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OCTOBER
2020
Volume 33
Number 12

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





GAME DAY

70-80

1ST DOWN

• FEEDS 4 TO 6 •

90

- 50 WINGS any flavor
- CHILI & CHIPS
- CHEESE QUESADILLAS

2ND DOWN

• FEEDS 8 TO 10 •

120

- 75 WINGS any flavor
- CHILI & CHIPS
- CHEESE QUESADILLAS
- CHICKEN QUESADILLAS
BBQ, buffalo or bacon ranch

3RD DOWN

• FEEDS 14 TO 16 •

180

- 75 WINGS any flavor
- CHILI & CHIPS
- CHEESE QUESADILLAS
- CHICKEN QUESADILLAS
BBQ, buffalo or bacon ranch
- DEL FUEGO RIBS

EXTRA POINT

add to any package

GUACAMOLE & CHIPS

PINT - QUART

9 25

EXTRA POINT

add to any package

DEL FUEGO

SALSA & CHIPS

PINT - QUART

5 17

4TH DOWN

• FEEDS 20 TO 22 •

250

- 100 WINGS any flavor
- CHILI & CHIPS
- BACON JALAPEÑO
MAC & CHEESE
- CHICKEN QUESADILLAS
BBQ, buffalo or bacon ranch
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- BUILD YOUR OWN (24) TACOS

TOUCHDOWN

• FEEDS 30 TO 35 •

400

- 150 WINGS any flavor
- BBQ PULLED PORK WONTONS
- CHEESE QUESADILLAS
- CHICKEN QUESADILLAS
BBQ, buffalo or bacon ranch
- DEL FUEGO RIBS
- BUILD YOUR OWN (63) TACOS
- LONE STAR FRIES
- FUEGO SALAD

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OUR TOWN

– ST. JAMES –

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PLEASE NOTE:

Advertising & Editorial Deadline for the **NOVEMBER** edition of OUR TOWN • ST. JAMES is **THURSDAY, NOVEMBER 5, 2020 - 12 NOON.**

Distribution takes place on **Wednesday, November 18, 2020.**

Smithtown Women's Health *Stony Brook Medicine*

200 East Main Street | Suite 1E
Smithtown
631-265-4567

by *Debbi Spiegel*

Smithtown Women's Health is an obstetrics and gynecology practice that focuses on providing patient-centered, comprehensive, compassionate care to women of all ages. Theodore Blaszczyk, MD, FACOG, Polly Kanganis, MD, FACOG, and Nicholas Kleopoulos, MD, FACOG are committed to offering exceptional personalized women's healthcare in a warm and welcoming environment. In collaboration with Stony Brook Medicine, they are proud to incorporate modern technology and services into their practice, keeping on the forefront of knowledge and procedures in the field.

Smithtown Women's Health is a new group comprised of three physicians, who each have 30 years of experience. Patients are always seen by one of the physicians at each appointment. The doctors offer a wide range of services for women in every stage of their lives. They tailor their care to best suit each patient's particular needs and preferences, whether it be for first teen visits, family planning, obstetrics, routine wellness exams, menopause treatments, or care of the older woman. The physicians are all board certified in obstetrics and gynecology by the American Board of Obstetrics and Gynecology.

In-office services include annual exams, as well as exams for abnormal bleeding issues, birth control, cervical conization, colposcopy, LEEP, endometrial biopsy, fibroids, hysteroscopy,



incontinence, IUD insertion and removal, laparoscopy, management of osteoporosis, menopausal care, ovarian cysts, obstetric care (vaginal/cesarean delivery), Pap & HPV testing, prenatal care, STD testing, treatment for abnormal Pap smear, ultrasounds, and vulvar biopsies.

Dr. Kanganis offers comprehensive care and service to the LGBTQ community, as she and her staff support all sexual orientations and gender identities in a welcoming, safe, and professional environment.

The physicians and staff would like to remind all women that October is Breast Cancer Awareness month. Pink ribbons are reminders for the women in your life to have a screening. The Coronavirus pandemic is not a reason to neglect your health or cancer screening. At Smithtown Women's Health, temperatures are taken upon entry and the waiting room has been redesigned for social distancing. Employees and patients are required to wear masks and there is strict adherence to rigorous policies

and procedures for sanitization, patient safety and hygiene.

The office is conveniently open on Monday 8 a.m.-6 p.m., Tuesday 8 a.m.-9 p.m., Wednesday 9 a.m. - 7 p.m., Thursday 9 a.m.-7 p.m., and Friday 9 a.m.-3 p.m. Smithtown Women's Health is a multilingual practice where staff and physicians speak English, Spanish, and Greek. The office accepts all major insurance plans and patient forms can be downloaded from their website and filled out prior to arrival. Stony Brook's Power Chart is an electronic medical record that allows confidential sharing of medical records between the physicians within our network.

The practice is known for its exceptional level of care, convenient scheduling options, and compassionate providers. Overall, Smithtown Women's Health is dedicated to keeping women happy, healthy, and safe within the broader community and providing professional and excellent care within Stony Brook Medicine.

The right agent makes ALL the difference!

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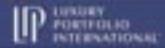


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Silent Night Foundation Needs Your Help

In 2013, St. James residents, Joseph and Jessica Ondrush brought together their family, friends, neighbors, and business contacts to help the family of Dylan Beach, a 7 year old St. James boy with a brain tumor. They had heard about his illness as Joe and Jessica had graduated from Smithtown High School East with Dylan's father. That was all they needed to hear – they went to work putting together an amazing fundraiser for Dylan.

The Ondrush team of Joe and Jessica are a force to be reckoned with. When they heard about their classmate's son, they took charge. They raised enough money for the Beach family to breathe a sigh of relief so that they could focus on Dylan getting better rather than worrying about bills.

And with this became the birth of The Silent Night Foundation



at Stony Brook Children's Hospital during the holiday season by providing gifts and making their holiday wishes come true. Over the last several years the foundation has grown through the love and support of this great community allowing

them to reach families outside Stony Brook's Pediatric Oncology unit and help kids throughout the area.

Here is how you can help! Silent Night is looking to purchase a Sled (SUV) to help deliver amazing gifts, and to be displayed at their promotional events (great publicity for your business). They are reaching out to our local business owners for an opportunity to help sponsor the Sled. For a minimum \$250 donation your business name will proudly be displayed on the vehicle (like a race car). The higher the donation the bigger your name will be displayed.

Joe is born and raised in this town and would love to fill the car with all local businesses. Please consider a sponsorship by visiting their website at www.silentnightfoundation.org and hitting the donate button or you can personally contact Joe Ondrush at 917-708-1023. Thank you in advance for your time in considering to be a part of the Silent Night Family.

a 501(c)(3) non-profit. Joe thought about the experiences of those around him like Dylan; battling a serious illness while the holidays came and went for everyone else. For these families, festive holiday traditions and gift exchanges were the last thing on their minds.

Joe's mission was to make the holidays a little brighter for those in need. As a result of this and Joe's singular fundraising efforts through Silent Night, they have been able to impact the lives of some of the families residing

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Head of the Harbor's Fischer Balances Finances With Philanthropy

by Rita J. Egan

Setauket recently welcomed a new financial services office to the area, but the company's president is no stranger to the Three Village community.

Harlan Fischer, president of Branch Financial Services, recently moved his offices from Smithtown to Setauket. His business, which was located on Route 111 for 25 years, and before that, for 21 years in Hauppauge, has now found a home at 21 Bennetts Road.

The Head of the Harbor resident and his wife of almost 47 years, Olivia, are known for their involvement in the art community across the North Shore, and both are familiar names at The Jazz Loft in Stony Brook. For the past three years, the couple has sponsored a monthly concert series at the music venue and museum, which is currently closed due to the coronavirus.

Loft founder Tom Manuel said the Fischers were its first donors. The musician still remembers the day in 2015 when he was in Stony Brook village performing to raise money for the renovation of the venue's future home. He said a man with a dog walked up to him and they began talking about jazz. The man turned out to be Fischer.

"I was just thinking, 'Wow, how interesting that there's this guy that kind of digs what we're trying to do,'" Manuel said. "Little did I know he'd already read about us, and he came there on purpose. I just thought he was passing by."

He said Fischer gave him an envelope with a check inside, but Manuel didn't open it until he was home, thinking it was maybe worth \$50. Later he opened the envelope and found the check was for \$1,000.

"My eyes were as big as saucers," he said.



Harlan Fischer stands by two of several pieces of artwork displayed in his Setauket office.

Photo by Rita J. Egan

The Jazz Loft founder said that with Fischer's interest in jazz and the couple's love of art, the venue is a perfect match for them.

"They're doing it because it's a passion," he said. "It's not just that they're looking for a place to make a tax-deductible donation."

Fischer and his wife's philanthropy goes beyond The Jazz Loft. While the financial adviser spends the day discussing finances with clients – people from all over Long Island as well as 26 states – his interests lie elsewhere when the workday has ended. Both he and Olivia through the decades have developed a shared love of art.

Fischer said, for him, it began after a 1988 car accident when he was hit by a drunk driver. He realized he could have been killed, and up until that point his life was mostly about work.

"All of a sudden it got me in touch with my mortality," he said.

He was talking to his physical therapist who told him about the Rotary club. Not only did he join the organization, but he also went on to become the president of Smithtown Rotary from 1997 to 98. Through the Rotary he became involved in various community projects, but when a friend told him how the Smithtown Township Arts Council was looking for a board member, that's when he found one of his true passions. Fischer told his friend he knew nothing about art, but it turned out the board was looking for a businessperson like him. Fischer decided to join and a year later became its president.

During his five-year tenure, he said he learned a lot about art, thanks to Norma Cohen,

continued on page 10

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\$425,000.

LAKE GROVE "WELL BUILT CAPE"

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\$429,000.

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A R O U N D T O W N

Harlan Fischer

continued from page 8
who was director of the council back then. He and his wife began collecting artwork, especially contemporary studio art glass pieces that fill the couple's Head of the Harbor home.

Olivia Fischer said the couple's interest in art grew together and the two began raising money for various organizations, including hosting fundraisers in their home.

Through the years, the Fischers have been members of many art organizations as well as sponsored many events. Among their philanthropic activities have been being members of The Long Island Museum's Directors Advisory Circle and sponsoring the East End Arts Music Masters Mentorship Program for high schoolers. The financial adviser is also a former board president



Fischer along with his Branch Financial Services associates Stephanie Gress and Kristen Domiano.

Photo from Branch Financial Services

of the Art League of Long Island, and in 2000, he was named *The*

Times of Smithtown Man of the continued on page 12

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A R O U N D T O W N

Harlan Fischer

continued from page 10
Year in Business.

In addition to their work in the world of the arts, the Fischers have rescued dogs and are in the process of adopting their 11th one. In late 2018, the Town of Smithtown recognized them for their \$7,600 donation which enabled the Smithtown Animal

“*Timing is everything in life.. just being at the right place at the right time and saying the right thing. You make a right turn instead of a left turn, your whole life can be different.*”

Shelter to build a dog park that bears their name, the Olivia and Harlan Fischer Recreational and Development Park. The Fischers have also backed Little Shelter Animal Rescue’s annual Pet-A-Palooza in Huntington.

Fischer, who is in his early 70s, said he feels 10 years younger and has no plans to retire, especially in his new office that features some of his art collection. He added that he’s fortunate to work with good people too, which helps with leading a busy life.

“I can’t ask for more than that,” he said.

Success and enjoyment in life are something he believes people find when they feel passionate about what they are doing. He also believes in good timing, which has become a common theme in his life not

only with finding ways to give back but also in his career life.

After spending four years in the Air Force and almost a year in Vietnam, he wound up in retail despite having an engineering degree from Northeastern University. He was running the Levitz Furniture & Showroom in Farmingdale when he told someone he no longer wanted to be in retail, and it was recommended he consider the financial field.

“Timing is everything in life,” he said. “Just being at the right place at the right time and saying the right thing. You make a right turn instead of a left turn, your whole life can be different.”

Editor’s Note:

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Comprehensive Women’s Care in Smithtown



L to R: Theodore Blaszczyk, MD, FACOG, Polly Kanganis, MD, FACOG and Nicholas Kleopoulos, MD, FACOG

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- STD Testing
- Intrauterine Devices (IUDs)
- Birth Control

Safety Precautions: At Smithtown Women’s Health, caring for our community is our mission. We’ll take care of you, whether you have a new concern, chronic condition, need surgery or have an emergency, and we are taking every possible precaution to keep you safe. Call our office for more information on how to prepare for your upcoming visit.



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- 2020 HIGHLIGHTS -

SOLD



2 Short Path, Nissequogue

SOLD



12 Mill River, Setauket

SOLD



8 Stillwater Rd., Nissequogue

SOLD



2 Bluff Rd., Nissequogue

SOLD



76 Harbor Rd., Head of Harbor

SOLD



12 Harbor Rd., Head of Harbor

SOLD



6 Peter Ct., St. James

UNDER CONTRACT



1 Pine Point, Nissequogue

UNDER CONTRACT



2 Fox Point, Nissequogue

UNDER CONTRACT



7 Ashleigh Dr., St. James

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4 Martingale Gate, Nissequogue

UNDER CONTRACT



2 Celestial Ct., St. James



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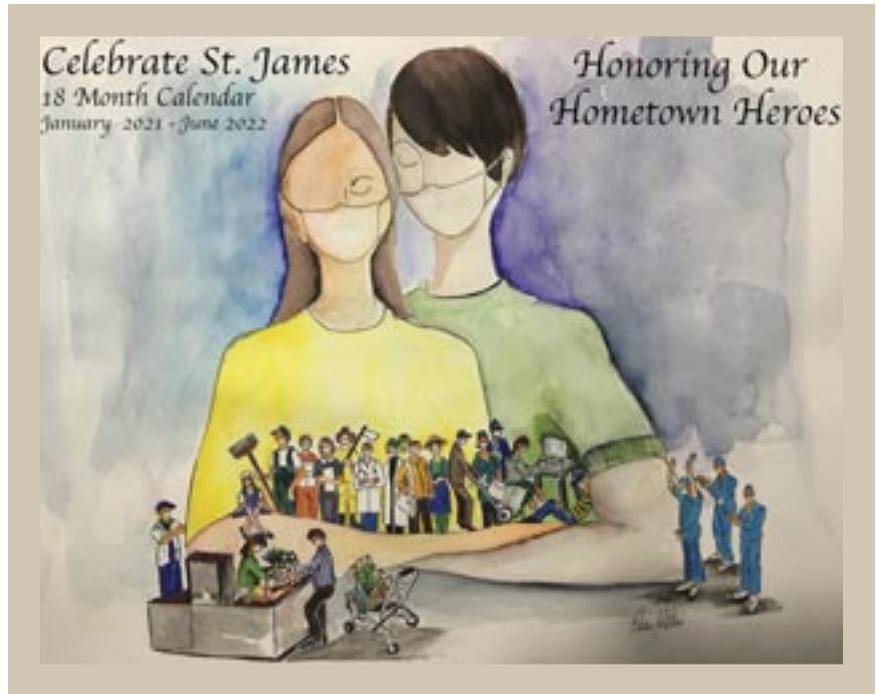
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Exciting Fall News From Celebrate St. James

by Patricia Clark

This amazing work of art, "Embracing our Heroes," by Arline Goldstein, graces the cover of the second Celebrate St. James Keepsake Calendar honoring and celebrating our hometown heroes. The new 18-month calendar, running from January 2021 through June 2022, features the work of local artists who were inspired by those on the front lines during the pandemic.

In the media of oil, acrylic, watercolor, photography and chalk art, the artists share their own words and feelings as well as their art. Each page is sponsored by one of our civic minded local businesses. These calendars will be available for sale at the end of October 2020 for a minimum donation of \$10. To purchase a "Hometown Heroes" continued on page 16



"Embracing Our Heroes" by Arline Goldstein



Uniquely Natalie
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Five Star Clearance Sale



All items marked \$50 or less - 20% Off

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EARLY VOTING LOCATIONS

POLLING PLACE	ADDRESS
Babylon Town Hall Annex	281 Phelps Ln North Babylon NY 11703
Brookhaven Town Hall	1 Independence Hall Farmingville NY 11738
Mastic Recreation Community Center <i>(Town of Brookhaven)</i>	15 Herkimer St Mastic NY 11950
Windmill Village <i>(Town of East Hampton)</i>	219 Accabonac Rd East Hampton NY 11937
Dix Hills Fire Department <i>(Town of Huntington)</i>	115 East Deer Park Rd Dix Hills NY 11746
Huntington Public Library Station Branch	1335 New York Ave Huntington Station NY 11746
Islip Town Hall Annex	401 Main St Islip NY 11751
Knights of Columbus <i>(Town of Islip)</i>	96 2nd Ave Brentwood NY 11717
Riverhead Senior Center	60 Shade Tree Ln Riverhead NY
Nesconset Elementary School <i>(Town of Smithtown)</i>	29 Gibbs Pond Rd Nesconset NY 11767 <i>(Use the Browns Road Entrance)</i>
Stony Brook University Southampton Campus	70 Tuckahoe Rd Southampton NY 11968
Southold Senior Center	750 Pacific St Mattituck NY 11952

VOTING HOURS

DATE	TIME
Saturday 10/24	10:00am - 3:00pm
Sunday 10/25	10:00am - 3:00pm
Monday 10/26	7:00am - 3:00pm
Tuesday 10/27	12:00pm - 8:00pm
Wednesday 10/28	8:00am - 4:00pm
Thursday 10/29	8:00am - 4:00pm
Friday 10/30	12:00pm - 8:00pm
Saturday 10/31	10:00am - 3:00pm
Sunday 11/1	10:00am - 3:00pm

GENERAL ELECTION DAY

**Tuesday, Nov. 3, 2020
6:00am - 9:00pm**

**You must report to your
Regular Polling Location
in order to cast your vote.**



**All voting locations are accessible to
voters with physical disabilities.**

If you wish to contact the Board of Elections, call 631-852-4500.
www.suffolkcountyny.gov/Departments/BOE/Early-Voting-Sites-11-3-2020

I N T H E N E W S

Celebrate St. James

continued from page 14
calendar, for yourself or as a gift, visit Uniquely Natalie at "The Calderone Theatre," 176 Second Street during business hours (Thursday through Monday 10 a.m. to 5 p.m.), or go to our website www.celebratest-james.com to place an order or for more sites where calendars can be purchased.

In the last week of October, Town Supervisor Ed Wehrheim and the Town Board will join CSJ in a groundbreaking ceremony commemorating the construction of Celebrate St. James Park at the site of the former Irish Viking Bar. This park will highlight our past, present and future. The money raised by CSJ through donations from the community will build the park which will forever stand as a testament to what local gov-



ernment, community minded organizations and hometown residents can accomplish together. To stay informed about how you can become a part of this amazing endeavor, check our website at www.celebratest-james.org

As we look forward to Halloween in our new "virtual" world, Celebrate St. James is sponsoring

a Virtual Pumpkin Carving Contest for kids and families.

Send in a picture of your best Pumpkin Carving Creation to celebratestjames@gmail.com before October 31, 2020 along with your contact information. Winners will receive a CSJ T-shirt, and will be featured on our website, Facebook page, and published in Our Town and The Smithtown News.

On Thursday evening, December 3, 2020 Celebrate St. James will present its first Zoom - Virtual Art Auction, to benefit the new CSJ park. It is a great way to accessorize your home for the holidays or find that perfect gift for someone special - and it is so much FUN. Look for more information as the date approaches and be a part of the beautification of our town.

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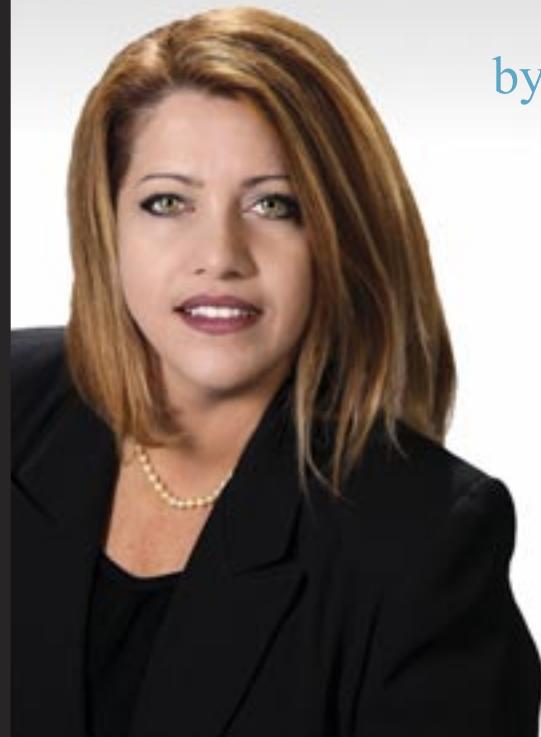
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Smithtown Historical Society Hosts Annual Heritage Country Fair



On Sunday, September 20, 2020, The Smithtown Historical Society hosted their annual Heritage Country Fair, continuing a long-standing tradition of carrying the past into the present. The Fair took place on the sprawling 22 acres of the Smithtown Historical Society's grounds. Unlike previous years, the Heritage Fair was completely outdoors this year. The buildings were closed for guests due to COVID-19, but guided tours were offered to the attendees. Social distancing was adhered to and masks were worn. The Fair offered an assortment of appealing attractions, such as traditional music, historical re-enactors, farm animals, a hayride, axe throwing, a mounted horse show and pumpkin painting. Special thanks to the sponsors, volunteers, board members, educators and staff.

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HISTORICALLY SPEAKING

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

“Take Me Out to the Ballpark...”

by Bradley Harris,
Smithtown Historian

Especially for *Our Town*, I am writing a series of articles about people who made St. James their home not so long ago. This article takes a look at the role baseball played in the summer fun that the actors’ colony enjoyed in St. James at the turn of the 20th century.

With the return of the actors’ colony to St. James each summer, it wasn’t long before one could hear the familiar cry of “Play ball!” The actors’ colony boasted of the exploits of its two baseball teams known as the “St. James” and the “Bohemians.”

The antics of the actors on their playing field, located on the site where the St. James Lumber Company now stands, opposite the St. James Elementary School, were well known to the local folk and provided many hours of entertainment and fun.

Willie Collier seems to have been the major organizer of the actors’ baseball teams. It was said that he had the only ball and bat in town. Actually the actors fielded two complete rosters and the “St. James” and “Bohemians” would frequently battle it out on the baseball diamond on any given Sunday afternoon. The “St. James” team was captained by Willie Collier, and the scrub team, the “Bohemians,” was headed by Bert Leslie. Between these teams there was “great

strife” and the Bohemians seem to have usually taken a beating since in 1904 it was noted in the local papers that the Bohemians had won only “one game out of thirty.” And apparently that game was won when Lionel Barrymore “introduced a noted Princeton pitcher as a new English actor” and had him play on the Bohemian squad.



continued on facing page

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HISTORICALLY SPEAKING

continued

When things got really serious and the "hated rival, Smithtown, and other enemies less dear" were to be played, the "Bohemians" and the "St. James" contributed "their best players, and a picked company, attired in their distinctive costumes" supplied by Willie Collier, made ready to do battle for the hamlet of St. James. The team seems to have been a good one and there is frequent mention of this squad being a championship ball club for all of Long Island.

The cast of actors on the ball team changed annually but in 1904, the roster of the St. James club had the following members: "Bob Dailey, captain; Willie Collier, pitcher; Ben Wilson, catcher; Tom Lewis, first base; Mike Hackert, second base; Frank Lawlor, shortstop; Teddy Burns, third base; Johnny Barton, right field; Teddy Burns, third base; Johnny Barton, right field; John Collier, left field; Charley Mason, center field; and Billy Lorraine, Bert Leslie and William Kerugood, substitutes."

Sometime after this date, an actor by the name of Lionel Barrymore joined the squad. "Lionel was a good third baseman; too good not to be fed and housed" by Willie Collier. "Notwithstanding his strength and skill as an athlete, Lionel was so lazy that he earned the nickname Turn-me-round Barrymore. Once with a runner wide off first base, Lionel didn't throw the ball. Captain Collier upbraided him. 'But I didn't know there was a runner on first base,' said Turn-me-round. Collier called the team into a quick huddle. 'Listen,' he said acidly, 'we want no secrets in this ball club. The next time there is a runner on first base, I want you to tell Lionel.'" (Gene Fowler, Good Night, Sweet Prince, New York: *The Viking Press*, 1944, p. 112.)

One can just imagine the fun

and laughs that these actors had on the field as they played a wild game of baseball. We are assured that there was always "a physician in attendance," and the "ladies... organized an ambulance corps" to carry off the wounded. Sometimes the tension

mounted in their games and it looked as if the ambulance corps might be needed. "The St. James team played against the nine of the Kings Park Insane Asylum each year and then put on a theatrical entertainment for the
continued on page 22

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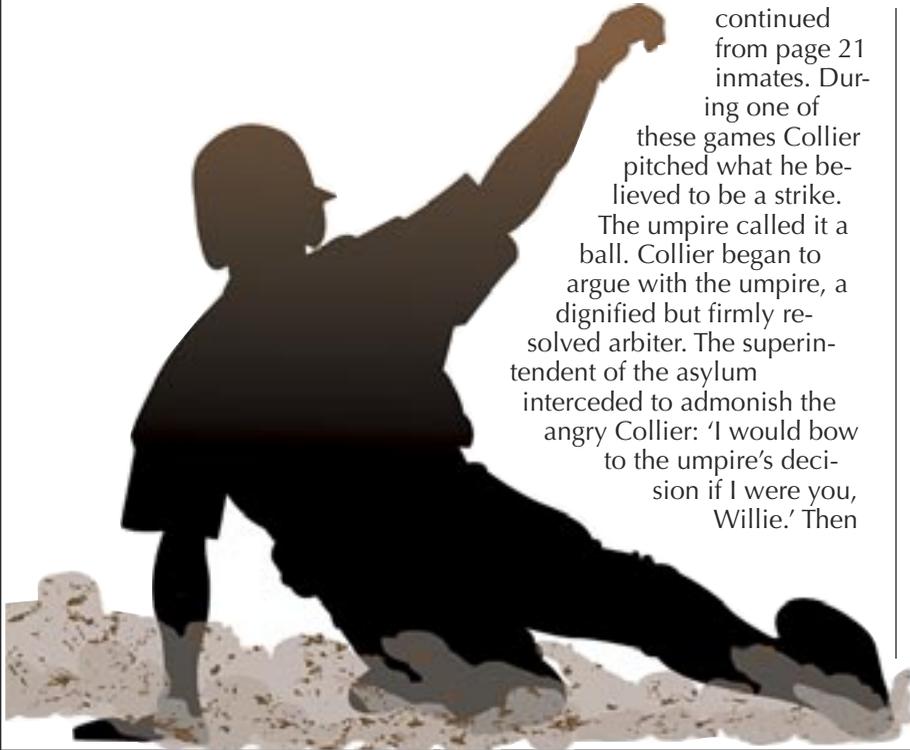
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HISTORICALLY SPEAKING

Take Me Out to the Ballpark...



continued from page 21 inmates. During one of these games Collier pitched what he believed to be a strike. The umpire called it a ball. Collier began to argue with the umpire, a dignified but firmly resolved arbiter. The superintendent of the asylum interceded to admonish the angry Collier: 'I would bow to the umpire's decision if I were you, Willie.' Then

he whispered, 'You see, he's one of our inmates.'" (Gene Fowler, *Good Night, Sweet Prince*, op. cit., p. 112.)

With a baseball game to look forward to and enjoy, on every Sunday afternoon, the days would pass quickly for the actors in St. James. In the evenings, one could find them back in their clubhouse enjoying a beer and reminiscing about the ball game and the heroes of the day.

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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Wildlife From Sweetbriar Nature Center Visits the Reboli Center

On September 26, 2020 adorable animals from Sweetbriar Nature Center in Smithtown took a road trip to visit the Reboli Center of Art and History in Stony Brook. Gary, a Mallard

Duck; Winter; a domesticated rabbit; a Blue Jay named Little Blue; Stitch, a Red Tailed Hawk; and Seven, a Barn Owl, enthralled children and adults who came to an up close and



Seven, the Barn Owl, was rescued and rehabilitated by Sweetbriar, perches comfortably on the arm of Veronica Sayers, Program Coordinator at Sweetbriar.

personal lecture on the grounds of the Reboli Center.

For more information about Sweetbriar, please visit www.sweetbriarnc.org.

This event complimented the current show at The Reboli Center, that features the whimsical paintings of birds and animals by former Stony Brook resident Vicki Sawyer, which is on display until November 1, 2020. The Reboli Center is located at 64 Main Street, Stony Brook. For additional info call 631-751-7707.



Veronica introduces Stitch, a Red Tailed Hawk, who was injured when it was hit by a car, and was rehabilitated at Sweetbriar, where it now lives.



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THE WINE DOWN

Take the Cannoli... The Wine, Too.

by Rick Masters

Most wine drinkers are already familiar with the Francis Ford Coppola Winery, because of its popular Diamond Collection varietals like Cabernet Sauvignon or Merlot, or highly-regarded Director's Cut line, which spotlights specific wine subregions in California's Sonoma County.

But many people might not immediately make the connection between Francis Ford Coppola, vintner, winemaker, winery owner, and the Francis Ford Coppola who became a household name almost 50 years ago for his involvement with one of the world's most famous films: Coppola directed *The Godfather*.

The 1972 movie adaptation of Mario Puzo's bestseller about a New York crime family won three Academy Awards, including for Best Picture, and

spawned two sequels. The films not only featured iconic performances by the likes of Marlon Brando, Robert DeNiro and Al Pacino, but also made Coppola a superstar. With the *Godfather* proceeds he bought a Napa winery in 1975, with its first vintage in 1977. He and his family released wine under the name Niebaum-Coppola.

Meanwhile, on the film front, Coppola finished the '70s with his nightmarish *Apocalypse Now*, then struggled to find a suitable balance between artistic integrity and commercial success in the '80s. On the wine side of things he purchased Inglenook in '95, rechristening it Rubicon; it eventually reverted back to Inglenook. In '96 he filed a widely-publicized lawsuit against Carl Sagan and Warner Brothers over the movie *Contact*; Coppola

claimed that he and Sagan had previously discussed producing it for television. The suit was dismissed.

For the last two decades, it seems Coppola's search for artistic expression has focused less on movies and more on his other ventures. Under the Francis Ford Coppola Presents name, he's now involved in resorts, restaurants, pasta and more. The winery

continued on page 61



Francis Ford Coppola Director's Cut Technicolor Red

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Gallery North Presents Still Life Paintings of Carmela Kolman

Gallery North, located at 90 North Country Road in Setauket, is pleased to present *Carmela Kolman: Visions*, through November 8, 2020. A virtual reception will be held via Zoom on Thursday, October 22, 2020, 6-8 p.m.

The exhibition is FREE and open to the public and is on view during Gallery North's new hours Wednesday-Friday, 11 a.m. to 3 p.m., and Sunday from 3 to 5 p.m.

A solo exhibition of the work of Carmela Kolman (1960-2018), features an overview of her four-decade career through oil paintings and works on paper. Kolman was a still life painter whose artworks – subtle, judicious arrangements of flowers and fruit with a deft use of light, pattern, and shadow – brought acclaim



in the New York art world starting in the 1980s. She was drawn to flowers for their intersecting planes.

"Each rose," Kolman once stated, "has intricate depth and many abstract shapes. I enjoy integrating the compositions with the depth of the petals, their abstract shapes, and the flatness of

the picture plane."

A consummate colorist, Kolman balanced this exploration of form with a personal desire to conquer the physical challenge of seeing.

Overcoming Marfan syndrome and a severe visual handicap, Kolman received her BFA from the Rhode Island School of Design, and an MFA from Yale University School of Art, and had many solo and group exhibitions at countless galleries and universities.

Gallery North is a not-for-profit gallery promoting the finest contemporary regional art and craft. For more information visit: <http://www.gallerynorth.org/> or call 631-751-2676. Gallery North asks visitors to wear masks or face coverings and respect social distancing guidelines.

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Limit: 6 per class Reserve on website
www.atelieratflowerfield.org.

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continued on page 32



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Coupon must be present • Expires 11/17/20

The Atelier at Flowerfield Happenings

continued from page 30

Still Life Painting In-Studio w/Tyler Hughes

Tuesdays, 10 a.m.-1 p.m.
Fee: \$60/per class

Cast Drawing In-Studio w/Tyler Hughes

Tuesdays, 10 a.m.-1 p.m.
Fee: \$60/per class

Introduction to Painting w/Tyler Hughes

This is a beginner level class designed to introduce students to all aspects of oil painting.
Tuesdays, 2-4 p.m.
Fee: \$45/per class

Abstract Painting in Acrylics w/Kevin Larkin

Tuesdays, 2-5 p.m.
Fee: \$60 per class

Mastering Watercolor In-Studio and Online w/Bill Graf

Tuesdays, 2-5 p.m.
Fee: \$60/per class

Portrait Drawing and Painting In-Studio and Online w/Bill Graf

Wednesdays, 10 a.m.-1 p.m. or 6-9 p.m.
Fee: \$77.50/per class including model fee

Still Life Painting In-Studio and Online w/Bill Graf

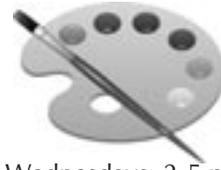
Wednesdays, 10 a.m.-1 p.m. or 6-9 p.m.
Fee: \$60/per class

Cast Drawing In-Studio and Online w/Bill Graf

Wednesdays, 10 a.m.-1 p.m. or 6-9 p.m.
Fee: \$60/per class

Drawing for Beginners In-Studio and Online w/Bill Graf

This course is designed to teach basic drawing skills to complete beginners.



Wednesdays, 2-5 p.m.
Fee: \$60/per class

Painting w/Christian White In-Studio

Thursdays, 10 a.m.-1 p.m.
Fee: \$60/per class

Introduction to Photoshop Online w/James Beihi

Thursdays, 2-4 p.m.
Fee: \$45 per class

Graphic Novel and Genre Illustration Online w/James Beihi

Thursdays, 5-8 p.m.
Fee: \$60/per class

MS/HS Fundamentals of Art w/Randal DiGiuseppe

Thursdays, 6-8 p.m.
Fee: \$45 per class

continued on page 61

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* Not intended to solicit currently listed properties.

ARTS & ENTERTAINMENT

Smithtown Historical Society Happenings

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

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

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

The Smithtown Historical Society, holds a number of events

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

EVENTS

Hooked on Crochet
Mondays, 10 a.m.- 12 noon
239 E. Main St. Pavilion
Smithtown | 631-265-6768

Every Monday you can join in with the Crochet Club to help beautify the grounds at the Historical Society. All levels are welcome.

TALES FOR TOTS

631-360-2480
Smithtown Historical Society's
Roseneath Cottage
239 Middle Country Road
Smithtown
FREE

Storytime for children 3-5 years with caregiver. 2nd Friday



of each month at 11 a.m.

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

November 13
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December 11
Bedtime Stories

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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.

National Chiropractic Health Month

Many of us go through each day typing on a computer, bending or lifting items, gardening, taking care of our children and playing sports. If not done properly, these activities can cause pain or injury which may become chronic if left untreated. Back pain is pervasive in our society. Eighty percent of us will suffer from it at some point in our lives, and fifty percent of us will suffer from back pain this year alone. Low-back pain is the most common work complaint experienced by Americans today.

Because of the importance of taking care of the back and spine, the American Chiropractic Association (ACA) recognizes the month of October as a national observation for Spinal Health.

It is important to recognize maintenance of the spine, as the central nervous system originates in the brain and channels down through the spinal column, extending to every part of the body. A misalignment of the vertebrae of the spine may result in nerve interference, resulting in headaches, low-back and

neck pain, among other problems.

Listen to your body. Use preventive measures at work and at home. The following tips can help reduce the risk of spinal injury.

- While at the office, remember to take frequent stretch breaks while working on your computer.
- While working on your computer, sit with your knees at approximately a 90- to 120-degree angle. Using an angled footrest to support your feet may help you sit more comfortably.
- Make sure your chair fits correctly. Allow for two inches between the front edge of the seat and the back of your knees. The chair should tilt back so you can rest while your reading what is on your computer screen.
- Avoid twisting and turning motions. Always bend from the knees, not your waist, when lifting anything heavier than

10 percent of your body weight, such as a child or a heavy box.

- Warm up and stretch before any physical activity, including all sports, raking, gardening and shoveling snow. Be aware of your body form and technique; stand as erect as possible and let your legs and arms do the work, not your back. Allow your body and muscles time to cool down after such an activity.
- It is important to get a good night's rest. Choose a comfortable supportive mattress as well as a pillow that supports the weight of your head, reducing the risk of back or neck pain.

The key to spinal health is prevention; listen to your body's warning signals and adjust your lifestyle. If you do experience pain for more than one or two days despite using these preventive measures, consult a professional.

Member:

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

GENTLE EFFECTIVE TREATMENT OF:

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

WE ACCEPT

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

ARTS & ENTERTAINMENT

Programs Offered at Your Library

SMITHTOWN LIBRARY OPENS THEIR DOORS

The Smithtown Library is happy to announce that they are open to the public. All four buildings of The Smithtown Library will have limited hours and services. Despite the limited services, they are looking forward to reopening their doors to the community.

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

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

Some other changes you can expect include face mask requirements for staff and patrons, computer and quiet rooms by appointment only, reduced seating, clear protective

shields at all service desks, no in-person programs, limited access to the Children's Department and returns in the book drops only. Curbside pickup service will continue for those who do not wish to enter the building.

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

<https://bit.ly/SmithReopening>.

They look forward to reconnecting with the community.

STAY CONNECTED

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

Facebook:

@thesmithtownlibrary
@smithtownlibraryteens
@smithtownlibrarykids

Instagram:

@smithlibref
@smithtownlibraryteens
@smithtownlibrarykids

Pinterest:

@smithtownkids

Twitter:

@SmithLibRef

YouTube:

@SmithtownLibrary

Online: www.smithlib.org

Email: smithlib@smithlib.org
teens@smithlib.org
childrens@smithlib.org

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Freegal: Access to millions of songs with your library card. *New feature:* unlimited streaming.

Flipster: Access to popular magazines with your library card. *New feature:* increased access
continued on page 38

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Library Programs

continued from page 36 to popular titles.

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RBDigital: Audiobooks from **Recorded Books.**



BOOK DISCUSSION GROUPS

Night Owl Cafe Book Discussion Group
Thursday, October 22, 7-8 p.m.
The Red Notebook by Antoine Laurain. *Registration required.* This program will be available on Zoom.

Tea-rrific Reads Book Discussion Group
Tuesday, October 27, 2-3 p.m.
My Grandmother Asked Me to Tell You She's Sorry by Fredrik Backman. *Registration required.*

This program will be available on Zoom.

Historical Non-Fiction Book Discussion Group
Thursday, October 22, 2:30-3:30 p.m.
One Summer: America, 1927 by Bill Bryson. *Registration required.* This program will be available on Google Meet.

ADULT

Polish Festival with Chef Rob Scott
Monday, October 19, 7:30-8:30 p.m.
Rob Scott will present a live cooking demonstration of red potato and kielbasa skillet; he will provide the recipe for you to make this dish at home. *No registration required.* This program will be available on Zoom and shared on the Library's Facebook page. Zoom Information: <https://bit.ly/SmithLibRob-ScottPolishFestival> Password: SmithLib Join Zoom program on your

computer:
Meeting ID: 835 3529 6949
Password: SmithLib
Join Zoom program by telephone:
(646) 558-8656
Meeting ID: 835 3529 6949
Password: 47845470



Take and Make-Pumpkin Door Hanging

Friday, October 30, 11a.m.-12 noon
Bring a bit of fall into your home with this festive door hanging. Take home a bag filled with all the supplies needed to create this craft and join us live for step-by-step instruction. Registration ends on October 16. Supply bags can be picked up from the building of your choice the week of October 19. Telephone only registration is required; call 631-360-2480 x216 to register. This program will be continued on page 40

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CATERING PACKAGE #1
\$229 + tax
 Feeds 15-20 People
All Items Are Half Tray

- Tossed or Caesar Salad
- Baked Ziti or Penne ala Vodka
- Eggplant Parm or Eggplant Rollatini
- Sausage & Peppers or Meatballs
- Chicken Francese, Marsala or Parmigiana

CATERING PACKAGE #2
\$329 + tax
 Feeds 25-30 People
All Items Are Half Tray

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

CATERING PACKAGE #3
\$429 + tax
 Feeds 35-40 People

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

FREE Tray of Garlic Knots
WITH ANY PACKAGE PURCHASE

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ANY LARGE CHEESE PIE
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 1 Platter Chicken Parmesan
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Library Programs

continued from page 38

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

TEEN

Teen Services Virtual Program Information

Check the Library's calendar or contact the Library by phone 631-360-2480, chat (www.smithlib.org) or email

(teens@smithlib.org) for more information or availability. Teen Services programs are open to those in grades 6-12 unless otherwise noted. The Teen Department is now on Facebook and Instagram! Follow to keep up to date with programs, volunteer opportunities, book talks and more.

Instagram: @smithownlibraryteens
Facebook: @Smithtownlibraryteens
No registration is required.

Virtual Volunteer Opportunities

There are a number of ongoing virtual volunteer opportunities for teens looking to earn community service credit. Check out the Teen Section of the Library's homepage for more information.

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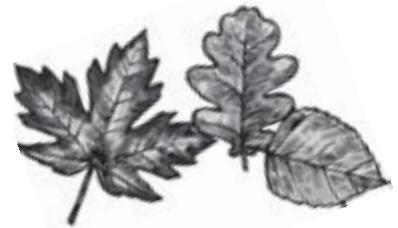
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Friday 9:00-5:00pm
Saturday 10:00-1:00pm

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Take and Make Autumn Chalkboard Ornaments

NESCONSET
Through October 31

Design and decorate wooden ornaments for the fall season. You will be supplied with everything you need to create custom fall decor for your home. Take and Make bags must be picked up before October 31 during the Library's scheduled hours. *In person or telephone registration required.* Supplies are available on a first come, first served basis.

Take and Make– Fall Leaf Mason Jar

SMITHTOWN
Through October 31

Say hello to cooler days, spooky nights and changing leaves. You will be supplied with everything you need to bring the vibrant colors of fall into your home with these festive DIY

continued on facing page

ARTS & ENTERTAINMENT

continued

Mason jars. Take and Make bags must be picked up from before October 31 during the Library's scheduled hours. *In person or telephone registration required.* Supplies are available on a first come, first served basis.



Haunted House Virtual Escape Room

Monday, October 19, 4:30 p.m.

It was a dark and stormy night... Try to break out of a house of terrors using clues and codes. Will you be able to escape? *No registration required.* This program will be shared on our Teen's Facebook page (<https://www.facebook.com/SmithtownLibraryTeens>).

The Office Trivia

Tuesday, October 20, 7-8 p.m.

Do you think your sales can keep up with Dwight and Jim? Can you work for Michael? Do you know what Creed even does? Test your Office knowledge with this fun trivia program. *Registration required.* This program will be available on Zoom. Patrons will need a second device to play along. Login information for Zoom will be sent to the email address associated with your Library card on the day before the event.

Intermediate Dungeons and Dragons

Thursday, October 22, 6-7 p.m.

Join in for a virtual adventure. This campaign is designed for experienced players with an understanding of the basic game

rules. *Registration is required.*

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

**Halloween Snack and Chat
Zombie Nachos**

NESCONSET

Tuesday, October 27, 7-8 p.m.

Join us for a night of ghoulish snacks and spooky chats. Pick up your premade zombie nacho kit
continued on following page

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- Check Thermostat
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COUPONS MUST BE PRESENTED AT TIME OF SERVICE

**WEDNESDAYS
Ladies, Seniors
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10% OFF**

Cannot be combined with any other offer. Limited time offer with coupon.



continued from page 41
courtesy of Fanny Cakes bakery
from the Nesconset Building on
Monday, October 26 from 2-8
p.m. or Tuesday, October 27
from 2-6 p.m. Meet on Zoom to
create treats together. This pro-
gram may not be suitable for
those with food allergies. *Reg-
istration is required.* This program
will be available on Zoom. Login
information for Zoom will be
sent to the email address associ-
ated with your Library card on
the day before the event.

Library Programs

CHILDREN

FUN ACTIVITIES TO DO AT HOME

Besides fun programming, the
Children’s Librarians have been
compiling lots of activities for
children and families to do at
home. Follow Children’s social
media pages or go to the website
(www.smithlib.org) to discover
these activities. *Please note:
each child must have his/her
own Library card to register for
programs.*

ONLINE RESOURCES

The Library has many resources
to help children and parents with
virtual learning.

Brainfuse: Access to live tutors in
math, science, reading/writing
and social studies. Also includes
a 24-hour online writing lab and
Homework Question Center.

Live online tutoring is available
every day from 10 a.m. to 11
p.m. EST.

World Book Online: A suite of
online research tools that in-
cludes encyclopedia articles, pri-
mary source collections,
educator tools, student activities,
educational games and more.

Tumble Book Library: Animated,
talking picture books which
teach kids the joy of reading.

Smithtown Library Story Line

Do you miss storytime at the
Library? You can now enjoy–
Smithtown Library Storytime –
and all you need is a phone.
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fun for children under the age of
12 you can listen to them as
many times as you want. Call
631-652-6052 and follow the
continued on page 44



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RELATIONSHIPS BUILT ON HONESTY, INTEGRITY AND TRUST

Library Programs

continued from page 42 prompted directions. Choose from the following: a story for preschoolers, a fairy tale, poetry, jokes and riddles and short stories. You can also make a suggestion or provide feedback. Stories are changed each Wednesday so be sure to call often for new adventures.

BenAnna Band Family Virtual Concert

Friday, October 16, 7-7:45 p.m.

Kids will go bananas for this high energy musical duo that will have them singing, dancing and playing along with instruments in this virtual performance. *No registration required.* This program will be available on Zoom.

Join Zoom Meeting:
<https://bit.ly/SmithLibBenAnna>
Meeting ID: 889 4814 9192

Password: 693066

Peek-a-Boo Baby

Monday, October 19, 10 a.m.

Enjoy spooktacular songs, fingerplays and stories with your baby and learn to make an adorable Halloween keepsake using your little one's footprint. *No registration required.* This program will be on the Children's Facebook page <https://www.facebook.com/SmithtownLibraryKids>). Scheduled to expire on October 26.



Halloween DIY Decorations

Tuesday, October 20, 4:30 p.m.

Halloween may be a little different this year but you can still

make it special by creating these homemade decorations using household items. *No registration required.* This program will be on the Children's Facebook page (<https://www.facebook.com/SmithtownLibraryKids>) and on the YouTube channel (<https://bit.ly/SmithLibYouTube>).



How Many Seeds in a Pumpkin?

Wednesday, October 21, 3 p.m.

Listen to *How Many Seeds in a Pumpkin?* by Margaret McNamara and see different ways you can reuse seeds after carving a pumpkin. *No registration required.* This program will be on

continued on page 46

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ARTS & ENTERTAINMENT

Library Programs

continued from page 44
the Children's Facebook page (<https://www.facebook.com/SmithtownLibraryKids>). Scheduled to expire on October 28.

Virtual Nerd Squad

Wed., October 21,
4:30-5:30 p.m.

A bi-weekly celebration of all things pop culture for tweens. *No registration required.* This program will be available on Zoom.

Join Zoom Meeting:
<https://bit.ly/1021VNS>
Meeting ID: 849 1402 1551
Password: Jack

Stories with Miss Maggie

Thursday, October 22,
10:30 a.m.

Join Miss Maggie for fun stories and a creative extension activity you can do right from

home. *No registration required.* This program will be on the Children's Facebook page (<https://www.facebook.com/SmithtownLibraryKids>). Scheduled to expire on October 29.

Puffy Paint Pumpkins

Friday, October 23, 10:30 a.m.

Preschoolers will learn how to make homemade puffy paint using just a few ingredients. Use it to decorate paper plate pumpkins. *No registration required.*

This program will be on the Children's Facebook page (<https://www.facebook.com/SmithtownLibraryKids>).

Witch Hat and Spider Treats

Saturday, October 24, 11 a.m.

Learn with your tween how to create a spooky, but delicious witch hat and spider treats using chocolate icing, sprinkles,



chocolate kisses, pretzel sticks, sandwich cookies and candy eyes. *No registration required.* This program will be on the YouTube channel (<https://bit.ly/SmithLibYouTube>).

Storytime with Miss Sharon

Monday, October 26, 3 p.m.
Listen to an exciting read with Miss Sharon geared towards preschoolers. *No registration required.* This program will be on the Children's Facebook page (<https://www.facebook.com/mithtownLibraryKids>). Scheduled to expire on November 2.

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Library Programs

continued from page 46

Halloween Fun

Tuesday, October 27, 11 a.m.

Have a ghoulish time listening to a spooky tale and making a fun Halloween craft. *No registration required.* This program will be on the Children's Facebook page (<https://www.facebook.com/SmithtownLibraryKids>).

Halloween Lantern

Wednesday, October 28, 4:30 p.m.

Elementary students can learn how to create a spooky Halloween lantern using a recycled jar. *No registration required.* This program will be on the Children's Facebook page (<https://www.facebook.com/SmithtownLibraryKids>).

Skeletoni

Thursday, October 29, 4:30 p.m.

The foot bone is connected to the leg bone; listen to Halloween stories with your school-age child and create your own skeletoni using uncooked rigatoni and spaghetti, glue and construction paper. *No registration required.* This program will be on the Children's Facebook page (<https://www.facebook.com/SmithtownLibraryKids>). Scheduled to expire on November 5.

Not-So-Spooky Songs and Storytime

Friday, October 30, 10:30 a.m.

Join Ms. Jessie with your preschooler for some not-so-spooky songs and a story to follow. *No registration required.* This program will be on the Children's Facebook page (<https://www.facebook.com/SmithtownLibraryKids>). Scheduled to expire on November 6.

Pumpkin Apple Stamps

Friday, October 30, 3 p.m.

Have you ever tried to paint with fruit? Follow along and learn how to paint the perfect pumpkin scene with an apple! *No registration required.* This program will be on the Children's Facebook page (<https://www.facebook.com/SmithtownLibraryKids>) and on the YouTube channel (<https://bit.ly/SmithLibYouTube>).

Spookley the Pumpkin

Saturday, October 31 | 10 a.m.

Join Miss Samira as she reads the book *Spookley the Square Pumpkin* by Joe Troiano and then she will show you how to create your own Spookley craft. *No registration required.* This program will be on the Children's Facebook page (<https://www.facebook.com/SmithtownLibraryKids>).

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Smithtown residency is not required and classes are open to all Suffolk County residents.

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

Hearty Chili for Autumn Days

People choose to adhere to a vegetarian or vegan diet for various reasons. Some people avoid animal products because of ethics, while others want to control their weight with low-calorie foods. Still others may have food allergies or intolerances that make a vegetable-based diet their best option.

Cooking vegetarian or vegan can introduce a person to a wide variety of new foods and flavors. That's why even people who eat meat like to periodically experiment with vegetarian or vegan foods.

When the weather starts to cool, soups and stews become staples of many people's diets. With this recipe for "Four Bean Chili" from "Vegan Cooking for Beginners" (Publications International, Ltd.) by the PIL editors, home cooks can experiment with a meatless chili that doesn't skimp on flavor even if it isn't brimming with beef, pork or lamb.

Four Bean Chili

Makes 8 to 10 servings

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 2 medium carrots, chopped
- 1 red bell pepper, chopped
- 3 cloves garlic, minced
- 2 tablespoons tomato paste
- 2 tablespoons packed dark brown sugar
- 3 tablespoons chili powder
- 2 tablespoons ground cumin
- 1 tablespoon dried oregano
- 1 teaspoon salt
- 1 can (28 ounces) diced tomatoes
- 1 can (15 ounces) tomato sauce



- 1 can (15 ounces) small white beans, rinsed and drained
- 1 can (15 ounces) light kidney beans, rinsed and drained
- 1 can (15 ounces) dark kidney beans, rinsed and drained
- 1 can (15 ounces) pinto beans, rinsed and drained
- 1 cup vegetable broth
- 1 can (4 ounces) diced mild green chiles
- 1 ounce unsweetened baking chocolate, chopped
- 1 tablespoon cider vinegar.

Heat oil in large saucepan over medium-high heat. Add onions, carrots and bell pepper; cook and stir 10 minutes or until vegetables are tender. Add garlic, tomato paste, brown sugar, chili powder, cumin, oregano and salt; cook and stir 1 minute.

Stir in tomatoes, tomato sauce, beans, broth, chiles, and chocolate; bring to a boil. Reduce heat

to medium; simmer 20 minutes, stirring occasionally. Stir in vinegar.

Chili is even better served with cornbread. Make batter while the vegetables are cooking in step one and bake it while the chili is simmering.

Cornbread

Makes 12 servings

- 3 tablespoons boiling water
- 1 tablespoon ground flaxseed
- 1 1/4 cups all-purpose flour
- 3/4 cup yellow cornmeal
- 1/3 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 1/4 cups plain unsweetened almond or soy milk
- 1/4 cup vegetable oil

Preheat oven to 400 F. Spray 8-inch square baking dish or pan with nonstick cooking spray. Combine boiling water and flaxseed in small bowl; let stand until cool.

Combine flour, cornmeal, sugar, baking powder, and salt in large bowl; mix well. Whisk almond milk and oil in medium bowl until well blended. Add to flour mixture with flaxseed mixture; stir just until dry ingredients are moistened. Pour batter into prepared baking dish.

Bake 25 minutes or until top is browned and toothpick inserted into center comes out clean.



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

COMMENDED STUDENTS NAMED...



Six Smithtown High School East seniors – Gianna Antonacci, Jason Dolowich, Lindsey Douglas, Dylan McCreesh, Krishna Palempalli and Frank Scagluso – have been named commended students in the 2021 National Merit Scholarship Program. Commended students are recognized for the exceptional academic promise demonstrated by their outstanding performance on the qualifying test used for program entry.

Photo courtesy of Smithtown Central School District

Successful Start to the Year in Smithtown

Smithtown Central School District welcomed back students and staff on September 8 for the official start of 2020-2021 school year. As the buses pulled into the schools, staff and administrators were on hand to greet the students.

While the school day may look a bit different, students

were eager to learn and settle into their new routines. Kindergarten students explored their new buildings, as did the sixth and ninth grade students who moved up this year. Faculty members, staff and administrators were on hand to guide the students through the schools and help ease any first-day fears.

For many students, their first time back in the buildings since March was the perfect chance to reconnect with friends and classmates. By the end of the school day – whether virtually or in-person – students were poised for a successful year ahead.



NATIONAL MERIT SCHOLARSHIP FINALIST...

Wenxiao Men from Smithtown High School East has been named a semifinalist in the annual National Merit Scholarship Program. Every finalist will compete for one of the 2,500 National Merit scholarships.

Photo courtesy of Smithtown Central School District

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Looking for a Home? Advice Regarding Property Taxes and More

by Joseph A. Bollhofer, Esq.

There are many things to consider when buying a home. Property taxes are one of the most important factors in determining affordability. Unfortunately, buyers sometimes are unpleasantly surprised when the next property tax bill comes.

There are two reasons for this:

- 1) Sometimes the property is not fully assessed because the previous owner had not legalized all structures by obtaining Certificates of Occupancy (for living spaces) or Certificates of Compliance (for all other items, such as decks, inground pools and detached garages). When sellers market their homes for sale and there is a structure on the property that does not have a certificate, they usually will obtain the certificate, after which property taxes increase.
- 2) The property owner might enjoy the benefit of certain property tax exemptions, which reduce taxes. These exemptions can include an Enhanced Star Exemption, for those over 65 who qualify financially, a Senior Citizens' Exemption, for those seniors who have even less income, and Veterans' Exemptions. The exemptions are ultimately removed after the deed to the

purchaser is recorded, and the taxes increase to their "non-exempt" status.

Many buyers are unaware of these circumstances when they offer to buy a house. If they ask the seller or a real estate broker before contract signing about the amount of the taxes, they sometimes are not told that there are tax exemptions. Likewise, without doing some pre-contract inquiry, buyers often will not know until after contract signing whether a Certificate of Occupancy for a structure on the property has not yet been issued. Again, once it is issued, the property will be reassessed and the taxes increased.

A wise buyer will visit the municipality's tax receiver or assessor to determine whether there are any property tax exemptions in existence. (Copies of tax bills often can be obtained online.)

He or she also will visit the municipality's building department to determine whether Certificates of Occupancy are in existence for all structures. Sometimes, this can be a complicated task. If the home to be purchased is a simple two-story rectangle with an inground pool and detached two car garage, the task is not complicated. However, many homes have additions that have been built over

the years. In order to adequately determine if all required Certificates of Occupancy exist, all of the dimensions of the house would need to be determined. Sometimes sellers have an accurate survey, but sometimes not.

Buyers should also be aware that a Certificate of Occupancy is necessary when interior space in the house, although not increasing the footprint of the house, is converted to living space, such as a garage conversion.

Doing this homework ahead of time, and asking follow up questions of the seller or real estate agent, also likely will avoid a contract in which the closing is delayed because the seller has only begun the process of obtaining a Certificate of Occupancy or Certificate of Compliance. Worse yet, if the seller needs to obtain a municipal variance approval for a structure that is too close to a property line under existing zoning codes, the process will be delayed, probably for a couple of months, and there is no guarantee that the variance application will be approved.

Even if a variance approval is not necessary in order for the seller to obtain a certificate, closing is often delayed because the
continued on facing page

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continued structure must be inspected by the building department, must have a valid electrical inspection certificate if there are any electrical devices, and must have a valid plumbing inspection certificate if there is any plumbing. If the structure does not comply with the current applicable codes, it must be "brought up to code." This could involve making changes to the structural aspects or rewiring, etc.

Sellers' attorneys often will include in a contract a provision that the sellers responsibility to make any such changes or corrections in order to obtain a certificate is limited to a certain dollar amount, and that the seller is not required to obtain any variance. In a contract that is poorly worded, the buyer may be in for a very unpleasant surprise.

This matter could be even worse if the buyer is obtaining mortgage financing and the lender will not close without the required certificate.

You can see that these problems could turn what should be a pleasant experience into a nightmare, including litigation. In circumstances where the buyers are selling their own house or otherwise soon will have no place to live, the problem is compounded.

Suffice it to say, it is extremely important to pay diligent attention to these issues before you commit to purchasing a house.

There are other issues to consider, which are beyond the scope of this article. I invite you to read my other articles regarding buying and selling a home. You will find them on my website at www.BollhoferLaw.com.

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Editor's Note:

Joseph A. Bollhofer is an attorney practicing law since 1985 in the areas of real estate, elder law, Medicaid and estate and business planning and administration. He

is also the president of Downstate Title Agency, Inc. His legal advice has appeared several times in Newsday's "Ask the Expert" column, a weekly feature dedicated to elder law and estate planning issues, and in Bar Association journals. He is a member of the National Academy of Elder Law Attorneys, and of the Elder Law and Surrogate's Court Committees of the Suffolk County Bar Association,

currently serves as chair of the SCBA's Real Property Law Committee, and is a member of the Real Property, Elder Law and Trusts & Estates Law Sections of the New York State Bar Association. His office is located at 291 Lake Avenue, St. James, NY. He can be reached at info@bollhoferlaw.com or 631-584-0100.



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Parents of a Special Needs Child Have Special Needs, Too

by *Adrienne B. Greene, MBA*

As the parent of a special needs child, you know how rewarding – and challenging – caring for your loved one can be. And even though you’ve got it all under control right now, you can’t help worrying about the future. After all, someday your child will have to go on without you, and you know how expensive it can be to maintain your child’s quality of life. That’s why a special needs trust (also called a supplemental needs trust) can be a tremendous source of comfort.

A special needs trust is a legal instrument that helps concerned parents like you set money aside for your child’s future care. Best of all, it does it without reducing your child’s eligibility for public assistance programs such as Medicare, Medicaid, and Sup-

plemental Social Security Income (SSI)¹. For obvious reasons, it is important that it be prepared with the input of qualified tax and legal advisors. Let’s take a look at how these trusts work:

A trust protects your child’s assets – and eligibility.

If your child relies on government assistance, it’s important to know that many of these programs have strict asset limitations (usually \$2,000). A special needs trust can keep your child from exceeding these limits by making sure any assets he or she would otherwise inherit go directly into the trust. That way, you don’t have to worry about jeopardizing your child’s eligibility for assistance, and you can be sure that any money you earmark for his or her care will be used exclu-

sively for that purpose.

You can fund a trust with a wide variety of assets.

You can use almost any combination of assets to fund your special needs trust: stocks, bonds, real estate – even the proceeds from a life insurance policy (provided you name the trust as the beneficiary). In fact, a whole life insurance policy can be a cost-effective way to fund the trust, since they both pay a death benefit (provided premium requirements are met) and any cash value they generate will continue to grow tax-deferred until your death.

Make sure you use a qualified professional.

Your child’s future is too important to leave anything to

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Avoid Financial Mistakes During Retirement

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

When you retire, you've learned a lot about all sorts of things, helping you avoid some of the mistakes you made earlier in life. However, you may still be susceptible to financial missteps specifically related to your retirement years. How can you dodge these errors?

Consider these suggestions:

- **Manage your withdrawal rate carefully.**

You will likely need to tap into your retirement accounts – your IRA and 401(k) or similar employer-sponsored plan. But you should establish an annual withdrawal rate that's appropriate for your situation. By withdrawing too much each year, especially in the early years of your retirement, you risk outliving your re-

sources. You may want to consult with a financial professional to determine the withdrawal amount that's right for you. (Keep in mind, though, that once you turn 72, you will be required to take out at least a certain amount each year – based on your age and account balance – from your traditional IRA and 401(k) or similar plan.)



- **Don't underestimate health care costs.**

Once you turn 65, you will be eligible for Medicare, but you may still need a Medicare supplement plan and will probably

also incur other expenses. In fact, A healthy 65-year-old couple who retired in 2019 will need nearly \$390,000 over their remaining years just to pay for health care, according to Health-View Services, which produces health-care cost projection software. Other estimates show different amounts, but they all amount to hundreds of thousands of dollars. So, when calculating your expenses during your retirement years, reserve a big space for health care.

- **Don't take Social Security too early.**

You can start receiving monthly Social Security checks continued on facing page continued when you reach age 62, but your payments will generally be continued on facing page



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FINANCIAL FOCUS

continued significantly larger if you wait until your “full” retirement age, which will probably be between 66 and 67. (The size of your payments will “max out” at age 70.) Of course, if you need the money at 62, you may have to take it, but if you believe you have longevity working in your favor, and you can afford to wait, you may be better off by delaying Social Security as long as possible.)

- **Don't invest too conservatively.**

Once you're retired, you might think that you should take as few chances as possible with your investments – after all, you simply have less time for them to bounce back from a downturn than you did during your working years. Nonetheless, it's im-

portant to own a reasonable percentage of growth-oriented investments to help keep you ahead of inflation. Even at a low rate, which we've experienced recently, inflation can erode your purchasing power over time.



- **Don't be more generous than you can afford.**

If you have grown children who need financial help, or grandchildren heading to college someday, you'd no doubt like to do whatever you can to provide assistance. However, the hard truth is they simply have more time than you do to find workable financial solutions, whereas

if you deplete your funds through your generosity, you could put yourself in a precarious position. So, be as giving as you can afford – but don't go beyond that. By preserving your financial independence, you'll end up benefiting your family, as well.

Retirement can be a wonderful time of your life – and you may enjoy it more by doing what you can to avoid costly financial mistakes.

Editor's Note:

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

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

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



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Hosting the Holidays – 2020 Style



by Natalie Weinstein, Allied ASID, IDS

It's been a year! Challenges abound and the holidays are upon us. What will be

different and what will be the same is up to us. With the Coronavirus cloud hanging over us, shopping and entertaining will surely be more stressful. But your home can still be your holiday haven if you choose to make it so.

Holiday decorations make people happy even though they require time to create that festive look. They bring a sense of nostalgia – a connection with your family's past traditions and they also add a new design element to your familiar décor.

This year, many of your friends and family will enjoy them from afar, but your own household will get a lift everyday. And remember ...more may not be better. Remove some non-seasonal articles to make room for a proper holiday display. This showcasing can make inexpensive objects look grand and beautiful. Try to group holiday accessories as you might any other collectible. For example, your existing bookshelves may be the perfect place to display a whole Christmas village. Focus on staircases with decorative garlands and plants (if the steps are wide enough). Fireplaces can also be wonderfully dressed for the season with mantle covers, candles and stockings. Most of all, place your tree in an area for greatest enjoyment leaving enough space for presents and people opening them. Think about rearranging the furniture just a bit for maximum use and effect.



Chanukah can be holiday celebrated with festive displays, as well. Many families have large collections of menorahs from old and traditional, to contemporary, to child made. Judaic art collectibles are very popular and are available in specialty shops and department stores and, of course, on line.

Things to remember if you are hosting a celebration –

- Host outdoor activities as much as possible, weather permitting
- If indoors, make sure people can social distance and have plenty of ventilation
- Gather with locals in addition to your immediate family to ensure everyone's safety
- Limit the number of attendees
- Encourage your guests to bring their own masks and cleaning supplies but, keep your extras handy
- Make sure your guests have quarantined if exposed before your event

If you are attending a holiday gathering, observe the same guidelines to protect yourself and others.

And – enjoy your family and friends.

Let's be grateful and mindful of them, keeping them and you "safe." Zoom has brought families together who are far away or in the next town. No one need be alone for the holidays with modern technology. The beauty, warmth and the safety of our home can be enjoyed by everyone. Be creative – then be intelligently inclusive – so we can all be healthy in the new year. *Happy Holidays to all!*

Editor's Note:

Meet Natalie Weinstein through *Online Design*, a new service that can take you from inception to completion for your home and patio. Contact us for online design or outdoor living ideas. Natalie Weinstein, Allied ASID, IDS, is an accredited designer, acknowledged business leader, entrepreneur, author, media personality and motivational speaker. Her interior design firm, Natalie Weinstein Design Associates, has been creating lifestyle changes in homes and public spaces, decorating for countless clients since 1973. In 2001, the Natalie Weinstein Home Decorating Club was launched to guide "do-it-yourselfers" with a little help from a pro. Uniquely Natalie, a quality furniture and accessory consignment boutique was opened in 2014 to give every shopper an opportunity to create a beautiful home no matter what the budget.

For questions, please call 631-862-6198.

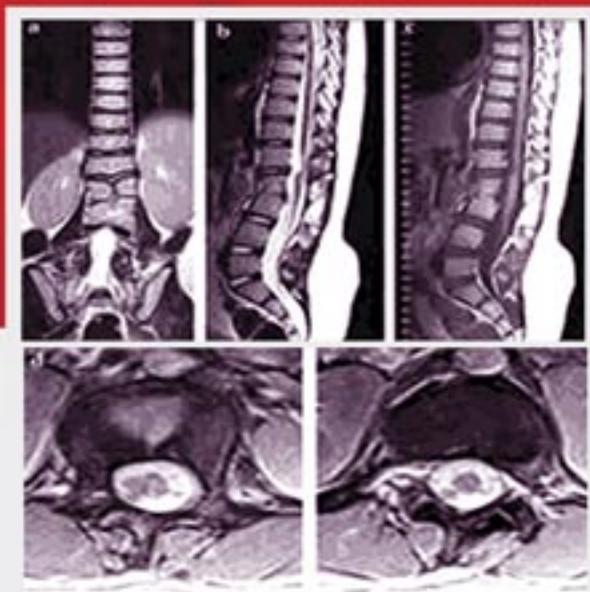
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Dr. Raymond A. Semente, D.C.
265 Lake Ave.
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by Sally Wellinger

The many colors of leaves in autumn can be breathtaking. But what really happens to the leaves on trees when they change color? Even though we love looking at fall foliage, they do not change for us. This transformation is an important adaptation for survival. Plants are quite fascinating in that they have adapted to survive in so many different places. Before learning about the changes in leaf color, it is important to learn why leaves are green during the spring and summer.

All living things are made of cells, which make all living things similar. Plant and animal cells are remarkably similar and have many of the same parts, but there are a few differences. One of the main differences is that plants have these little structures in their cells called chloroplasts and animal cells do not. Chloroplasts are green because they contain molecules called chlorophyll which give plants their green color. Chlorophyll is also the molecule that converts molecules of carbon dioxide and water into energy or sugar. Chlorophyll in chloroplasts are nature's food factory. Sugar is a natural chemical which is the energy that all plants and animals need to survive. One of the basic laws of physics is that energy can neither be created or destroyed. So where did the chemical energy in sugar come from? We know that plants need sunlight to survive. The reason for that is solar energy from the sun is converted or changed to chemical energy in plants in the chlorophyll. With all of the amazing discoveries and advances we have made in science; scientists are still unable to replicate the ability to convert solar energy into food or chemical energy. Scientists did make a breakthrough in understanding



Falling Leaves

more about this fascinating process just this past January, so we may be hearing more about how this works in the future.

Regardless, this process of photosynthesis or making food (chemical energy) from the sun (solar energy) requires a lot of work. It is funny to think that plants need energy to make energy, but if you think about it, we need that too. In order to work hard, we need to eat a good breakfast. Trees in colder regions have adapted over many years to survive. Trees that lose their leaves in the winter, called deciduous trees, do that to conserve energy. It is almost like hibernating. That still does not explain why the leaves turn beautiful colors in the fall before losing the leaves.

Chloroplasts, the small structures inside plant cells that make food, go through changes when the days start getting shorter. The chlorophyll, the molecules that are green inside these structures start to break down. Different molecules that cause the red, orange, and sometimes yellow in leaves start to move into the chloroplasts. Although scientists know that is happening in leaves, they are still trying to figure out why. Anthocyanins and carotenoids are the pigments or

colors that goes into chloroplasts to give leaves their red, orange, and yellow colors. We know that anthocyanins provide nutrients and antioxidant health benefits to us. Antioxidants help us stay healthy. It is what gives berries their color, which is why you might hear that eating berries is healthy. Carotenoids do the same thing and are in carrots, squash, and oranges. These pigments may help plants in the same way. Anthocyanins also work as a sunscreen, which might allow the green chlorophyll molecules to stop working and break down. Once it breaks down, where do the parts of green chlorophyll go? Scientists think these parts might travel down inside the branches and trunk of the tree for winter and moves back into the leaves in spring as the leaves grow.

There are also thoughts that the red, orange, and yellow leaves might be less desirable for animals, including insects, to eat. Or possibly, the colors camouflage the fruits in trees and plants from animals, allowing fruits to fall to the ground and seeds to grow in the soil below. Even though, we know what happens, there is still much to discover as to why it happens. If only the trees could talk to us!

This autumn, when enjoying the fall foliage, stop and take a moment to marvel about what is happening inside the trees as they prepare themselves for the colder months.

Editor's Note:

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

Y O U C A N H E L P



Smithtown Animal Shelter is Looking for Short Term Foster Homes for Dogs & Cats During the COVID-19 Pandemic

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

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

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

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

For additional information call 631-360-7575 or email animal

shelter@tosgov.com. The Smithtown Animal Shelter is located at 410 East Main Street, Smithtown.

Spay/Neuter Clinic:

The Southampton Animal Shelter Foundation will hold a Low Cost Spay/Neuter Mobile Clinic at the Smithtown Animal Shelter on October 21, November 4, November 18, and December 2. To book appointments, please call (631)-566-8870.

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

The Wine Down

continued from page 26
brand has expanded into nine different wine labels, including a sparkling line named after Coppola's daughter Sofia, an Oscar nominated director herself – although her actual win was "Best Original Screenplay" for 2004's *Lost in Translation*.

The Francis Ford Coppola Winery is now located in Geyersville. Not surprisingly, Godfather memorabilia can be found within its walls.

Editor's Note:

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

The Atelier

continued from page 32

Plein Air Painting w/Anthony Davis

Fridays, 10 a.m.-1 p.m.
Fee: \$60/per class

Figure Drawing and Painting w/Tyler Hughes

Fridays, 2-5 p.m.

Fee: \$77.50/per class includes model fee

Anime and Graphic Novel Creation Online w/James Beihi

Ages: 13-16 years
Fridays, 6-8 p.m.
Fee: \$45/per class

Drawing and Painting w/Tyler Hughes

Ages: 13 years and up
Fridays, 6-8 p.m.
This class is designed to teach the fundamentals of drawing and painting primarily aimed at middle and high school students, but adults are also welcome.
Fee: \$45 per class

Anime and Graphic Novel Creation In-Studio w/James Beihi

Ages: 13-16 years
Fridays, 1-3 p.m.
Fee: \$45/per class

Art and Art History for the Young Online w/Linda Catucci

Saturdays, 10 a.m.-12 noon
Ages 7-11 years | Fee: \$50/class
Including materials fee

Graphic Novel and Genre Illustration In-Studio w/James Beihi

Saturdays, 3:30-6:30 p.m.
Fee: \$60/per class

Special Needs Child

continued from page 54
chance. While special needs trusts have been around for years, they are complex legal instruments that have to be set up properly. Be sure to work with an attorney who¹ has plenty of experience in this area, as well as a thorough knowledge of wills and estates.

It takes a special person to care for a special needs child – and to adequately prepare for the child's future. With a special needs trust, you can take comfort in the fact that you have done everything you can to give your child the resources he or she will need to lead a long and happy life.

¹Neither New York Life nor its agents or employees provide tax or legal advice. Please consult your tax and legal advisors before taking any action.

Editor's Note: This educational third-party article is provided as a courtesy by Adrienne B. Greene, MBA, Agent, NY Lic. # LA-1593383 New York Life Insurance Company. To learn more about the information or topics discussed, please contact Adrienne Greene at 516-983-8647.

What's Buggin' You?



by June Capossela Kempf

Brace yourself, because at this very moment, something awful may be happening in some dark corner of your basement. Something that replaces the big hairy spider as a harbinger of Halloween horror is no doubt abiding in some deep damp recess of your cellar. If you can summon up the courage to look under your water tank, or around the drains, you could find batches of creepy critters gathering to launch a mass invasion of your happy home.

With all that's going on today, it is hard to imagine anything scarier than 2020 and it is understandable that you, dear readers, have forgotten all about a tempest that still strikes terror in the hearts of some townfolk and sparks thousands of urgent calls to the local exterminator: the Cave Cricket.

I had my first encounter one evening, while I was watching Jeopardy and drinking only diet root beer. A weird bug appeared on the floor in front of the couch. I spotted it as it was stretching its elongated hind legs and fearlessly rotating threatening inch long antennae on its head.

"Get him. Get him!" I yelled to my husband who wasn't even in the room. I leaned over to get a closer look. I thought I was seeing the product of a new species

— a hybrid that evolved from the effects of global warming. It wasn't a spider. It certainly wasn't a grasshopper and it wasn't a home grown cricket. It was brownish in color, had a short arched back and was ugly as sin.

My first impulse was to squish it beneath my foot, but I had no shoes on, so I reached under the couch for my one of my flip-flops.

The intruder must have sensed danger. Without warning, it leaped up in the air and landed way across the room. With my flimsy weapon in hand, I tried to catch him, but as soon as I got close enough to strike, he sprung up to the top of my favorite lampshade — safe from any impending attack I was trying to launch. I imagined he was laughing at me as I stood down and lowered my weapon; grudgingly acknowledging that he was smarter than I. This was the moment I gave recognition to his cunning, agility and ugliness by naming him Gonzo.

The next move he made was a leap aimed directly at me. In an instant, I became the pursued — scurrying out of the room to get away from a hideous bug that now had complete control of my den and everything in it. While I was cowering in the hallway, I could visualize Gonzo — chomp

ing on my other flip flop or my precious lampshade. This would not do. I needed to reclaim my territory and defeat this villainous varmint once and for all.

After arming myself with a can of lethal bug spray, I cautiously reentered the room, but there was no sign of the menacing pest. Maybe he was hiding in a radiator fin or under the fireplace, or God forbid — between the couch cushions. I decided to wait it out, instead of fogging every inch of the room. Sooner or later, I figured, he would chirp and give his location away and I'd get him with one shot; but he never made a sound. Maybe it is some kind of stealth cricket relative, I thought. The next evening he returned and boldly hopped right up upon the coffee table. He lingered there long enough for me to snap a picture and post it to my FB page — "What is it?"

The reaction to my query drew immediate hype. Twenty comments appeared on my page in a matter of minutes.

"It's only a cave cricket."

"No, it's a camel cricket — because they are shaped like camels."

continued on facing page

SHORT STORY

continued

"Same thing," One informed responder posted. "They came from Asia but lurk in dark cool places like caves....They are harmless and will go away soon."

More solutions came pouring in:

1 "Ya get some sticky glue strips that attract and trap them." one commentator advised.

2. "No, they have been known to eat their own legs off to escape."

3. " Really? How can they escape with no legs?"

4. "Seal up all the cracks and crevices where they can get in."

5. "Throw moth balls around."

6. "Ya put containers of soapy water in the basement. The bugs look for water and when they jump in the container, the soap removes the slimy coating on their bodies and they drown.

Most of the comments were meant to be helpful, but this is Face book. There are critics:

1. "How dare you even consider using chemical bug killers?"

2."They are God's creatures and will soon go away. Leave them alone.

3. "I can give your home a good deep cleaning – cheap."

4. "They bite!"

It was time to call in a professional.

I was so desperate and afraid that Gonzo would soon reappear with all his relatives that I called an exterminator who uses a truck with a big reddish roach painted on the side panels and has a penchant for parking at your front door. I didn't care. I gave him a description and sent him the photo of Gonzo.

"Yup, that is a cave cricket," the man said. They are harmless. They come inside your house for shelter. How many bugs are in your house?"

When I told him that so far Gonzo was all alone, he kindly replied: "Okay, if you find any more, call me back, I charge \$90. for a service call. We will spray the perimeter of your house and that will take care of all kinds of pests for this season. However, that charge will be

waived, if you sign up for a new perennial contract."

"Let me think it over," I said.

I went back to FB, seeking empathy and pity and from friends I don't know and/or haven't seen in years. There was only one notification posted from my cousin's daughter's best friend:

"Help! There's a huge ugly bug in the basement – the size of a 'Volkswagen.' What do I do???"

"Nothing," I replied. "Just shelter in place and wait till the 'bug' runs out of gas."



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.



Getting a Hearing Test May Be Good For Your Memory

by William Kent

If you want to help your memory and cognitive performance, you may want to get a hearing test and if necessary treat your hearing loss. There is a growing body of research that shows a definitive link between hearing loss and cognitive function.

According to Brandeis University Professor of Neuroscience Dr. Arthur Winfield, effortful listening due to unaddressed hearing loss is associated with increased stress and poor performance on memory tests. His research shows that even when people with unaddressed hearing loss perceive the words that are being spoken, their ability to remember the information suffers, more likely because of the draw on their cognitive resources that might otherwise be used to store what has been heard in memory. This is especially true for the comprehension of quick, informational complex speech that is part of everyday life. "Even if you have a mild hearing loss that is not being treated, cognitive load increases significantly," say Win-

field. "You have to put so much effort just to perceive and understand what is being said that you divert resources away from storing what you have heard in your memory" As people move through middle age and their later years, as Winfield suggests, it is reasonable for them to get their hearing tested annually. If there is a hearing loss, it is best to take it seriously and treat it.

A number of studies have come to light over the past few years showing a link between hearing loss and dementia. Specifically, a pair of studies out of John Hopkins found that hearing loss is associated with accelerated cognitive decline in older adults and that seniors with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing. We have been spreading this information for a number of years now and I strongly believe that these facts are important for patients and their care takers to keep in mind when forgetfulness becomes apparent. Many experts believe that interventions, like

hearing instruments, could potentially delay or prevent dementia. Research is ongoing.



Other studies indicate that maintaining strong social connections and keeping mentally active as we age might lower the risk of cognitive decline and Alzheimer's according to the Alzheimer's Association. Also interesting is the Better Hearing Institute research shows that people with hearing difficulty who use hearing instruments are more likely to have a strong support network of family and friends, feel engaged in life and meet up with friends to socialize. Some even say that using hearing instruments has a positive effect on their relationships.

In our lifetime many of us have ups and downs in relationships and in either physical or mental health. The idea is to control the negative effects which we are faced with so it does not have a long lasting or serious effect on our lives. We should pay attention and listen to what our body is telling us, and take whatever step that is necessary to arrive at what one feels is the correct treatment. From a hearing standpoint it's simple, get a hearing test. For most, an annual audiometric evaluation is covered by health insurance, often with little or no out of pocket expense. Think about it and then listen to your body...it's speaking. All you have to do is listen.

Editor's Note:

William Kent is the Director of Long Island Hearing, an Audiology and Hearing Instrument Practice established 1985. With offices in Nassau and Suffolk Counties, they can be reached at their Hearing Help Line at 1-800-698-5200 for more information on this topic or general information about hearing help.

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HEALTH NOTES

Ask Ron Villano



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

in your personal and professional life.

Dear Ron

We were supposed to be married with a big ceremony and party this month but we decided to postpone the celebration until next year. I am very glad about that decision. We also decided to be married in a small civil ceremony this year on the date we originally planned. I thought it would be a great way to honor the day but there was one factor I didn't include. My parents are divorced and through the

years of residual issues they have broken off all communication. Now that the ceremony is just parents, I am worried that bringing them together without the buffer of a bunch of other people may lead to confrontation. We are considering having no parents but that isn't fair to my future husband. What can we do to head off the problem?

— Wedding Worries.

Dear Worried

The actual way to approach it is almost the same as if it was going to be a big party. Set up a separate call with each of your parents and talk about the expectations of the day. Topics include the fact that the wedding is the focus and negativities should be set aside. How they can put a vision of you in their minds on this special day if the other says something concerning or upsetting. The goal of the conversation is to hear how THEY see the day going from their point of view. And, by the way, I am sure both of your parents have this same topic in mind. But most importantly, let this future moment be that moment when it arrives. Right now, it is all what's on your mind, and theirs. By asking and hearing, you get to know what solutions and viewpoints are rather than guessing, hoping and worrying about the "what if." Perhaps there is more of a truce than you think!

Editor's Note:

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

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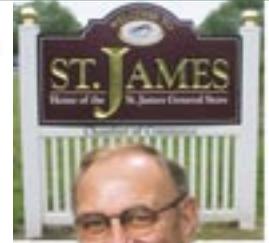
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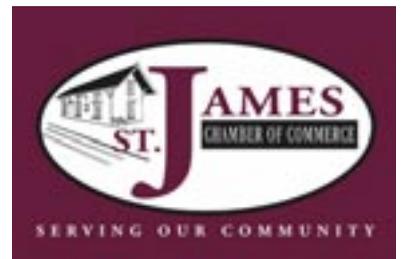


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by Terri Pace

Season of Change

For sure, each season of the year can prompt changes in

the world. Living in the Northeast of the U.S. offers its inhabitants a full spectrum of seasons – we get to fully experience all four seasons: winter, spring, summer and fall.

The transition from season to season is greeted by people in different ways:

- With immense joy, we welcome the warmth of spring after a long and sometimes harsh winter.
- With great excitement, we look at the events and beloved activities that summer offers... beach days, water sports, bike rides, graduations and celebrations galore!
- With the passage through the winter months, we may or may

not love the snow and shoveling, but we look forward to family and home-oriented moments, the holidays, and even welcome a new year of possibilities. With the advent of winter, we begin adding those precious minutes of sunlight into our days.

So what is it about the movement into the fall season that brings a hint of melancholy into our mood?

- With not so easy resignation, we submit ourselves to shorter days.
- We don pants and sweatshirts to enjoy cooler evenings.
- Much to the objection of our feet, we swap out fun-loving sandals for shoes and boots.
- We notice how our flowers and vegetables slowly relinquish their treasures.
- We watch the burst of color into our landscape just before we witness the trees shed their leaves...like its last hoorah of life and vitality.

With this surrender comes an

awareness that most everything in nature slowly starts to fall asleep.



Fall in Love with Fall

Cooler temperatures allow us to turn off the air conditioner for the first time in months. Spice oils are warming to the skin. So if you find yourself chilled, simply apply a few drops of Cassia, Cinnamon, Clove, or Ginger on the bottom of your feet. Wrap your feet in a blanket or towel. While you enjoy the warm and spicy aroma, know that these oils also support the digestive system and are both physically and emotionally protective.

Try these diffuser blends of essential oils to add a breath of fresh fall air to your home:

- Walk in the Woods Blend
3 drops of Wild Orange, 2 drops of Clove, and 1 drop of Frankincense.
- Fall Campfire Blend
2 drops of Frankincense, 3 drops of Wild Orange, 4 drops of Cypress.
- Crisp Fall Morning Blend
2 drops of Wild Orange, 3 drops of each Patchouli and Cassia.

Fall Indoor Air Cleaning Tip:
As you change your air filters, spray your new filters with a protective blend of Clove, Cinnamon, Eucalyptus, Ginger, and Wild Orange essential oils.

Especially during the fall season, we can feel a bit nostalgic. The aroma of spice oils is reminiscent of those fond memories of family celebrations. Wrap yourself in an essential oil hug with these diffuser blends and enjoy a pleasant walk down memory lane:

continued on facing page

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Terri Pace
<https://doterra.me/YOKWNCM5>
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HEALTH NOTES



continued

- Apple Pie: 2 drops each of Clove, Cinnamon Bark, and Ginger essential oils.
- Pumpkin Pie: 3 drops of Cinnamon Bark and 1 drop of Clove essential oils
- Thanksgiving Homecoming: 3 drops of Cypress, 2 drops each of Sandalwood and Siberian Fir essential oils.

With less hours of sunlight, maintaining a positive mood can be challenging. Citrus oils help our bodies produce much needed mood uplifting brain chemistry and can be an effective solution for a dreary day. Try one or a combination of these invigorating and uplifting essen-

tial oils: Bergamot, Green Mandarin, Lemon, Tangerine and Wild Orange.

Experience Pure Delight by adding 5 drops of Bergamot, 2 drops of Cassia, and 1 drop of each Wild Orange and Lemon essential oils to your diffuser.

Fall Mood Uplift Tip:
Lift your mood by combining Wild Orange essential oil with any one of these favorites: Cardamom, Frankincense, and Peppermint essential oils.

With aromatic and therapeutic essential oils at your fingertips, you can easily manage the transition of seasons... and *Fall in Love with Fall!*

Note: *Essential oils are safe, therapeutically effective and very affordable. However, not all essential oils are created equal. Be an educated consumer and use only certified pure, therapeutic grade es-*

sential oils for your family! Make sure the chemistry you need is in the bottle at your fingertips!

* 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 is a certified Holistic Health Coach. She is an educator, sharing her experiences and knowledge on the use of simply natural solutions to support the structure and functions of the body for optimal health and wellness. Terri invites you to contact her for a FREE private, personal wellness consultation and to get samples of essential oils which can support your specific wellness goals: simply.natural@optimum.net For more information on other events and weekly workshops available: visit <http://simply-naturalseminars.eventbrite.com> or call Terri at 631-487-1627 - no purchase necessary to attend. You can also find short webinar recordings on different health topics on her Vimeo channel: <https://vimeo.com/simplynatural>

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

New Arrival



Grace Marie Vigilante



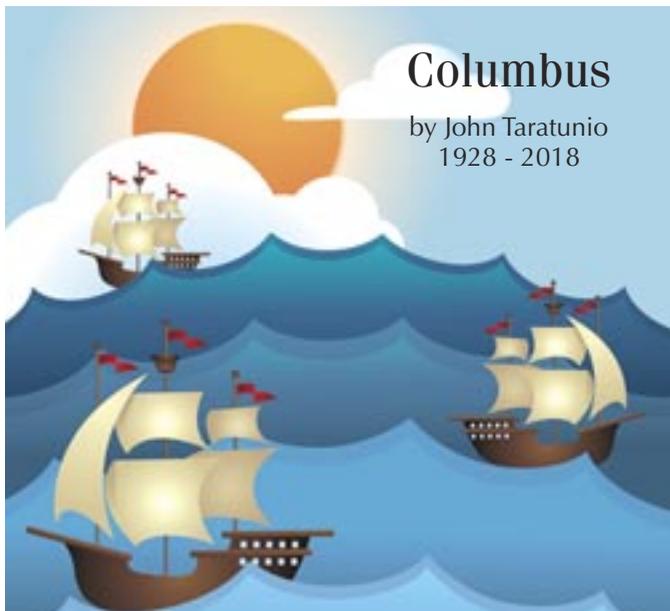
Dr. Thomas and Christine Vigilante with their new arrival Grace Marie.

Dr. Thomas and Christine Vigilante of St. James are happy to announce the birth of their precious new daughter, Grace Marie Vigilante. Grace made her debut on July 27, 2020 at 10:15 p.m. at Stony Brook University Hospital

weighing 8 lbs, 1 oz and measuring 21 ³/₄ inches long. Christine and Thomas have had an exciting year as they are now new parents, as well as business owners of North Country Dental Care in St. James!

Happy grandparents Grace and Thomas Sapienza and Loretta and Henry Vigilante, both of St. James, are thrilled, as well as baby Grace's 14 cousins!

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



Columbus

by John Taratunio
1928 - 2018

Once it was believed the world was flat
And all parts of the world were remote
Every one in the world believed that
Until a queen gave Columbus a boat
When he sailed his boat past the horizon
It's amazing what he found
America was there and quite surprisen'
This proved the world was round
From that discovery, there sprang a great nation
A nation that just grew and grew
So Columbus deserves a great ovation
For what he did in 1492

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Dr. Thomas Vigilante



Dr. Gregory Skrapits

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O B I T U A R I E S

Marilyn Lydia McCutcheon

Marilyn Lydia McCutcheon, 66, of Brookhaven Hamlet, passed away on September 8, 2020 with her loving family by her side.

Born to the beloved late Joseph and Florence Neitzel, February 8, 1954 in Port Jefferson, NY. Wife to David Anderson McCutcheon III, mother to Matthew, Justin, Kristy and Amanda, sister to Warren, Eric, Delia, Sarah and Bonnie, aunt to Varin, Siobhan, Joseph, Christopher, Maggie, Sarah, Romeo, Kit, Kim and Laura and to the many other family and friends.

Marilyn was so proud of her family, her children, her nephews and nieces – whom she boasted about the most. She enjoyed her life and family to the fullest, whether spending time together on the beaches in Southold or the shores of Fire Island to her travels with her dear friends throughout Europe the United States and most recently with family to California for Varin and Maggie’s wedding, a family event that she cherished and a union that led to the birth of her great niece Lucy, whose many photos and videos comforted her when she needed it most.

Lastly to her trip to Alaska with Dave, a long-held dream that created beautiful and lasting memories that sustained them both for their time alone and for that spent with their “wild” relatives of Alaska. This would come to be Marilyn’s last great adventure, but one of if not her fondest.

Marilyn was an incredibly intel-



Marilyn Lydia McCutcheon

ligent and successful person, but would not want to be recognized for her many accomplishments, rather to be remembered for her love and the family she glued together. She would never admit it but she was also the most determined person you have ever met (just ask her brothers Warren and Eric – whom no siblings had a

closer bond). Her family fondly joked with her that she had a master’s degree in life – “the knower of all things.” But most importantly she was and will remain forever in our hearts and memories – our guiding light.

If she were here with us, she would ask her family to remember all the great times we had. Especially the little shanty beach house in Southold where she invited and welcomed all to come and be part of her family, the little house that she always made room for people to stay. She would thank all of those that became part of her family and created such beautiful memories...

We wish we had more time, but we remember all the great moments we shared and are comforted knowing she is with her father Joseph, mother Florence, grandmother Amelia and mother-in laws Barbara and Faith – to whom she cherished.

“May the wind be always at your back. May the sun shine warm upon your face, the rains fall soft upon your fields and until we meet again, may god hold you in the palm of his hand.”

Mrs. McCutcheon reposed at the Robertaccio Funeral Home. A Funeral Mass was held at Sts. Philip & James R.C. Church in St. James.

In lieu of flowers the family requests that any donations be made in support of breast cancer research.

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O B I T U A R I E S

George Daly

George Daly, of Miller Place, NY, passed away on August 19, 2020 at the age of 93. Proud US Navy Veteran. Mr. Daly enlisted into the U.S. Navy in 1945 when he was 17 years old. He received training at the Sampson naval training base in Sampson, NY. Mr. Daly became a coxman aboard the U.S.S. Enterprise, which was the first nuclear powered aircraft carrier and the longest naval vessel in the world. He was shipped overseas aboard the Enterprise where he swept for mines and visited locations such as Bikini Atoll and Okinawa, Japan. Mr. Daly was stationed in Oahu, HI when a tidal wave hit in 1945. Mr Daly was 19 when he was discharged, and he then re-enlisted in the naval reserves for 8 years. George Daly's grandson Glen Moody, served in the U.S. Navy and the U.S. Marine Corps from 1999 – 2005 and is also listed on the wall of honor. George is a retired Steamfitter Local 638 Union member for 74 years.

Beloved husband of Eleanor for



George Daly

69 years. Loving father of Kathy (James) Tamburino, Eleanor (the late Vinny) Smarrelli, Diane (Glen) Moody, Patricia (Steve) Matonti and Lynn Anne Daly. Cherished

grandfather of Joseph (Janet), Kathleen, Jimmy (Amanda), Arne (Niki), Evan (Gina), George (Sarah), Jennifer, Patricia, Jon, George and the late Glen. Adored great grandfather of Dylan, Marie, Arne, Evan, Aidan, Ava, Shane, Jake and Julius. Dear brother of Alice (and the late Cookie), the late William (Mary), Eileen, Dorothy (and the late Marty), Frankie (Kathy), Joseph (and the late Geraldine), the late Margaret (and the late William), the late Kathy (Thomas), the late Richie (Ginger), the late Geraldine (the late Bill) and John (Naomi).

In lieu of flowers donations can be made to: St. Gerard Majella RCC, 300 Terryville Rd, Port Jefferson Station, NY 11776

A Funeral Mass was celebrated at St. Louis de Montfort R.C. Church, Sound Beach, NY. Interment followed at Washington Memorial Park Cemetery.

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

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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. K.B. 10/20

FOR SALE – “NEW” Weber Q1000 Gas Grill with portable cart. Never used. \$95 – orig. \$260. Call 631-979-3949 and leave a message. 10/20

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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.

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.

NEEDED – AARP VOLUNTEER TEAM MEMBERS in Smithtown. Meet new people, impact your community, learn about local issues, get information about AARP programs and discounts in addition to volunteer opportunities. Join us on the 2nd Thursday of each month, from 1-3 p.m. at The First Presbyterian Church of Smithtown, 175 East Main St., Smithtown. Parking is free. For information, contact jimmyk52@outlook.com

VOLUNTEERS NEEDED – The Society for Lending Comforts to the Sick, located at 71 Blydenburg Avenue in Smithtown, is in need of volunteers for the Thrift Shop. The shop is open on Tuesdays and Fridays from 10 a.m. until 2 p.m. For more information call 631-265-1674 and leave a message.

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

LOOKING FOR HELP? Place a classified ad in Our Town and reach over 6,500 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.

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- Thanksgiving
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406 North Country Road
631-862-7447

Luci Gherardi
Douglas Elliman Real Estate
200 W. Main Street, Smithtown
917-683-3439

Bonnie Glenn | Christa Glenn
Coach Realtors
255 W. Main Street, Smithtown
631-584-3950 | 631-921-1494

Rich Masino
Charles Rutenberg Realty
255 Executive Dr., Ste 208
Plainview - 631-584-2283

Jill McDowell
Signature Premier Properties
7 W. Main Street, Smithtown
516-316-2000 | 631-360-2800

David & Rowena Nedvin
Signature Premier Properties
7 W. Main Street, Smithtown
631-767-5221 | 631-360-2800

Maria Orlandi
Douglas Elliman Real Estate
996 Jericho Tpke., Smithtown
631-697-0474 | 631-858-6955

Christine Stevens
Signature Premier Properties
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429 North Country Road
631-862-1600 | Fax: 862-6152

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The Trattoria
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It has been our pleasure to bring you the Our Town - St. James news magazine each month for over 33 years.

This has all been possible because of these businesses and all the businesses that have advertised in Our Town over all these years. Without them there would be no Our Town.

We ask you to PLEASE SUPPORT THEM especially at this time. Shop locally and support all our local businesses. We all need them to succeed.



**Father
Husband
Long Islander**



A lifelong Smithtown resident who is raising two daughters with his wife Terry, Mario understands the needs of our families.

And – as a candidate for the 2nd Senate District – he knows we need to put Long Island first by:

- ◆ *Making sure our police officers have the tools they need to keep our communities safe*
- ◆ *Ensuring that our community gets more from Albany than we send*



- ◆ *Relieving the tax burden so our kids and our seniors can live here*
- ◆ *Investing in our infrastructure to protect our environment and make Long Island the center of our state economically and more self-sufficient.*



This year, every voter can cast their vote in one of three ways: absentee ballot (which is open to all), early voting (which begins on October 24th) and casting your ballot on Election Day, November 3rd

MARIOMATTERA2020.COM

 – MarioMattera2020

**On Election Day - Tuesday, November 3rd -
Join Mario In Bringing
Common Sense To New York State**

**Republican - Conservative - Independence
For New York State Senate**

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