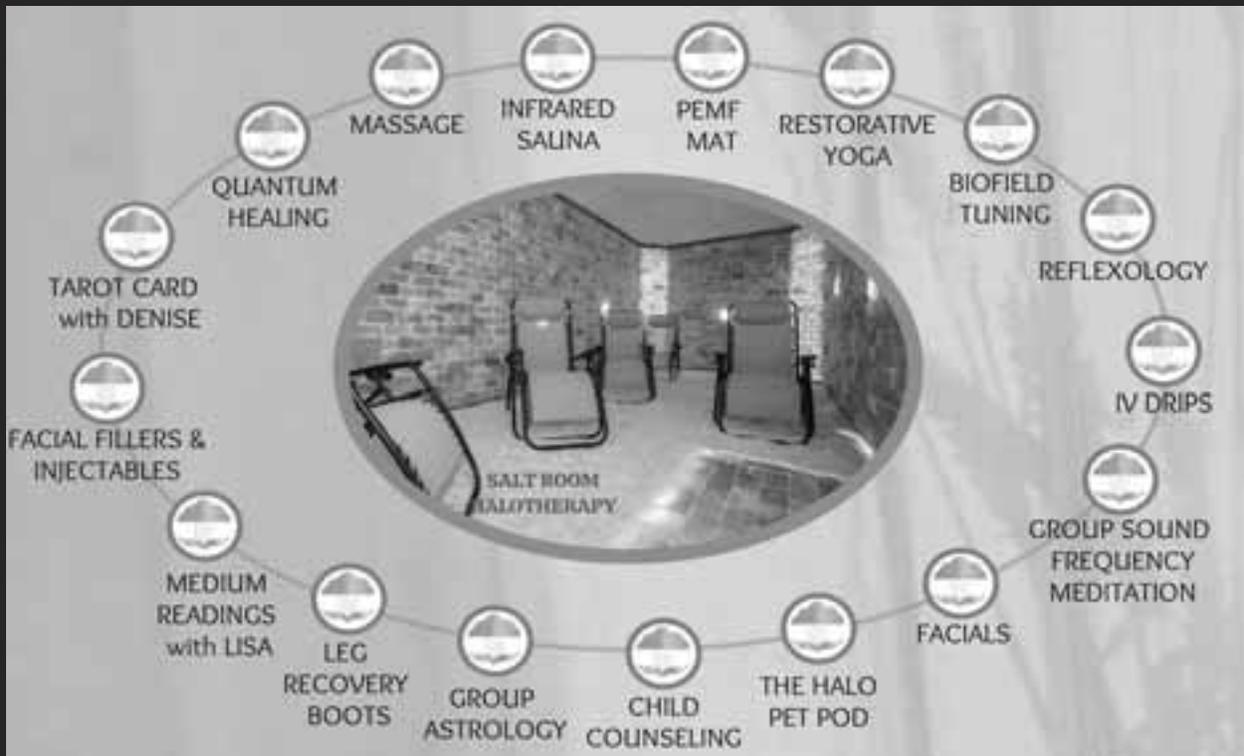
After intermission, the chorus sings a medley of songs appropriate for the season, some a *capella* others accompanied, works spanning 400 years from Monteverdi (1620) to the present (Whitacre and

others) These works beautifully express the joy that springs from the loving hearts and minds of great composers: Monteverdi's *Cantate Domine*, Lauridsen's *Le Chanson des Roses No. 5*, Dirait-on and his *O Magnum Mysterium*, Whitacre's *Seal Lullaby*, Gjeilo's *The First Nowell*, and Rutter's *Deck the Halls* and *What Sweeter Music*.

After the concert all are invited to enjoy a reception at the church with assorted snacks and beverages. Come and meet the conductor and the chorus

Tickets at \$20/Seniors; \$25/General Admission; Students/FREE, may be purchased at the door or ordered at [HYPERLINK "http://www.lisca.org"](http://www.lisca.org)

For further information please call 631-751-2743



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### The Jazz Loft Happenings

The Jazz Loft at Stony Brook, located at 275 Christian Avenue in Stony Brook, is an exhibition, preservation, education and performance center which houses a vast collection of jazz memorabilia. The Jazz Loft hosts jam sessions, lectures on jazz and presents a variety of concerts.

Sixteen of the concerts in the coming months are sponsored by Olivia and Harlan Fischer of Head of the Harbor.

The Jazz Loft is open Thursday through Saturday, 12 noon to 5 p.m. Tickets: Adults/\$10; seniors 62+/\$7; students/\$5; children 12 and under are free.

For additional information and to purchase tickets visit [www.thejazz-loft.org](http://www.thejazz-loft.org) or call 631-751-1895. Subject to availability, tickets can be purchased at the door before the event.

#### EVENT SCHEDULE

**Thursday, November 17, 7 p.m.**

**Bad Little Big Band.** The 12-piece Bad Little Big Band led by pianist Rich Iacona performs music of The Great American Songbook and original compositions and arrange-

ments written by band members. Tickets: \$30/adults, \$30/seniors, \$25/students, \$20/children, children 5 and under free

**Friday, November 18, 7 p.m.**

**Drum Summit.** The Drum Summit is a classic Buddy Rich versus Gene Krupa drum battle featuring legendary drummer Ronnie Zito who was Bobby Darin's drummer. He will be joined by an all star rhythm section and guest artist.

Tickets: \$30/adults, \$25/seniors, \$20/students, \$15/children, children 5 and under free.

**Saturday, November 19, 7 p.m.**

**Eldad Tarmu Quartet CD Release Concert.** Eldad Tarmu is a jazz vibraphonist, composer and music educator. He is joined by Adam Hutcherson, saxophone, Sam Bevan, bass and Cengiz Baysai on drums. Tickets: \$30 adults, \$25 seniors, \$20/students, \$15/children, children 5 and under free.

**Tuesday, November 22, 7 p.m.**

**Amadis Dunkel** trombonist, will present his recital for a DMA

continued on page 42



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ARTS & ENTERTAINMENT

The Jazz Loft Happenings

continued from page 40 degree from Stony Brook University's Music Department. Tickets: \$10/adults, \$5/seniors and students, SBU faculty/staff FREE with ID

Monday, November 28, 7 p.m. Blowage Big Band. The Stony Brook University Music Department's jazz band performs under the direction of trombonist Ray Anderson. Tickets: \$10/adults, \$5/seniors and students, SBU faculty, staff and students free with ID.

December 1, 2, 3, 7 p.m. Duke Ellington's Nutcracker For three evenings the 17-member Jazz Loft Big Band will present Duke Ellington's jazz Nutcracker. Vocalist Danny Bacher accompanies the band. Tickets: \$35/adults, \$30/seniors, \$25/students, \$20/children, children 5 and under free

Tuesday, December 6, 13, 7 p.m. Music Club at Greenhill North Fork LI. The Jazz Loft goes east to Green Hill Kitchen in Greenport where Steve Salerno, guitar and Vanessa Trouble, vocalist perform. www.greenhillny.com/events

Wednesdays, December 7, 14, 21 The Jazz Loft Trio and Jam. The Jazz Loft Trio performs at 7 p.m. followed by a jam at 8 p.m. Tickets: \$10 at 7 p.m. \$5 at 8 p.m.

Wednesday, December 7, 1 p.m. Young at Heart: It's The Holiday Season. The Jazz Loft Trio performs music of the season. Young at Heart is a monthly jazz themed concert series for those that like their jazz in the afternoon. Tickets: \$10

Thursday, December 8, 7 p.m. Jazz Dispatch at Madiran Wine Bar in Setauket. Jazz Loft regulars, Tom

Manuel, trumpet and Steve Salerno, guitar, take their performance to Madrian Wine Bar.

Thursday, December 8, 7 p.m. Bad Little Big Band Holiday Show Pianist Rich Iacona leads his 12-member band in performing music of the season. Tickets: \$35/adults, \$30/seniors, \$25/students, \$20/children, children 5 and under free

Friday, December 9 | 7 p.m. Ray Anderson's Seasonal Solstice Party. Trombonist Ray Anderson brings on the holiday spirit with Tommy Campbell on drums and Mark Helias on bass. Tickets: \$35/ adults, \$30/seniors, \$25/students, \$20/children, children/5 and under free

continued on page 44

LISCA logo and text for Long Island Symphonic Choral Association Winter Concert. Includes conductor names, date (SATURDAY, DECEMBER 10, 2022 8:00 P.M.), location (Saint James Roman Catholic Church), and ticket information.

TREE SERVICE advertisement featuring a tree illustration, list of services (Tree Removal, Pruning, Topping, Chipping, Stump Grinding), and contact number 631-584-5575.

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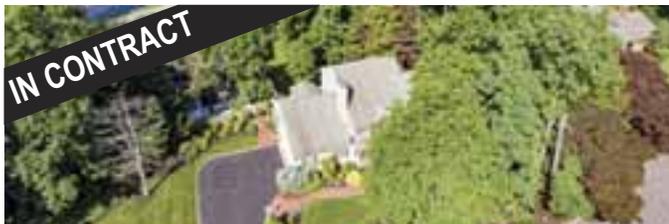
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Hauppauge SD#6. 4 BR, 2 bath, oak floors, updated arch. roof, thermopane windows, vinyl & brick siding, gas HA heat, CAC, 2 car side entry garage, BB lined blacktop driveway, brick & bluestone front walkway. Large rear deck. .47 acre. **\$689,000.**

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Close to historic SB Village, Avalon Nature Preserve, docks & beach. Water views of Stony Brook Duck Pond. LR/w gas frplc, 1/2 bath, large EIK w/SS appls & granite tops. 1st flr master suite w/full bath, 3 add'l BRs & full bath on 2nd floor, Fin. LL walkout w/full bath & wet bar, sitting room, den & office. Ideal m/d w/proper permits. BB lined blacktop driveway. 2 car att. side entry garage. oak floors, Andersen thermo windows, rear deck. 200 amp elec. Nat. Grid gas, CAC. Must see! **\$899,000.**

### ST. JAMES "LOCATION, LOCATION, LOCATION"



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

### ST. JAMES "TOTALLY RENOVATED RANCH"



Diamond meticulously updated & expanded 3 BR, 2.5 bath Ranch. New EIK w/granite tops, SS appls. Open great room concept floor plan. Full part fin. bsmt w/wet bar, CAC, new arch. roof, large fenced prof. landscaped rear yard w/firepit, paver patio, .56 level acre. Oversized BB lined blacktop driveway, 2 car garage. Smithtown SD #1. **\$750,000.**

### SMITHTOWN "AUTO BODY/AUTO REPAIR SHOP"



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# ARTS & ENTERTAINMENT

## The Jazz Loft Happenings

continued from page 42

**Saturday, December 10, 1 p.m. Interplay Jazz Orchestra Family Show.** The 17-member jazz big band co led by Joe Devassy, trombone and Gary Henderson trumpet perform their annual family holiday concert. Tickets: \$35/adults, \$30/seniors, \$25/students, \$20/children, children under 5 free

**Saturday, December 10, 7 p.m. Tom Manuel's Eggnog Romp.** Trumpeter and Jazz Loft founder, Tom Manuel performs seasonal music with his quintet. Tickets: \$35/adults, \$30/seniors, \$25/students, \$20/children, children 5 and under free

**Monday, December 12, 7 p.m. Stony Brook University Jazz Combos Concert.** Combos of graduate music students perform under the direction of trombonist Ray Ander-



son and trumpeter Tom Manuel. Tickets: \$10/adults, \$5/seniors & students, Free for SBU faculty, staff & students with ID

**December 15, 16, 17, 7 p.m. Duke Ellington's Nutcracker.** For three nights the 17-member Jazz Loft Big Band will perform Duke Ellington's jazz Nutcracker. Trumpeter Tom Manuel directs and

narrates and vocalist Danny Bacher accompanies the band. Tickets: \$35/adults, \$30/seniors, \$25/students, \$20/children, children 5 and under free

**Sunday, December 18 | 6 p.m. Jazz Nativity.** The candlelight jazz nativity featuring the Biblical Christmas story is performed by a jazz sextet. Tickets: \$35/adults, \$30/seniors, \$25/students, \$20/children, children 5 and under free

**Thursday, December 22, 7 p.m. Nicole Zuraitis Jazz Christmas Party.** Grammy nominated vocalist, pianist and composer, Nicole Zuraitis, appears backed by a big band ensemble to present holiday favorites. Tickets: \$35/adults, \$30/seniors, \$25/students, \$20/children, children 5 and under free

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**Gallery North  
Presents  
Deck the Halls**

Gallery North, located at 90 North Country Road in Setauket, is pleased to present **Deck the Halls**, its annual group exhibition of small original works for holiday giving, on view from November 17 to December 23, 2022. An opening reception will be held Thursday, November 17, from 6 p.m. to 8 p.m. As a complement to the exhibition, Gallery North will also host the **Holiday Gift Bazaar**, a series of

three, indoor, holiday gift markets, featuring some of the area's finest jewelry, textiles, pottery, and more. The Holiday Gift Bazaar will take place from 12 p.m. to 7 p.m. each Saturday in December – December 3, December 10, and December 17. The exhibition, reception, and Holiday Gift Bazaar

will be FREE and open to the public. Gallery North's hours will be extended to 7 p.m. on each Saturday in December.

Enjoy artworks by over 50 local and regional artists in a range of media, including painting, printmaking, works on paper, sculpture, glassware, and more. The exhibition offers an excellent opportunity to support local artists, and features a diverse selection of affordable, ex-

citing, original artworks for everyone on your list. In addition, Gallery North also features a large assortment of artisan-created jewelry, handmade crafts, and decorations within the Shop at Gallery North, as well as clothing and artist-made greeting cards produced in the Studio at Gallery North. Also offered is the gift of an art class or workshop to an aspiring artist, child, or adult.

Kick off your holiday shopping experience at Gallery North.

Holiday shoppers will find a diverse selection of affordable, exciting, original paintings, prints, photography, ceramics, pottery, woodwork, glassware, artisan created jewelry, handmade crafts, decorations, and clothing – perfect gifts for everyone on your list.

If you have questions or would like additional information, call 631-751-2676.

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ARTS & ENTERTAINMENT

### Programs Offered at Your Library

#### SMITHTOWN LIBRARY DOORS ARE OPEN

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

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

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

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

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

Call 631-360-2480 for additional information.

#### STAY CONNECTED

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

#### ADULT BOOK DISCUSSION GROUPS



#### Night Owl Cafe Book Discussion Group

NESCONSET  
Thursday, November 17, 7-8 p.m.  
*The Imperfects* by Amy Meyerson

#### Tea-rrific Reads Book Discussion Group

NESCONSET  
Tuesday, November 22, 2-3 p.m.  
*The Last Bookshop in London* by Madeline Martin  
Registration required.

#### Smithtown Book Discussion Group

SMITHTOWN  
Thursday, November 17, 10:45-12:45 p.m.  
*Intimacies* by Katie Katamura.

#### ADULT MOVIES AT THE LIBRARY

#### Friday Movies

SMITHTOWN  
*Mrs. Harris Goes to Paris*  
Friday, November 18, 2 p.m.  
Rated PG | Runtime: 115 min.

#### Storm Boy

Friday, November 25, 2 p.m.  
Rated: PG | Runtime: 99 min.

continued on page 50



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### Library Programs

continued from page 48

#### TRIP

**On-Your-Own Train Trip to NYC**  
Saturday, December 10, 8:30 a.m.  
Fee: \$10.50 per person.

Enjoy a day in the city with reduced-rate tickets via the LIRR and

the Library. Register for the trip one week prior to the trip and then pick up your ticket(s) at the Smithtown Building starting the week of the trip. On the day of the train trip, all patrons must meet a staff member at the Smithtown Train Station and leave on the 9:01a.m. train. Every-

one must be in the first car together and transfer at Huntington. You will arrive at Penn Station at 10:43a.m. and must return home on any train prior to midnight. Registration begins two months prior to train trip date. Those under 5 ride free, those under 18 must be accompanied by an adult. If the minimum requirement of 30 registrants is not met, The Smithtown Library reserves the right to cancel the trip.

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**SAVE THE DATE**  
the Friends of the  
Smithtown Library  
**BOOK AND BAKE SALE**  
Saturday, November 19  
10 a.m.-4 p.m.

#### ADULT In-Person Programs

##### Game Day

NESCONSET  
Mondays, 12-3 p.m.  
SMITHTOWN  
Fridays, 11 a.m.-1:30 p.m.

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



##### Game Night

SMITHTOWN  
Thursday, November 17,  
6:30 -8:30 p.m.

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

##### Art Group

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

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

continued on facing page

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ARTS & ENTERTAINMENT

continued

**Adult Writers Group**

SMITHTOWN

Tuesdays. Call for dates and times

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

**Newspapers in Genealogy Research**

NESCONSET

Saturday, November 19, 1-2 p.m.

Edana Cichanowicz from the Suffolk County Historical Society will show you how to enhance your family history using historical newspapers. Learn how to access local, national and international newspapers. The Historical Society's latest acquisition, archives of the [Suffolk County] News Review (designated publisher of legal notices for the county) and the NYS Historic Newspapers database will be highlighted.

**Cricut Crafted Tote Bags**

SMITHTOWN

Wednesday, November 30, 6:30-8 p.m.

Fee: \$10 per person

Interested in learning how to use a Cricut digital die-cutting machine? Build new skills and grow your creative confidence in this hands-on program. Learn the basic Cricut Design Space software as you create your own iron-on tote bag using the LearnLab's Cricut Maker and Cricut EasyPress. Basic computer experience required.

**Defensive Driving**

SMITHTOWN

Monday, December 12, 9:30 a.m.-4:30 p.m.

Fee: \$30 per person

Telephone, online and in person registration begins two months prior to program date. Classes are open to Smithtown Library cardholders only until one week prior to the program, when, space permitting, all individuals regardless of library district are welcome to register. Open to all adult drivers regardless

of age. Please bring your license to class. Must have a library card to register; one registration per library card. Please note: cash payment only is due to the instructor at the beginning of class.

**VETERANS TREE**

~ During the month of November, a Veterans Tree will be set up at each Building. Patrons who would like to donate items are welcome to bring them in to decorate the tree. At the end of the month, we will be continued on page 52

**Giving thanks.**

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## Library Programs

continued from page 51  
 donating these items to the Long Island State Veterans Home. Items accepted for donation include: adult-sized hats, gloves, scarves, sweatshirts, sweatpants, earphones, adult coloring books, small packages of crayons, crossword, word search books and magazines. We cannot accept: toiletries, edible items and used items. For more information contact Community Relations at 631-360-2480 x 216.



### Blood Pressure Kits Coming Soon!

Want to check your blood pressure at home and don't have a monitor? The Library is offering patrons the opportunity to borrow a blood pressure monitor for a period of 28 days. Along with the monitor, patrons will be provided with information on how to have a healthy blood pressure level, how to find heart healthy recipes and how to find follow up information on blood pressure self-monitoring. The cuffs come in three sizes and there is also a talking monitor available. Thank you to the partners at Stony Brook Medicine and the American Heart Association for their assistance with this program. For more information contact the Community Relations Department at 631-360-2480 x 216.

### TEENS Grades 6-12

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

**TEEN'S FACEBOOK PAGE**  
[https://www.facebook.com/Smith-](https://www.facebook.com/SmithtownLibraryTeens)

townLibraryTeens),  
**TEEN'S INSTAGRAM PAGE**  
<https://www.instagram.com/SmithtownLibraryTeens>  
**YOUTUBE CHANNEL**  
<https://bit.ly/SmithLibYouTube>.

### TEEN VOLUNTEER OPPORTUNITIES

#### Teen Volunteer Opportunity in a Box

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

#### Teen Craft Clean Up

NESCONSET  
 Friday, November 18,  
 4:30-5:30 p.m.  
 Help make room for fall by cleaning out and creating with extra craft supplies.

#### Dungeons and Dragons

SMITHTOWN  
 Tuesday, November 22, 6-8 p.m.  
 Join in for a round of this classic roleplaying game! Perfect for players of all skill levels, this campaign will introduce you to the game and its rules while you play. Dice and snacks will be provided.

#### Anime and Manga Club

SMITHTOWN  
 Wednesday, November 30,  
 7-8 p.m.  
 Discuss manga, watch anime and enjoy Japanese snacks. This program may not be suitable for those with food allergies.

#### Teen Take and Make Autumn Leaf Cookies

SMITHTOWN OR KINGS PARK BUILDING  
 Celebrate fall with colorful, delicious cookies. Pick up your ingredients kit at the Kings Park or Smithtown Building beginning No-

vember 16. A prerecorded instructional video will be included in your kit. Kits include everything needed to make the cookies except for butter and eggs. This program may not be suitable for those with food allergies. In person or telephone registration required. Supplies are available on a first come, first served basis.

### CHILDREN

#### IN-PERSON PROGRAMS Registration Required

#### Nursery Rhyme Time

(Birth-35 months w/adult)  
 SMITHTOWN | 10-10:30 a.m.  
 Wednesday, November 23,  
 Saturday, December 3

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

#### Baby Lapsit

SMITHTOWN  
 (Birth-12 months w/adult)  
 Saturday, November 26,  
 10-10:30 a.m.

Join us for stories, music, tickle time and fun to begin building early literacy skills.

#### Sensory Harvest Storytime

SMITHTOWN  
 (Birth-35 Months w/adult)  
 Monday, November 21,  
 10-10:45 a.m.

A program for the senses, your child will be able to touch and play with the bounties of fall harvest while listening to music and stories that celebrate thanks.

#### Wonderful Ones

SMITHTOWN (12-23 months w/adult)  
 Tuesday, November 29, 10-10:45 a.m.

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

#### Time for Twos

NESCONSET (24-35 months w/adult)  
 continued on page 54

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## Happy Thanksgiving *to You & Yours*

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# ARTS & ENTERTAINMENT

## Library Programs

continued from page 52

Monday, November 21,  
10-10:45 a.m.  
Smithtown

Thurs., December 10-10:45 a.m.

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

### Library Playdate

NESCONSET (2-4 years w/adult)  
Wednesday, November 23,  
11-11:45 a.m.

SMITHTOWN (2-4 years w/adult)  
Thursday, November 30,  
10-10:45 a.m.

Seize the play and keep the mess at our place. Join us for an informal playdate – meet other children and families while playing with toys and creating an art project.

### Friday Funday

SMITHTOWN (2-4 years w/adult)  
Friday, November 18,  
10-10:45 a.m.

Join us in our Children's Craft Room for fun-filled creative play.

### Turkey Time

SMITHTOWN  
(2-4 years w/adult)  
Tuesday, November 22,  
10-10:45 a.m.

Get into the holiday spirit with a variety of Thanksgiving-themed crafts and art projects. Dress to make a mess.

### Toddler Turkey Time

NESCONSET (2-4 years w/adult)  
Tuesday, November 22,  
10:30-11:15 a.m.

Wobble on down to the Library for some turkey fun. Shake your tail feathers as we read, make crafts and do the turkey pokey.



Nesconset (3-5 years w/adult)  
Friday, November 18,  
11-11:45 a.m.

Wild characters abound when you open a book. Treat your mind to an adventure with stories and an art project.

### Dino Stories

NESCONSET (3-5 years w/adult)  
Saturday, November 19,  
10:30-11 .am.

Stomp around to some dinosaur stories and crafts.

continued on facing page



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**ARTS & ENTERTAINMENT**

continued

**Play Dough Party**

SMITHTOWN (3-5 years w/adult)  
Tuesday, November 22, 3-3:30 p.m.

Come to the Library to play and create with everybody's favorite sculpting clay.

**Mindful Moments**

NESCONSET (3-5 years w/adult)  
Monday, November 28,  
10-10:45 a.m.

Center your little one with stories, movement activities and a calm down craft.



**Scarecrow Storytime**

SMITHTOWN (3-5 years w/adult)  
Tuesday, November 29, 3-3:45 p.m.

Celebrate all things fall with some stories and a scarecrow craft.

**Preschool Dance Party**

NESCONSET (3-5 years w/adult)  
Wednesday, November 30,  
2:30-3 p.m.

Move and groove to the beat. Put on your dancing shoes for an afternoon of music and movement fun.

**Sensory Storytime**

NESCONSET (3-5 years w/adult)  
Thursday, December 1, 3-3:45 p.m.

Enjoy a hands-on approach to learning through exploring sensory activities and participate in a story-time.

**Let's Have a Hoot**

SMITHTOWN (5-7 years)  
Thursday, December 1,  
2:30-3:15 p.m.

Turn your head, flap your wings and sing with a hoot in this story-time and craft all about owls.

**Candy Construction**

SMITHTOWN (5-7 years)  
Friday, December 2, 3-3:45 p.m.

Can you build a house just from candy? Join us to listen to the story of Hansel and Gretel, then create your own witch's house.

**Cute as a Button**

NESCONSET (5-7 years)  
Friday, December 2, 4:30-5:15 p.m.

Buttons aren't just for clothes. Listen to adorable stories and make special crafts using a variety of colorful button supplies.

continued on page 82

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SHORT STORY

by June Capossela Kempf

Just as I was putting the finishing touches on this month's essay: 'Invasion of the Veggie Snatcher,' something happened that caused me to reevaluate this topic and repurpose the whole thing.

You may recall an old story of mine, about some of the weird events that took place in a secret communal garden, that occupies a remote corner of this historic condo complex. There were some suspect plantings growing there, followed by a streak of vandalism; but things quieted down after the spots were cleaned up. No hallucinogenic plants were ever found. The raids ceased, until this past summer when gardeners found their veggies smashed, tomato cages dislodged, and a dead rabbit lying in the lettuce – very ominous signs. The gardeners were up in arms. An emergency meeting was called. Sophie, one of the victim growers, shouted in a panicky voice:

"It looks like a monster invaded the place."

"That's right, Gus our resident antagonist heckled." The abominable veggie snatcher hopped over a 12-foot fence to stomp on your puny crop – He probably did us a big favor by ridding the place of your jungle."

Sophie leveled a nasty glare at him, but stuck to her guns:

"You can laugh all you want, but I don't feel safe in the garden anymore."

I am sure she was thinking that the intruder was human and probably placed Gus at the top of her person of interest list. Anyway, by unanimous vote, the club decided to reinforce the fencing, change the padlock code on the gate and install cameras to catch the vandals in the act. The surveillance finally paid off and the photos showed that the perp was indeed a monster – one of near Jurassic proportions.

A 60-pound snapping turtle, measuring almost two feet across his shoulders, had wormed his way under the fence and launched a

# Chaos

## at the Garden



feeding frenzy that created a tornadoic trail of destruction through a defenseless garden. Soupy, as he was dubbed, didn't stop until he got himself all tangled up in one of Sophie's tomato cages. But with the help of our volunteer garden crew, he was soon safely removed from the area and placed by a nearby pond, where it is hoped he would remain.

My story WAS heading for a cute conclusion. Just about here, I was going to insert a description of the whole process of weaving a strong pole through the wires of the cage to rescue the animal, when something happened that threw my story off course and caused me to shift towards a more significant dynamic.

Fearful that Soupy would return to his bountiful feeding ground, I chose a hot sunny day to weed my garden, at a time I knew fellow gardeners would be close by. Foolishly, I forgot that two of my prescriptions had instructions to stay out of the sun.

Furiously, I pulled and raked, digging in the dirt like a rabid ground hog. I worked until I heard someone say, "You better take a break;" advice that I promptly heeded, by passing out cold.

The next thing I knew, I had managed to plant myself in a pile of woodchips, staring wide eyed up at a skyful of white puffy clouds. For a moment, I thought I was entering

the pearly gates. Three fellow gardeners were standing around me trying to shield me from the sun.

I recognized Bob who was on his cell phone calling for an ambulance and heard Lucy reassuring me that I surely wasn't heading for a heavenly destination. Hmmm.

Next thing I recall, was being lifted into the business end of an ambulance, (wood chips and all), by a consoling and skilled emergency crew who brought me face to face with EMS coordinator, Greg Companion. Greg now became my lifeline, expertly taking all my vitals on the way to the ER and getting my dehydrated system fluid again. With the voice of an angel, he coaxed me out of a near panic attack and had me feeling a lot better by the time we got to the hospital. That was the Aha moment when I realized that this story must become more than just a tale about a hapless turtle trapped in a cage.

All the time I was in the ambulance, I kept marveling at how completely dedicated and devoted to helping others these heroes are. How do they do it? I know most of them hold regular jobs, yet they still find the time and energy to serve our community in the best possible way. They could be out on the golf course, sailing a boat on the Sound or even tending their own gardens. Yet here they are, ready to roll at moment's notice to answer the call of the weak and injured. How lucky can a community like St. James be?

Remember that, when you receive the next request to donate to our St. James Fire Department, and while you're at it, consider the pleas for more volunteers to carry on this great tradition of strength and valor.

Now, that's the way the story grows.

**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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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.

**Fall Prevention Tips**

According to the CDC one out of three adults aged 65 and older falls each year. Among older adults, falls are the leading cause of injury and the risk of falling increases with each decade of life. The most common complication from falls are fractures but traumatic brain injuries can easily occur from a head trauma. Complications from falls can significantly impact the health and independence of an older adult and recognizing the risks can help prevent serious injuries from a fall.

Studies have shown that balance, flexibility and strength training can improve stability, mobility and one's confidence, therefore reducing the risk of falling, but also consider these strategies to help fall-proof your lifestyle:

- Exercise regularly to improve strength and balance. Avoiding physical activity because you are afraid of falling will make a

fall more likely.

- Have your vision checked at least once a year
- Talk to your doctor or pharmacist about possible side effects of all your medicines
- Limit your alcohol intake, especially if on medication
- Be cautious when transitioning from sitting or lying down
- Keep stairs and hallways brightly lit. Consider motion lights for certain pathways
- Clear clutter from stairs and walkways and arrange furniture to provide ample walking space
- Remove any small rugs and have carpets firmly tacked down
- Store any needed items at a level easy to get. Do not

overreach and avoid using a step stool

- Use handrails and consider grab bars in the bathroom and showers
- Wear comfortable, supportive, flat shoes with non-skid soles. Do not walk with slippery socks or loose fitting slippers
- Take your time, do not rush and ask for help when needed

The adage "an ounce of prevention is worth a pound of cure" rings true here as most falls are preventable with a little bit of preparation. Some solutions may easily be implemented and are relatively inexpensive while others may require professional help but remember a proactive strategy in fall prevention is a definite investment in your future independence.

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



**Smithtown High School East students conducting STEM research.** *Photos courtesy of Smithtown CSD*

## A Day in the Life On the Nissequogue River

THINK Discovery Science Research students from Smithtown High School East, recently returned to conduct citizen science along the Nissequogue River. Part of a multi-school collaboration with Brookhaven National Laboratory, the Central Pine Barren Commission, and the NYS DEC, this annual STEM activity takes a longitudinal look at the health of our local

estuary.

East students were divided into 4 groups and worked in teams to collect data. One group used a seine net to catch and release fish, crabs, and any organisms present in the water. Another group recorded physical measurements such as tidal movement, wind speed, and air and water temperatures. A site description was done by students

who recorded GPS location values and collected a core sample of sand to be later analyzed at BNL for microplastics. Finally, a group of students conducted a chemical analysis for salinity, cloudiness, and contaminants such as nitrates and phosphates.

Dylen Shen, a junior in the program, said "It was an interesting and unique experience that changed my view of the natural world; it has sparked my interest in ecology and the role we play in the natural world around us."

According to Dr. Stephanie O'Brien, Smithtown's science director, "Student learning in real life scenarios, about the geographic area they live in, doesn't get more authentic than this."





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IN THE SCHOOLS

**BACK TO BACK COUNTY CHAMPS...**



For the second straight year the Smithtown varsity gymnastics team can call itself Suffolk County champions. The girls pulled off a second consecutive undefeated season by winning the Suffolk team championship at Whitman High School on Tuesday, November 2, 2022. The accomplishment is even more impressive when you consider the team graduated nine seniors last year and has a new head coach, Jessica Berroyer.

*Photo courtesy of Smithtown CSD.*

**FRUIT AND FUN AT ST. JAMES ELEMENTARY...**



Kindergarten students at St. James Elementary School have been reading and investigating all about a fall fruit... it's crunchy, juicy and delicious. You guessed it, it's an apple. Friday, October 14 was Apple Day at SJE. The Kindergarteners explored the insides of apples, measured and weighed apples (some on their heads) and created apple crafts to celebrate their learning.

*Photos courtesy of Smithtown CSD.*

# Are You Getting Everything You're Entitled To With Medicare?



Did you know that Medicare has additional programs to help you pay for your health care and prescription drug costs? **You may be entitled to additional savings and greater health care benefits.** Wouldn't you like to:

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

**POWDERPUFF EVENT RAISES MONEY FOR CANCER RESEARCH...**



High School East Leadership raised \$750 for the Carol Baldwin Breast Cancer Research Fund on Thursday, November 4, 2022 while having fun sponsoring a series of powderpuff football games. Teams were divided by class – seniors, juniors and sophomores and competed in 6-on-6 football while classmates served as coaches and officials. The teams paid an entry fee which served as a donation to support breast cancer research. High School East Leadership advisor Morgan Tavis said this is an annual event full of school spirit.

*Photo courtesy of Smithtown CSD.*

P E T S F O R A D O P T I O N

**Smithtown Pets of the Month**



**Chester and Rocky**

Meet the Smithtown Animal Shelter's Pets of the Month, Chester and Rocky.

Rocky and Chester are a pair of friends who have lived together for over six years. Rocky is a six year-old Male Orange Tabby Domestic Short Hair, while Chester is an eight year-old Male Tuxedo Domestic Medium Hair. The two ended up without a home after a divorce, but have continued their very close bond in the Animal Shelter. They have so far been a bit shy because of the new environment, but when

they're shown a little love they start to open up. Rocky seems to be the more outgoing of the two, while Chester will follow him to see how he responds to people. We would love for them to be adopted together, but they can be separated for the right owners.

Currently, there are a variety of male and female cats & 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.

**Foster Opportunity:**

If you have no other pets or young children at home, and are looking for a way to serve your community, 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 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 us. 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.

Hours at the Smithtown Animal Shelter are currently Monday - Saturday 10 a.m.-3 p.m. (Sundays and Wednesday evenings: by appointment only).

To inquire about the Pet of the Month or to meet your potential soulmate, call the Smithtown Animal Shelter at 631-360-7575.

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## FINANCIAL FOCUS

### Here's Your "Recession Survival" Checklist

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

It's unfortunate, but recessions are a fairly normal part of the economic landscape. When a recession occurs, how might you be affected? The answer depends on your individual situation, but regardless of your circumstances, you might want to consider the items in this recession survival checklist:

**Assess your income stability.**

If your employment remains steady, you may not have to do anything different during a recession. But if you think your income could be threatened or disrupted, you might want to consider joining the "gig economy" or looking for freelance or consulting opportunities.

**Review your spending.**

Look for ways to trim your spend-



ing, such as canceling subscription services you don't use, eating out less often, and so on.

**Pay down your debts.**

Try to reduce your debts, especially those with high interest rates.

**Plan your emergency fund.**

If you haven't already built one, try to create an emergency fund containing three to six months' worth of living expenses, with the money

kept in a liquid account.

**Review your protection plan.**

If your health or life insurance is tied to your work, a change in your employment status could jeopardize this coverage. Review all your options for replacing these types of protection. Also, look for ways to lower premiums on home or auto insurance, without signifi-

cantly sacrificing coverage, to free up money that could be used for health/life insurance.

**Keep your long-term goals in mind.**

Even if you adjust your portfolio during times of volatility, don't lose sight of your long-term goals. Trying to "outsmart" the market with short-term strategies can often lead to missteps and missed opportunities.

continued on facing page

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## FINANCIAL FOCUS

continued

### **Don't stop investing.**

If you can afford it, try to continue investing. Coming out of a recession, stock prices tend to bottom out and then rebound, so if you had headed to the investment "sidelines," you would have missed the opportunity to benefit from a market rally.

### **Revisit your performance expectations.**

During a bear market, you will constantly be reminded of the decline of a particular market index, such as the S&P 500 or the Dow Jones Industrial Average. But instead of focusing on these short-term numbers, look instead at the long-term performance of your portfolio to determine if you're still on track toward meeting your goals.

### **Assess your risk tolerance.**

If you find yourself worrying excessively about declines in your investment statements, you may want to reevaluate your tolerance for risk. One's risk tolerance can change over time – and it's important you feel comfortable with the amount of risk you take when investing.

### **Keep diversifying.**

Diversification is always important for investors – by having a mix of stocks, mutual funds and bonds, you can reduce the impact of market volatility on your portfolio. To cite one example: Higher-quality bonds, such as Treasuries, often move in the opposite direction of stocks, so the presence of these bonds in your portfolio, if appropriate for your goals, can be valuable when market conditions are worsening. (Keep in mind, though, that diversification cannot guarantee

profits or protect against all losses in a declining market.)

A recession accompanied by a bear market is not pleasant. But by taking the appropriate steps, you can boost your chances of getting through a difficult period and staying on track toward your important financial goals.

### **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 us for a complimentary review.



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DESIGN IDEAS

### A Thanksgiving State of Mind

*T'was the morn of Thanksgiving and all was in place  
 The table was set, everyone had his space  
 The kitchen was buzzing and all at the ready  
 The soup and the stuffing, the kid's favorite spaghetti!  
 Mom and Dad calmly smile as they share kitchen duty  
 Great salads and pies, and the turkey's a beauty  
 The beds are all made, the bathrooms just shine  
 For sleepover company coming at nine  
 Everything's perfect and we're humming along  
 We're all ready, we're happy, we burst into song!*

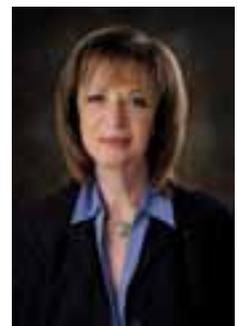
OR

*T'was the morn of Thanksgiving and oh worry's me  
 The table's not set for the whole family  
 I've yet to go shopping for last minute stuff  
 Doing all this alone is always so tough  
 The house needs a cleanup, the kids are still sleeping  
 Do you think anyone will help if they all hear me weeping?  
 Next year will be different, I'm making a vow  
 I'll organize my life and my home starting right now  
 It's still not too late to make Thanksgiving a winner  
 I'll call Villa Sorrento and we'll meet there for dinner!*

So which state of mind are you this Thanksgiving? Chances are you're somewhere in between, but the beat goes on and this is just the beginning of the biggest season for entertaining. Is it too late to get it together for Chanukkah, Christmas, and New Year's? Have we learned anything from our Thanksgiving state of mind? One thing's for sure – none of us want or need the stress that goes along with being unprepared and

out of time. Where's the fun and joy of being together with family, sitting down to a good meal, conversation, and truly being thankful for all we have? That is what Thanksgiving is all about, isn't it? I hope each of you finds the joy of Thanksgiving in your home and in your heart.

– NATALIE WEINSTEIN,  
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HEALTH NOTES

## Spinal Mobility, What Is It and Why Do You Need It?

by *Giovanna Curti, NCPT*

A healthy spine enables us to live life to the fullest and to move through it with grace and poise. It creates confidence in performing everyday chores such as lifting groceries, carrying laundry, hitting a golf ball with ease or maneuvering hiking trails. Whatever your age or lifestyle, a healthy range of motion in your spine is key.

The spine is a complex organization of 24 vertebral bones starting at the base of the skull and culminating at the sacrum. Between each bone segment sits a cushioning disc which provides shock absorption and prevents the bones of the spine from rubbing against each other. The vertebrae have openings through which the spinal column from the brainstem travels down to innervate all the systems of the body. The vertebrae are attached to each other by a system of muscles and ligaments which provide both mobility and stability. The healthy spine, because of its structure, allows us to rotate, side bend, fold forward, stretch up



and move everywhere in between.

Joseph Pilates, the creator of the Pilates Method, said "You are only as young as your spine is flexible." Pilates exercises focus on strengthening the core, enabling us to stabilize the spine. Once stable, we can mobilize the spine through articulation. Spinal articulation refers to the movement of each vertebra moving in sequence in relation to the adjacent vertebra and is most accessible and safe in an exercise called the Bridge. Bridging is a great example of spinal mobility and stability.

Bridging is performed lying su-

pine on a mat, with the knees bent and heels brought as close to the torso as is comfortable for the knee joints. The arms are lengthened down alongside the torso and the chin is gently lowered to lengthen softly through the neck or cervical spine. The pelvis begins in what is known as the neutral position where it is parallel to the floor and not tilted in any direction. Breathing in

through the nose to prepare for movement, press down through the feet and from the back of the legs and bottom, and start to lift the pelvis slowly off the mat. Think of the spine as a string of beads starting at the tailbone and extending to the top of the head. As you continue to lift the pelvis, you will reach the lower back or lumbar spine. This is where you can really focus on lifting one vertebra at a time, like a bead on a string. Proceed to the next bead and so on, until you get to the base of your shoulder blades. This is done with control and precision, ideally using one slow exhalation. When you get to the top, notice that your abdominal wall is pressing down as your pelvis is lifting up, creating strong support for the spine. This is where you take your inhale to prepare for your exhale down, bead by bead or vertebra by vertebra. Repeat the sequence 5-10 times thinking of creating space between each bead in order to create the length of the spine. Make sure to take notice of the strength in your legs, gluteal muscles, and abdominal and back muscles.

It is important to note that there are some populations in which spinal segmentation in flexion is contraindicated, so bridging can be modified, performed without articulation and with a straight, strong spine or with a smaller range of motion.

continued on page 82

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HEALTH NOTES

# STRESS? Check Your Hearing... Hearing Help Might Be the Answer

by William Kent

The intensive listening effort demanded by untreated hearing loss can be very stressful. Experts believe that even if you have a mild hearing loss that is not being treated, cognitive load increases significantly. Research also shows that unaddressed hearing loss is frequently associated with other physical, mental and emotional health issues that diminish everyday quality of life functions.



Withdrawal from social situations, a lessened ability to cope, and reduced overall psychological health are a few of the conditions associated with unaddressed hearing loss. Often people with untreated hearing loss feel angry, frustrated, anxious, isolated and depressed.

A 2014 study showed that hearing loss is associated with an increase risk of depression in adults in all age groups, but most pronounced in 18 to 69 year olds. Another study conducted in Italy, looked at working adults 35 to 55 years of age, with untreated mild to moderate age related hearing loss and found that they were more prone to depression, anxiety and interpersonal sensitivity than those with no hearing issues.

Here's the good news. For the vast majority of people with hearing loss, intervention can help. Research shows that people with loss

of hearing, who are fit with hearing instruments, see improvements in their ability to communicate in most situations. In addition, with those same people, mental health often rallies and depressive symptoms are often reduced. Many regain emotional stability, have an easier time in joining in groups, and become more socially engaged. They experience a greater sense of safety and independence and feel more in control of their lives and see a general improvement in their overall quality of life. Many even report improvements in their relationships at home and/or at work.

Simply put, the majority of hearing instrument users say they are satisfied with changes that have occurred in their lives due to hearing instrument usage. Many say they feel better about themselves, and life overall as a result.

Getting a hearing test is the first step in your quest for help. In most

cases health insurance covers all or most of the costs for such testing.

If hearing instruments are recommended by your hearing healthcare provider, you should be given, in most situations, options that make it easier to make that decision. Areas such as cosmetic, ease of use, and financial are concerns that a dedicated provider will help you with in making a correct decision.

Wearing hearing instruments today, compared to years ago, is not the same; results are dramatically different and ease of use is the focal point of today's digital technology. With most instruments being totally automatic, and some being totally invisible, it makes hearing instrument usage much more appealing and satisfying.

Treat yourself. GET A HEARING TEST. Most health insurers provide for an annual hearing test with little or no out of pocket expense. Start listening to and enjoying life again. Call to schedule that test before you forget. It's worth 30 minutes of your time, isn't it?

**Editor's Note:**

William Kent is the Director of Long Island Hearing an audiology and hearing instrument dispensing practice established in 1985. They have offices in Nassau and Suffolk County and can be reached at 1-800-698-5200 for additional information. Consultations are complimentary. See them on the web at [www.lihearing.com](http://www.lihearing.com).

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## HEALTH NOTES

### Ask Ron



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

Dear Ron,

One of my closest friends is getting married and I was asked to be a bridesmaid. I said yes over a year ago and the wedding is in December. In this time, I have met a wonderful man and we've been together for about four months. With money being so tight lately, she told me that she was unable to invite him when the invitations went out last month. While I understand the situation, I am feeling a bit awkward being there myself. I know most of the

bridal party and no one else is going alone. Should I ask the bride to reconsider or just go and power through?  
*The Lone Bridesmaid*

Dear Bridesmaid,

Let's start with this point of view – have you asked your boyfriend if he feels comfortable going to an event with your friends when he is still new in your relationship? Remember that you will be busy with bridal party activities and he may find himself alone and that may be of concern to him. But if he is OK with going, then I think you could definitely have a very simple conversation with your bride friend sometime in these next few weeks. There's a few things to keep in mind. First is that as the RSVP's come in, there may be room due to people declining. Next is that it shows that your relationship with your boyfriend is on a more serious level than perhaps she is aware. And the last reason to bring it up is so that you can decide how to handle yourself if the answer is still no. You said that you know the bridal party so you have people which you can be with. And, again, you will be busy with the bride. And perhaps the most important item to consider going by yourself if there is no other choice: the celebration is about your friend. Keep your thoughts focused there and the time will fly right through any of those awkward moments.

**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](http://www.FamilyAndPersonalCounseling.com) and [www.RonVillano.com](http://www.RonVillano.com) to listen to his featured interviews.

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HEALTH NOTES



by Terri Pace

The Oxford Dictionary defines the word VITAL as "absolutely necessary or important; essential; full of energy; lively".

Does this describe how you feel every day? Does it describe how you would like to feel every day? Who doesn't want to feel this way?

Imagine having the energy you had when you were a child. Think of all the things you can accomplish with that kind of energy.

What's the Secret to Vitality?

Our health is dynamic. We move towards it...or away from it...one cell at a time!

As the basic structure of all living things, cells perform three primary functions: They make copies of themselves, they perform a specialized function, and they self-destruct when they are not performing their first two functions correctly.

Inside the human body, cells make up tissues; tissues make up organs; and organs make up the systems of the body.

Key concept: How well these systems function depends on the health of the cell itself.

Our outward experience of vitality (how we feel every day) is merely an expression of our internal experience on a cellular level. If your outward experience is one that lacks energy and vitality, it is likely that your cells are lacking in something that is "absolutely necessary

EMPOWERED LIVING
The Secret to Vitality...

or important" to provide that energy.

The role of your metabolism is to provide that energy. "Metabolism is how we use energy from the nature around us, and the nature within us, into a form that is usable for the constant regenerative effort towards health." ~Dr. Zach Bush, Healing Secrets: The Wisdom of Your Microbiome

Think about that...energy in a form usable for the CONSTANT regenerative effort towards health. Your body's need to convert what you eat into energy in a form usable by the body is epic. Each of the roughly 30 trillion cells in the human body needs its own source of energy to function properly.

What does your body need to have this cellular vitality and meet the energy needs of the body?

Nourish your cells with the right amount of VITAL nutrients!

We are a cell factory. We create cells using the nutrients provided. These vital nutrients must be delivered to the cell factory daily to make the cells needed to sustain life. Specific micro-nutrients (vitamins, minerals, enzymes) and macro-nutrients (proteins, fats, carbohydrates) must be delivered to support the ability for cells to specialize and perform their different functions.

Supplement your diet with just the right amount, in a form the body can use, and which is properly balanced.

And remember, loss of cellular function follows the deficiency. For example, vitamin D helps the body absorb calcium and promotes bone

growth; too little vitamin D results in soft bones (in children) and fragile, misshapen bones (in adults).

Protect your cells from the two evil twins of aging: Inflammation and Oxidative Stress!

"Inflammation is the body's attempt to heal and fight invasion. But when there is too much damage or relentless toxic exposure, inflammation goes out of control." (Inflammation and Oxidation - Disease Double Whammy, Dr. Bruce Eichelberger, May 11, 2011 Article

Source:http://EzineArticles.com/6259987) This protective process may stimulate nerves and cause pain. Red meat, refined carbohydrates and foods high in polyunsaturated vegetable oils have a pro-inflammatory effect on the body. Stress can also contribute to chronic uncontrolled inflammation.

Oxidation helps create energy in the body and is a normal chemical reaction that occurs within the cells. Dr. Eichelberger continues: "At the same time, if it gets out of balance, oxidation causes damage. This happens when free radicals form. As they circulate, they create oxidative stress. In this negative state, many toxic effects happen."

"Antioxidants are molecules present in cells that prevent these reactions by donating an electron to the free radicals without becoming destabilized themselves. An imbalance between oxidants and antioxidants is the underlying basis of oxidative stress." ~Dr. Ananya Mandal, MD, News Medical Life Sciences & Medicine Oxidation and inflammation go hand in hand;

continued on facing page



Shop

Saint James

for the



Holidays



HEALTH NOTES

continued  
both create free radicals which  
damage your cells.

**The secret of your success is found  
in your daily routine.**

Infuse your body with anti-inflammatory, antioxidant influences through a fresh, unprocessed, natural diet and healthy lifestyle choices! Want to uplevel their impact? Simply combine these with essential oils to support the proper function of the body:

- Support cellular integrity with a combination of Frankincense, Wild Orange, Lemongrass, Thyme, Summer savory, Clove and Niaouli as part of your smart supplementation routine.\*
- Infuse your body with the right balance of micro- and macro-nutrients, enhanced by essential oils to support optimal absorption and

efficacy.\*

- Clove, Ginger and Oregano essential oils deliver antioxidant protection.\*
- Take one or two drops of Frankincense in a veggie capsule to support health cellular function.\*
- Take one to two drops of Black Pepper essential oil for antioxidant support.\*
- Add Lime or Tangerine essential oil to your drinking water for enhanced flavor and antioxidant support.\*
- Create a stress-relieving experience with grounding essential oils like Vetiver or Cedarwood!\* You can simply breathe them in, add them to a diffuser, or apply topically to the back of the neck!  
You are invited for a relaxing evening on December 2 at 7pm in

St. James where I will demonstrate the AromaTouch® Technique! All are welcome – reserve your spot today:<https://snsatt2022.eventbrite.com>

Essential oils are safe, effective and very affordable. However, not all essential oils are created equal! Be an educated consumer and use only certified pure, tested grade essential oils for your family!

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

**Editor's Note:**

*Terri Pace, a longtime resident of St. James, 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. For more information on other events and workshops available visit: <http://simplynaturalseminars.eventbrite.com/>*

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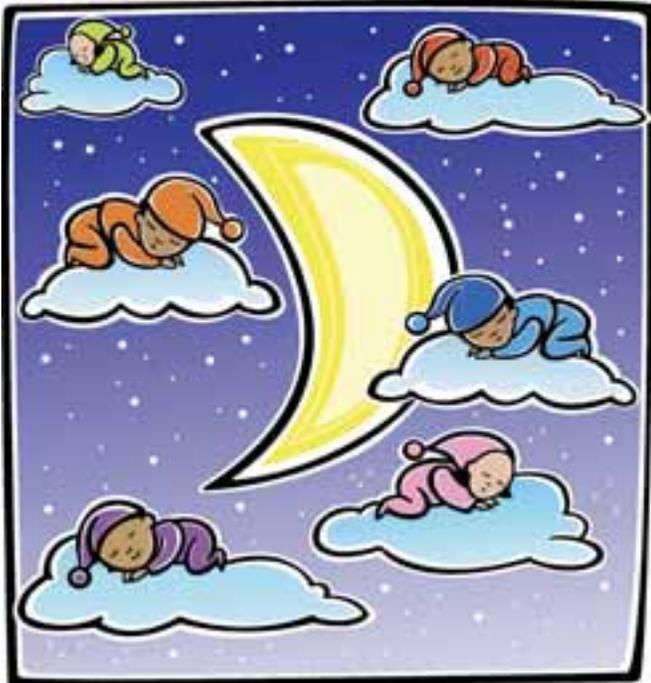
P O E T ' S C O R N E R

### A Favorite Bird

by John Taratunio  
1928 - 2018

Once I had a pet turkey  
Who walked around kinda jerky  
She weighed 20 pounds  
And made funny sounds  
When near an oven she really got perky.  
In November this bird is a Blessing  
On a table loaded with dressing  
In the middle of carving  
When everyone is starving

The procedure is anything but depressin  
With a wing, a leg, or a thigh  
Topped with a piece of pumpkin pie  
Is a typical way, to spend  
Thanksgiving Day  
AND always keeps the family  
Close by.....



### Joseph's Lullaby

by Jean B. Gonzalez

*Sleep for me tonight in your cradle made of wood  
May all you dream be good and morning come  
To wake you in a while, sweet child.*

*Sleep for me tonight, go play among the stars,  
Travel where they are and take my loving heart  
Along so if you have a tear – I'm near.*

*Dream of me this night, of how I love you so,  
Wherever you may go in the twilight of your sleep;  
Return to me to take my fondest kiss.*

*And I will sleep as well, in knowing all the joy  
That you, a little boy has gifted me  
To carry through eternity.*

*Sleep for me tonight – all is right.*



## Be Merry!

# SHOP LOCALLY!

HALLOWEEN 2022



## Halloween Parade and Festival

The Community Association of Greater St. James hosted a halloween event at Celebrate Park in St. James on October 30, 2022. Pictured are attendees enjoying the festivities.

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



**Dr. Thomas and Christine Vigliante with daughter, Grace Marie, and new arrival, May Loretta.**



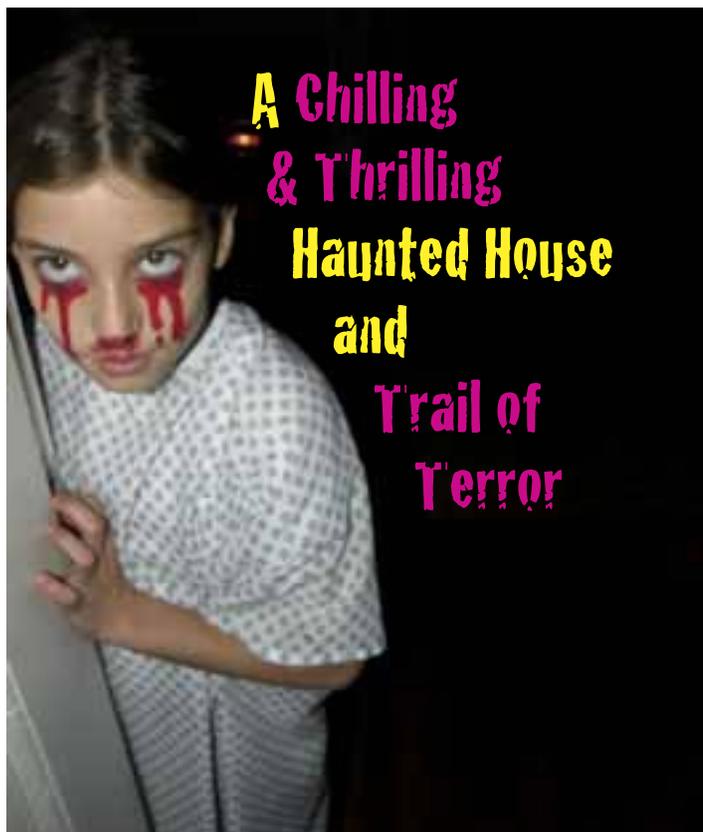
**New arrival May Loretta Vigliante.**

## New Arrival

Dr. Thomas and Christine Vigliante of St. James are happy to announce the birth of their precious daughter, May Loretta Vigliante. May made her debut on September 15, 2022 at 2:32 a.m., weighing 7 lbs, 1 oz and measuring 20 inches long. May's big sister Grace is so excited to have a brand new little sister. Happy grandparents Grace and Thomas Sapienza and Loretta and Henry Vigliante are thrilled, as well as May's 16 cousins.



H A L L O W E E N 2 0 2 2



**A Chilling  
& Thrilling  
Haunted House  
and  
Trail of  
Terror**



Deepwells Farm in St. James was completely transformed into a very scary Haunted Mansion in celebration of Halloween this past October. This Deepwells Farm Historical Society event, co-chaired by board members Denise Davis, Denise Wladyka and Karen Riccardi, was the best ever when Deepwells Mansion became "Deepwells Sanitarium" home for the criminally insane with a wooded Trail or Terror.

Thanks to the volunteers from the St. James Chamber of Commerce, students from local schools and community members, who worked so hard decorating every room, the results were just amazing. Each year it gets better and better and this year it was super "awesome."

The house was open for viewing six nights on Friday and Saturday evenings in October. With a myriad of ghosts, ghouls and goblins (some real) and haunting music, there was a lot of screaming going on. Thanks to all the big and little scarers, who did an amazing job, this spook-tacular event was the best yet.

continued on following page



HALLOWEEN 2022



continued

While waiting to go into the mansion visitors were able to watch a scary movie and listen to the Ghost Hunter as he spoke about the resident ghosts that live in the Deepwells mansion.

Special thanks to all the visitors who can now say they survived the 2022 Deepwells Haunted "Sanitarium" and "Trail of Terror." Proceeds from ticket and t-shirt/ sweatshirt sales will go to the preservation of the house so the community can enjoy it for many more years to come.

If you didn't get an opportunity to purchase a souvenir t-shirt or a comfy warm hoodie and matching pants, contact Denise at 631-873-6112... they make great gifts as well.

HALLOWEEN 2022



*photos by  
William J. Garthe*



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

## Library Programs

continued from page 55

### LEGO® League

SMITHTOWN (5-10 years)  
Saturday, November 19,  
3-3:45 p.m.

Friday, December 2, 7, 7-7:45 p.m.

Calling all master builders. Bring your imaginations to this block party and construct your own creations using our collection of LEGO® bricks.

### Make It Monday

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

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

### Laser Engraved Thanksgiving Keepsake

SMITHTOWN (6-10 years)  
Thursday, November 17, 5-5:45 p.m.

What are you thankful for? Come on down to the LearnLab and create your own Thanksgiving keepsake with the Glowforge® laser; includes live demonstration.

### Sweater Weather

NESCONSET (6-12 years)  
Saturday, November 19, 11:30-12 p.m.

Cozy up for some autumn-

themed stories along with a craft that embraces all the colors of fall.

### We Are Water Protectors

NESCONSET (6-12 years)  
Tuesday, November 22, 6-6:45 p.m.

Discover the heroism of a young Anishinaabe girl when we read the Caldecott Medal winning *We Are Water Protectors* by Carole Lindstrom. Design your own reusable tote to help keep our waterways safe for all creatures.

### Puzzle Showdown

SMITHTOWN (8-12 years)  
Friday, December 2, 11-11:45 a.m.

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

### Creation Station

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

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

### Create and Celebrate Native American Heritage Month

SMITHTOWN (Families)  
Friday, November 18, 3-7 p.m.

November is Native American Heritage Month. Stop by the Chil-

drens Craft Room during these hours to celebrate with crafts and activities while you learn all about some influential people. No registration required.

### Family Movie Night

SMITHTOWN (Families)  
Friday, November 25, 6-8 p.m.

#### **Paw Patrol: The Movie**

Rated G; runtime 88 minutes.

Enjoy a movie with your family while you share time together. Watch this family oriented feature film on the big screen.

## Spinal Mobility

continued from page 68

Through the use of specialized equipment and specific exercises, a well-trained Pilates instructor can help keep your spine strong and mobile, enabling one to continue performing daily tasks or athletic endeavors to full potential.

#### **Editor's Note:**

*St. James resident Giovanna Curti is a Nationally Certified Pilates Instructor, Balanced Body Master Instructor and Level 3 Reiki Practitioner. Originally trained in the Authentic Pilates™ method, she has been teaching since 2003 and believes in the power of Pilates to strengthen oneself both inside and out. Throughout the years, her clientele has ranged from athletes and weekend warriors to those recovering from injury and joint replacements. Using Pilates and Pilates-based exercises to optimize functional movement and alignment, her goal is to build strength, flexibility and confidence.*

# Sip

# Dine

# Shop



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**PRAYER TO THE BLESSED VIRGIN**  
 (NEVER KNOWN TO FAIL)  
 Oh, most beautiful flower of Mt. Carmel, fruitful vine, splendor of heaven, blessed mother of the Son of God, immaculate virgin, assist me in my necessity. Oh star of the sea, help me and show me herein, you are my mother. Oh Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none who can withstand your power. Oh show me herein you are my mother. Oh Mary conceived without sin pray for us who have recourse to thee. (3 times). Oh Holy Mary I place this cause in your hands. (3 times). Holy Spirit, you who solve all problems, light all roads so that I can obtain my goals. You gave me the divine gift to forgive and forget all evil against me, and that in all instances of my life, you are with me. I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days, the request will be granted. This prayer must be published after the favor has been granted. R.K.

11/22

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

**VOLUNTEERS NEEDED –** The Society for Lending Comforts to the Sick, located at 71 Blydenburg Ave. in Smithtown, is in need of volunteers for their Thrift Shop. The shop is open on Tuesdays and Fridays from 10 a.m. until 2 p.m. The Lending Room for medical equipment is open every Monday, Wednesday and Thursday from 4-7 p.m. and Saturday morning from 9 a.m.-12 noon. For more information call 631-265-1674.

**WANTED: Volunteers –** Join the Smithtown Historical Society's Volunteer Corps. Looking for committed, long-term volunteers to join in preserving our shared local history. INTERESTED??? They need help in buildings and grounds keeping, beautification/decorating; children's programming; special events... and much more. For more information call 631-265-6768 or visit [info@smithtownhistorical.org](mailto:info@smithtownhistorical.org).

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

For advertising information please call 631-862-9849

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LOOKING FOR HELP? Place a classified ad in Our Town and reach over 6,600 families and businesses for only \$5 for the first 20 words and .10¢ for each additional word. Call 631-862-9849 for information or mail a check to: Our Town, 359 Lake Avenue, St. James, NY 11780.

**OUR TOWN**

Deadline & Publication Dates

= Copy & Ad Deadline

= Publication Date

In the **DECEMBER** edition advertise for:

- Christmas
- Hanukkah
- New Year's Eve

| DECEMBER |    |    |                          |                          |                          |                          |
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Tuesday, December 13, 2022

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