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SEPTEMBER
2021

Volume 34
Number 11

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





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PLEASE NOTE:

Advertising & Editorial Deadline
for the **OCTOBER** edition of OUR TOWN • ST. JAMES is
THURSDAY, OCTOBER 7, 2021 - 12 NOON.

Distribution takes place on **Wednesday, October 20, 2021.**

MERCHANT SPOTLIGHT



Fresh Catch Seafood

**American Legion Hall
95 Lake Avenue, St. James
631-335-6439**

by Debbi Spiegel

Fresh Catch Seafood is the brainchild of proprietor/fisherman Ryan Medwig. Fresh Catch is stocked daily with the freshest, local restaurant-quality seafood sourced from Long Island's own fishermen including fluke, striped bass, blackfish, porgies, ling, black sea bass, skate wings, monkfish, bluefish, squid, sea scallops, and more. This is water-to-plate seafood at its best.

Ryan is a fourth-generation bayman. His family has over 100 years as commercial fishermen, harvesting fresh seafood from our local Long Island waters. Ryan has an inherited passion to bring the absolute freshest seafood from the boat to our town.

Ryan takes great pride in giving customers fresh, locally sourced quality fish directly from the fishing vessels on Long Island. He is happy to educate his customers about what is in his cases daily.

Rest assured that the fish you get from Fresh Catch is just that – Fresh. Supermarket seafood is often farm-raised and packaged for shipment on ice – re-frozen and injected with dyes and sodium solution to make the fish look good and last longer in their display cases.

Fresh Catch Seafood is locally

caught from our waters and goes from the boats to your table the same day. There is no artificial coloring or ice and re-ice methods here. Just the freshest caught seafood.

Fresh Catch Seafood's mission is to provide the freshest seafood available backed by great customer service. Ryan says, "You can get low-quality fish anywhere, people deserve quality." It is not worth it to him to sell anything else. He also shares recipe ideas and cooking instructions with his customers. Call ahead if you would like to order shucked platters or pre-order lobsters. Fresh Catch's Facebook page is updated daily with availability.

Some of Fresh Catch's prepared items include colossal shrimp cocktails with cocktail sauce, baked clams and clams, and oysters on the half shell. His scallops are affectionately called "sea candy." They are shucked on the boat and are firm, sweet and delicious. The crabs that come in on Fridays are caught by a family member on the Great South Bay and are an hour old when they arrive.

The Cornell Cooperative Extension Fisheries Team has recently featured Fresh Catch Seafood as part of their "Choose Local FISH" initiative. It is very healthy and environmentally friendly to eat wild-caught fish really close to home. Shopping at an outdoor green market takes this to the next level.

Did you know that rare Montauk caught pumpkin swordfish



gets its name from its color? It eats shrimp which makes it beautiful and delicious.

The Fresh Catch Seafood trailer has been inspected and licensed by the Town of Smithtown and the Department of Agriculture and Markets. It took four months to build out the three-compartment sink, refrigeration and freezers. Fresh Catch has come a long way from selling clams out of the back of Ryan's pick-up truck with an umbrella.

Fresh Catch is open Wednesday to Friday from 12-6 p.m.; Saturday 10:30 a.m.-6 p.m. and Sunday from 10:30 a.m.-5 p.m. Hours subject to change. Ryan can be found in Stony Brook Harbor on Mondays and Tuesdays, doing what he loves – catching fresh seafood.

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The Time is Now to Create Our Future

by Patricia Clark

When I wrote the article for the June 2021 edition of OUR TOWN, I included a sub-title that stated, "It's beginning to feel a lot like...normal." But that was then and now is now. It seemed like we were all set to resume the lives we used to know and love, Celebrate St. James was in full swing planning upcoming events, including summer concerts, art gallery shows, and a Roaring 20's Gala that promised to be fabulous – when along came "delta." Over these past few months, we have been busy postponing many of the things we had hoped to accomplish over the summer and into the fall, most notably the gala.

The Roaring 20's Gala was going to be the kick-off for a



major fundraising campaign to "Save The Theatre." Celebrate St. James is planning to purchase and undertake the renovation of the former St. James Calderone Theatre located at 176 Second Street, St. James. The building is over 100 years old and it's an important part of our town's history dating back to the days of vaudeville when friends of celebrity

Willie Collier vacationed here in St. James to escape the summer heat in the New York City Broadway theatres – and St. James was the happening place of the day.

Celebrate St. James will bring this iconic building back to life as a modern-day cultural arts center and small theatre for our community – and beyond. The new center will be an indoor venue to perfectly complement the outdoor venue of Celebrate Park, currently under construction in the heart of the Lake Avenue business district. A community cultural arts center is a big dream and a lofty goal of unprecedented proportion – and we will make it happen. Grant applications have been

continued on page 12

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— *The New York Times*

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Mid-Century **Modern Gem**

Douglas Elliman



269 Sachem Hill Place | St. James | \$849,000

Custom-built in 1960, this mid-century, modern gem has been lovingly maintained, and nearly all its original details remain intact. **Web# 3323878**



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The Time is Now to Create Our Future

continued from page 6
submitted – fingers crossed as we anxiously await the results and a fundraising website has been created to present this vision and to accept donations. The original tin ceiling, stage and changing rooms are still there – as well as the potential to create a viable center – with a bit of planning and a lot of heart (we have that!). A small theatre venue will host a variety of performances including historic recreations, live presentations and one-person shows, and classic movies. The cabaret style lobby will become the new home for the Historic Movie Museum which is currently located upstairs. Plans for the upstairs of the center include rooms designed for both art and music therapy and classes, workshops, community meetings, and a



recording studio. There will also be an outdoor plaza and sculpture garden for gatherings as well. Ultimately, the center will bring to the community intergenerational, diverse cultural enrichment as well as social and emotional wellness through the cultural arts.

As stated earlier, the Roaring 20's Gala, originally planned for October 2020 and then for October 2021, has been postponed once again by a unanimous vote of our Executive Board. Five wonderful honorees have been

selected for recognition at the gala and we will schedule the festivities when family, friends, and colleagues – and everyone – can feel comfortable once again to celebrate together. The honorees, Suffolk County Executive Steven Bellone; Roseann Cousin (In Memoriam) Founder of Chorus Line Dance Studio; George Desmarais, Senior VP with H2M architects + engineers; Thomas Donohue, St. James Fire Commissioner; and New York State Senator Mario Mattera, have all been strong supporters of St. James and the cultural arts and we will honor them at a Roaring 20's Save the Theatre Gala at Flowerfield Celebrations when the time is right. For now, though, we cannot sit back and rest.

Please continue to support
continued on page 63

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**IT'S NOT
RIGHT!** →

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money every month
and making your
home uncomfortable.*



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COULD ONE HOUR WITH THIS DOCTOR GIVE YOU THE ANSWER TO YOUR DISC PAIN?

Now, in St. James, NY, one doctor has what may be the most important breakthrough in non-surgical back pain treatments. Before and after MR studies have shown disc bulges shrink in size - even with the most painful cases of L4-L5 herniations.

If you've had disc problems for years, recently injured your back, or you're suffering with sciatica, you must hear about these new studies. Scientific studies tell us spinal discs are responsible for the majority of neck, lowback aches and pains along with devastating nerve pain that travels to the arms and legs. Discs act like a cushion between our backbones and allow for a space at each level so the nerves can exit the spinal columns.

When these discs get injured or wear out from bad posture, they begin to degenerate and cause pain. Bulging and herniations begin to form, pressing on the nerve roots. If the herniations occur at L4-L5, they can severely compromise the large sciatic nerve, causing muscle weakness, tingling, and severe pain.

The most common invasive treatment for disc herniations is surgery. Even with health insurance the patient is left with their own portion of the bill, in excess of \$10,000-\$15,000, and sometimes more. The recovery time and missed work can be anywhere from 3 to 6 months, not to mention the obvious severe risks associated with all surgery.

But here's the biggest problem... there is a high failure rate of back surgery. One medical study found that on average 53% of L5-S1 back surgeries fail to produce relief of symptoms (International Orthop-1987.)

BEFORE YOU GO UNDER THE KNIFE AND OPT FOR SPINAL SURGERY...

You should seriously consider a less invasive approach called spinal decompression.



Non-surgical spinal decompression is a new technology that has been proven to reverse disc herniations. It creates a vacuum effect on the disc, which pulls the disc back into its normal position and brings in a fresh blood supply to promote healing.

Spinal decompression treatments are very gentle. In fact, every once in a while I even catch a patient sleeping during sessions.

You'll simply lie on stomach or back, whichever is comfortable, and then a specialized belt is gently put around your waist. We'll set the machine to focus on your problem area - then the advanced decompression computer system will do the rest. Most patients feel better with just a few treatments, and best of all there will be no dangerous drugs, no invasive procedures, and no painful exercises.

THE RESEARCH BEHIND THIS TREATMENT

One clinical study has shown non-surgical spinal decompression to be extremely successful (good or excellent relief) in 86% of patients with herniated discs and degenerative joint disease - without the side effects.

Another study presented at the American Academy of Pain Management in 2007 showed...

"Patients reported a mean 88.9% improvement in back pain and better function...No patient required any invasive therapies (e.g. epidural injections, surgery)."

As you can see, spinal decompression has a high success rate with disc herniations, sciatica, and back pain. In just a matter of weeks you could be back on the golf course, enjoying your love life, or traveling again.

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With my "Decompression Evaluation" we'll be able find the problem and then correct it. Think of how you'll feel in just a few short weeks. See and feel your life change for the better. Stall your body on the way to pain-free, normal living. Feel tight joints rest, relax, free up. Feel muscles tied in knots become more supple. Feel strength in your muscles increase.

You're able to live life like a normal person again, without back pain - able to play with your kids, enjoy time with friends, and finally get a good night's rest.

FOR THOSE SUFFERING WITH HERNIATED LUMBAR DISCS, A NON-SURGICAL, DRUGLESS SOLUTION IS HELPING PATIENTS BECOME PAIN FREE.

THE SINGLE MOST IMPORTANT SOLUTION TO YOUR SCATICA AND BACKPAIN

It's time for you to find out if spinal decompression will be your sciatic and back pain solution. Through (DATE) I'm running a very special offer where you can find out if you are a candidate for spinal decompression.

What does this offer include?

- Everything I normally do in my new patient evaluation. Just call before October 1st and here's what you'll get...
- An in-depth consultation about your health and well-being where I will listen...to the details of your case.
- A complete neuromuscular examination.
- A full set of specialized x-rays to determine if a spinal problem is contributing to your pain or symptoms. These cost \$150.
- A thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain free.
- You'll get to see everything first hand and find out if this amazing treatment will be your pain solution, like it has been for so many other patients.

Until October 1st, you can get everything I've listed here only \$49. The normal price for this type of evaluation, including x-rays \$280, so you're saving \$231 by taking me up on this offer.

HERE'S WHAT TO DO NOW:

Due to the expected demand for this treatment, I suggest calling my office at once. The phone number is: **631-584-7722**
Sincerely, **Dr. Raymond A. Semenza, D.C.**

Be Sure to Visit
DEEPWELLS SANITARIUM
HOME FOR THE CRIMINALLY INSANE

at Deepwells Farm County Park

Get ready, get set... to scream when the Deepwells Haunted Mansion beckons you to visit their "**DEEPWELLS SANITARIUM – HOME FOR THE CRIMINALLY INSANE.**"

The mansion and property will be transformed into a *Really Really Creepy Facility* – Grab a Visitor's Pass and Mix with the *criminally insane while Touring 16 Rooms of Horror and a Wooded Trail of Terror*. It is \$25 per person to ENTER IF YOU DARE!

Pre-Sale Advance On-Line Only tickets at \$20 per person are available at (www.deepwellshauntedmansion.com). Note:

This is a rain or shine event – NO Refunds – NO Exchanges on pre-sale tickets.

This is not for the faint of heart. Children under 12 not permitted without an adult. The house will be open for 6 HORRIFYING NIGHTS FROM 7-10 P.M.

CARVE THESE DATES INTO YOUR BRAIN:

Friday & Saturday Oct. 15 & 16

Friday & Saturday Oct. 22 & 23

Friday & Saturday Oct. 29 & 30

Be sure to hear about the *real* ghosts of Deepwells, from the paranormal investigator on site. There will be photo-ops, t-shirts



Proceeds go to the refurbishing of the Deepwells property. The house is located at the intersection of Route 25A and Moriches Road in St. James.

The event, sponsored by the Deepwells Farm Historical Society, with a little help from the St. James Chamber of Commerce, is sure to be a lot of fun. So get ready for a spook-tacular time.

For additional information call Scott (Edward Jones) at 631-862-2020 or Denise (Artpix Studio) at 631-862-2808 or visit www.DeepwellsHauntedMansion.com

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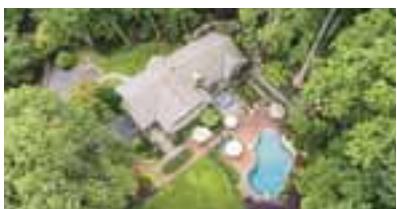
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HEAD OF THE HARBOR. Stunning 5 BR, 3 bath home. Open plan country kitchen, beautiful MBR suite. Set on private 2 acres oasis with IG pool. This custom 4,300 sq. ft. home is a designer showplace inside and out. **\$1,295,000.**

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PENDING



SMITHTOWN. Point of Woods. Traditional 5 BR, 4,000 sq. ft. Colonial with possible guest quarters. Set on a cul-de-sac with above grade finished basement. Set on 1/2 acre. **\$799,990.**

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ST. JAMES. 9 Greenwood Lane, Mills Pond Estates. Magnificent updated 6 BR Versailles Colonial with finished basement and 3 car garage. Gorgeous parklike acre property with IG pool. Located on quiet side street.

PENDING



ST. JAMES.
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AROUND TOWN



ZACH SPIEGEL
EAGLE SCOUT CANDIDATE...



St. James resident, Zach Spiegel, of Boy Scout Troop 7, while working towards the rank of Eagle Scout, has taken on the job of purchasing the flagpole for Celebrate Park on Lake Avenue in St. James. Zach took the initiative in planning the project, completing the paperwork and raised almost \$2,000 to purchase the materials for the project. He showed great leadership skills and on August 13, 2021 the flagpole was set and the flag was raised with a well attended ceremony by Town Officials. Zach's proud parents are Debbi and Jon Spiegel.

FRESH CATCH SEAFOOD

95 Lake Avenue, St. James, NY

CALL 631-335-6439 CALL

Look for the Fresh Catch Seafood Stand

SHERWOOD BROTHERS AMERICAN LEGION HALL
95 Lake Avenue, St. James

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Little Necks
Oysters by the Doz.
Colossal Shrimp
Mussels
Live Lobster
Lobster Tails
Scallops
Crab
Squid

Contact Us On For Updates

The advertisement features a decorative border made of a yellow rope-like texture. It includes several illustrations: a blue circular logo with a fish and the text "FRESH CATCH SEAFOOD"; a red fish illustration; a red lobster illustration; and two red shrimp illustrations.

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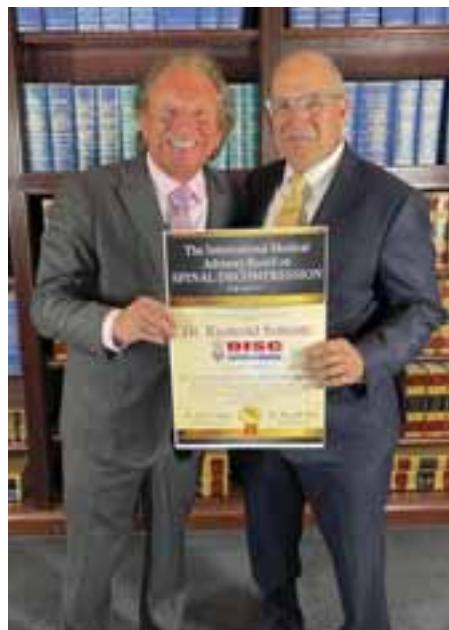
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Dr. Semente Receives Prestigious Back and Neck Pain Treatment Award

Local doctor, Dr. Raymond Semente, D.C., was recently recognized by the International Medical Advisory Board on Spinal Decompression. This advanced training and presentation took place at the National Spinal Disc Disorders training facilities in North Palm Beach, Florida. The certification was presented by the co-chairman of the International Medical Advisory Board on Spinal Decompression {I.M.A.B.S.D.}, Dr. Eric Kaplan.

Dr. Kaplan is one of the leading experts in the field of spinal disc disorders and is the creator and lead instructor of the only university-based certification program known as the National Spinal Decompression Certification program held annually in South Florida.

The International Medical Advisory Board on Spinal Decompression is constituted by 10 medical physicians and 10 chiropractic physicians, including orthopedic surgeons, neurosurgeons and neuroradiolo-



Dr. Raymond Semente, D.C. (right) was recently recognized by Dr. Eric Kaplan, Co-Chairman of the International Medical Advisory Board on Spinal Decompression.

gists who have obtained National Non-Surgical Spinal Decompression University based

certification and have demonstrated an exemplary level of excellence in the diagnosis and treatment of Spinal Disc Disorders.

This advanced certification is provided in conjunction with DISC Centers of America which sets the gold standard in training and research of the latest and most effective options for the alleviation and treatment of Spinal Disc Disorders which often cause low back pain, neck pain, sciatica, numbness, tingling, pins & needles and more.

Dr. Semente continues to provide the latest and most cost-effective options for the treatment of Spinal Disc Disorders. His facilities are considered state-of-the-art and Dr. Semente is committed to providing first class care to patients who often travel from long distances to seek out doctors who have made a commitment to help their patients avoid narcotics, epidural injections and unnecessary surgeries. Non-surgical spinal decompression provides safe, gentle and effective relief for upwards of 90% of patients that qualify for care.

Dr. Semente's office is located at 265 Lake Avenue in St. James; call the office at 631-584-7722 or visit his website at www.StJamesDiscCenter.com.

He is presently accepting new patients on a limited basis and if you contact the office within the next 7 days you will be given a priority appointment for a FREE Consultation.

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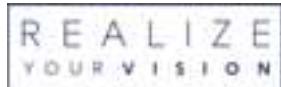
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Head of Harbor, NY – Waterfront Estate

Tranquility abounds at this magnificent waterfront Estate graced with a stately Federal-style Colonial, 3-bedroom guest house, cabana with screened porch, dock, and views of Stony Brook Harbor. The Manor home originally designed by William Laurence Bottomley. MLS# 3319839. \$3,200,000.



Nissequogue, NY – Updated Farm Ranch

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



St. James, NY – New Construction

Exquisite new construction of 5-bedroom, 4.5-bath Post-Modern home on a private court. Talented high-end builder has a fresh approach which delivers a finished product that goes beyond "cookie cutter" design. Perfectly sited on a flat half acre. MLS# 3322648. \$1,399,000.

Smithtown, NY – Highly Visible Free Standing Building

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



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Court of Honor Held for Four Eagle Scouts from Troop 7

Legislator Rob Trotta recently recognized four Eagle Scouts at a group Eagle Scout Court of Honor. They all earned this distinguished rank through their consistent commitment and dedication to scouting, and the successful completion of their Eagle Scout Leadership Project.

Legislator Trotta said, "I congratulate these young men for their preservation and landscaping efforts to restore and maintain some of our wonderful community institutions, which will benefit so many people for years to come."

The following scouts earned the rank of Eagle:

Matthew J. Schepis of St. James, refurbished the flowerbeds and enhanced the appearance of the area at Sts. Philip and James Bethany Center.

Skyler M. Bazer of St. James,



Pictured at the Eagle Scout Court of Honor are Suffolk County Legislator Rob Trotta (center) and the Eagle Scouts Matthew Schepis, Skyler Bazer, Braden Condon and Aidan Giordano.

did a total restoration of the bathroom at Caleb Smith State Park in Smithtown.

Braden M. Condon of Smithtown, built and stained a fence at the Smithtown Historical Society

in Smithtown.

Aiden R. Giordan of Lake Grove, constructed an outdoor classroom at the Sweetbriar Nature Center in Smithtown.

Christine Stevens
at Coach Realtors 

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Christine is a full-time Realtor with many awards under her belt. She offers a keen eye when marketing a home as her former career was a Professional Commercial Photographer. Here are a few recent listings and homes Christine has sold in your town! She offers Complimentary Home Staging and Professional Photography that is ^{2nd} to none! **Christine will move You in The Right Direction!**

 NEW LISTING 408 Drew Drive, St. James	 NEW LISTING 23 Harriet Woods Dr., St. James	 NEW LISTING 41 Craft Lane, Smithtown	 NEW LISTING 55 Tiffany Way, Nesconset
 RECENTLY SOLD 40 Tiffany Way, Nesconset	 RECENTLY SOLD 110 Fairfield Drive, St. James	 RECENTLY SOLD 402 Drew Drive, St. James	 RECENTLY SOLD 903 Cadet Lane, St. James

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Christine is the best! She made our first time home buying experience in such a crazy market a great experience! She was available for any house that we wanted to check out and she was always quick to respond. She stuck up for us in a challenging environment and I am forever grateful for her help in finding our dream home. 100% recommend - thank you Christine!! — K Quinn, Nesconset

Christine Stevens
Associate Real Estate Broker
Mobile: 631.879.7018
CStevens@coachrealtors.com
CStevens.coachrealtors.com
Smithtown Office
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A Gift to Our Veterans



"The Maher family and the St. James Funeral Home are fortunate and deeply thankful to be given this opportunity to gather with the Commander and members of the St. James Sgt. John W. Cook VFW Post #395. We are happy to present a donation both in recognition of the members and as a loving memorial to Deacon Kenneth J. Maher, attesting to Ken's and the Maher family's unwavering devotion to the Post. This donation is given in recognition of the past sacrifices of these American Veterans and of their continuing presence in, and service to, our St. James Hamlet and our "Grateful Nation." These members are walking reminders of the sacrifices of all our Veterans! The Maher family always considers it a deep privilege to be in the presence of these great, inspirational members and their stories which are valuable and precious to us all."

**Thank you, Veterans;
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God bless all our Veterans
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St. James Resident Joins Prestigious Financial Planning Firm

Michael J. Brescia, J.D. has joined Branch Financial Services, Inc., a registered investment advisor, located in Setauket, NY.

Michael graduated from Providence College in 1998 with a degree in Finance. While completing his studies, he was employed at PaineWebber & Co., an investment bank and brokerage firm where he worked to develop and implement financial and investment strategies for high-net-worth clients.

Michael chose to further his education and attended the New England School of Law in Boston, Massachusetts, where he graduated in 2001 with a Juris Doctorate. He is admitted to practice in the State of New York, the District of Columbia, and the United States District Court for the Southern and Eastern Districts of New York. Michael is also an active member of the Nassau County, Suffolk County, and New York State Bar Associations.

As an attorney, Michael is also able to provide legal services to his clients. He is the founding member of the Setauket, New York based Law Firm, Michael J. Brescia, P.C., where he focuses his practice on a broad range of trusts and estate matters, including, trust and estate planning, elder law, probate and administration of trusts and estates, real estate, guardianships and trust and estate litigation. As a litigator, Michael has vast experience in probate



Michael J. Brescia

contests, accounting and kinship proceedings, discovery and turnover proceedings, trust invalidation proceedings, and guardianship proceedings.

Michael has lectured professionals, as well as the general public, on various aspects of trust and estate planning. Aside from his passion for the practice of law and providing financial planning and investment advisory services, he currently serves on the board of directors of the Suffolk County Columbian Lawyers' Association, Inc. Michael is also actively engaged in his community and currently serves on the board of directors of the Laurel Hill Property Owners Association.

Michael is a Registered Representative and Investment Advisor Representative of Cetera Advisor Networks, LLC and holds FINRA Series 7 and Series 66 licenses. He is also an Investment Advisor Representative of Branch Financial Services, Inc. Michael is a principled professional who exhibits true commitment, loyalty, and devotion to his family, partners, co-workers, and clients.

Michael, his wife Jennifer, and their children, Samantha, and Michael Jr., reside in the Village of Nissequogue, New York. Michael also enjoys golfing, skiing, woodworking, and fly fishing.

Contact Michael at
mbrescia@branchfinancialsrvc.com.

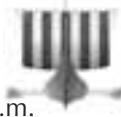
Sons of Norway – Loyal Lodge #252 Viking Auction

The Sons of Norway – Loyal Lodge #252 will hold their Viking Auction on Friday, September 17, 2021 at the Parish Hall of St. James Lutheran Church, 230 Second Avenue in St. James.

Entrance fee is \$15 for 25 numbers. Additional yellow cards are \$10. Save money – buy ticket bundles of yellow, blue and red tickets for \$50 (a \$76 value). There will be a 50/50 raf-

fle as well.

Doors open at 6:30 p.m.
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Blood Drive to be Held at Smithtown Landing Country Club

The Town of Smithtown Personnel Department, in collaboration with the New York Blood Center, will host a Blood Drive at the Smithtown Landing Country Club on September 22, 2021 from 9 a.m. to 3 p.m.

"Donating blood is literally a life saving gift... ask anyone who has been a recipient. Our community has a proud reputation of coming together to help one another in times of need. After speaking with our friends at St. Catherine of Siena Medical Center last week, and learning of the blood shortage that is impacting the area, I am confident that our notably selfless residents will again step up to help."

- SUPERVISOR ED WEHRHEIM

Anyone wishing to help make a difference can schedule an appointment at www.nybc.org, click on "Donate Blood",

"Where to Donate", then "Sponsor Name Search" and type in "Town of Smithtown". Appointments are preferred but not required.

Donors Presenting:

- Must wear a mask or face covering
- Will have their temperature taken
- Must be 14 days symptom free if recovered from COVID-19
- May NOT donate if they have a positive diagnostic test or experienced symptoms of COVID-19 in the last 14 days
- May NOT donate if they are currently on self-quarantine requirements

Eligibility Criteria:

- Minimum Weight: 110 lbs
- No new tattoos for the past 12 months
- Ages 16-75 - Under 16 with

parent's permission; over 75 with doctor's permission

- Donor Card or ID required



Did You Know:

Only 2% of the local eligible population donates blood each year, and if only 1% more of Americans donated, blood shortages would disappear.

1 in 3 people will need a blood product in their lifetime. The donation process will take an average of 10 minutes.

For more information on this event and how to register, contact Dineen Szczepanski at DSzczepanski@smithtownny.gov, or at 631-360-7626. Refreshments and snacks will be provided to all donors at the event.

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You're Invited to the Three Village Garden Club Flower Show

by Martina Matkovic,
member T.V.G.C.

The Three Village Garden Club will welcome you as their guest on Friday, September 17, 2021, when members will have an opportunity to display their creative talents in floral design and horticulture.

Many hours of careful preparation and planning will culminate in a Small Standard Flower Show at the Neighborhood House, Main Street, Setauket. No charge to the public, doors will be open from 2-6 p.m.

The following quotation from Sandra H. Robinson, past President of the National Garden Club, eloquently states the purpose of executing a flower show:

"One of the basic urges of mankind is the desire to create. Creative flower arranging is an art form in which the artist's vision is expressed through the use of plant materials. Using the elements and principles of design, the artist strives to achieve the following attributes – beauty, harmony, distinction and expression. Flower shows provide a unique

Award-winning designs from "June Celebrations" 2017



**"At the Beach,"
a multi-rhythmic design**

opportunity for floral designers, horticulturists, judges and the viewing public to become an integral part of the creative process."

The show promises to be a spectacular visual experience. It is an opportunity to find out about the club's contributions to the community, with its empha-



"Wedding" Bride," a duo design

sis on the importance of the use of native plantings and gardening techniques that help to protect

continued on page page

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IN THE NEWS

continued
the environment. Guests are encouraged to take a short walk to The Frank Melville Memorial Park where they may access the Arboretum, acquired by the garden club in 1985 and maintained for the past 36 years. A map of the Arboretum will be available.

As guests arrive they will receive a printed guide to help navigate through the three parts of the show.

- Division I, Horticulture, will display cut specimens from the garden, fruits and vegetables, cut specimens from fruiting or flowering trees and shrubs, and container plants. See what a Blue Ribbon cucumber looks like.
- Division II, comprised of four classes, will highlight members creative talents in floral design. Class 2 of this division, aptly named "Reflections and Inspirations," will challenge those members who choose to enter by creating a floral design that interprets the subject of a painting. The actual paintings will be hung nearby the corresponding design, inviting the viewer to observe. The artists who have loaned their works for this class are; Patty Yantz, *The Sentinel*; Renee Caine, *Approaching Storm*; Eleanor Meier, *Winter Pears and Kimono* and Robert Roehrig, *Dock Reflections*.
- Division III – guests will enjoy an exhibit that displays the club's many contributions to the community with an emphasis on education and respect for our environment. This section also includes invitational exhibits solicited from florists and businesses in the community.

A juried show, members who decide to participate, will be

judged for their entries, receive points and be awarded ribbons according to the National Garden Club System of Awarding. The judging will be done in advance of the opening to the public and ribbons will be on display.

Please come and enjoy the beauty of the show, see what your neighbors and friends in the garden club are doing, and perhaps be inspired to join us. Membership is open to all.

For additional information call Martina at 631-751-2743.

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Hazardous Household Waste Disposal Event Set for Saturday, October 2, 2021

The Town of Smithtown is holding a Household Hazardous Waste Event on Saturday, October 2, 2021 from 7 a.m. to 3 p.m. at the Municipal Services Facility, 85 Old Northport Road in Kings Park, 631-269-6600 (rain or shine).

Many common household products have hazardous or even toxic ingredients. If used or disposed of improperly, they can be harmful to your family and the environment.

Adhesives, alcohols, anti-freeze, brake fluid, lighter fluid, cleaning solvent, degreasers, herbicides, paint remover, pesticides, photo chemicals, insect spray, pool chemicals, solvents, stain or varnish and wood preservatives can be disposed of properly by bringing these unwanted



materials in their original containers to the Municipal Services Facility in Kings Park. You must be a Town of Smithtown resident to participate and residency will be strictly enforced.

Residents can also dispose of Electronic waste, free of charge, at the Town Recycling Center (also located at 85 Old North-

port Road). Electronic Waste such as computers, printers, TV's, monitors, automotive and household batteries can be dropped off during regular hours: Tuesday through Saturday from 7 a.m.-11:45 a.m. and 12:45 p.m.-3:15 p.m. for proper recycling. This is a FREE service. Proof of residency is required.



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Smithtown Paper Shredding Event Set for September 25

The Town of Smithtown Department of Environment and Waterways, in partnership with the Municipal Services Facility and the Department of Public Safety, will host a Paper Shredding Event on Saturday, September 25, 2021. This FREE event will be held at the Smithtown Municipal Services Facility, located at 85 Old Northport Road in Kings Park, from 9 a.m. through 3 p.m.

Residents will be asked to wear face masks and not to leave their cars, to protect everyone's wellbeing amid the coronavirus. Proof of residency is required. There is a limit of three file boxes per vehicle. Papers, boxes, folders and bags are OK. No large metal clips please.

All personal documents are safely destroyed by Data Shredding Service, Inc., a full-service confidential shredding service located on Corporate Drive in Hauppauge.

Smithtown Library 2022 Budget Vote and Trustee Election

Tuesday, October 12, 2021 • 9:30 a.m.-9:00 p.m.

The 2022 Budget

The Library Board is reviewing several budget proposals. Their goal is to adopt a budget that is balanced with an emphasis on service, resources and fiscal prudence. As details become available, they will be posted on the Library's website.

Who Can Vote?

Smithtown Special Library District residents who are registered to vote with the Suffolk County Board of Elections.

Voter Registration

Voter registration forms and information can be obtained through the Suffolk County Board of Elections, the post office or any Smithtown

Library Building.

Absentee Voting

Smithtown Library Absentee Ballot Applications are available at all Smithtown Library Buildings.

Library Trustee

Candidate Info

If interested in running for a Library Trustee position, contact the Administration Office at 631-360-2489 for details. Petitions are available in the Administration Office Monday through Friday between 9:30 a.m. and 5 p.m.

Please visit the Library's website at www.smithlib.org or call the Administration office at 631-360-2489 for more details.



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ST. JAMES “OUR NEW LISTING”

Diamond 4 BR Colonial totally updated. 2 full baths. Custom EIK cabinets w/epoxy counter-tops & SS appliances. Formal LR & DR, den with pellet stove. Architectural roof, full basement, 1 car attached garage. Patio, fruit trees, gardner's delight. Convenient to all. **\$589,000.**



ST. JAMES “OPEN CONCEPT COLONIAL”

Open airy floor plan in this 3 BR, 3 full bath Colonial. Granite tops in EIK with breakfast bar. Great room, den with vaulted ceilings, oak floors & w/w carpeting. Lovely private rear yard, large deck. .43 level acre. 1 car detached garage. **\$567,000.**



RONKONKOMA “TOTALLY UPDATED”

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HISTORICALLY SPEAKING

LIVES, LOVES, AND LAMENTS OF THE PEOPLE OF ST. JAMES Deepwells: A Crown Jewel in St. James

by Bradley Harris,
Smithtown Historian

With this article, I am focusing on the history of the "Great Estates of St. James." From its inception, St. James always had a number of large estates within its boundaries. That is still true today, especially when you remember that the incorporated villages of Head of the Harbor and Nissequogue are within the postal district of St. James. The first of these large estates were located along North Country Road, and for that reason, I have chosen to write about Deepwells, a Smith family home that was built in 1845. This article first appeared in the Long Island Historical Journal, Vol. 19, Nos. 1-2, Fall of 2006/Spring of 2007.

In 1992, the house today known as Deepwells and thirteen acres of open land surrounding it, were purchased by Suffolk County and added to the Suffolk County parks system. Back in 1987, when the purchase of the property was a hotly contested issue in the Suffolk County Legislature, Legislator Steven Englebright suggested that the estate would become "a crown jewel" of Suffolk County's parks. Deepwells has always been a gem because of its sparkling classic beauty and architectural style. It is a "crown jewel" because of its rich history and the fascinating story of the lives of the people who made Deepwells their home.

Built between 1845 and 1847, the house is a classic example of Greek Revival architecture. The house was built for Joel Louis Griffing Smith, a sixth generation descendant of Richard Smythe, the founder of Smithtown. In 1845, Joel L.G. Smith commissioned the artisan George Curtis to build a house for him. Curtis



Deepwells, the Georgian mansion built by George Curtis in 1845 for Joel L.G. Smith. The house stands on the north side of North Country Road, just west of Moriches Road. It is owned today by Suffolk County.

"came to Smithtown from New Jersey before 1810, the year he married Elizabeth, a daughter of Charles Smith." He lived on Three Sisters Road in St. James. By the time Smith commissioned him, Curtis had become a master-builder having built the Presbyterian Church (1823-1825) and the Presbyterian Manse (1835) in Smithtown Branch. According to local tradition, Smith asked that Curtis build "a fancier, more elegant home than his cousin, William Wickham Mills," built in 1838 at Mills Pond in St. James. That house was designed by a New York City architect named Calvin Pollard and was built on a Georgian, five bay, center hall plan, with Greek revival detailing. At the time it was built in 1838, the Mills Pond House was the grandest house in Smithtown. It was this house that Smith wanted Curtis to emulate. (Barbara Van Liew, "Deepwells," Preservation Notes, Fall/Winter, 1979, p. 9.)

Construction of the Smith house that we know as Deepwells began in 1845 on ten acres

of land that Smith purchased from Gamaliel Taylor, another descendant of Richard Smythe. The house was built on the north side of North Country Road on the crest of a small hill that makes the house even more imposing. The home that Curtis built for Smith is fancier and more elegant than the Mills Pond House, a fact that is easily seen when the two houses are compared.

The differences between the two houses can be found in the finishing touches. The Smith house has a one story veranda that runs completely across the face of the house. The veranda roof is supported by six fluted columns with "carved capitals" that rest on a "granite foundation with flagstone flooring," while the Mills Pond House has only a portico. The Smith house has a service wing that is set at right angles to the main house while the Mills house has the wing extending parallel to the main block of the house. The placement of the service wing

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Deepwells: A Crown Jewel in St. James

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accentuates the classical Greek lines of the Smith house. The Smith house has "fully enclosed pediments on the end gables," while the Mills house "has only 'returns' suggesting pediments." The Smith house has a cupola which "crowns the roof" while the Mills house has none. The Smith house has beautifully carved trim or molding throughout. The molded plasterwork throughout the house gives a beauty and elegance not found in the Mills house. "The finished house thus exceeded the grandest house in Smithtown" and Joel L.G. Smith could rightfully claim he had the finest house in Smithtown. (Final Environmental Impact Statement for Deepwells, June 1988, sections on "Design and Construction" and "Historical and Architectural Importance," prepared by Nicholas Langhart, architectural historian, pp. 97-102. On file in the L.I. Room of the Smithtown Library.)

What sets Deepwells apart from most other historical sites and makes it a "crown jewel" is its rich history. The people who lived here and the events that transpired in their lives give this house a fascinating and unique history.

Joel Louis Griffing Smith (1819-1876) was the son of Nathaniel and Sarah (Floyd) Smith, the foster brother and sister who



The Mills Pond House, located on the southwest corner of North Country Road and Mills Pond Road in St. James. Built in 1838 for William Wickham Mills. It is now owned by the Town of Smithtown and is the home of the Smithtown Arts Council.

grew up together at Sherrewogue in St. James, fell in love and got married. (Charlotte Ganz, ed., Colonel Rockwell's Scrapbook, Smithtown, New York: Smithtown Historical Society, 1968, p. 167.) They inherited the family home at Sherrewogue and it was here that Joel was born and spent his childhood. As a young man he studied medicine in New York City while living with an uncle. After his uncle's death, Smith returned to Smithtown to manage his 600 acre estate which included fruit and other farm products. This must have been sometime after 1840 when Joel's

father Nathaniel died and left him a sizeable inheritance. It was then that Joel began to court Anna Willis Lawrence. (Final Environmental Impact Statement for Deepwells, op. cit., p. 101.)

The Lawrences lived on the west bank of the Nissequogue River and Joel's home was on the east bank. Joel was constantly crossing the river at the "going over" to be with her. (The 'going over' is a shallow spot in the Nissequogue that was used as a ford at low tide and is located where Moriches Road once ended at the riverbank.) The ebb and flow

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Deepwells: A Crown Jewel in St. James

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of the tides must have put a crimp in his wooing but Joel succeeded in convincing Anna to be his bride.

Joel and Anna were married shortly after Anna's 20th birthday, in a ceremony that took place in Smithtown on August 5, 1845. It was at this time that Joel commissioned Curtis to build his elegant home. When the house was finished in 1847, Joel and his beloved Anna moved in, with their new baby girl, Anna Lawrence, born July 12, 1846. But on October 8, 1849, Anna sickened and died suddenly, at the young age of 24. Grief-stricken, Joel turned to members of his family and the Lawrence family for comfort and help in raising his infant daughter. He seems to have found an understanding and sympathetic soul in Anna's

younger sister, Sarah Amelia. Joel married Sarah on May 9, 1850, just six months after his wife had passed away. Joel brought Sarah to live in the elegant home in St. James, and a year later, on May 25, 1851, the young couple were blessed with the birth of a son, Louis Joel Smith. Joel and Sarah lived happily with their two children in the finest house in Smithtown until tragedy struck again. On January 24, 1857, after seven years of marriage, Sarah suddenly died. She was just 29. (Frederick Kinsman Smith, The Family of Richard Smith of Smithtown, L.I., Smithtown, N.Y.: Smithtown Historical Society, 1967, p. 259.)

Joel had lived in his dream house a total of ten years. He had lost two wives and was again a widower with two small

continued on page 42



A fully enclosed pediment on a corner of Deepwells showing the intricate hand carved detailing on the Corinthian columns and the overhang trim.

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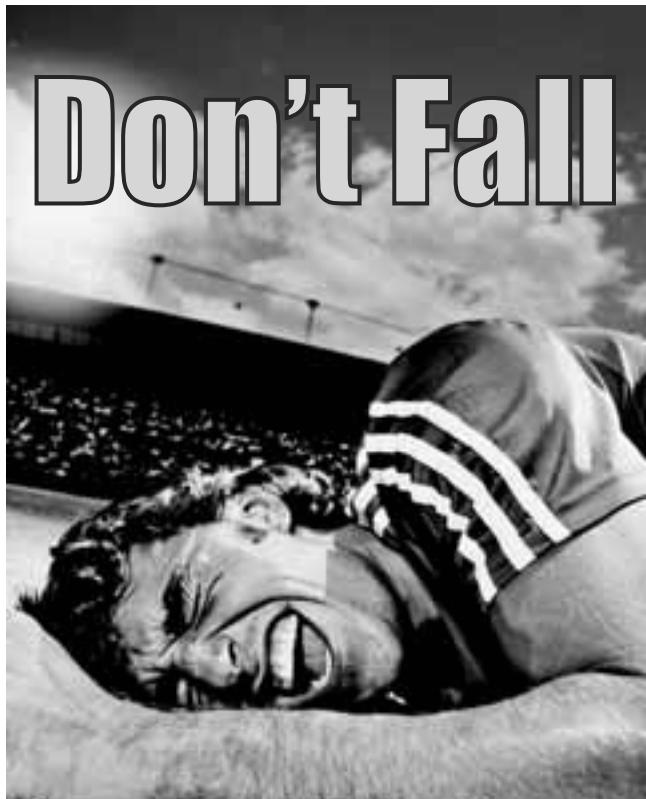
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Deepwells: A Crown Jewel in St. James

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children, Anna (10) and Louis (5). Following Sarah's death, Joel decided to sell his house. Maps made in 1858 indicate that he sold the house and property to a man named W.M. Pullis. Mr. Pullis owned the house until Milton Haven Smith purchased it sometime before 1873. Not much is known about Milton Smith (1850-1915), but local historian Colonel Rockwell noted in his Scrapbook that Milton H. Smith was "of New York," which presumably means New York City. (Charlotte Ganz, ed., op. cit., p. 167.) How long Milton H. Smith owned the house, and whether he and his family lived in it is not known. But it is known that Clinton H. Smith acquired the property from Milton H. Smith, and that by 1897, Clinton H. Smith was

living in the house. (Frederick Kinsman Smith, op. cit., pp. 535-536.)

Clinton H. Smith does not seem to be a member of the Richard Smythe clan, at least there is no mention of him in Kinsman Smith's *The Family of Richard Smith*. But he may have been a distant cousin of the Smithtown Smiths. In any event, he becomes a tragic hero in local lore and his story is much too involved to cover in this issue of

Our Town, so Clinton Smith's story will have to wait until next month.

Editor's Note:

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

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Gallery North to Present *Moving Through Land: Recent Work by Jeremy Dennis*

Gallery North, located at 90 North Country Road in Setauket, is pleased to present the work of contemporary photographer and tribal member of the Shinnecock Indian Nation, Jeremy Dennis, in the exhibition, *Moving Through Land: Recent Work by Jeremy Dennis*, on view from September 30 to November 7, 2021.

An opening reception will be held Saturday, October 2, 2021 from 5 to 7 p.m. The artist will also lead a Photowalk on Monday, October 11 at 3 p.m. that will begin at Gallery North.

Moving Through Land is Jeremy Dennis' first solo exhibition at Gallery North. The exhibition will feature a selection of photographs that highlight the artist's use of cinematic imagery and examine indigenous identity within



the artist's community, the Shinnecock Indian Nation in Southampton, NY.

Moving Through Land will consist of photographs from four of Dennis' recent series – *Rise*, *On This Site – Indigenous Long Island*, *Nothing Happened Here*, and the *Shinnecock Portrait Project*. Together, the imagery of these four series explores and unsettles post-colonial narratives at play in film and media.

A tribal member of the Shinnecock Indian Nation, Dennis was born in Southampton, NY, and grew up on Long Island. He holds an MFA from Pennsylvania State University, State College. Dennis is currently at work creating Ma's House, a multi-use space that will include a residency program for Black, Indigenous, and People of Color (BIPOC), along with an art studio, library, and exhibition space, providing opportunities for art- and history-based programs for tribal members and the broader local community.

Gallery North is open Wednesday through Saturday from 11 a.m. to 5 p.m. and Sunday from 1-5 p.m. For additional information call 631-751-2676 or visit www.gallerynorth.org

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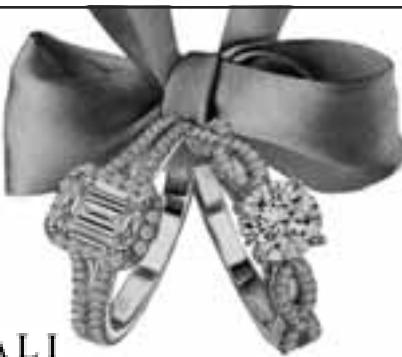
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#### EVENTS

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Philip Palmedo will be giving a lecture "The Origin of Abstract Sculpture"

Sept. 29, 7-8:30 p.m.

Instructor Randall DiGiuseppe will be giving a lecture "Breugel Master World Maker:



#### **Workshops**

October 1-3, 10 a.m.-4 p.m.

Philip Levine "Painting the Figure from Life and Photos.

Fee: \$475/3 days

October 23, 10 a.m.-4p.m.

Instructor Liz Fusco "Fall Leaves Botanical Watercolor Workshop"

Fee: \$120/1 day

#### **ONLINE & IN-STUDIO**

##### **ART CLASSES**

##### **FALL SESSION**

**SEPTEMBER 13 - OCTOBER 9**

#### **Still Life and Portrait Drawing and Painting, Online w/Bill Graf**

Mondays, 10 am.-1 p.m.

Fee: \$60/per class

#### **Painting with Pastels In-Studio – w/Jane McGraw-Teubner**

Mondays, 10 a.m. - 1p.m.

Fee: \$60/per class

#### **Botanical Illustration (Watercolor)**

##### **In-Studio w/Elizabeth Fusco**

Mondays, 1:30-4:30 p.m.

Fee: \$60 per class

#### **Introduction to Drawing**

##### **In-Studio New Class**

##### **w/Randall DiGiuseppe**

Mondays, 6-9 p.m.

Fee: \$60/per class

#### **Portrait Drawing and Painting**

##### **Self-Portrait or from photos**

##### **In-Studio w/Tyler Hughes**

Tuesdays, 10 a.m.-1 p.m.

Fee: \$60/per class

#### **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

#### **Mastering Watercolor,**

##### **In-Studio and Online,**

##### **w/Bill Graf**

Tuesdays, 2-5 p.m.

Fee: \$60/class

#### **Introduction to Figure Drawing,**

##### **In-Studio w/Randal DiGiuseppe,**

New Class | 18 years & up

Tuesdays, 6-9 p.m.

Fee: \$80/per class, includes

model fee

continued on page 50

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## The Atelier at Flowerfield Happenings

continued from page 48

### Portrait Drawing and Painting

Self-Portrait or from photos

#### In-Studio w/Bill Graf

Wed., 10 a.m.-1 p.m. | In-studio

Wed., 6-9 p.m. | In-Studio

Fee: \$60/per class



### Still Life Painting w/Bill Graf

#### In-Studio

Wed., 10 a.m.-1 p.m. | In-Studio

Wed., 6-9 p.m. In-Studio

Fee: \$60/per class

### Cast Drawing w/Bill Graf

#### In-Studio

Wed., 10 a.m.-1 p.m. | In-Studio

Wed., 6-9 p.m. | In Studio

Fee: \$60/per class

### Drawing for Beginners

#### In-Studio w/Bill Graf

Wednesdays, 2-5 p.m.

Fee: \$60/per class

### After School Art

w/Miss Dorothy

#### In-studio - Dorothy Fortuna,

New Class | Ages 5-11

Thursdays, 4:30 - 6:30 p.m.

Fee: \$50/per class materials

Included

### Introduction to Oil Painting

#### In-Studio

w/Randall DiGiuseppe,

New Class

Thursdays, 6-9 p.m.

Fee: \$60/per class

### Plein-Air Painting in Oils

or Pastels w/Anthony Davis

Fridays, 10 a.m.-1 p.m.

Fee: \$60/per class

### Digital Painting for Beginners -

On-Line w/ James Beihl

Learn to paint fantasy environments digitally on your computer using Photoshop (you will need to have this program on your computer to take this class).  
Fridays, 5.30-7.30 p.m.  
Fee: \$45/per class

### Drawing and Painting w/Tyler Hughes In-Studio,

All Ages This class is designed to teach the fundamentals of drawing and painting.  
Fridays, 6-9 p.m.  
Fee: \$45/per class

### Art and Art History for the Young In-Studio

w/Linda Catucci

Ages 7-11

Saturdays, 10 a.m.-12 noon

Fee: \$50/per class includes materials fee

continued on page 63

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Feeds 15-20 People

All Items Are Half Tray

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- Sausage & Peppers or Meatballs
- Chicken Francese, Marsala or Parmigiana

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

### Catering Package #3

**\$480** + tax

Feeds 35-40 People

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

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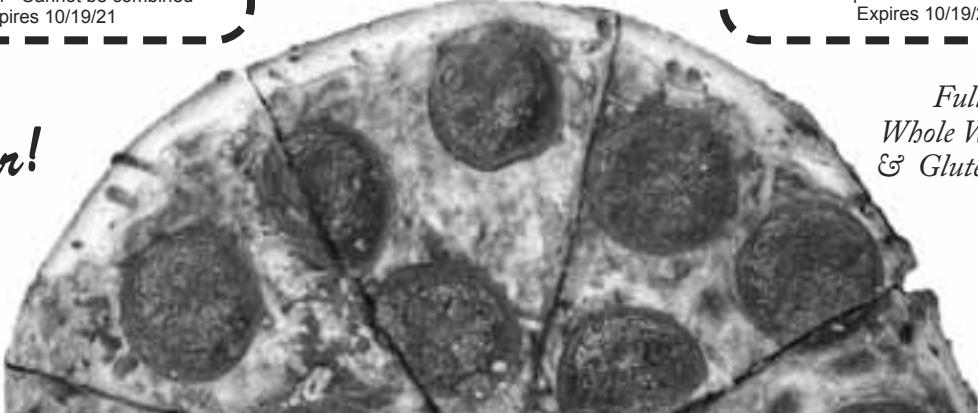
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## Long Island Museum 2021 Calendar

1200 Route 25A  
Stony Brook, NY 11790  
631-751-0066  
[mail@LongIslandMuseum.org](mailto:mail@LongIslandMuseum.org)  
[www.longislandmuseum.org](http://www.longislandmuseum.org)

HOURS:  
Friday-Sunday: 12 noon-5 p.m.  
(unless otherwise noted)  
ADMISSION:  
\$10/adults, \$7/seniors 62+,  
\$5/students 6-17 years and  
college students with I.D.  
Children under 6/Free

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

### SOMETHING TO LOOK FORWARD TO!

Check out these new and exciting exhibitions at the Long Island Museum

The museum complex is comprised of nine acres with three modern exhibition buildings and five historic structures. THE ART MUSEUM houses a permanent collection of American art and two changing exhibition galleries. The 40,000-square-foot CARRIAGE MUSEUM is home to the finest collection of American horse-drawn transportation artifacts in the world, most on permanent exhibition. THE HISTORY MUSEUM offers changing exhibitions on a wide variety of subjects. Among the five historic structures on museum grounds are a one-room schoolhouse and a blacksmith shop, both used extensively in

school programs.

### EXHIBITIONS

**Tiffany Glass: Painting with Color and Light**  
Through December 19, 2021  
ART MUSEUM, Main Gallery  
LIM's exhibition, *Tiffany Glass: Painting with Color and Light*, is organized by the Neustadt Collection of Tiffany Glass in Queens, NY. The first exhibition of its kind at LIM, it includes five windows, 20 lamps, and several displays showing how Tiffany glass was manufactured, how Louis C. Tiffany's lamps were assembled, and how collectors today can distinguish between authentic lamps and forgeries. The exhibition features some of the most celebrated of Tiffany's works.

continued on page 54

  
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## Long Island Museum 2021 Calendar

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**Fire & Form:**  
**New Directions in Glass**  
Through December 19, 2021  
HISTORY MUSEUM  
Organized by the Long Island  
Museum, *Fire and Form: New*

*Directions in Glass* will feature nearly 50 works from eight contemporary artists, all proving that glass is a sculptural creation of near-infinite artistic and narrative variety. The artists chosen in this exhibition all illustrate a variety of approaches, methods, and in-

spirational starting points. And they include some of the most influential and important creators in this medium. This visually striking exhibition will sprawl over a total of 2,500 square feet in LIM's Visitor's Center. It will also be accompanied by a richly illustrated 30-page catalogue that will be printed as a takeaway for visitors. Funding for Fire and Form: New Directions in Glass was provided in part by: Premier Sponsor, Olivia & Harlan Fischer of Head of the Harbor.



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## The 8th Annual LIMarts Members' Exhibition, *Fragile*

Through December 19, 2021

The 8th Annual LIMarts Members' Exhibition, *Fragile*, will be an in-person exhibition on view in the Cowles Gallery in the History Museum and Visitors Center. Sponsored by Maryellen and Michael Lubinsky, *Fragile* allows LIMarts Members to share their artwork with the community while coinciding with the two exciting glass exhibitions. Due to the generosity of the exhibition's sponsors, the LIM is able to waive the usual commission and the artists will receive 100% of the proceeds on any artwork sold. The Museum is committed to promoting and supporting the arts and its artist members.

All three exhibitions will be on display at the LIM through December 19, 2021. The LIM will offer a variety of related programs including virtual offerings and lectures with involved artists of the exhibitions. Programming information will be available on the LIM's website at [longisland-museum.org](http://longisland-museum.org)

## The Jazz Loft Happenings

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

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

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

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

### EVENT SCHEDULE

**Wednesday, September 15**  
7-9:30 p.m.

**Jam Session and  
The Jazz Loft Trio.**

Tickets: \$10 | after 8 pm: \$5

**Thursday, September 16, 7p.m.**  
Rich Iacona and his 12 piece  
Bad Little Big Band  
featuring vocalist Madeline Kole.  
Tickets: \$25/adults; \$20/seniors;  
\$15/students; \$10/children;  
under 5/free



### **Harbor Jazz Fest**

**SEPTEMBER 22 - 25, 2021**

**Wednesday, September 22,  
6 p.m.**

**Jazz Fest Opening Night Jam  
Session with the Keenan Zach  
Trio.** Tickets:\$10

**Thursday, September 23, 7 p.m.**

### **The Interplay Jazz Orchestra Tribute to Blue Note Records.**

The 17 member Interplay Jazz Orchestra will pay tribute to the pioneering, iconic jazz label that has given voice to some of the finest jazz artists.

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

**Friday, September 24, 7 p.m.**

**Emmet Cohen Trio.** Emmet Cohen, a multifaceted young

continued on page 56

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## The Jazz Loft Happenings

continued from page 55  
jazz pianist and composer is in the vanguard of his generation's advancement of jazz. Tickets: \$30/adults; \$25/seniors; \$20/students; \$15/children; children under 5/free

### Saturday, September 25, 1 p.m. **Sheryl Bailey Trio with Ada Rovatti**

Sheryl Bailey is an American jazz guitarist and educator. Ada Rovatti is an Italian saxophonist who has recently been teaming up with husband Randy Brecker to record.

*This event will take place outside.* Tickets: FREE

### Saturday, September 25, 4 p.m. **Joel Ross and Samara Joy with Immanuel Wilkins.**

Joel Ross, an immensely talented vibraphonist, Samara Joy, one of



the more imposing young jazz singers and Immanuel Wilkins, saxophonist and composer team up for this Harbor Jazz performance. *This event will take place outside.* Tickets: FREE

### Saturday, September 25, 7p.m. **Charlie Apicella and Iron City with Madame Pat Tandy.**

New York City base guitarist and his band Iron City team up with

singer Madame Pat Tandy who is widely known as the First Lady of New Jersey Jazz. *This event will take place outside.*

Tickets: FREE

**Wednesdays, 7 p.m.  
September 29,  
October 6, 13, 20, 27  
Jam Session and  
The Jazz Loft Trio.**

Tickets: \$10/after 8 pm/\$5

**Thursday, Friday, Saturday  
October 7, 8, 9 | 7 p.m.  
Strictly Sinatra!** Tickets:

\$30/adults; \$25/seniors;  
\$20/students; \$15/children

**Thursday, October 21, 7p.m.  
Rich Iacona and his 12 piece  
Bad Little Big Band featuring vo-  
calist Madeline Kole.** Tickets:  
\$25/adults; \$20/seniors; \$15/stu-  
dents; \$10/children; under 5/free

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## Programs Offered at Your Library

### **SMITHTOWN LIBRARY DOORS ARE OPEN**

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

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

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

The Smithtown building will be open on Fridays from 9:30 a.m.-9 p.m.; Saturdays from 9:30 a.m.-5 p.m.; and Sundays 1-5 p.m. The Commack building will be open on Sunday from 1-5 p.m. through May.

Call 631-360-2480 for additional information; and for more details on any new guidelines and safety precautions, visit: <https://bit.ly/SmithReopening>.

### **STAY CONNECTED**

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

### **BOOK DISCUSSION GROUPS**

#### **Beyond the Library (Virtual) Book Discussion Group**

Tuesday, September 21, 7 p.m.  
*Squeeze Me* by Carl Hiaasen  
No registration required. To participate you must join the Library's Facebook group - Beyond the Library (<https://www.facebook.com/groups/beyondthelibrary>).

This program will take place through the event on the Facebook page.

#### **Night Owl Cafe**

#### **Book Discussion Group**

Thursday, September 23,  
7-8 p.m.

*Secret Daughter* by Shilpi Somaya Gowda. Registration required. This program will be available on Zoom.

#### **Tea-rrific Reads**

#### **Book Discussion Group**

Tuesday, September 28, 2-3 p.m.

*Inheritance: A Memoir of Genealogy, Paternity and Love* by Dani Shapiro. Registration required. This program will be continued on page 58

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## Library Programs

continued from page 57  
available on Zoom.

### Historical Non-fiction Book

#### Discussion Group

Virtual | October 21,  
10:30-11:30 a.m.

In-Person | Smithtown  
October 21, 2:30-3:30 p.m.

*City in the Sky: The Rise and Fall of the World Trade Center* by Eric Lipton and James Glanz. Note: there is both a virtual and in-person session of this book discussion group. Registration is required.

### MOVIES AT THE LIBRARY

#### Friday Movie Matinee

SMITHTOWN

Friday, September 17, 2 p.m.

*Just Mercy*

Rated: PG-13

Runtime: 137 min.

Friday, September 24, 2 p.m.

*The Father*

Rated PG-13 | Runtime: 97 min.

### ADULT

#### On-Your-Own Train Trip to NYC

SMITHTOWN TRAIN STATION

Saturday, October 23

Enjoy a day in the city with reduced-rate tickets via the LIRR and the Library. Register for the trip by Thursday, October 14 and then pick up your ticket(s) at the Smithtown Building starting Monday, October 18. On the day of the train trip, all patrons must meet a staff member at the Smithtown Train Station and leave on the 9:01a.m. train. Everyone must be in the first car together and transfer at Huntington. You will arrive at Penn Station at 10:43a.m. and must return home on any train prior to midnight. Registration begins

two months prior to train trip date. Those under 5 ride FREE, those under 18 must be accompanied by an adult. If the minimum requirement of 30 registrants is not met, The Smithtown Library reserves the right to cancel the trip.

### Take and Make

#### Apple of My Pie

Fee: \$5 per person

Take home a bag filled with supplies needed to create this standing wood decoration. Online and in-person registration begins on September 21 and ends on October 1. Supply bags can be picked up from the building of your choice beginning October 4. When registering online, please indicate pick up building.

continued on facing page

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continued

**Take and Make  
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Fee: \$5 per person

Take home a bag with all the supplies to make four felt succulents to fill the included terrarium. A hot glue gun will also be required to complete this project. Online and in-person registration began on September 13 and ends on September 20. Supply bags can be picked up from the building of your choice beginning September 27. When registering online, please indicate pick up building.

Chef Rob Scott's...  
*Granny Smith Apple*

*Fritter Bread*

Friday, Sept. 17, 3-4 p.m.

**Autumn Sausage & Chicken  
with Apples**

Monday, Sept. 20, 3-4 p.m.

**Honey Crisp Apple Bread**

Wednesday, Sept. 29, 3-4 p.m.

*No registration required.* These programs will be shared on the Facebook page  
(<https://www.facebook.com/thesmithtownlibrary>).

**ADULT IN-PERSON  
PROGRAMS**

**Game Day**

NESCONSET

Mondays, 12-3 p.m.

SMITHTOWN

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

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

**The Career and Films  
of Martin Scorsese**

NESCONSET

Saturday, September 18, 3-4 p.m.

Director Martin Scorsese has produced some of the most memorable films in cinema history. Through interview clips, as well as clips from classic films including *Taxi Driver* (1976), *Raging Bull* (1980), *Goodfellas*

(1990), and *The Departed* (2006), *The Irishman* (2019) and others, we will examine the career, style, and cinematic techniques, as well as the subjects and motifs, of one of the greatest directors of all time.

**Welcome Fall**

NESCONSET | Fee: \$5 per person  
Monday, Sept. 27,  
6:30-8:30 p.m.

Paint and create this gingham hanging sign.

continued on page 60



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## Library Programs

continued from page 59

### **Art Group**

SMITHTOWN

Tuesdays, 12-2:15 p.m.

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

### **Open Knit and Crochet Night**

SMITHTOWN

Tuesday, Sept. 28, 5-6:30 p.m.  
Join this local group and enjoy a friendly and informal get-together. Experienced crafters and beginners are welcome to knit and crochet with other enthusiasts. *No registration required.*

### **Sports News Talk**

SMITHTOWN

Monday, Sept. 20,  
10:30 a.m.-12 p.m.

Do you love discussing sports?

Join this relaxed discussion group all about sports.

### **Authorize It**

SMITHTOWN

Thursday, Sept. 23, 7-8:30 p.m.

Join Deborah Burns, author of *Authorize It!* for this workshop that will help you shift your mindset and build the storytelling muscle to more effectively pitch, promote ideas, protect and preserve careers.

### **TEENS** **Grades 6-12**

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

### **TEEN'S FACEBOOK PAGE**

(<https://www.facebook.com/SmithtownLibrary-Teens>),

### **TEEN'S INSTAGRAM PAGE**

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

### **YOUTUBE CHANNEL**

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

### **TEEN IN-PERSON PROGRAMS**

#### **Stamp it Out**

NESCONSET

Wed., Sept. 22, 4:30-5:30 p.m.

Create a sensational stationary set using cards, stamps and scrapbooking materials. Everyone will go home with a six-card set.

#### **Mystery Craftearnoon**

SMITHTOWN

Tuesday, Sept. 28,  
4:30-5:30 p.m.

What could it be? It's a mystery. Join in the fun as we craft and create surprise projects.

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*mickeys-icecream.com*

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*summer '21*



# CHIROPRACTIC HEALTHCARE OF ST. JAMES

## DR. GREGORY R. THOMAIER

CHIROPRACTOR

338 Lake Avenue (across from the Post Office)  
St. James, NY 11780

631-584-8100

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.

## Take Microbreaks to Relieve Stress

One of the most common stresses to our body that leads to injury is maintaining prolonged periods in the same position. Sitting at a computer, watching TV or driving a car for any length of time is what the majority of us are faced with daily. To do these activities with poor posture only complicates the situation. To maintain these sustained stationary positions requires our bodies to contract certain muscles, which reduces the blood flow and oxygen getting to them and causes them to fatigue. The human body is meant to be moving; therefore stopping every 30 minutes for 30 seconds with a microbreak can help to combat fatigue and the cumulative effects of repetitive stress.

Microbreaks offer our bodies the ability to reset and alleviate any built up tension and stress.

All it requires are short moments throughout the day where you stretch or flex the muscles that are too tight or too loose.

A good microbreak to consider when sitting would be squeezing your shoulder blades together, raising your shoulders up then depressing them, pelvic tilts, lateral pelvic tilts and cervical stretches and range of motion exercises. While standing you can perform a back extension stretch, hamstring stretch, a chest stretch while reaching back in a door jamb or try reaching both arms above your head and then pretend like you are climbing a ladder.

The idea is to change your positions frequently and activate the inhibited muscles and stretch the contracted ones. Creating the habit is the challenge but be proactive and don't wait until symptoms start.



Microbreaks will decrease fatigue and have a positive effect on your well being. Remember every so often the lumberjack needs to stop and sharpen his axe. Keep your "axe" sharp and take a microbreak!

#### 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...

continued from page 60

### TEEN

#### VOLUNTEER OPPORTUNITIES

##### **Instagram Teen Takeover**

Earn community service by creating social media posts for the Library that promote Library services and resources. Check out the Teen section of the Library's homepage for more information.

##### **Chess and Checkers**

##### **Buddies Volunteers**

NESCONSET

Sat., Sept. 18,  
11:15 a.m.-12:15 p.m.

Teach younger children how to play chess and checkers. You do not have to be an expert to volunteer but knowledge of the rules is required.

### 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](http://www.smithlib.org)) to discover these activities.

##### **Take and Make Rodeo Roundup**

SMITHTOWN BUILDING

Calling all cowboys and cowgirls. Giddy up down to the Library to pick up an activity kit featuring all things horses. Each kit includes equine crafts, games and fun facts. Kits will be available at the Smithtown Building beginning September 18. *No registration required.* Supplies are available on a first come, first served basis.

##### **Take and Make All About Shapes**

SMITHTOWN BUILDING

Learn all about shapes with this interactive kit, which includes a shape train craft,

## Library Programs

coloring sheet, I Spy, a suggested reading bookmark and a link to online shapes activities. Kits will be available at the Smithtown Building beginning September 25. *No registration required.* Supplies are available on a first come, first served basis.

##### **Take and Make**

##### **Scarecrow Cupcakes**

ALL BUILDINGS

Get ready to create adorable scarecrow cupcakes with a kit from Fanny Cakes bakery. This program is designed for families with children 4-12 years. Kits will be available at any Smithtown Library Building beginning September 30. In person, online, or telephone registration is required beginning September 22. Please only register for one kit per family.

#### IN-PERSON PROGRAMS

##### **Registration Required**

##### **Baby Steps**

NESCONSET

Birth to 18 months w/adult  
Monday, Sept. 20, 10-10:30 a.m.

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

##### **Nursery Rhyme Time**

SMITHTOWN

Birth-35 months w/adult  
Sept. 18, 21, 29, 10-10:30 a.m.

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

##### **Wonderful Ones**

SMITHTOWN

12-23 months w/adult  
Wed., Sept. 15, 10-10:45 a.m.

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

welcome.

##### **Time for Twos**

NESCONSET

24-35 months w/adult  
Wed., Sept. 22, 11-11:45 a.m.

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

##### **Storytime Safari**

NESCONSET | 3-5 years w/adult  
Friday, Sept. 24, 11-11:30 a.m.

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

##### **Fine Motor Fun**

SMITHTOWN | 2-4 years w/adult  
Tuesday, Sept. 28, 10-10:45 a.m.

Give your muscles a workout with crafts and activities that help develop fine motor skills. Dress to make a mess.

##### **Terrific Threes**

SMITHTOWN

36-47 month w/adult  
Thursday, Sept. 23,  
10-10:30 a.m.

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



##### **Sweet Apples**

NESCONSET | 3-5 years w/adult  
Friday, Sept. 17, 10-10:30 a.m.  
OR 11:00-11:30 a.m.

Red, yellow or green apples are always delicious. Fall into some autumn stories and create juicy crafts.

##### **Let's Move | Songs and Stories**

SMITHTOWN | 3-5 years w/adult  
Wednesday, Sept. 22, 2:30-3 p.m.

Enjoy this fun program featuring interactive stories that will have you moving, singing and rhyming along.

continued on facing page

## Library Programs

continued

### **Breakfast Party**

SMITHTOWN | 3-5 years w/adult  
Saturday, Sept. 25, 10-10:45 a.m.

Did you know that breakfast is the most important meal of the day? Join Miss Cecilia for songs, stories and breakfast-themed fun. We'll even use cereal to make a unique craft.

### **Happy Birthday Storytime**

SMITHTOWN | 3-5 years w/adult  
Monday, Sept. 27, 11-11:45 a.m.

Is your birthday in September? Even if it isn't, we will be celebrating all birthdays during this fun storytime and craft program.

### **Project Peace**

NESCONSET | 3-7 years w/adult  
Saturday, Sept. 18, 10:30-11 a.m.

Peace Day is September 21. Enjoy stories celebrating the kindness within that creates a caring world. Make a colorful painting to decorate your home.



### **Upcycled Owls**

NESCONSET | 5-7 years  
Saturday, Sept. 25, 10-10:30 a.m.

It's a hoot when you join us for autumnal tales and an owl collage using repurposed materials.

### **LEGO® League**

SMITHTOWN | 5-10 years  
Wednesday, Sept. 29,  
4:30-5 p.m.

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

### **Chess and Checkers Buddies**

NESCONSET | 5-12 years  
Saturday, Sept. 18,  
11:30 a.m.-12 p.m.

It's time for a board meeting; play chess and checkers with teen volunteers. A great opportunity to learn a new game or practice a favorite.

### **Escape the Room Jr.**

SMITHTOWN | 7-10 years  
Thursday, Sept. 16, 3-3:45 p.m.

Work together to find clues, solve puzzles and see if you have what it takes to escape the room.

### **Matt the Music Man**

NESCONSET  
For families w/children under 6  
Tuesday, Oct. 12, 4:30-5:15 p.m.

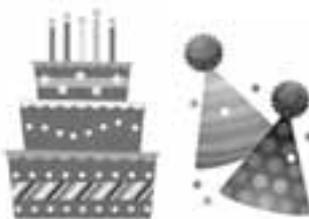
It's time to jam with Matt the Music Man. Feel the rhythm and rhyme in this one-of-a-kind multicultural concert filled with sing-alongs and silliness.

## VIRTUAL PROGRAMS

### **Storytime with Miss Sharon**

Monday, Sept. 20, 11 a.m.

Listen to an exciting read with Miss Sharon geared towards preschoolers. *No registration required.* This program will be shared on the Children's Facebook page (<https://www.facebook.com/SmithtownLibraryKids>) scheduled to expire one week from the program date.



### **Happy Birthday, Shel Silverstein!**

Saturday, Sept. 25, 11 a.m.

Celebrate famous poet and author Shel Silverstein's birthday with some of his most beloved poems and stories. *No registration required.* This program will be shared on the Children's Facebook page (<https://www.facebook.com/SmithtownLibraryKids>) scheduled to expire on October 2.

## **Time to Create Our New Future**

continued from page 12  
Celebrate St. James by becoming

a member and stay in touch with all our activities, events, and plans – please follow our Facebook page at <https://www.facebook.com/celebratestjames/>; our website is [www.celebratestjames.org](http://www.celebratestjames.org); call or text 631-984-0201; or email [celebratestjames@gmail.com](mailto:celebratestjames@gmail.com).

To all of you in our St. James community – if you care about the future of our town and the continuation of its revitalization, you will see the value of this community center – now and for generations to come. We would love to hear from you – both financially, physically, and with your ideas – to launch this major campaign – for it is with you and for you that we can succeed. The fundraising has begun – and with YOUR support and YOUR dollars – you can make the St. James Community Cultural Arts Center become a reality! Please donate at [www.savethestjamestheatre.org](http://www.savethestjamestheatre.org).

## **The Atelier**

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**Introduction to the Art of Illustration - In-Studio w/ Robert Gowdie**, New Class Youth Class for ages 13-16 Saturdays, 11 a.m.-1 p.m.  
Fee: \$45/per class

**Concept Illustration - In-Studio w/Robert Gowdie**, New Class Saturdays, 2-5 p.m.  
Fee: \$60 per class

**Graphic Novel and Genre Illustration for Youth – On-Line ONLY, w/James Beihl**  
Youth class for ages 13-16 Saturdays, 1-3 p.m.  
Fee: \$45/per class

**Graphic Novel and Genre Illustration – On-Line ONLY, w/James Beihl** | Adult class ages 16 and up  
Saturdays, 5:30-6:30 p.m.  
Fee: \$60/per class

by June Capossela Kempf

During one of my recent 'Can we talk' conversations with my daughter, I had been obsessing over some of my many worries until my stress stories began to rub Jeannie the wrong way.

"You need to chill out Mom. Take a walk. Read a book. Try doing something different. Something that'll take your mind off your troubles."

"Like what?"

"How 'bout a Yoga class – or better still: Since you're such an animal lover, go over the top and try goat yoga," she said with a giggle.

"Goats do Yoga?" I asked.

"No silly, you do Yoga, while adorable goats 'interact' with you. It's supposed to be relaxing and fun."

"Just what do you mean by 'interacting'?"

"Well, the goats have the same soothing effect on you as holding a cuddly puppy or an adorable little baby. They are affectionate and snuggle up with you as you go through the various yoga routines. They even hop on your back and sort of massage you with their hooves. Yogis claim that they come out of these sessions feeling warm and fuzzy all over."

"Hooves! My back hurts already, that's one reason I'm stressed. The last thing I need is a goat trampling with cloven hooves up and down my deteriorating disks. I have nightmares more soothing than that..."

Jeannie's eyes began to roll. Jeanne tends to do that a lot lately. Anyway, I pushed on with the conversation – just to bug her.

"Just where do I find a guru who can make me 'one' with a

## Don't Get My Goat



goat?"

"All I know," she said. "Is that some farmers and groups with access to goats, host sessions as a novelty and an income producer. The trend started out West, but I am sure there are classes somewhere around here. Google it."

So, I did.

Under the heading, *What is goat yoga?* Google confirmed what Jeannie told me and also provided a wealth of information I didn't need to know. They described each yoga position from downward dog to mountain pose, creating the impression that the lower you are to the ground, the more likely you are to find a goat on your back – interacting. The mountain position appealed to me for the moment. But then, I scrolled down to the Q & A section of the Google page and saw some disturbing queries from other researchers: Q "Do the goats relieve themselves on you?"

A "Sometimes they do," was the answer.

Baaaa!

The second question was just as strange.

Q "Do the goats wear clothes while they are bonding with the yogis?"

A "They sometimes wear T shirts."

"What, no diapers?" I yelled at the screen."

Double Baaaa!!

Need I know more?

To be fair, I could stand a little bit more information – like who's

idea was this in the first place? I continued my search and learned that the concept was established by a motivational speaker and marketer in Monroe, Oregon by the

name: Lainey Moore.

Google says that Lainey found herself inspired by the distractions created by six adorable goats which she filmed leaping all over some ecstatic yogis as they happily worked through their various poses. Naturally she posted the whole scene and before she knew it, the video went viral. Soon her idea escalated and Voila, the trendy and profitable venture was launched. Finally, through her tireless promotional endeavors, she soon became known as the Queen of Goat Yoga.

Google had volumes more to say about the subject, including the facts that only Nanny goats and kids were suitable for nuzzling noses and numbing the nerves of human beings. Who knew?

Nevertheless, I read enough to know that there was no way I was going to calm down, while hooved, non-potty-trained kids meandered all over my back.

Just let me assume a comfortable position on the couch and become one with my blankie; and I will become as cool and collected as a lotus blossom blissfully drifting across the still waters of a peaceful pond somewhere in Shangri-la. Ummm!

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

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

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St. James Self Storage  
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Christine Stevens | Coach Realtors  
Stony Brook Community Medical  
Strategies For Wealth | Ginny Bove  
Strike Force Maintenance  
Suffolk Center for Speech  
Suffolk Pediatric Dentistry & Orthodontics  
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## Start Thinking About Your Retirement Income Plan

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

If you're getting close to retirement, you're probably thinking about the ways your life will soon be changing. And one key transition involves your income – instead of being able to count on a regular paycheck, as you've done for decades, you'll now need to put together an income stream on your own. How can you get started?

It's helpful that you begin thinking about retirement income well before you actually retire. Many people don't – in fact, 61% of retirees wish they had done better at planning for the financial aspects of their retirement, according to an Edward Jones/Age Wave study titled Retirement in the Time of



Coronavirus: What a Difference a Year Makes.

Fortunately, there's much you can do to create and manage your retirement income. Here

are a few suggestions:

- **Consider ways to boost income.** As you approach retirement, you'll want to explore ways of potentially boosting your income. Can you afford to delay taking Social Security so your monthly checks will be bigger? Can you increase your contributions to your 401(k) or similar employer-sponsored retirement plan, including taking advantage of catch-up contributions if you're age 50 or older? Should you consider adding products that can provide you with an income stream that can potentially last your lifetime?

continued on facing page

## 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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- Menopausal Care
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**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.



Stony Brook Medicine

continued

- **Calculate your expenses.** How much money will you need each year during your retirement? The answer depends somewhat on your goals. For example, if you plan to travel extensively, you may need more income than someone who stays close to home. And no matter how you plan to spend your days in retirement, you'll need to budget for health care expenses. Many people underestimate what they'll need, but these costs can easily add up to several thousand dollars a year, even with Medicare.
- **Review your investment mix.** It's always a good idea to review your investment mix at least once a year to ensure it's still appropriate for your needs.

But it's especially important to analyze your investments in the years immediately preceding your retirement. At this point, you may need to adjust the mix to lower the risk level. However, you probably won't want to sell all your growth-oriented investments and replace them with more conservative ones – even during retirement, you'll likely need some growth potential in your portfolio to help you stay ahead of inflation.

- **Create a sustainable withdrawal rate.** Once you're retired, you will likely need to start taking money from your IRA and 401(k) or similar plan. But it's important not to take too much out in your early years as a retiree, since you don't want to risk outliving your income.

A financial professional can help you create a sustainable withdrawal rate based on your age, level of assets, family situation and other factors.

By planning ahead, and making the right moves, you can boost your confidence in your ability to maintain enough income to last throughout your retirement. And with a sense of financial security, you'll be freer to enjoy an active lifestyle during your years as a retiree.

**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.

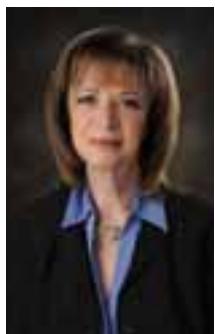


**Scott R Posner, CFP<sup>®</sup>,  
AAMS<sup>®</sup>, CRPC<sup>®</sup>**  
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542 North Country Rd  
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**Edward Jones**  
MAKING SENSE OF INVESTING



by Natalie Weinstein,  
Allied ASID,  
IDS

As an interior designer for over four decades, I

have worked for young and old clients, both active and more sedentary. This summer for me, has been, regrettably, more sedentary than I ever expected. An old back injury took on a new wrinkle and I found myself mostly homebound. Awaiting the results of MRIs and other reports, I, like many of my clients, relied on the comforts and amenities of my home to keep me safe and connected.

A few weeks ago, my father, if he were alive, would have celebrated his 103rd birthday. A retired police officer, he died on his 100th birthday, having survived his wife by ten years. I, their only child, living in another state needed to make accommodations to their ranch home which were crucial to their health and safety – and my sanity.

Recalling the past and living in the present has made me ever more mindful of the challenges of our aging or ailing population. It has also re-affirmed my belief that our homes can help us or hurt us physically and emo-

## A Summer of Change

tionally, but ultimately can allow us to lead the best quality of life possible. Planning is important. Facing reality is essential.

For seniors, some amenities are covered by Medicare and other insurance. Home health care policies are available and less costly at a younger age and should be explored for future activation. It seems to be critical to your future well-being if you want to remain at home.

### Hints for keeping your home safe at any age:

- Remove clutter.
- Organize important papers and medical records as well as closets and drawers for easy access.
- A comfortable "easy" chair can be a life saver to ease pain (I surely found that out).
- Make sure there are no tripping hazards.
- See that walk areas inside and out are well lit and uncluttered.
- Make bathrooms as accessible as possible.
- Check fire and smoke detectors frequently and provide carbon monoxide detectors.
- Think about home access in an emergency, especially if someone lives alone (lock box, life alert, etc.).

### If you are the caregiver:

- Create your own special place to relax and recharge. If possible or when necessary, sleep in a separate room with an intercom or other system, so you can maintain your own health and wellbeing.
- Get help if needed to clean, organize and make your home presentable for visitors as well as more easily accessible.

One way to remove stress is to seek help when you need it. Designers can assist by finding space and solutions to make your home safer and more enjoyable for everyone at any age and stage of life. So prepare for the future for life can change in an instant.

### Editor's Note:

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

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## Science and Nature Can Be Quite Fascinating

by Sally Wellinger

One small letter change, or number change can make the world of difference in science. For example, micro means very small where macro means large. Another example of a small change is carbon dioxide (CO<sub>2</sub>) which is important for plants is very different from carbon monoxide (CO) which is a poisonous gas. The difference is only one oxygen molecule. One set of words that are slightly different and often confusing are nitrates and nitrites. Not only are the words one letter off, but their chemical make-up is only one oxygen different. Nitrates have three oxygen molecules, NO<sub>3</sub>, where nitrites have two, NO<sub>2</sub>. The other confusing thing about them is knowing whether they are good or bad.

As with so much in science, there is a lot we know, there is much we are learning, and there is even more that we do not know. That is the case with nitrates and nitrites. Keeping this as simple as possible, both nitrates and nitrites are part of the nitrogen cycle. We learn a lot about the water cycle, the carbon cycle, life cycles, and more. The one often forgotten is the nitrogen cycle, which is ironic, because of all our gases in the air, nitrogen makes up about 78% of our air.

Is it good or bad? The answer is both. Too much of anything is usually never good and that is the case with these. Nitrogen is important for life, it is an important building block in our DNA or genes and is also an important part of protein, which makes up many things in our body. The natural cycle of nitrogen in our ecosystem helps all organisms survive.

If humans were not involved, nature probably would not have any issues with the nitrogen cycle. Because we need to survive, we farm and raise livestock



**The little white objects in the water are dead juvenile bunker or menhaden.**

*Photo by Sally Wellinger*

and we also create our own waste. In addition, we decided to fertilize our lawns and increase productivity in our agriculture by adding nitrogen. When we add more nitrogen than what plants, like crops, and soil can handle, the excess works its way into our waterways.

This is usually in the form of ammonia or nitrates. Ammonia is the product of plants decomposing and from animal waste (yes, humans too). Ammonia is also the form of nitrogen that is usually in fertilizer. Ammonia (NH<sub>4</sub>) converts to nitrites (NO<sub>2</sub>) which converts to nitrates (NO<sub>3</sub>).

Some plants use more nitrogen than others, for example corn uses a lot of nitrogen in the soil. Beans add nitrogen to the soil. Many farmers alternate growing corn one year and beans the next to try to keep the balance. Other farmers, just add nitrogen to the soil to keep growing corn. Growing just soybeans can add too much nitrogen to the soil if it is not grown with a crop like corn or wheat that takes up the nitrogen. If too much nitrogen is added to soil, then that excess nitrogen will make it into our

waterways.

Our need for farming is not a bad thing, but it does often throw off the natural cycles of surrounding ecosystems. Nitrates are what are often discussed when there are problems such as algal blooms in our water. Finding nitrites in our water can be a sign that the water is polluted, because generally nitrates change quickly by grabbing an oxygen molecule to form a nitrate molecule. By taking up that oxygen, this nitrite to nitrate conversion could cause a situation where there is less dissolved oxygen in the water for fish to breathe.

The same thing happens when there is too much ammonia in the water. The ammonia takes up the oxygen and forms nitrites, which takes more oxygen to form nitrates. Bacteria is what usually helps this chemical conversion. "Algal-like" bacteria, sometimes called cyanobacteria, often help make up algal blooms, which is why we know they will create a negative affect for the other life in the water.

Nitrites and nitrates are found naturally in foods we eat as well as added to foods for certain reasons, especially for preserving meat. They can also occur naturally in the body. Although nitrogen in our body is essential – too much or in the wrong chemical compound can create problems. Nitrogen is definitely something to think about since we are surrounded by it and made up with some of it as well. Science and nature can be quite fascinating!

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

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

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## Return On Your Investment

by William Kent

Here's how hearing instruments can give you a 'great' return on your investment.

If you're one of the nearly 40 million Americans who suffer with hearing loss, maybe it's time to consider investing in your hearing health. Research shows that the rewards can be substantial; in fact, identifying and addressing hearing loss has been shown to positively influence virtually every aspect of an individual's life, helping people personally, professionally and even financially.

New technology has revolutionized hearing aids in recent years with today's hearing instruments automatically adjusting to all kinds of sound environments and filtering noise. Many instruments are virtually invisible, sitting discreetly and comfortably inside the ear canal; some are water resistant, rechargeable and best of all many are wireless, enabling you to stream sound from smart phones, home entertainment systems and other electronics directly into your hearing aid(s) at volumes just right for you. The iNOW instruments have even more tech built into them. Lost instruments can now be found with GPS capability among other advanced features.

When it comes to the purchase of personal items that enhance your life, there's more than one way to measure value. Here are six ways that investing in professionally fitted hearing instruments can bring you a greater return on your investment than you ever imagined.

### Unleash your earning potential.

Using hearing aids reduced the risk of income loss by 90-100% for those with milder hearing loss, and from 65-77% for those with severe to moderate hearing loss, according to a Better Hearing Institute (BHI) study. People with untreated hearing loss lost as much as \$30,000 in income annually, the study also showed.

Maintain your cognitive function. Research shows a definitive link between hearing loss and dementia, leading experts to believe that interventions, such as hearing instruments, could potentially delay or prevent dementia. Research is ongoing.

### Keep you on your feet.

A John Hopkins study showed that people in middle age (40-69) with even just mild hearing loss were nearly three times more likely to have a history of falling. The intensive listening effort demanded by unaddressed hearing loss may take cognitive resources away from what is needed for balance and gait, experts suggest.

### Relieve stress and lift your mood.

When people with hearing loss use hearing instruments, many feel more in control of their lives and less self-critical, BHI research shows. One study found that the majority of people with mild and severe hearing loss felt better about themselves, and their life overall, as a result of using hearing instruments..

### Tame that ringing in your ears.

Hearing instruments can help reduce the prominence of tinnitus by introducing background

sound or white noise. Just taking the focus off the tinnitus can provide relief for many people. Hearing instruments also reduce the stress associated with intensive listening, which can, in many circumstances, help relieve tinnitus.

### Strengthen your relationships.

Research shows that using hearing aids can help improve interpersonal relationships. In one BHI study of people with hearing loss, more than half of the respondents said using hearing instruments improved their relationships at home, their social lives and their ability to join in groups. Many even saw improvements in their romantic lives.

Addressing hearing loss is really a smart decision that offers a very good return. Those with hearing loss should consider making an investment today, or in the not-so-distant future. For those who are not sure, start by taking a comprehensive hearing test to determine if you qualify for hearing help. Annual hearing tests are usually covered by your health insurance with little or no out-of-pocket expense.

Wearing hearing instruments today is easy, comfortable, and has become fashionable with different color options available. You're making a statement when wearing them... 'I'm connected'.

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

William Kent is the Director of Long Island Hearing, an Audiology and Hearing Instrument Practice. With offices in both Nassau and Suffolk Counties, they can be reached at 1-800-698-5200 for additional information or guidance.



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Dear Ron

I have a new job. I am working at a better place, better pay, and fully remote which is something that I have come to enjoy. But learning how the company works is a lot harder when you don't see your co-workers all the time. I realize now that when you are face to face, you can get those "visual cues" if you are doing something good or something that needs to be fixed. You know who

**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**

*the jokesters are, who are the serious ones, what the bosses are doing and all that. Now it's all emails, Zoom calls, texts and Docushares. And even when we have video calls, many people are not sharing their video and I'm left guessing if I'm doing the right thing. What tips can you give me to feel a bit more confident as I settle in? —Video Mute*

Dear Video

Since the creation of text messages, communication has evolved from the person-to-person to device-to-device. Emoji's were invented to pass along what we would have gathered from non-verbal but in-person talk. Now forward to our newest way of meeting and you have even more challenges in gathering and conveying ideas, thoughts and topics. Start by taking the step to always have your video on. This shows that you are open to talk and the people on the other end will get to know you through your verbal and non-verbal communication. Next is introduce "water cooler" conversations to those who are working alongside you through text, email and/or video. Simple topics like "do you have children; do you have any pets; or what's the last movie you saw;" can allow you to make a better co-worker connection. Lastly, whether you are in an office or working remotely, always have an open door approach with your boss. Ask them how you are doing, how can you connect more with the staff in this remote environment, and see if they have any suggestions to offer you as you settle into your remote job. So, keep your ears, eyes and mind open to evolving with these new "techtronic" ways of keeping in the workday loop.

***Editor's Note:***

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

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by Terri Pace

The foundations for success with our back to school experience are grouped into three main topics:

1. Enhanced Protection and Immunity
2. Proper Rest
3. Mental Clarity and Focus

### **Enhanced Protection and Immunity**

In the words of Benjamin Franklin: "An ounce of prevention is worth a pound of cure." Most people agree it is easier to avoid getting sick than to fix it. This means that improved protection begins with killing viruses and bacteria and/or reducing our exposure to environmental and seasonal threats.

**Did you know...there are 25,107 germs per square inch on a typical cellphone? That's more bacteria than is found on the average toilet seat in the same amount of space."**

~www.govtech.com, July 2013

Here are some simple suggestions to increase prevention:

- Wash hands frequently with a hand soap infused with immune supporting essential oils like Clove, Cinnamon, Eucalyptus, Rosemary, and Wild Orange.
- Wipe surfaces and items coming home with your child with a cleaner concentrate infused with these same essential oils to provide natural protection against certain environmental factors while elevating the overall cleaning capability.
- Diffuse these essential oils to help purify the air and enjoy a very energizing and uplifting aroma too!

Since we cannot eliminate all

## **Back to School Success**

threats/risks, here are some simple suggestions to boost immune function and response:

- Combine equal amounts of Eucalyptus, Green Mandarin, and Siberian Fir essential oils and use daily for a simple way to boost immune function and response. Apply topically morning and night to the bottom of your feet and/or add 2-3 drops to your diffuser.
- Add 1-2 drops of Green Mandarin to each glass of water you drink to support the immune system and increase antioxidant protection too!
- Add 2 drops of Green Mandarin and Siberian Fir to a veggie capsule and take internally to support the immune system and overall cellular health.\*
- When you want to boost the power of your army's response, combine 2 drops of each Thyme, Cassia, Black Pepper, and Melissa essential oils in a veggie capsule. Take 1-2 capsules daily.\*

Another way to boost immune function and response is to provide support to the digestive system which is the first line of defense against viruses, fungi, bacteria, and toxins.

**Did you know...your gastrointestinal (GI) tract performs very important immune functions in the body? A healthy intestinal tract is critical for optimal digestive function and immune system support.**

Here are some simple ways to support the digestive system:

- Take a probiotic daily. This offers a unique, safe, and effective way to deliver the well-recognized digestive and immune system support benefits.\*
- Make sure the probiotic you choose has a time-released, double-capsule delivery system designed to help protect the sensitive probiotic cultures from stomach acid.

- Use a blend of Anise, Caraway, Cardamom, Coriander, Fennel, Ginger, and Peppermint essential oils to aid in the digestion of food, soothe occasional upset stomachs, and reduce uncomfortable gas.\*

### **Proper Rest**

Proper rest is key to stressless mornings as you rush your child off to school. Proper rest is also important for the optimal function of the immune system and overall health.

Establish consistent bedtime routines and incorporate an essential oil bonding experience for your child. This will make bedtime enjoyable rather than stressful. Begin by massaging calming oils lovingly on the bottom of your child's feet. As you massage their feet, invite your child to share a favorite memory of the day and one thing for which they are grateful. My favorites to support a peaceful night's sleep are Lavender, Roman Chamomile, Cedarwood, or Vetiver essential oils.

Perhaps your child has a favorite aroma. Encourage them to select which oil(s) they want massaged on their feet. You may even find them grabbing the oils and running to bed with a big smile on their face.

And don't forget to add a few drops to the diffuser to infuse your child's room with these calming aromas.

### **Mental Clarity & Focus**

Back to school success must also include measures which improve mental clarity and focus. After all, we are sculpting their minds and their characters. Here are some simple suggestions!

Rosemary essential oil provides certain key benefits we all need right now, including your children.

- ~ Supports brain performance and mood\*

continued on facing page

continued

- ~ Supports healthy digestion and respiratory function\*
- ~ Helps to reduce nervous tension and occasional fatigue\* Given these powerful benefits, I encourage you to use this essential oil all three ways every day: Aromatic, topical, and internal!
- ~ Take 1-2 drops internally or use with your favorite recipes!
- ~ Diffuse this essential oil to create an atmosphere conducive for studying or creative writing.
- ~ Apply 1-2 drops to the bottom of the feet or add to a favorite shampoo and give your child (or yourself) an invigorating scalp massage.

~ Not crazy about the aroma? Simply combine it with a citrus or other favorite essential oils to create a scent you enjoy!

Wild Orange essential oil (or any citrus aroma) can help with wakefulness. Combine a drop with Peppermint essential oil to invigorate and lift them out of their morning grog. This will also assist with memory recall or while studying. Diffuse this combination or apply to neck, temple, or bottom of the feet.

Want to ace homework and tests this year? Grab your "study buddy." This blend of Vetiver, Peppermint, Clementine, and Rosemary essential oils in a base of fractionated coconut oil is just what your child needs to increase feelings of alertness and help improve ability to focus on the task at hand.

Apply topically to the back of the neck from a roller bottle or add this "focus blend" to the diffuser while doing homework to help create an environment that's ideal for studying. And you will LOVE the fresh and energizing aromatic experience, too. This blend is NOT just for kids.

Want an easy way to send essential oils to school with your child? Try a diffuser necklace or

bracelet and add a drop or two to the beads. There are many great designs for both boys and girls.

You can also purchase carabiner tops and clip the bottle to your child's backpack. This is such a convenient way to take my oils with me that I bought some for myself to clip my favorites to my handbag.

These daily routines create success for your back to school experience. They promote robust protection, boost mood and creativity, help promote restful sleep all while creating the proper terrain in vital systems: Immune, Digestive, Nervous System, and Brain.

With so many practical tips and daily routines using your essential oils and products, you and your family can truly enjoy a healthy, safe, and successful back to school experience.

\*Note:

*These statements have not been evaluated by the Food and Drug Administration. This is not intended to diagnose, treat, cure, or prevent any disease.*



**Editor's Note:**

Terri Pace is a certified Holistic Health Coach. She is an educator, sharing her experiences and knowledge on the use of simply natural solutions to support the structure and functions of the body for optimal health and wellness. Terri invites you to contact her for a FREE private, personal wellness consultation and to get samples of essential oils which can support your specific wellness goals: [simply.natural@optimum.net](mailto:simply.natural@optimum.net). Watch and learn about many different health topics on Vimeo: <https://vimeo.com/simplynatural> including how to manage pain, increase energy, breathe easier, reduce stress, and conquer the blues...naturally – or call Terri at 631-487-1627 – no purchase necessary to attend. Be sure to watch the Back to School webinar recording on Vimeo: <https://vimeo.com/45159607>

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## CELEBRATIONS

### Celebrating 70 Years of Marriage

On October 14, 2021 my parents, Frederick and Veronica Wahrheit, will celebrate 70 years together. They met in 1949, when my mother literally... "missed the boat." Mom and her friend were to volunteer as hostesses for a disabled veterans "sail and lawn party" sailing out of the Knickerbocker Yacht Club in Brooklyn. Ironically, their driver overslept, causing the two women to miss their party boat.

As luck would have it, my father and his two friends were about to set sail on my father's sail boat, *The Joy*, from the same dock. The driver asked my father if he could bring the women to meet up with the party boat in order to catch up to the lawn party. My father, (the smart man that he is), obliged, and he and his friends enjoyed an afternoon of sailing, swimming, and singing with my mother and her friend.

Soon after their fun and blooming love began, an unexpected squall erupted, causing



**Frederick and Veronica Wahrheit**

the sail on my father's boat to rip. My father, always calm and in charge, was able to get the boat to safety in a City Island cove, where they waited out the storm. The Yacht Club staff knew "*The Joy*" and two hostesses hadn't returned and may be in danger from the storm, so they sent a search plane out to look for them.

With all the commotion upon

return, my parents got split up and did not have a chance to exchange their personal information with each other. Mom, always a lady and always proper, decided to leave a thank you note for my father at the Yacht Club. After receiving the letter, dad decided to go in person to the return address that was written on the envelope to look for her. No one was home when he went, but he spoke with a neighbor who gave him mom's phone number.

Mom and dad dated for about a year and a half, when dad decided to SELL HIS SAILBOAT TO BUY HER ENGAGEMENT RING. They married on October 14, 1951 in Queens and moved out to St. James in 1971. Still happily married, they are amazing role models, selfless and kind, loving, compassionate, generous and inquisitive. We are blessed beyond words. Please join me in wishing my folks a very happy 70th Anniversary.

- JEANINE WAHRHEIT

### NEW ARRIVAL



Proud parents Ryan and Emily Craig of St. James would like to announce the birth of their son Cole Micheal Craig on July 13, 2021. He is also welcomed by grandparents Michael & Holly O'Donnell and Linda & Robert Craig. Congratulations and best wishes to all.

### POET'S CORNER

#### 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 surprisin'

This proved the world was round

From that discovery, there sprang a great nation

A nation that just grew and grew

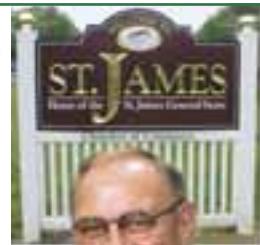
So Columbus deserves a great ovation

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# - IMPORTANT SAFETY NOTICE -

## St. James Day Traffic Information

### Sunday, October 3, 2021

Once again the St. James Chamber of Commerce will be holding their annual **ST. JAMES DAY** on **Sunday, October 3, 2021**. **PLEASE BE ADVISED** that due to the growing concerns for the safety of the residents and visitors on St. James Day, a number of meetings were held to discuss the traffic flow and parking on the streets that directly affect the area on and around Lake Avenue between Woodlawn and Railroad Avenues. Several St. James Chamber of Commerce board members met with representatives of the St. James Fire Department, Smithtown Department of Public Safety and Town Board members..

The main concern was access to Lake Avenue for emergency vehicles and traffic flow around the St. James Day event. To accommodate this end the following plan was agreed upon.

**Washington Avenue** will be **ONE WAY** going **SOUTH** from Railroad Avenue to Woodlawn Avenue. Parking will be allowed on the west side of Washington ONLY (No PARKING signs will be posted on the east side of the street to facilitate access for emergency vehicles and traffic flow during the event).

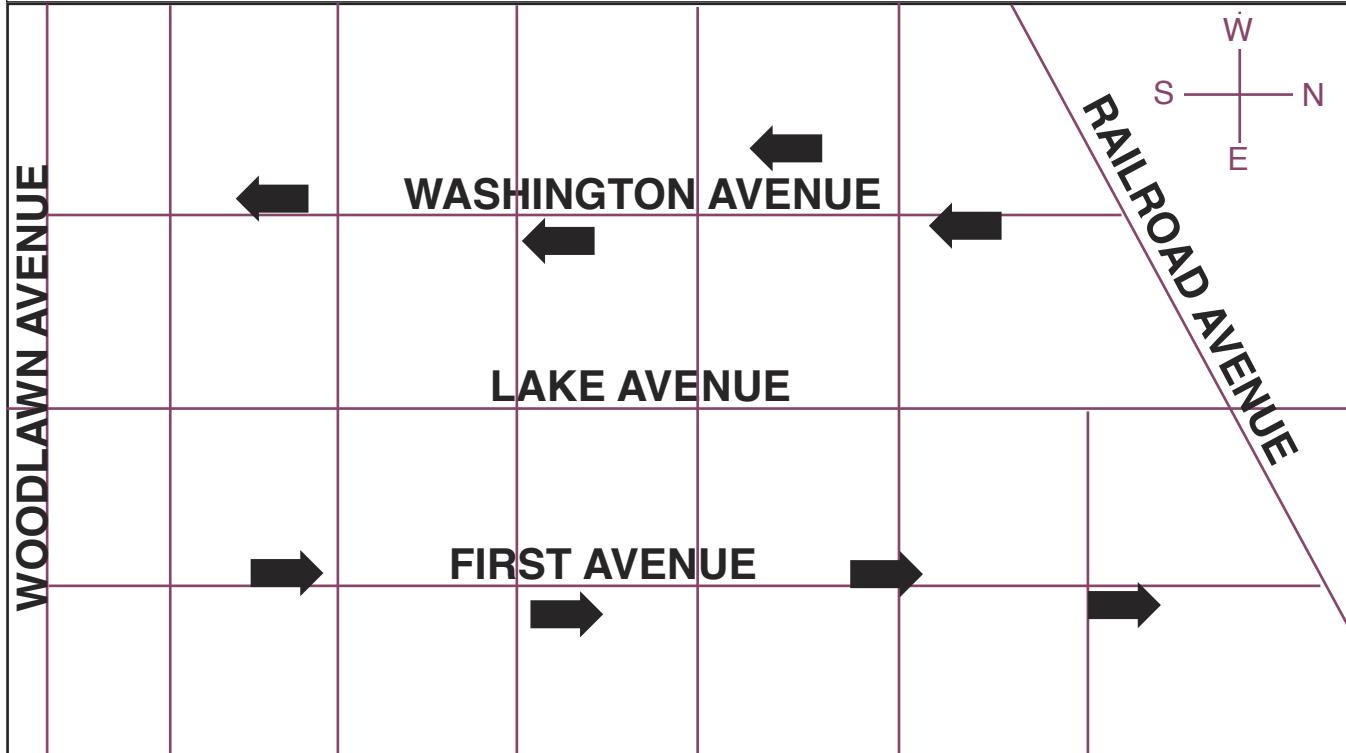
**First Avenue** will be **ONE WAY** from Woodlawn Avenue going **NORTH** to Railroad Avenue. Parking will be allowed on the west side of First Avenue ONLY (No PARKING signs will be posted on the east side of the street to facilitate access for emergency vehicles and traffic flow during the event).

**All** of the side streets that join Washington Avenue and First Avenue to Lake Avenue will have **ONE SIDE** parking **ONLY**. These parking spaces will be used **SOLELY** for the vendors so they can have access to their products. (Special parking permits will be issued.)

We feel that by taking these precautions for the safety of the residents and visitors, St. James Day will be more enjoyable and orderly.

We would like to thank the residents in advance for their cooperation in this matter, and ask that all heed to these special requirements for the day. We all look forward to another great St. James Day.

***St. James Chamber of Commerce  
St. James Day Committee***



33rd Annual

# St. James Day

Sunday • October 3, 2021  
11 a.m.-5 p.m.

HUNDREDS OF VENDORS

SALES GALORE

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SOMETHING FOR EVERYONE



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## Ted Naughton

Ted Naughton, 87, of Head of the Harbor died peacefully at home with his family, having lived a full life, on July 25, 2021.

Born January 2, 1934 in Hempstead, NY, Ted was the son of John and Lilian (Hrenciar) Naughton. He and his two sisters, Eve and Janet, lived in various towns in the metropolitan New York area, as his mother, who had come to the US from Czechoslovakia alone at the age of 12, liked to move regularly.

After high school Ted joined the Army and went off to the Korean War, where he learned on the job to become an expert on radar while on a spy boat behind enemy lines, played on the Army Basketball Team and ran an import/export business, importing American cars into Japan.

After the army, Ted went to Alfred University, where he met his future wife Rosemary Bracker. Ted and Rosemary were married in 1961 and remained together for the rest of his life.

Following college, Ted became an electrician, like his father. Soon he shifted his focus to construction management, and held a number of positions in Puerto Rico, Bermuda, Key West, Boca Raton and Lake Tahoe, before settling into working for various Long Island school districts as Clerk of the Works. He also participated in the management of affairs in his home town of Head of the Harbor as Commissioner of Highways from 1998-2013, and as a Village Trustee from 2006-2013.

Ted was a pilot and would fly himself regularly from his office in Boca Raton to a branch office in Key West. Ted's passion was racing sailboats. He particularly enjoyed modifying sailboat designs to make boats faster. He won countless races over the years, including the very first Around Long Island Regatta in

1977, along with his son Ted. Together they also won the 25th Around Long Island race in 2001. He and his many friends went on sailing adventures throughout the Bahamas and the Florida Keys, and from Long Island to Maine, visiting with friends along the way.

Ted had a gracious ease about him – he was comfortable with himself, and made those around him feel the same. He was non-judgmental, completely accepting of others, and felt like an old friend from the moment you met him. He had an easy laugh, and a glimmer in his eye that spoke of mischief past, or yet to come. His gentle humor was contagious. To know him was to feel the world was a better place.

As his lifelong friend Roy Koelbel wrote:

My longest, closest and best friend Ted Naughton passed on Sunday. My friend, MY FRIEND! What is a friend anyway? We all have them, some more or less in different ways. We care and often share with them in different ways, and value them as critical to our life experience.

And then sometimes there is a friend that seems to know you better than you know yourself. A selfless friend who never puts his own needs as friend above your own. The friend you trust your most prized possessions with. The friend you share your deepest thoughts and feelings with. A friend who judges your actions but never judges you. The friend who can tell you as he sees it, not what you want to hear. The friend who can criticize you, laugh at your errors, but always has your back when things get serious. The friend who is not like you but you are very much the same. The friend you may be separated from for long periods but you pick it up where you left off as if it were yesterday. The friend you never have to do anything for to maintain that friend-



**Ted Naughton**

ship. Ted was that friend for me.

In elementary school he moved onto our little street and we met after one of his pigeons got loose and I captured it. We played some ball together, did boys' stuff together, dreamed boys' dreams together, and though his family kept moving, we always kept up – through high school, college, the Army, best man at each other's weddings, sailed together, grew old together, reminisced and laughed together. Neither time nor distance seemed to affect our friendship.

Now Ted is gone. As he would say, "Well, that's it." I think not. I think Ted is transitioning to a new experience, and I can't wait to hear about it, and we can laugh again at the old times. God bless you Ted and all your family, and thanks for being my friend.

Members of Ted's family include his wife Rosemary Bracker Naughton, his son Ted, his wife Morgan Dudley, and granddaughter Lauren of Exeter, NH, and his daughter Kerry and her husband Pete Molnar of Albuquerque, NM. He was predeceased by his sisters Eve Naughton and Janet Heins. Ted's family would like to express their deepest gratitude to his caregiver and friend, Yvette Distafano.

A celebration of Ted's life will be held at a later date.

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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. D.L. 9/21

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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. D.L. 9/21

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FOR RENT – Prime storefront rental on Lake Avenue, St. James in stand-alone building. Approximately 1,000 square feet. Inquire for details – 631-862-6198, 9am-5pm weekdays. Call 516-242-9242 after hours. 1 block from the Long Island Railroad and opposite a growing selection of retail stores and supermarket. Excellent traffic in this not so sleepy town. All are invited to inquire. Rental fee upon request. 9/21

WANTED: Live-in Home Aide for elderly resident of St. James. We are looking for someone that can be as close to 24/7 as possible and can assume light housekeeping and cooking duties. Must be mature, caring, and fluent in English. Must register with our approved home aide agency and pass required Covid-19 testing. Please call Geri for further information at 631-338-5880. 9/21

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**FOR RENT:** Art Groups/Leagues/Galleries etc. – large & small spaces on 1st floor of St. James Calderone Theatre, 176 Second Street, St. James. Can be divided into gallery rooms and art show exhibit areas. For more information contact – 631-862-6198 or 516-242-9242. 9/21

**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.

**VENDORS WANTED FOR ST. JAMES DAY** – Craft vendors are wanted for the St. James Chamber of Commerce's 33rd annual St. James Day, Sunday, October 3, 2021, along Lake Avenue. 10'x10' spaces are being provided for \$150 if available (no exceptions). For additional information call 631-584-8510 – to receive an application leave, your name, address and phone number on machine. Applications are available on the Chamber website at [www.stjameschamber.org](http://www.stjameschamber.org). We look forward to seeing you there.

9/21

**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.

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

**RECEPTION / MEETING HALL AVAILABLE FOR USE** – St. James United Methodist Church, 532 Moriches Rd., Head of the Harbor, 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. Expansive parking and handicapped access is provided. Call 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.

**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.



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**St. James Chamber of Commerce**  
**33rd Annual St. James Day**  
**Sunday, October 3, 2021**  
Along Lake Ave., from Woodlawn to Railroad Aves. 11 a.m.-5 p.m.

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