Poetic Visions: Recent Works of Bruce Lieberman heads to Gallery North • B23

'COVID Driveway Quince' by Bruce Lieberman

ALSO: Sea Shanty Festival returns to Port Jefferson B5 • Robin Wilson latest inductee to LIMEHOF B15
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College life: The next chapter

PLAIN TALK

It’s hard to believe that the summer is almost over. Many of our college students are already getting ready to begin college for the first time and/or returning back for another full semester. As our college freshmen are preparing to leave for school for the first time, I am sure there is a lot of excitement about being away, being on one’s own, but also some anxiety on how to manage all of this freedom.

College is not high school where everyone was constantly reminding you of everything you needed to take care of. It is in college where you learn how to act as an independent and responsible adult. No one will chase after you regarding getting to class on time, coming home at a reasonable hour or handing in assignments when they are due.

Time management is in your hands. You will have to design a schedule that works for you. Balance is probably the most important concept that you must learn during your first semester.

It is very easy to get lost in all of the newfound freedom. It is easy to lose sight of what’s important and how to balance everything out. Balance is not just about your schoolwork and your school related activities; it also relates to your social life and your mental health.

Too many young people are still suffering from post-pandemic stress and anxiety; they have become overwhelmed by the simplest things that too often become overwhelming.

Communication even before the pandemic was weak; now it’s a disaster. Too many young people are obsessed with their technology and devices. They would rather text than talk; social media is their top priority over human relationships.

Interpersonal relationships have gotten lost by the wayside. Human connections for the right reasons are things of the past. We have to work harder at helping this year’s freshman class reclaim some very basic human dynamics.

Over the last three decades, I have watched firsthand this shift in my college classroom. My college students of just a few years back were not afraid to communicate. They valued human connections and were not driven by so much anxiety and depression.

However, what has not been lost in the shuffle is their generosity of spirit; their wanting to reach out to those in need and their commitment to volunteerism. Each freshman class continues to inspire me by their hearts of compassion and commitment. In the midst of all the chaos, they genuinely do care for others. I hope they don’t lose any of that caring concern during their next four years.

They are the hope for tomorrow; may we give them all the support they need to thrive and succeed.

Father Francis Pizzarelli, SMM, LCSW-R, ACSW, DCSW, is the director of Hope House Ministries in Port Jefferson.

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**Photo of the Week**

TO CACHE OR TO EAT? THAT IS THE QUESTION

Elyse Benavides of Coram spied this blue jay with its favorite food, a peanut, in its
beak outside her window on Aug. 13 and snapped this beautiful photo. According to the
Wild Birds Unlimited website, blue jays will cache seeds and nuts to retrieve later, and
make repeated trips to feeders to gather food and hide it in a safe spot. Research studies
have recorded blue jays making over 1,000 trips per day when hiding food, earning them the nickname ‘the Caching Extraordinaire.’

Send your Photo of the Week to leisure@tbrnewspapers.com

**Safe School Bus Stop Animation**

*Source: NYS Governor’s Traffic Safety Committee*
Harborfront Park in Port Jefferson will turn into a pirate's paradise this weekend and it'll make visitors want to shake their "booty."

On Saturday, Aug. 19, singers from around the world will head to the Village to share the gift of song, and some history, with tunes that came straight from the seas, as part of the 3rd annual Port Jefferson Sea Shanty & Maritime Music Festival.

Amy Tuttle, program director of the Greater Port Jefferson Arts Council (GPJAC), said that the free event brings in local sea shanty singers and others from all over New England, Canada, and even the UK. From noon until dusk, visitors can sit and sing along in Harborfront Park, located at 101-A East Broadway, or they might catch glimpses of a few street singers walking around town.

"Port Jefferson was a shipbuilding community," Tuttle said. "A lot of the captains and ship builders lived in these very houses that are still standing."

Tuttle added that over a century ago, Port Jefferson was one of the largest shipbuilding communities in the state. Not only were a large number of big boats created right on these docks, but a huge number of small, wooden boats, as well.

"Sea shanties were work songs developed by people who worked on and who built the ships," she said. "They could be considered one of the first genres of world music — wherever there was a port, there would be different influences. It's really interesting."

And to really bring the vibe of early century Port Jefferson, across the park at Bayles Boat Shop, which is part of the Long Island Seaport and Eco Center (LISEC) and a nonprofit dedicated to the preservation of maritime history on Long Island, will be hosting its annual Sikaflex Quick and Dirty Boat Build.

Now in its 12th year, the event allows would-be boat designers and builders to have a weekend of fun and showcase their creative skills and talents. Using only a provided supply of plywood, plastic cable ties, and Sikaflex/sealant, two member teams must build, paint and then paddle their design around the village dock in Port Jefferson Harbor located just offshore of Harborfront Park.

Several two-person teams will have five hours on Saturday and return on Sunday to decorate their boats and prepare to race them at 3 p.m. Trophies will be awarded after the races for design, decoration, first built and race winners. "People will be able to watch the boats being built, listen to music and sing along," Tuttle said.

Port Jefferson hosted the first Sea Shanty & Maritime Music Festival in 2021. Tuttle said that for many years, Mystic CT would host a Sea Shanty Festival, but unfortunately, it was discontinued. In the time passing, she heard from many of the artists looking for other places to sing their songs, so the GPJAC partnered with the Village of Port Jefferson and the Folk Music Society of New York to bring this whaling town back to its roots.

Featured performers will include John Roberts, David Jones, David Littlefield, Bonnie & Dan Milner, Heather Wood, Joseph Morneault, Geoff Kaufman, and Deirdre Murtha and Alan Short — plus a grand finale concert featuring all the musicians at around 6 p.m. Pirates at Large will be at the "pirate camp" outside the Village Center in character, singing along, too.

"Each year this gets a little bit bigger and we're so excited to bring it back again," Tuttle said. "There's nothing else like it." For more information, visit www.gpjac.org.
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Managing irritable bowel syndrome (IBS)
Studies suggest lifestyle approaches to improve symptoms

MEDICAL COMPASS

Irritable bowel syndrome (IBS) symptoms, such as abdominal pain, cramping, bloating, constipation and diarrhea, can directly affect your quality of life. If you are among the estimated 10 to 15 percent of the population that suffers from IBS symptoms, managing these symptoms can become all-consuming (1).

While diagnosing IBS is challenging, physicians use discrete criteria physicians to provide a diagnosis and eliminate more serious possibilities. The Rome IV criteria comprise an international effort to help diagnose and treat functional gastrointestinal disorders. Using these criteria, which include frequency of pain and discomfort over the past three months, alongside a physical exam helps provide a diagnosis.

Fortunately, there are several approaches to improving symptoms that require only modest lifestyle changes.

How is IBS affected by mental state?
The “brain-gut” connection refers to the direct connection between mental state, such as nervousness or anxiety, to gastrointestinal issues, and vice versa.

Mindfulness-based stress reduction was used in a small, but randomized, eight-week clinical trial with IBS (2). Those in the mindfulness group (treatment group) showed statistically significant results in decreased severity of symptoms compared to the control group, both immediately after training and three months post-therapy.

Those in the treatment group were instructed to do meditation, gentle yoga and “body scanning” — focusing on one area of the body for muscle tension detection. The control group attended an IBS support group once a week.

Could gluten be a factor in IBS?
Gluten sensitivity may be an important factor for some IBS patients (3). In a small randomized clinical trial, patients who were given gluten were more likely to complain of uncontrolled symptoms than those who were given a placebo, 68 percent vs. 40 percent, respectively (4). These results were highly statistically significant, and the authors concluded that nonceliac gluten intolerance may exist.

I suggest to my patients that they might want to start avoiding gluten and then add it back into their diets slowly to see the results.

Does fructose play a role in IBS?
Some IBS patients may suffer from fructose intolerance. In a study, IBS researchers used a breath test to examine this possibility (5). The results were dose-dependent, meaning the higher the dose of fructose, the greater the effect researchers saw. When patients were given a 10 percent fructose solution, only 39 percent tested positive for fructose intolerance, but when they were given a 33 percent solution, 88 percent of patients tested positive.

The symptoms of fructose intolerance included gas, abdominal pain, bloating, belching and alternating bowel habits. The authors concluded that avoidance of fructose may reduce symptoms in some IBS patients.

According to another study, about one-third of IBS patients are fructose intolerant. When on a fructose-restricted diet, symptoms appeared to improve (6). Foods with high levels of fructose include certain fruits, like apples and pears, but not bananas.

Are lactose intolerance and IBS connected?
Another small study found that about one-quarter of patients with IBS also have lactose intolerance (7).

Of the IBS patients who were also lactose intolerant, there was a marked improvement in symptoms at both six weeks and five years when placed on a lactose-restricted diet.

Though the trial was small, the results were statistically significant, which is impressive. Both the patient compliance and long-term effects were excellent, and visits to outpatient clinics were reduced by 75 percent. This demonstrates that it is probably worthwhile to test patients who have IBS symptoms for lactose intolerance.

Will probiotics help with IBS?
A study that analyzed 42 trials focused on treatment with probiotics shows there may be a benefit to probiotics, although the objectives, or endpoints, were different in each trial (8).

Probiotics do show promise, including the two most common strains, Lactobacilli and Bifidobacteri, which were covered in the review.

Is there a link between IBS and migraines?
A preliminary study has suggested there may be a link between IBS and migraine and tension-type headaches. The study of 320 participants, 107 with migraine, 107 with IBS, 53 with episodic tension-type headaches (ETTH), and 53 healthy individuals, identified significant occurrence crossover among those with migraine, IBS and ETTH.

Researchers also found that these three groups had at least one gene that was distinct from healthy participants. Their hope is that this information will lead to more robust studies that could result in new treatment options (9).

All of these studies provide hope for IBS patients. These are treatment options that involve modest lifestyle changes.

Since the causes can vary, a strong patient-doctor connection can help in selecting an approach that provides the greatest symptom reduction for each patient.

References:

Dr. David Dunaief is a speaker, author and local lifestyle medicine physician focusing on the integration of medicine, nutrition, fitness and stress management. For further information, visit www.medicalcompassmd.com or consult your personal physician.

MEET TATER!
This week’s featured shelter pet is Tater, currently up for adoption at the Smithtown Animal Shelter, 410 E. Main St., Smithtown.

This 5-year-old male tabby was found as part of the shelter’s TNR program in 2018. He was blind from birth and adopted as a kitten. Due to no fault of his own, he was returned to the shelter this July. Sweet, gentle and affectionate, Tater needs a quiet home with lots of love. This boy is a gem and deserves the best that life has to offer. Call 631-360-7757 to meet him today!

Native American Drumming
All Souls Parish House, 10 Mill Pond Road, Stony Brook hosts an evening of Native American Drumming on Thursday, Aug. 24 from 7 to 8:45 p.m. Led by elder drummer, Ric Statler, drumming meditation seeks to integrate the physical, mental, emotional, and spiritual parts of the human self, creating a state of well-being. Call 631-655-7798 for more information.

Weaving with Wine
Huntington Historical Society hosts a Weaving with Wine event at the Conklin Barn, 2 High St., Huntington on Thursday, Aug. 24 from 6 to 8:30 p.m. This fun program offers a chance to learn to weave using a traditional manual table loom. At the end of class, you will have a piece of fabric to bring home. You supply the wine, they provide the weaving, glasses and light refreshments. $45 per person. To register, call 631-427-7045, ext. 404 or visit huntingtonhistoricalsociety.org.

Vanderbilt Architecture Tour
Suffolk County Vanderbilt Museum, 180 Little Neck Road, Centerport presents an Architecture & Collections Tour on Thursday, Aug. 24 at noon and again at 1:30 p.m. Learn about the history of the Eagle’s Nest estate, the architectural details and visit the marine, natural history, and cultural artifact collections. Tickets, which include general admission, are $16 adults, $15 seniors/students, $14 children at the door only. www.vanderbiltmuseum.org
International
Greetings

CLUES ACROSS
1. Russian czar’s edict or proclamation
9. Thai currency
13. Femme fatale
14. Cow greeting?
15. High-quality black tea
16. Heretofore (2 words)
17. Used for making holes
18. Old and feeble
19. *Precedes or follows alaikimin a greeting
21. *Robin Williams’ “Good Morning, _____”
23. Family memb.
24. Blood fluids
25. R&R spot
28. Standout
30. All together (2 words)
35. Crafts’ companion
37. Hyperbolic tangent
39. River in Paris
40. Traditions typically passed on by word of mouth
41. Home of Darfur
43. Opposite of base
44. Carthage’s ancient neighbor
46. Have supper
47. Condoleezza of politics
48. Pleasantly warm
49. Kindred
50. Type of mine passage
52. JFK’s brother
53. Famous Allen Ginsberg poem
55. Band booking
57. *Hello in Normandy region
58. Out of shape
61. *Hello in Spain or in Mexico
62. Overwhelm like bees
63. ____ Verde National Park
64. Letter-shaped girder
65. Female reproductive cells
66. Contend
68. Cub’s home
71. Greet the day

CLUES DOWN
1. Stars and Stripes country
2. *Unspoken greeting in France
3. Ned Stark’s youngest daughter
4. Prevents one from seeing
5. Have as logical consequence
6. Mosque prayer leader
7. *Japanese greeting move
8. To crack, as in case
9. Out of shape
10. Kindred
11. *Hello in Spain or in Mexico
12. Overwhelm like bees
13. Hymns of praise
20. Borders on
22. Choler
24. Shadow-utilizing timepiece
25. *“Hi, in France
26. Prefix with type
27. Places in the heart
29. Praise
31. Kind of hug
32. In accordance with law
33. In the cooler
34. Like surrendered land
36. 1/60th of min, pl.
38. *Shakeable appendage
42. Horse greeting?
45. Don’t try this here? (2 words)
49. *Greetings to __________
51. “Toddlers & ______”, reality TV
54. Amiss
56. Sunlight’s interference
57. Hillary’s hubby
58. Do as directed
59. Getting warm
60. Cup of Joe
61. White __________ in retail
62. “Metamorphoses” poet
66. Contend
68. Cub’s home

* THEME RELATED CLUE

Answers to this week’s puzzles will appear in next week’s newspaper.

Answers to last week’s puzzle: Fruits and Vegetables

Directions: Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

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In December 2017, Congress passed the Tax Cuts and Jobs Act ("TCJA"). This tax bill was an overhaul of the tax law affecting individuals and businesses in many ways. One of these changes substantially increased the Federal estate tax exemption.

At the time the law was inked, the Federal Basic Exclusion Amount for an estate was $5.49 million ($5 million, indexed for inflation). This meant that no taxes would be owed on the estate of a person dying that year with a taxable estate less than that. For estates over that amount, the overage was taxed at 40%.

The TCJA stated that for deaths in 2018, the exemption increased to $10 million, indexed for inflation. Currently, in 2023, the estate tax exemption is $12.92 million. This is an individual exemption, so a married couple enjoys $25.84 million between them. While this increased exemption is helpful for many families, it is not a long-term solution. The law expanded the exemption but only for a limited period of time. Barring any action by Congress to extend this further, this and other provisions of the TCJA sunset at the end of 2025. As a result, where an individual dies on or after January 1, 2026, the exemption will return to the pre-2018 scheme of $5 million, indexed for inflation (likely to be just under $7 million).

For single persons with less than $7 million in assets, and couples with less than $14 million between them, there is no cause for concern when it comes to Federal estate taxes, even after the sunset. With this looming sunset of the exemption amount, couples and single individuals may be able to take advantage now of the higher exemption amount with proper planning.

An alphabet soup of tools are available including SLATs, GRATs, IDGTS, etc. The general idea being to remove assets from your taxable estate while you are alive, utilizing your expanded exemption, thus reducing the taxable assets at the time of death and passing more along to your beneficiaries. There are also planning mechanisms for the charitably inclined that will serve to further reduce one's taxable estate.

For New Yorkers, the State estate tax, currently $6.58 million, has been the larger concern. Unlike the Federal, the New York exemption is not "portable" between spouses, meaning that the exemption of the first spouse to die cannot be saved to be used when the second spouse dies. Planning must be done to utilize each spouse's exemption at the time of their respective deaths.

Not all planning opportunities will suit your individual circumstances. Determining the proper estate planning tools will depend upon your family structure, asset structure, and intended beneficiaries. You should speak with your estate planning attorney today to better plan for tomorrow.

Nancy Burner, Esq. is the founder and managing partner at Burner Prudenti Law, P.C. with offices located in East Setauket, Westhampton Beach, New York City and East Hampton.

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Vendors Wanted

- The Shoppes at East Wind, 5768 Route 25A, Wading River is now accepting vendor applications for its Craft Fair Weekends on Aug. 19 and 20 and Sept. 16 and 17 from 11 a.m. to 5 p.m. Visit Shoppes@eastwindlongisland.com or visit Vendor Opportunity page for an application. For more information, call 631-846-2370.
- Setauket United Methodist Church, 160 Main St., East Setauket seeks vendors for its Vendor and Multi-Family Yard Sale on Sept. 9 from 9 a.m. to 4 p.m. For registration or further information, call Diane at 631-751-7375 or email dperitore@optonline.net.
- Hallockville Museum Farm, 6038 Sound Ave., Riverhead seeks craft vendors and farmers market vendors for its 42nd annual Country Fair on Sept. 9 and 10 from 10 a.m. to 5 p.m. Applications can be found at www.hallockville.org or call 631-298-5292.
- Depasquale Enterprises is now accepting vendor applications for the Setauket Country Fair on the Village Green on Main Street in Setauket on Sept. 16 from 10 a.m. to 4 p.m. Visit www.depasmarket.com.
- The Yaphank Historical Society seeks vendors for its annual Fall Yard Sale on Sept. 23 from 9 a.m. to 4 p.m. on the grounds of the Robert & Isabella Hawkins House, 4 Yaphank Avenue, Yaphank. (Rain date is Sept. 24)
- Vendor fee is $10 per spot. No reservations - first come, first served. Call 631-924-4803 or visit www.yaphankhistorical.org
- The Port Jefferson Lions Club is seeking craft vendors and farmers market vendors for its annual 2nd annual Car Show at Brookhaven Town Hall, 1 Independence Hill, Farmingville on Sept. 24 from 9 a.m. to 3 p.m. Event proceeds will help the Lions sponsor a guide dog in 2024. Fee is $40 for a 10 x 10 foot space. For information call 631-258-6156 or email rickgiovan@gmail.com.
- Vendor applications are now available for Sunshine Prevention Center’s Family Fall Festival at 468 Boyle Road, Port Jefferson Station on Oct. 14 from 10 a.m. to 3 p.m. (rain date Oct 15). Fee is $50 for a 10 x 10 space, no charge for Agency Resource tables. Bring your own tables, tents, chairs. All vendors must also donate a prize ($20 value) for a raffle. Register at www.sunshinepreventionctr.org or email drcarter@sunshinecenter@gmail.com.
- Craft and new merchandise vendors are wanted for the St. Thomas of Canterbury Church Fall Car Show and Craft Fair, 90 Edgewood Ave., Smithtown, on Oct. 14 from 10 a.m. to 4 p.m. $50 per booth (10’ by 10’ space). Call 631-265-4520 or visit www.stthomasofcanterbury.net.

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**Should you invest … or speculate?**

![Pixabay photo](https://via.placeholder.com/48x48)

**MONEY MATTERS**

You’ll find some big differences between traditional and speculative investments — and knowing these differences can matter a great deal when you’re trying to reach your financial goals.

To begin with, let's look at the basic types of traditional and speculative investments. Traditional investments are those with which you're probably already familiar: stocks, bonds, mutual funds, government securities, certificates of deposit (CDs) and so on. Speculative investments include cryptocurrencies, foreign currencies and precious metals such as gold, silver and copper.

Now, consider these three components of investing and how they differ between traditional and speculative investments:

**The first issue to consider is risk.** When you own stocks or stock-based mutual funds, the value of your investments will fluctuate. And bond prices will also move up and down, largely in response to changing interest rates. However, owning an array of stocks — small-company, large-company, international, etc. — can help reduce the impact of volatility on your stock portfolio. And owning a mix of short- and long-term bonds can help you defend yourself somewhat against interest-rate movements.

When interest rates fall, you'll still have your longer-term bonds, which generally — but not always — pay higher rates than short-term ones. And when interest rates rise, you can redeem your maturing short-term bonds at potentially higher rates.

With speculative investments, though, price movements can be extreme as well as rapid. During their short history, cryptocurrencies in particular have shown astonishingly fast moves up and down, resulting in huge gains followed by equally huge, or bigger, losses.

The risk factor for crypto is exacerbated by its being largely unregulated, unlike with stocks and bonds, whose transactions are overseen by well-established regulatory agencies. There just isn't much that investors can do to modulate the risk presented by crypto and some other speculative investments.

A second key difference between traditional and speculative investments is the time horizon involved. When you invest in stocks and other traditional investments, you ideally should be in it for the long term — it's not a "get rich quick" strategy. But those who purchase speculative investments want, and expect, quick and sizable returns, despite the considerable risk involved.

A third difference between the two types of investments is the activity required by investors. When you're a long-term investor in traditional investments, you may not have to do all that much once you've built a portfolio that's appropriate for your risk tolerance, goals and time horizon.

After that point, it's mostly just a matter of monitoring your portfolio and making occasional moves — you're not constantly buying and selling, or at least you shouldn't be. But when you speculate in crypto or other instruments, you are constantly watching prices move — and then making your own moves in response. It's an activity that requires considerable attention and effort.

One final thought: Not all speculative instruments are necessarily bad investments. Precious metals, for instance, are found in some traditional mutual funds, sometimes in the form of shares of mining companies. And even crypto may become more of a stable vehicle once additional regulation comes into play.

But if you're investing for long-term goals, such as a comfortable retirement — rather than speculating for thrills and quick gains, which may disappear just as quickly — you may want to give careful thought to the types of investments you pursue.

Michael Christodoulou, ChFC®, AAMS®, CRPC®, CRPS® is a Financial Advisor for Edward Jones in Stony Brook. Member SIPC.
Wild Birds Unlimited opens second location in Suffolk County

Members of the Three Village Chamber of Commerce, Brookhaven Town Councilmember Jonathan Kornreich, mascot Dee Dee the Chickadee, staff, friends and family joined Brooke Ramirez in celebrating the grand opening of her second retail location of Wild Birds Unlimited in Suffolk County with a ribbon cutting on Aug. 2.

Ramirez (pictured with scissors) is also the owner of the Wild Birds Unlimited nature shop at 911 Montauk Highway in Oakdale, having been the manager of that store prior to her purchase in 2021. After successfully growing the business in Oakdale over 16 years, she has built another “nest” in East Setauket to “bring people and nature together” on the North Shore.

Located at 4046 Nesconset Highway, East Setauket in the Kohl’s shopping center, Wild Birds Unlimited employs “certified specialists” who will help you shop for bird baths, feeders, houses and a large selection of bird food for your backyard friends. In addition, the store offers a large selection of nature-themed gift items for the home and yard as well as personal care products. Members of their “Daily Savings Club” receive discounts on food products, earn points towards coupons called "bird bucks" and get member only specials.

"I'm happy to welcome a business like Wild Birds Unlimited because of the impact they have on building appreciation of our natural world. They are dedicated to not only benefiting wild birds and the broader environment but are also dedicated to educating residents about our local birds," said Councilmember Kornreich.

"This is a wonderful addition to our district, providing a haven for bird enthusiasts and nature lovers alike. I'm looking forward to seeing its impact in our community and ecosystem,” he said.

Store hours are Monday to Saturday from 10 a.m. to 6 p.m., Sunday from 11 a.m. to 4 p.m. For more information, call 631-403-4419 or visit eastsetauket.wbu.com.

New ownership for Hair, Lash & Brow Bar


The well-attended celebration included members of the chamber, Town of Brookhaven Councilmember Jonathan Kornreich, staff, family and friends who came out to wish new owner Julianna Cordi the best of luck in her new venture and included a catered party, special themed cake, favors, and a champagne toast.

Located at 138 East Main Street, the full-service salon offers everything from blow-outs, hair cuts and color to hair extensions, lash extensions and spa facials.

Hours of operation are Tuesday and Wednesday from 9 a.m. to 5 p.m., Thursday and Friday from 10 a.m. to 7 p.m. and Saturday from 9 a.m. to 4 p.m. To make an appointment or for more information, call 631-509-5944.

Pictured at the ribbon cutting, from left, chamber members Suzanne Velazquez, Brett Davenport and Mary Joy Pipe, owner Julianna Cordi in center holding scissors, flanked by her parents Anna Maria and Eugene Cordi, TOB Councilmember Jonathan Kornreich and staff members.

COMINGS AND GOINGS

Melissa Rose promoted to President of Event Works

Melissa Rose, a long-time Vice President of Marketing Works, has been promoted to President of Event Works, and will continue to serve concurrently in her existing role of Vice President of Marketing Works.

"Melissa has brought a high level of expertise, creativity and professionalism to our event planning and management services to a new level," said Ron Gold, President and CEO. "In her new role, she will lead a team of event specialists in staging dynamic events, in addition to continuing to provide stellar marketing services to our clients."

Dr. Jed Kaminetsky

Jed C. Kaminetsky, MD, FACS, has joined the team of world-class urologists. Dr. Kaminetsky has a long history of providing excellent care and is a recognized national expert in the field of clinical research. He will also be assuming the role of Research Director at (IMP).

"Adding a strong researcher like Dr. Kaminetsky to our team positions us to explore emerging trends, identify gaps in medical knowledge and contribute to the advancement of medical science," said Dr. Deepak A. Kapoor, Market President of Integrated Medical Professionals, headquartered in Farmingdale, New York, and Chairman and Chief Ecosystem Officer of Solaris Health. "We always leverage resources so that we can tailor medical interventions to significantly improve patient outcomes. He will certainly be an asset to AUCNY patients and our practice."

Advanced Urology has over 35 locations in Nassau, Suffolk, Queens, Manhattan, Bronx, Westchester, and Rockland County. To learn more, visit www.aucofny.com.
**READERS’ CHOICE: VOTE!!**

**Best of the North Shore Ballot**

Times Beacon Record News Media readers will be voting for the Best of the Best in over 80 categories on the ballot below. Here's a chance to get your favorite North Shore businesses, currently operating, the recognition and fame they deserve!

**Readers are asked to vote by September 30, 2023. Please print your choices and use complete names and TOWN of business.** Winners will be announced in the *Best of the North Shore* publication, inserted in the full run of all six newspapers in February 2024.

Nominate your favorite businesses and be eligible to win a 
$100 GIFT CERTIFICATE  
$50 GIFT CERTIFICATE  
$25 GIFT CERTIFICATE  

to be used at your favorite business in the Best of the North Shore supplement in February 2024.

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**SEE NEXT PAGE FOR MORE EXCITING CATEGORIES! ➔**
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Your Votes Can Be Hand Delivered to:
TBR News Media, 185 Route 25A, Setauket, NY 11733 • 631-751-7744
OR Mailed to: PO Box 707, Setauket, NY 11733 Attn: READERS’ CHOICE

Name: __________________________________ Street Address: ____________________________

Town: _______________________________ Zip: ______________ Phone: ______________________

Email Address: ____________________________

VOTE Online at tbrnewsmedia.com

RULES: Complete Business Names Required
- At least 10 nominations must be filled out to be eligible, more are welcome
- Employees of TBR News Media are not eligible to vote
- No photocopies accepted – we want you to pick up and read our papers!
- Name, address, phone number & email address must be filled out
- 1 entry per person
I was telling my friend John the other day how my garden has gone rogue and is now spilling over the raised beds onto the lawn. Tomatoes, peppers, string beans and basil — all out of control and growing like weeds. I guess that could be a good thing too. Now there’s plenty to share with neighbors. Here are two delicious recipes to try if you have a bumper crop of tomatoes and basil.

**Grilled Chicken Sandwich with Pesto**

**YIELD:** Makes 4 servings  
**INGREDIENTS:**  
- 1/2 cup olive oil, divided  
- 2 tablespoons lemon juice  
- 1 clove garlic, minced  
- 1/2 teaspoon kosher salt  
- 1/2 teaspoon freshly ground pepper  
- 1 pound thin-cut chicken cutlets  
- 1/4 cup basil pesto, divided  
- 1 large tomato  
- 8 slices crusty sourdough bread  
- 4 ounces Brie, thinly sliced  
- 1 cup packed baby arugula  
**DIRECTIONS:**  
Heat grill to high. Combine 1/4 cup olive oil, lemon juice, garlic, salt and pepper; pour into plastic zipper bag. Add chicken, seal and marinate at least 30 minutes. Grill chicken 2-3 minutes, turn and grill another 2-3 minutes, or until chicken registers internal temperature of 160 F. Remove and reserve.  
Spread each piece of bread with 1/2 tablespoon pesto. Slice tomato into eight slices. Place chicken on four bread slices. Top with Brie slices, arugula and two tomato slices. Top with remaining bread slices, pesto side toward tomato. Brush outside of each sandwich with about 1/2 tablespoon of remaining olive oil.  
Place on grill, reduce heat to medium and grill 2-3 minutes per side, or until bread is nicely toasted and cheese is melted. Remove from heat, cut each sandwich in half and serve.

**Pasta Salad with Tomatoes**

**YIELD:** Makes 8 servings  
**INGREDIENTS:**  
- 8 ounces regular or whole-wheat rotini or rotelle pasta, cooked according to directions  
- 1/4 cup balsamic vinegar  
- 4 tablespoons finely chopped fresh basil, divided  
- salt and pepper, to taste  
- 3 tablespoons extra-virgin olive oil, divided  
- 4 cloves garlic, minced and divided  
- 1 medium green bell pepper, finely chopped  
- 10 to 15 cherry tomatoes, cut in half  
- 1 slice whole-wheat or multigrain bread  
**DIRECTIONS:**  
In bowl, cover and chill pasta. In large mixing bowl, combine vinegar, 2 tablespoons basil, salt, pepper, 2 tablespoons oil and half of minced garlic. Whisk to combine well. Add pasta, bell pepper and tomatoes, and toss gently until well coated. In food processor or blender, pulse bread to produce coarse crumbs. In medium skillet, heat remaining oil over medium-high heat. Stir in breadcrumbs and garlic. Saute 1 1/2-2 minutes until browned and crisp. Remove from heat and let cool. Top pasta with garlic crumbs and remaining basil before serving.
‘Til I Hear It From You

A Q&A with
Gin Blossoms
Frontman
Robinson Wilson

BY KEVIN REDDING

A s a teenaged self-taught singer and “bedroom songwriter” in Tempe, Arizona, Robin Wilson would comb through ads of local bands in the paper—dreaming about being in one someday. The powerful yet tender voice he’d honed, mostly in his room and car, ultimately landed him in a new band that was blowing up in Tempe called Gin Blossoms.

Not long after that, the group found major mainstream success. Throughout the 90s, Gin Blossoms’ catchy harmonies and jangle guitar-driven pop rock dominated the airwaves with massive hits like “Hey Jealousy,” “Follow You Down,” “Found Out About You,” “Til I Hear It From You,” “Allison Road,” and “As Long As It Matters.”

Wilson and his bandmates had music videos on MTV, became mainstays on late night shows, and were nominated for a Grammy. They’ve not only contributed to the soundtracks for such movies as Wayne’s World 2, Empire Records, and Speed, but for many people’s lives.

On Aug. 25, Wilson will be inducted into the Arizona Hall of Fame back in 2017 alongside the Meat Puppets, one of my favorite bands. I still just shake my head in disbelief because one minute you’re a teenager going to open mic nights and thinking ‘God I hope someday I can be in a band that plays this bar’ and now we’re among the most successful acts to ever come out of our homestate, alongside Jimmy Eat World and Alice Cooper.

More than anything else, I’m really proud for my family here. It really feels like their achievement and it means the world to me that so many of them are going to be there for the ceremony. My son’s band is rehearsing and his biggest influences all come from the 90s.

What was it like to be a rock band in the 90s?

There were so many great moments where we knew we were accomplishing something very rare. Most of it was the grind of doing the work and being a touring rock band...it’s only with the perspective of time that you realize how grandly we succeeded. We’re going on tour in a couple weeks with some of my all time favorite bands to tour with: Fastball, Tonic, and Sugar Ray. We’ve been on these package tours with Lit and Everclear and Smash Mouth and none of them have done “Saturday Night Live.”

We performed at the American Music Awards and I got to front KISS on Letterman! There was a lot of diversity [in the 90s] but the bands that survived as the soundtrack of those times were delivering high quality music and really great, memorable songs. I think certainly the key to our success has been having really good songs.

How did you come to join the band?

As I was finally forming my first band with my best friend, Gin Blossoms called and asked me in for an audition. They had only been playing out for a few months but as soon as they hit the local scene, they were a big deal. I already knew our bass player, Bill Leen, and our original guitar player/songwriter Doug Hopkins [who penned many of their early hits and passed away in 1993]. We all went to high school together. They were a few years ahead of me, but they were the only kids that had a band and putting out records. I was listening to Bill’s and Doug’s music since I was like 15.

Bill and Doug had heard me sing at a couple of parties so when they needed somebody for Gin Blossoms, I got the call. I auditioned on a Wednesday, they gave me the job that night, we rehearsed on Thursday, and then we did three days of shows that weekend, Friday-Sunday. I was playing rhythm guitar and they’d let me sing a couple tunes. Jesse Valenzuela [Gin Blossoms’ guitar player] was the lead singer. I got the job because he and I sounded so good together; it was really special right from the beginning.

A few months in, Jesse said, “You and I are gonna switch. I’m gonna be the guitar player and you’re gonna be the lead singer.” I was just blown away. In the history of rock and roll, has a lead singer ever done that? It was just such good fortune and destiny...the right place at the right time with the right skillset.

What’s your favorite song to play live?

Doug started the band with this incredible batch of songs, including “Found Out About You,” so it was easy for me to just step in and sing them. And then there were a handful of songs he and I wrote together. The only one of them we ended up recording was “Hold Me Down” [off their 1992 LP “New Miserable Experience”] and that one’s really special to me. Playing the hits is very gratifying too. There’s a song I wrote for our last record called “Break” and it’s great to see them react to it and to know it’s a song that holds up to the rest of our catalog.

What was it like bringing your own songs to the band?

Being in Gin Blossoms with seasoned composers, it helped me to raise my [songwriting] game at an accelerated pace. It wasn’t until I wrote “Allison Road” that the whole band seemed to realize I was approaching their level as a songwriter. Earlier this year, our hometown of Tempe honored us by renaming a street Allison Road.

What’s the strangest bill the band has been on?

[Laughs] We did a show once with Missing Persons, MC Hammer, Joe Walsh, and Toto. And it was just like, ‘How did we end up on this bill?!’ Missing Persons was on before us and MC Hammer was on after us. That was like 12 years ago or something.

In honor of Empire Records, if you were in a record shop right now, what would you be looking for?

My favorite band right now is called White Reaper. They’re one of the best bands of their generation and I love them to death. If I walked in right now, I’d be looking for White Reaper on vinyl. My favorite band of the last couple decades is The Darkness, and I’m excited they’re going to be performing in Tempe in October and so my son and I are going to home to Arizona at a club I’ve played a bunch of times to see them. Another great rock band I love is called Volbeat.

What’s it like being a rock star on Long Island?

This is the first time since winter that I’ll be here on Long Island for more than five days. I’m home until the Hall of Fame induction and then I leave town the day after that and I’ll be gone for about six weeks. But I have until the 26th to actually be in the same place and I’m fixing to make the most of it, spend time making the racket down in the basement in our new studio, exercising. I played a lot of video games during the pandemic. I bought a Switch and I love that system.

A few years ago, when the pandemic hit, that’s when I really got to meet my neighbors, and they’re like, ‘Oh, you’re in a band, huh?’ I’m like ‘Yeah’ and they’re like ‘Well, you keep at it!’ And then a few months later, the neighbor will come up and be like ‘Holy ____ apparently my brother has your record!’

It took me a while to get used to living here, but I’m finally a citizen. And I’m the only guy on Long Island who flies an Arizona flag on his front porch.

The Long Island Music and Entertainment Hall of Fame, 97 Main St., Stony Brook will hold an induction ceremony for Robin Wilson on Friday, Aug. 25 from 7 to 10 p.m. Wilson will perform with special guests on the Exhibit Hall stage as part of the evening’s ceremony. Tickets are $30, $35 members at www.limusichalloffame.org or by calling 631-689-5888.
Thursday 17
St. Joseph’s Family Festival
St. Joseph’s Church, 59 Church St., Kings Park hosts a Family Festival tonight from 6 to 10 p.m., Aug. 18 and 19 from 6 to 11 and Aug. 20 from 6 to 10 p.m. with carnival rides, games and food. Fireworks are scheduled for Aug. 18. Free admission. Pay-one-price rides. 631-499-6824

Summer Thursdays at the LIM
The Long Island Museum, 1200 Route 25A, Stony Brook continues its Summer Thursdays series with a free concert by musicians from The Jazz Loft from 5:30 to 7:30 p.m. Pack a picnic supper, enjoy the concert and take a free tour of the Carriage Museum. Held rain or shine. 631-751-0066

Friday 18
St. Joseph’s Family Festival
See Aug. 17 listing.

Third Friday at the Reboli Center
The Reboli Center for Art and History, 64 Main St., Stony Brook continues its Third Friday series with a talk by Steve Englebright titled “A Sense of Place: Nature, Joe Reboli’s Landscapes and New England” followed by a Q&A from 6:30 to 8 p.m. Light snacks and refreshments will be served. Free. No reservations required. 631-751-7707

Travel Back to the 80s Experience
Join the Smithtown Performing Arts Center, 2 E. Main St., Smithtown for a Travel Back To The 80s Experience at 8 p.m. Immense yourself in the fun, the fashion, and the sounds of the 80s! Meet familiar characters and personalities while being thrown back in time to a story straight out of the 80s, all set to the tunes you know and love. Arrive dressed up to enjoy yourself to the max! Featuring a live performance by The Ronald Reagans. Tickets are $35. Call 1-800-595-4849 or visit www.smithtownpac.org to order.

Creedence Revived in Concert
Theatre Three, 412 Main St., Port Jefferson presents Creedence Revived (Creedence Clearwater Revival tribute band) in concert on the Main Stage at 8 p.m. Enjoy the original band’s greatest hits including “Travelin’ Band,” and “Down on the Corner.” Tickets are $59. To order, call 631-928-9100 or visit www.theatrethree.com.

Saturday 19
St. Joseph’s Family Festival
See Aug. 17 listing.

LISEC Sikaflex Boat Build
LISEC and the Bayles Boat Shop will sponsor the 12th annual Sikaflex “Quick & Dirty” Boat Building Competition at Harborfront Park, 101-A E. Broadway, Port Jefferson today and Aug. 20. Up to 12 2-person teams will construct a boat in five hours on Saturday and return on Sunday to decorate their boats and prepare to race them at 3 p.m. Prizes are awarded after the races for design, decoration, first built and race winners. 631-689-8293, www.lisec.org

HONORING LOCAL HISTORY
Catch a special screening of ‘Invisible Threads — From Wireless to War’ at the Cinema Arts Centre on Aug. 20. Photo from CAC

Sunday 20
St. Joseph’s Family Festival
See Aug. 17 listing.

LISEC Sikaflex Boat Build
See Aug. 19 listing.

Pet Palooza
See Aug. 19 listing.

ELIQG Quilt Show
See Aug. 19 listing.

Car Show and Swap Meet
Flowerfield Fairgrounds, Route 25A, St. James hosts a Car Show and Swap Meet by Long Island Cars from 8 a.m. to 4 p.m. Street rods, classics, muscle cars, antiques, exotics, imports and collectible cars on display. Vendors selling parts and accessories, plus a variety of cars for sale by owners. Admission is $10, under 12 years free. Rain date is Aug. 27. 631-567-5898, www.longislandcars.com

Lake Grove Summer Festival
The Village of Lake Grove will host its annual Summer Festival at the Gazebo and Memorial Park, 980 Hawkins Ave., Lake Grove from 11 a.m. to 8 p.m. Featuring vendors, magician, face painting, live music by Miles to Dayton, Amber Ferrari Band and Milagro, classic car show, carnival games, food and more. 631-873-0961

Northport Walking Tour
Northport Historical Society, 215 Main St., Northport hosts a Walking Tour at 1:30 p.m. Join Dan Sheehan as he weaves the tale of Northport’s Historic Business District during this lively walking tour of Main Street. Travel back in time as you hear the stories of the people and landmarks that helped shape Northport, including Jack Kerouac, Rum Runners and the Trolley. All ages welcome. $7 per person. To register, visit www.northporthistorical.org. 631-757-9859

Summer Comedy Night
In partnership with Governor’s Comedy Club, the Smithtown Performing Arts Center, 2 E. Main St., Smithtown presents a night of laughs with comedians Tommy Gooch, Olga Namer, Debbie D Amore and Steve Rocco Parrillo at 8 p.m. Tickets are $45. To order, visit www.smithtownpac.org.

Larger Than Life Boyband Tribute
Theatre Three, 412 Main St., Port Jefferson welcomes Larger Than Life, the #1 boy band experience in the country, in concert on the Main Stage at 8 p.m. Featuring boy band-style singing, dancing, and that iconic pop look, Larger Than Life will perform over 50 boy band songs by the Backstreet Boys, *NSYNC, New Kids on the Block, O-Town, Boyz II Men, LFO, One Direction, and many more. Tickets are $49. To order, call 631-928-9100 or visit www.theatrethree.com.

Chicken Hill Country Picnic & BBQ
Three Village Community Trust invites the community to its 8th annual Chicken Hill Country Picnic and BBQ at the Bruce House, 148 Main St., Setauket from 4 to 7 p.m. Enjoy a country picnic, live music, an art raffle, raffle baskets, house tours and talks on the history of the Three Villages. Tickets for adults are $30 in advance at www.threevillagecommunitytrust.org. $35 at the door; tickets for kids ages 5 to 12 are $10, under age 5 free. Rain date is Aug. 20. 631-942-4558

Larger Than Life Boyband Tribute
Theatre Three, 412 Main St., Port Jefferson welcomes Larger Than Life, the #1 boy band experience in the country, in concert on the Main Stage at 8 p.m. Featuring boy band-style singing, dancing, and that iconic pop look, Larger Than Life will perform over 50 boy band songs by the Backstreet Boys, *NSYNC, New Kids on the Block, O-Town, Boyz II Men, LFO, One Direction, and many more. Tickets are $49. To order, call 631-928-9100 or visit www.theatrethree.com.

Travel Back to the 80s Experience
Join the Smithtown Performing Arts Center, 2 E. Main St., Smithtown for a Travel Back To The 80s Experience at 8 p.m. Immense yourself in the fun, the fashion, and the sounds of the 80s! Meet familiar characters and personalities while being thrown back in time to a story straight out of the 80s, all set to the tunes you know and love. Arrive dressed up to enjoy yourself to the max! Featuring a live performance by The Ronald Reagans. Tickets are $35. Call 1-800-595-4849 or visit www.smithtownpac.org to order.

Creedence Revived in Concert
Theatre Three, 412 Main St., Port Jefferson presents Creedence Revived (Creedence Clearwater Revival tribute band) in concert on the Main Stage at 8 p.m. Enjoy the original band’s greatest hits including “Travelin’ Band,” and “Down on the Corner.” Tickets are $59. To order, call 631-928-9100 or visit www.theatrethree.com.
History Talk with John Avlon
Emma Clark Library, 120 Main St., Setauket hosts a Book Talk and Q&A with CNN Senior Political Analyst John Avlon from 2 to 3:30 p.m. The veteran journalist will discuss his latest book, *Lincoln and the Fight for Peace*, a timely and insightful look at our nation’s gravest conflict. All are welcome to register at emmaclark.org/programs. 631-941-4080.

Wind Down Sundays
The popular summer concert series continues at Harborside’s historic Red Barn at Frank Melville Memorial Park, 1 Old Field Road, Setauket with Taylor Ackley and the Deep Roots Ensemble at 5:30 p.m. Bring seating. 631-689-6146, www.frankmelvillepark.org

Celebrate Park Concert
Celebrate St. James continues its summer concert series at Celebrate Park, 369 Lake Ave., St. James with music by SouthBound from 6 to 9 p.m. Free. Bring seating. 631-984-0201

Tuesday 22
NSJC Social Club event
North Shore Jewish Center Social Club, 385 Old Town Road, Port Jefferson Station invites the community to enjoy a medley of Yiddish songs sung by Henry Beder accompanied by Thelma Grossman in the Social Hall at 11 a.m. Come and immerse yourself in one of the most expressive and emotional languages — especially, if you have never learned Yiddish. Bagels, cream cheese and coffee will be served. $5 per person, $4 members. 631-928-3737

Audubon Summer Lecture
The Bates House, 1 Bates Road, Setauket will host a summer lecture by Four Harbors Audubon Society at 6:30 p.m. Titled Butterflies, Birds, & Habitats with guest speaker Rick Cech, this lecture will explore how butterflies and habitats co-exist, with a comparison to bird life ecology for perspective, and with an emphasis on the U.S.’s East Coast. Free but reservations required by emailing fourharborsheron@gmail.com.

Taiko Drums of Japan
Join Emma Clark Library, 120 Main St., Setauket for a performance of Taiko Drums of Japan on the library lawn from 6:30 to 7:30 p.m. With performances drawn from the rich folk heritage of Japan, Ryu Shu presents a diverse program of Taiko drums, folk songs, and dance to immerse you in a traditional Japanese festival experience. Bring a blanket or lawn chair or even pack a picnic! Registration required only if you want to attend the program outdoors in the event of rain at emmaclark.org/programs.

Wednesday 23
Sunset Concerts

Summerfest Concert
The Northport Chamber of Commerce continues its Summerfest Concerts on Wednesdays in August at the Robert Krueger Bandshell in Northport Village Park, with Santana tribute band Milagro from 7:30 to 9 p.m. Bring seating. 631-754-3905

Thursday 24
Port Jefferson Greek Festival
Greek Church of the Assumption, 430 Sheep Pasture Road, Port Jefferson presents its annual Greek Festival tonight from 5 to 10 p.m., Aug. 25 from 5 to 11 p.m., Aug. 26 from noon to 11 p.m. and Aug. 27 from noon to 10 p.m. with vendors, authentic Greek delights, dancing, music, carnival rides, church tour and giant raffle. Fireworks on Aug. 25 and 26 (weather permitting), raffle drawing on Aug. 7 at 8 p.m. $2 per person, free for children under 12. 631-473-0894, www.portjeffgreekfest.com.

Historic Harbor Tours
The Northport Historical Society, 215 Main St., Northport hosts two Historic Harbor Tours today at 6 p.m. and 7:15 p.m. The Society and Seymour’s Boatyard invite you to take a relaxing evening cruise while learning about the history of Northport Harbor, followed by drinks and light fare. Tickets are $60, $50 members. 631-757-9859, www.northporthistorical.org

Holbrook Carnival
Join the Holbrook Chamber of Commerce for its annual Carnival & Festival on the grounds of the Holbrook Country Club, 700 Patchogue-Holbrook Road, Holbrook on tonight and Aug. 25 from 6 to 11 p.m., Aug. 26 from 2 to 11 p.m. and Aug. 27 from 2 to 9 p.m. Games, food, rides, craft vendors, entertainment. 631-471-2725

Music Under the Stars
Middle Country Public Library, 101 Eastwood Blvd., Centereach celebrates summer with its Music Under the Stars concert series in its parking lot featuring Shining Star (Earth, Wind and Fire Tribute) at 7 p.m. Bring seating. 631-585-9393

Harborside Concerts
Village of Port Jefferson closes out its Harborside concert series with a final concert featuring Foreign Journey with special guest Randy Jackson at the Ferry Dock tonight at 7 p.m. 631-473-4724 www.portjeff.com

Summer SWAP Concert
The Jazz Loft, 275 Christian Ave., Stony Brook continues its free “Summer Stage With a Purpose” (Summer SWAP) concerts on its front lawn from 6 to 8 p.m. with the Phoenix Big Band. Guests may purchase refreshments in the Basie Garden beside the venue. Bring seating. 631-751-1895, www.thejazzloft.org

Friday 25
Every Brilliant Thing
Theatre Three, 412 Main Street, Port Jefferson, in association with Response Crisis Center, presents *Every Brilliant Thing*, a one-man show starring Jeffrey Sanzel, on the Second Stage from Sept. 17 to Oct. 8. With audience members recruited to take on supporting roles, *Every Brilliant Thing* is a heart-wrenching, hilarious story of depression and the lengths we will go for those we love. All seats are $20. Fifty percent of the gross proceeds of this production will benefit Response Crisis Center. To order, call 631-261-2900 or visit www.engemantheater.com.

Film
‘Invisible Threads’
Coinciding with National Radio Day, the Cinema Arts Centre, 423 Park Ave., Huntington will host a special screening of the award-winning documentary *Invisible Threads — From Wireless to War* on Aug. 20 at 7 p.m. While Nikola Tesla, Guglielmo Marconi and a mysterious German wireless plant compete for radio supremacy off the east coast of Long Island, the unseen casualties of war threaten to divide a nation. The charity screening will benefit the Cinema Arts Centre and the Tesla Science Center at Wardenclyffe, and will feature a live Q&A with filmmaker Joseph Sikorski and Marc Alessi, Executive Director of the Tesla Science Center. Tickets are $25, $20 members at www.cinemaartscentre.org.

CALENDAR DEADLINE is Wednesday at noon, one week before publication. Items may be mailed to: Times Beacon Record News Media, P.O. Box 707, Setauket, NY 11733. Email your information about community events to leisure@tbrnewspapers.com. Calendar listings are for not-for-profit organizations (nonsectarian, nonpartisan events) only, on a space-available basis. Please include a phone number that can be printed.
Catholic

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ROMAN CATHOLIC CHURCH
110 Myrtle Ave., Port Jefferson 631-473-0165
Fax 631-331-8094
www.infantjesus.org
REVEREND GREGORY RANNAZZISI, PASTOR, ASSOCIATES;
REV. FRANCIS LASRADO & REV. ROLANDO TICLLASUCA
Parish Outreach: 631-331-6145

Open Every Wednesday
Food Pantry Open
Our Daily Bread Sunday Soup Kitchen

Office Hours
Baptism and Wedding arrangements can be made by calling the Parish Office.

Mission Statement: We, the Catholic community of the Three Village area, formed as the Body of Christ through the waters of Baptism, are a pilgrim community journeying toward the fullness of the Kingdom of God, guided by the Holy Spirit, nourished by the Eucharist and formed by the Gospel. We strive to respond to Jesus invitation: to be faithful and fruitful disciples; to be a Good Samaritan to our neighbor and enemy; to be stewards of and for God’s creation and to be living witness of Faith, Hope and Charity…so that in Jesus name, we may be a welcoming community, respectful of life in all its diversities.

ST. LOUIS DE MONTFORT
ROMAN CATHOLIC CHURCH
75 New York Avenue, Sound Beach
Parish office: 631-744-8566; fax 631-744-8611
Parish website: www.stlouisdm.org
REV. MSGR. CHRISTOPHER J. HELLER, PASTOR
REV. ALPHONSO IGOKWE, ASSOCIATE PASTOR REV. MSGR. DONALD HANSON, IN RESIDENCE
REV. FRANCIS PIZZARELLI, S.M.M., PARISH ASSISTANT REV. HENRY VAS
Office Hours: Mon., Tues., Thurs.: 9 am to 5 pm
Wednesday: 9 am to 8 pm; Friday: 9 am to 4 pm; Saturday: 9 am to 1 pm;
Closed on Sunday

Mission Statement: To proclaim the good news of Jesus Christ’s love through our active involvement as a parish family in works of Charity, Faith, Worship, Justice and Mercy. ALL ARE WELCOME! No matter what your present status is in the Catholic Church. No matter your family situation. No matter your practice of faith. No matter your personal history, age or background.
YOU are invited, respected and loved at St. Louis de Montfort.

Weekday Masses: Monday through Friday 8:30 am in the Chapel

We are a congregation committed to justice. All are welcome into our full life and ministry regardless of age, race, abilities, economic or marital status, gender, sexual orientation, or gender identification. We are a church that is open and affirming of all people, as we are each made in the image of God.

Sunday Worship at 10am Livestreaming on YouTube: @MtSinaCongregationalChurchUCC
Sunday School at 10am
“Nothing matter who you are or where you are on life’s journey, you are welcome here.” Through our worship and by our actions we strive to live out Christ’s message to love one another

The Island Heart Food Pantry
643 Middle Country Road, Middle Island NY Wednesdays and Thursdays 2:15PM-4:15PM
MSCC Food Cupboard
233 N. Country Rd, Mt Sinai
Every other Tuesday 9:15-11:45

Church office hours: Tues. - Fri. 9am - 12pm Please join us for our 8:00 and 10:00 Sunday Eucharists and our 10:00 Wednesday Eucharist’s in our Chapel. Masks are optional.

GOD BLESS YOU
Father Anthony DiLorenzo

It is the mission of the Jesus People of Christ Church to grow in our relationship with Jesus Christ and to make his love known to all through our lives and ministry. We at Christ Church are a joyful, welcoming community. Wherever you are in your journey of life we want to be part of it.

ST. JAMES ROMAN CATHOLIC CHURCH
429 Rt. 25A, Setauket
Phone: 631-941-4141 Fax: 631-751-6607
Parish Office email: parish@stjamessetauket.org
www.stjamessetauket.org
REV. ROBERT KUZNICK, PASTOR
REV. ROBERT SCHECKENBACK, ASSOCIATE PASTOR
REV. MIKE S. EZEATU, SBU HOSPITAL CHAPLAIN, IN RESIDENCE
Office Hours: Monday-Friday 9am to 4pm ... Saturday 9am
Bereavement: 631-941-4141 X 341
Faith Formation Office: 631-941-4141 X 328
Outreach: 631-941-4141 X 313
Our Daily Bread Sunday Soup Kitchen opened 2-3pm, serving hot meals
To-Go and groceries
Food Pantry Open: Open Every Wednesday from 12noon to 2pm
Open Every Sunday from 2-3pm,

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800 Horseblock Road, Farmingville
631-736-6515 sspxlongisland.com

Sunday Masses: at 7am and 9am
Please consult sspxlongisland.com for updates and current mass times.

ST. MICHAEL THE ARCHANGEL
SOCIETY OF SAINT PIUS X
900 Horseblock Road, Farmingville
631-736-6515 sspxlongisland.com

Sunday Masses: at 7am and 9am
Please consult sspxlongisland.com for updates and current mass times.

9:30 Holy Eucharist with Organ Music
Tuesday: 8:00am Interdenominational Morning Prayer
Wednesday: 12 noon Interdenominational Rosary
We are a friendly welcoming community for all people.

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Web site: www.carolinechurch.net
email: office@carolinechurch.net
631-941-4245

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10:00am Thursdays Healing Service
5:00pm Saturdays Holy Eucharist
8:00am Sundays Holy Eucharist
9:30am Sundays Holy Eucharist w/ Choir Food Pantry

Open Wednesdays 11:00am-12:00pm in the Marco C. Smith Building.
Entrance is located at the back of the building.
All are welcome!

CHRIST EPISCOPAL CHURCH
127 Barnum Ave., Port Jefferson
631-473-0273
email: ecosoffice@christchurchportjeff.org
www.christchurchportjeff.org

Church office hours: Tues. - Fri. 9am - 12pm Please join us for our 8:00 and 10:00 Sunday Eucharists and our 10:00 Wednesday Eucharist’s in our Chapel. Masks are optional.

GOD BLESS YOU
Father Anthony DiLorenzo

It is the mission of the people of Christ Church to grow in our relationship with Jesus Christ and to make his love known to all through our lives and ministry. We at Christ Church are a joyful, welcoming community. Wherever you are in your journey of life we want to be part of it.

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Office phone: 631-744-7730
Office hours: Mon - Fri 9 am to Noon and by appointment www.stanselmofshoreham.org
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Services:
1st Friday 6pm Family Service
Other Fridays 7:30pm
Saturday B’nat Mitzvah services 10am
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On Sundays the services are at 9 and 10:30 a.m.
A link for all these services is on the
Our Food Pantry is open to everyone on
Thursdays from 12:30-2:30 p.m. for picking up
food. Also, donations can be made from 11 a.m.-noon or by making arrangements by leaving
a message on the church answering service.
Offerings to support our ministry can be made at
church services and through our website’s
“Share God’s Mission” page.
In any emergency, call the pastor at
516-848-5386

Lutheran-ELCA
ST. PAUL’S EVANGELICAL
LUTHERAN CHURCH
309 Patchogue Road
Port Jefferson Station
631-473-2236
e-mail PastorPaulDowning@yahoo.com
pastor’s cell phone voicemail or text
StPaulsLCJWS.org

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CHURCH
UNITED METHODIST
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216 Christian Avenue, Stony Brook, NY 11790
Church Office: 631-751-0574
Email: stonybrookcommunitychurch@gmail.com
Website: www.stonybrookcommunitychurch.org
Sunday Worship Service: 11:00 am
Sunday School: 11:00 am
Live stream link available on our website
SBCC is a community of love, learning, and outreach for individuals and families doing
God’s work together. We are an inclusive,
evolving family of faith where everyone is welcome- a place to belong. Our mission is to
grow in our love for God and one another and to
bring positive change to the world through
prayer and service.
Holy Communion 1st Sunday of the month

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Call the church office or visit our website for
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The purpose of First Presbyterian Church of Port
Jefferson is, with God’s help, to share the joy &
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visitors and the community at large; to provide
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Sunday Worship: 10:30 Am
Adult Sunday School 9:30 Am
Lectionary Reading And Prayer:
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Gospel Choir: Tues. 8 Pm
Praise Choir And Youth Choir 3rd And 4th Fri.
6:30 PM.

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No matter who you are or where you are on life’s
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Jewish
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10 am Rite II Holy Choral Eucharist
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Please call or visit your place of worship’s website for more information and guidance.
The Fat Boys inducted to Long Island Music and Entertainment Hall of Fame

Hip-hop group The Fat Boys was recently inducted into the Long Island Music and Entertainment Hall of Fame (LIMEHOF) at its newly opened museum location in Stony Brook on Aug. 6. Kool Rock-Ski (Damon Wimbley), the last surviving member of The Fat Boys, accepted the induction in person from hip-hop legend and LIMEHOF inductee Erick Sermon of EPMD. Public Enemy’s DJ Johnny Juice (also a LIMEHOF inductee) was also on hand to show support and speak about the group.

“It’s definitely an honor on behalf of the group, two members who are no longer here,” Kool Rock-Ski said. “To accept this on their behalf is huge, because they brought so much to the culture. Their legacy lives on with an award like this. We got to the pinnacle of our success—and we got there the hard way, by doing a lot of hard work.”

The Fat Boys rose to fame in the 1980s, where they pioneered their influential beatbox style of hip-hop music. The group was from East New York in Brooklyn and included “Prince Markie Dee” (Mark Morales), “Kool Rock-Ski” (Damon Wimbley), and “Buff Love” (Darin Robinson). They would heavily influence hip-hop culture through beatbox, comedic charisma, and rymes. The trio released seven studio albums, four of which went gold by RIAA. In addition to their music, they went on to star in three feature films: Krush Groove, Knights of the City, and Disorderlies.

The Fat Boys had several successful singles which included “Stick ‘Em,” “Can You Feel It,” “The Fat Boys Are Back,” “Wipe Out,” “Fat Boys,” and “Jail House Rap,” to name a few. Throughout their career, they participated in several tours, one of which was Fresh Fest. And despite having eventually broken up as a group, each of the three members maintained a strong brotherhood. The Fat Boys is credited as having had a strong influence on the development and growing popularity of hip-hop.

“The Fat Boys introduced the beatbox, to the world and the song they made was funky to me,” said EPMD’s Erick Sermon, himself a LIMEHOF inductee, when he officially inducted The Fat Boys on stage.

“I’m honored to do this because my memories of my kitchen on that ledge was playing The Fat Boys album.”

Kurtis Blow, another LIMEHOF inductee, has a personal connection to The Fat Boys, as he produced their first two albums.

“The Fat Boys being inducted into the Long Island Music and Entertainment Hall of Fame is so well deserved,” Blow said in a written statement which congratulated the group on this honor. “These young men were talented and passionate about their craft at a very young age. Producing The Fat Boys was one the highlights of my career. Rest in peace, Buffy (the Human Beatbox Master) and Prince Markie Dee (Mark Morales). I will never forget you, and you are greatly missed. Continue to carry the torch, Kool Rock-Ski!”

LIMEHOF has long recognized the unique talent and contributions that Long Island artists brought to the hip-hop genre. Notable hip-hop inductees include LL Cool J, Run-DMC, Public Enemy, Eric B. & Rakim, Big Daddy Kane, Kurtis Blow, Whodini, Salt-N-Pepa, and EPMD. Earlier this year, LIMEHOF held an event to honor the 50th anniversary of hip-hop which had a strong participation and turn out from Long Island artists.

“This historic induction—coupled with our recent 50th Anniversary of Hip-Hop Concert—cements Long Island’s legacy as one of the most important regions in the country for contributing to hip-hop’s long-term success,” said Ernie Canadeo, LIMEHOF Chairman.

“Inducting The Fat Boys into the Long Island Music and Entertainment Hall of Fame is a tribute to their enduring influence—recognizing their role in shaping the genre and inspiring generations,” said Tom Needham, LIMEHOF Vice Chairman and longtime host of the “Sounds of Film” radio show, and who organized the induction event.

At the induction ceremony, Kool Rock-Ski announced that he is working on a documentary film about The Fat Boys and intends to hold the premiere at LIMEHOF when it’s released.

For more information about events and future inducts, visit www.limusichalloffame.org/museum.
KNOWLEDGE SEEKERS

With ideas for a range of research efforts that have the potential to enhance basic knowledge and lead to technological innovations, two of the four winners earned awards in basic energy science, while the others scored funds from high energy physics and the office of nuclear physics.

“Supporting America’s scientists and researchers early in their careers will ensure the United States remains at the forefront of scientific discovery,” Secretary of Energy Jennifer Granholm said in a statement. The funding provides resources to “find the answers to some of the most complex questions as they establish themselves as experts in their fields.”

The DOE chose the four BNL recipients based on peer review by outside scientific experts. All eligible researchers had to have earned their PhDs within the previous 12 years and had to conduct research within the scope of the Office of Science’s eight major program areas.

In a two-part series, TBR News Media will highlight the work of these four researchers. This week’s Power of 3 column features Elizabeth Brost and Derong Xu. Next week, TBR will highlight the work of Joanna Zajac and Esther Tsai.

Elizabeth ‘Liza’ Brost

In work titled “Shining Light on the Higgs Self-Interaction,” Brost, who is an associate scientist, is studying properties of the Higgs Boson, which was a long sought-after particle that helps explain why some particles have mass. The Standard Model of Particle Physics, which predicted the existence of the Higgs Boson, also suggests that the Higgs field can interact with itself. This interaction should produce pairs of Higgs Bosons at the Large Hadron Collider at CERN in Switzerland, where Brost works.

A significant challenge in Brost’s work is that the production of such pairs occurs 1,000 times less frequently than the production of single Higgs Bosons, which researchers discovered to considerable fanfare in 2012 after a 48-year search.

Brost is leading the effort to use machine learning algorithms to cherry pick collision data in real time. Since these events are so rare, “it’s very important that we are able to save promising collision events,” she explained in an email.

The LHC collides protons at a rate of 40 million times per second, but the facility only keeps about 100,000 of those.

Thus far, everything Brost has seen agrees with the Standard Model of Particle Physics predictions, but “that just means we have to work harder and develop new strategies to search for new physics,” she said.

Brost earned her undergraduate degree in physics and French from Grinnell College and her PhD in physics from the University of Oregon. When she learned she’d won this early career award, she “couldn’t believe it was real for quite some time,” she wrote. “The hardest part was keeping it a secret until the official announcement.”

She explained that she was only allowed to tell a few select people at BNL and close family members about the distinction, who were also sworn to secrecy.

The award will allow her to expand the scope of the work she’s doing and to hire additional staff.

As an experienced mentor, Brost recognizes that there is “a lot of pressure to work on whatever is the newest or coolest thing in order to stand out from a crowd” at a collaboration like ATLAS [an extensive particle detector experiment at the Large Hadron Collider] which involves over 3,000 people. She urged researchers to work on the physics they find interesting and exciting.

Derong Xu

An Assistant Physicist, Xu is working to enhance the efficiency of the Electron-Ion Collider, a marquee tool that BNL will start building next year and is expected to be operational in the 2030’s.

The EIC will collide beams of electrons and protons or other atomic nuclei. By reducing the beam size, or packing the same number of particles into a smaller space, the EIC can increase the likelihood of these collisions.

Specifically, Xu plans to flatten the beam, which has never been used in a hadron collider. He will explore ways to reduce the interactions between beams and superconducting magnets. He will pursue a combined approach using theoretical and experimental methods, which will affect the parameters for the future EIC.

Generating flat hadron beams in existing hadron machines remains “unexplored, making our project a pioneering effort dedicated to investigating methods for maintaining beam flatness,” Xu explained in an email.

In addition to leveraging flat iron beams, Xu is also considering ways to increase the beam intensity by injecting a greater number of particles into the accelerator, which would boost the collision rate. Such an approach, however, means more electromagnetic force between the beams, requiring additional effort to maintain beam flatness.

To explore these potential approaches and determine an optimal trade-off between strategies, his project will collaborate with leading experts in accelerator physics, conduct comprehensive simulations and investigate an array of techniques.

“Through pushing the boundaries of accelerator technology and exploring diverse construction and beam creation techniques, we aspire to unlock novel scientific frontiers and achieve groundbreaking discoveries in nuclear physics,” he explained.

Receiving the award filled Xu with “immense excitement and pride.” He and his wife called their parents, who are traditional farmers, in China. When he explained to them that the award is a substantial amount of money, they advised him to “try your best and not waste the money,” he shared.

At an early age, Xu showed a strong interest in math and physics. His parents rewarded him with snacks when he got high scores.

“That was my first equation in my life: high scores = more snacks,” he joked.

To share the subatomic world with people outside his field, Xu often makes analogies. He compares the collision of an electron beam with a proton beam to shooting a flying ping-pong ball with a gun. The ping-pong ball’s size (which, in this case, is a collection of protons) resembles the diameter of a human hair. The collisions create scattered products that provide insights into the subatomic world.
**PROGRAMS**

**Bubble Buddies**
The Whaling Museum, 301 Main St. Cold Spring Harbor continues Friday Summer Fun Workshops with Bubble Buddies on Aug. 18 at noon and again at 2 p.m. Meet the largest-sized bubble-blowers in the world! Find out about how humpback whales work together as a crew to catch food using teamwork, as well as bubble nets. Touch whale baleen from the museum’s collection, and decorate your own bubble wand and jar of bubbles to take home. No registration needed. For ages 5 and up. Admission fee + $10. 631-367-3418.

**Lollipop Train Rides**
Did you know? Greenlawn-Centerport Historical Association’s John Gardiner Farm, 900 Park Ave., Greenlawn offers rides on the Lollipop Train every Saturday in the summer from 10 a.m. to 2 p.m. including Aug. 19 and 26 and Sept. 2. Call 631-754-1180 for more info.

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**FILM**

**'Puss in Boots: The Last Wish'**
St. James Chamber of Commerce invites the community to Deepwells Farm County Park, 497 Route 25A, St. James for a screening of *Puss in Boots: The Last Wish* on Aug. 17 at dusk. Puss in Boots discovers that his passion for adventure has taken its toll when he learns that he has burnt through eight of his nine lives. Come early and have a picnic on the grounds! Bring seating. 631-584-8510

**'Sing'**
The Northport-East Northport Drug and Alcohol Task Force will host a free Family Movie Night screening of *Sing* at Northport Village Park on Aug. 18 at 8 p.m. Bring seating. The first 50 attendees will receive a free lawn blanket. For more info, call 516-361-6540.

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**THEATER**

**'Seussical Jr.'**
Smithtown Performing Arts Center presents an outdoor production of *Seussical Jr.* on the grounds of the Smithtown Historical Society, 239 E. Main St., Smithtown from July 8 to Aug. 17. Horton the Elephant, the Cat in the Hat, JoJo, Gertrude McFuzz, Mayzie La Bird, Yertle the Turtle and all of your favorite Dr. Seuss characters spring to life onstage in this musical extravaganza. Tickets are $18.50 per person. To order, call 800-595-4849 or visit www.smithtownpac.org.

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**ONGOING**

**Throwback Thursdays: Build-A-Boat**
Drop by the Whaling Museum, 301 Main St., Cold Spring Harbor on Thursday afternoons in August from 1:30 to 3:30 p.m. for a Build-a-Boat workshop where adults and kids can design and build a unique vessel using a variety of wooden materials and a bit of imagination. Go home with your creation! No registration is needed. Admission fee + $10. 631-367-3418.
Gallery North blossoms with 'Poetic Visions'

BY TARA MAE

It is an art form to recognize one’s daily surroundings as fecund food for thought despite their familiarity. Gallery North’s new exhibit, Poetic Visions: Recent Works by Bruce Lieberman, explores the eponymous artist’s appreciation and perception of his own backyard as he cultivates its curated wildness. On view from Aug. 24 to Oct. 1, the show will feature approximately 35 of Lieberman’s oil paintings. While canvas sizes vary, the world within them is universally expansive.

“The paintings are vivid, lush, gardenescapes spanning summer through winter, when it is more bleak. Even then, he still pulls out colors and textures in the brown and other, more muted, [tones] that he paints,” said Gallery North’s Curator Kate Schwarting.

“Mr. Lieberman has always been very far along in his career trying to move into abstraction. It also presents a painter who is very much still alive and well,” said Executive Director Ned Puchner.

Poetic Visions, Lieberman’s fifth solo show at Gallery North amid many group exhibitions, is the latest harvest of a long, fruitful relationship. Making their public debut, the paintings invite viewers to seek the serenity of soulful solitude.

For Lieberman, these works reflect an introspection born out of necessity: they were primarily started during the COVID-19 lockdown, when he ceased teaching painting and figure drawing as an adjunct professor at his property. “My garden has become a big giant motif — a living still life with endless variations — my Giverny,” Lieberman said.

“A singular entity containing multitudes is a recurrent theme in the art of Lieberman, who began his career in the figurative art world of New York City. Traces of the genre are apparent in elements of Poetic Visions. Representative objects contrast and complement the somewhat subjective wonderland Lieberman’s paintings project, revealed to onlookers by the revelations of his paintbrush.

“Developed a sort of new vision of his home during [lockdown] and it came through daily examination of his surroundings. When you look at something long enough, you begin to see it differently and start to think about the larger meaning behind the growth of a flower, the changing of a season, or how light can illuminate colors,” Puchner said.

Lieberman’s contemplative examination was a three year study that he now strives to share and shed. Like most acts of creation, the process of producing the paintings was a labor of love; Poetic Visions is a culmination of Lieberman’s efforts as he looks towards the next endeavor.

“I worked hard, I worked for three years on these paintings. So I care about them. I look forward to getting them on the wall and looking at. An added bonus — I have my studio clean so I can move on to the new thing,” he said.

“Bordering on abstraction, it is a very identifiable scene, but areas of canvas draw you in and almost become an abstract moment on the canvas. It happens very organically, a natural process of him exploring the medium through his paintings. There is an amazing juxtaposition of abstract, painterly brush marks, with drips of the paint. I love how you can have both in one place,” she added.

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“I worked hard, I worked for three years on these paintings. So I care about them. I look forward to getting them on the wall and looking at. An added bonus — I have my studio clean so I can move on to the new thing. Trying to make great paintings is always the goal,” he said.

Gallery North, 90 North Country Road, Setauket invites the community to an opening reception for Poetic Visions on Thursday, Aug. 24 from 6 to 8 p.m. and a free ArtTalk with Lieberman on Saturday, Sept. 9 at 3 p.m. For more information, call 631-751-2676 or visit www.gallerynorth.org.

‘Yellow Thirst’ by Bruce Lieberman Image courtesy of Gallery North

HOROSCOPES

OF THE WEEK

LEO – Jul 23/Aug 23
You could be focused on things in the past this week, Leo. This could start you on a trek to track down mementos in a home or to visit an antiques shop to make some purchases.

VIRGO – Aug 24/Sept 22
Virgo, there is still a lot to learn, but you have the time right now to pay attention to everyone around you to glean what you can. Never stop gathering information.

LIBRA – Sept 23/Oct 23
Even if others make suggestions, use your own judgement regarding how to spend time this week, Libra. You may want to eschew all responsibilities for something fun.

SCORPIO – Oct 24/Nov 22
Seek new places for any sort of inspiration, Scorpio. You never know what you may uncover if you visit new places instead of your old haunts. Start exploring this week.

SAGITTARIUS – Nov 23/Dec 21
Some outside energy has muted your normally boisterous personality, Sagittarius. You may want to skip out on social scenes and spend some time at home in the coming days.

CAPRICORN – Dec 22/Jan 20
Strong opinions rule the day, so convincing others could be especially difficult in the days ahead. Wait some time and they try again, Capricorn.

AQUARIUS – Jan 21/Feb 18
Aquarius, there will be some measure of public speaking or performance in your near future, and it is likely giving you a bit nervous. No one will judge you, so try to lighten up.

PISCES – Feb 19/Mar 20
Pisces, you could encounter more oddballs than normal in your daily routines. From customers making scenes to quirky coworkers, you might need to be patient and open-minded.

ARIES – Mar 21/Apr 20
It is time to recharge your batteries this week, Aries. It may be challenging to slow down, but that is just what you need to do or you are going to run out of steam on your next project.

TAURUS – Apr 21/May 21
Early on this week you may start out in a bit of a funk, Taurus. That all will change with some words from a friend that will help you bounce in the other direction.

GEMINI – May 22/Jun 21
Gemini, the side of your brain responsible for pragmatism has been working overtime. You are ready to solve any problems and find answers to most questions.

CANCER – Jun 22/Jul 22
Cooperation from others has been hard to come by lately, Cancer. That could lead to some conflicts along the way. Collectively you will have to find some middle ground.
Stony Brook University congratulates and welcomes our inaugural class of Simons STEM Scholars.

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