ARTS&LIFESTYLES

TIMES BEACON RECORD NEWS MEDIA - SEPTEMBER 14, 2023

PORT JEFF DOCUMENTARY SERIES KICKS OFF FALL SEASON

Award-winning festival gives voice to stories that need to be told · B9

The first of eight documentaries will be 'Rather' on Sept. 18 — At the age of 92, iconic journalist Dan Rather reflects on his career that spans seven decades.

ALSO: Paw Prints B17 • Calendar of Events B18 • Tranquility exhibit opens in Huntington B24 • SBU Sports B25

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Living Your Best Life with Atrial Fibrillation (AFib)

OUR EXPERT ANSWERS YOUR QUESTIONS



Roger Fan, MD
Director
Complex Arrhythmia Ablation Program
Heart Rhythm Center
Stony Brook Heart Institute

September is Atrial Fibrillation
Awareness Month and Stony Brook
heart rhythm specialist Roger Fan, MD,
offers a variety of tools here to help
you live your best life with AFib — the
most common heart rhythm disorder.
And, looking beyond September,
Stony Brook's compassionate and
experienced AFib healthcare team is
available year-round to help navigate
through any uncertainty and answer
any, and all, questions you may have.

What should I know about atrial fibrillation?

AFib explained. Atrial fibrillation or AFib is an irregular heartbeat (arrhythmia) that can lead to blood clots, stroke and heart failure. In fact, with AFib, there's a five times greater risk of suffering a stroke.

The symptoms. Symptoms often include palpitations (racing or fluttering heartbeat), shortness of breath, chest discomfort, lightheadedness and extreme fatigue. However, about 10 percent of patients with AFib experience no symptoms at all and are diagnosed only when the disorder is detected during an unrelated office visit.

The risk factors. Most at-risk are those with an underlying heart condition, family history, high blood pressure, obesity or chronic condition such as thyroid disease, sleep apnea or diabetes. Add to the mix, also, being over 60 years old.

How do I lead a full and active life with AFib?

Eat heart healthy. When making out your grocery list, opt for a diet that includes a variety of fruits and vegetables, whole grains, low-fat dairy, skinless poultry and fish, nuts and legumes. Limit the usual suspects ... saturated and trans fats, sodium, red meats, and sugary foods and beverages. If you are obese, a weight loss of just 10 percent can decrease symptoms of AFib.

Channel your inner Rocky Balboa. Safe, effective and enjoyable exercise like walking and cycling can help you drop pounds, control cholesterol, reduce blood pressure, lift your spirits and make your heart stronger. If you aren't used to regular exercise or are over 60, talk to your doctor first.

Listen to your body. Know your "Big 3" numbers — cholesterol, blood pressure and blood sugar. Getting more active, losing weight and making smart food choices can help get your numbers into a healthy range. Tell your doctor or healthcare provider about any new symptoms or if your treatment isn't working for you.

Rein in stress. Anger and anxiety can cause an uptick in heart rate and make AFib worse. Look for ways to relax whether it's walking, spending time with friends and family, meditation or yoga. Sometimes hearing from others can be a good way to relieve stress. If you are feeling overwhelmed, you may want to consider joining a support group like the American Heart Association's My AFib Experience[®].

Be smart about caffeine, alcohol and smoking. Cut back on or avoid alcohol, which is a very strong trigger for AFib. Researchers have not

LEARN MORE

View a video on AFib: Restoring Your Normal Rhythm



Take our free heart health risk assessment at stonybrookmedicine.edu/hearthealth

For appointments, call (631) 44-HEART (444-3278).

clearly linked caffeine to AFib, but it's safest to be reasonable with the amount of caffeine you consume, regardless of the source. If you smoke, you know the drill by now ... quitting is one of the best things you can do for your health. If you need help quitting, talk to your healthcare team.

Get enough zzzzs. More than half of those with AFib don't sleep well due to sleep apnea — multiple mini-awakenings caused by irregular breathing. Signs of sleep apnea include loud snoring, irregular breathing at night, fatigue and the need to take naps during the day. If you have any of these symptoms, talk with your healthcare provider.

Learn more.

If you're experiencing rhythm disorder symptoms, you likely have many questions. Our heart rhythm specialists work closely with your referring physician to ensure the quality, ease and safety of your Stony Brook experience. For an appointment with a heart rhythm specialist, call (631) 44-HEART (444-3278) or heart.stonybrookmedicine.edu.

This article is intended to be general and/or educational in nature. Always consult your healthcare professional for help, diagnosis, guidance and treatment. Stony Brook University/SUNY is an equal opportunity educator and employer. 23080194H



Shoutout to St. Charles Hospital

PLAIN TALK

September is
National Substance
Use Disorder
Awareness Month.
Saint Charles
Hospital in Port
Jefferson began
substance abuse
awareness month
by acknowledging



BY FATHER FRANCIS
PIZZARELLI

International Overdose Day.

People from our local school communities and local elected officials were present, as well as our town supervisor, Edward Romaine. Representatives from other treatment and support programs were also present. The program was simple but to the point. Fentanyl and heroin overdoses are out of control across the country and locally. It is a growing epidemic in every town and village across the nation. I was asked to share a reflection that day as someone who has spent more than four decades living and working with people battling substance use disorders and mental health issues.

Saint Charles Hospital has been a leader in the field of detox and rehabilitation treatment for decades. Their dedicated professional staff has done and continues to do an extraordinary job with those battling addiction. Saint Charles continues to give voice to this epidemic need but unfortunately due to the insurance industry and politics, addiction treatment still gets buried in the weeds because it does not break even.

They have the space to increase the number of beds desperately needed for treatment. As a community, we need to stand up and give support to these vital services for our local and larger community. Saint Charles is leading our region in partnering with our school communities, and other not-for-profit resources that support people

battling substance use disorder and mental health issues.

Every morning when I get up, I look out my bedroom window on the grounds of Little Portion Friary. I am greeted by the 120 crosses representing the 120 young people from our community that have died due to an overdose since the pandemic. Our Garden of Remembrance has become a safe place for a growing number of families who feel so displaced and shunned because they buried a son or daughter due to addiction.

It is scandalous that insurance companies have so much power when it comes to authorizing vital treatment for people who are battling addiction and mental health issues. The insurance protocols that determine whether or not someone will be approved for detox, residential treatment and outpatient treatment services are ridiculous. It's not about the person in need of services, but rather about how much it will cost; that attitude is shameful and out of control.

In the past 10 days, I buried two young people who overdosed and one young woman who killed herself due to addiction. These senseless deaths are not decreasing, they are escalating. We do not have enough treatment services to keep up with the epidemic need.

We must stand up and support programs like Saint Charles, and other programs that are going the distance and so much more to protect the quality of life for the growing number of young people that are struggling with substance use disorders and mental health issues.

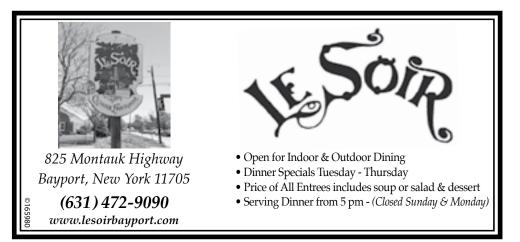
Every day I see firsthand the miracles of change and transformation for those struggling with addiction and mental health issues, who have the opportunity to work on themselves and reclaiming their lives; we can do better in this regard. People do get better and reclaim their lives; families are healed and renewed.

In this edition:

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D 2 4



Suffolk County Leg. Trotta hosts food drive

Suffolk County Legislator Rob Trotta is currently collecting non-perishable food items, including snacks for school and after school, as well as personal care products for the St. Vincent de Paul Food Pantry at St. Joseph's Church, 59 Church Street, Kings Park. The pantry is open on Monday and Thursday from 1 p.m. to 4 p.m.

Specific items that they are seeking include snack size cookies, chips, pretzels, juice boxes, small bottled water, and salsa and chips. They also need such staples



Food pantry coordinator Annette DeFino and Suffolk County Legislator Rob Trotta. Photo courtesy of Leg. Trotta's office

as cereal, bottles of cooking oil, sugar, flour, mustard, mayonnaise, pasta, sauce, breadcrumbs, Hamburger Helper, pickles, canned fish, meat and fruit, boxed milk, Pop Tarts, honey, napkins, paper towels, sandwich bags, and cleaning supplies. Personal care items requested are body wash, toothpaste, shaving cream, razors, shampoo, tissues, small hand sanitizers, and laundry detergent.

"It is important to help our fellow neighbors so donations of these needed items may be dropped off at my office at 59 Landing Avenue, Suite 1 A, (blue door), Smithtown, throughout the year, between the hours of 9 a.m. and 4:30 p.m., or brought to the food pantry," said Suffolk County Legislator Rob Trotta. For more information, please call Legislator Trotta's office at 631-854-3900.

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SBU study reveals WTC 9/11 responders continue to need monitoring of PTSD, cognitive status

Twenty-two years after the September 11 World Trade Center attacks, responders who have suffered physical and cognitive illnesses resulting from exposures continue to be monitored by healthcare providers. Ongoing studies by investigators at the Stony Brook WTC Health and Wellness Program reveal that assessments of this patient population's mental health and cognitive status remain on the forefront of research as we move further away from that fateful day of 9/11.

Benjamin Luft, MD, Director and Principal Investigator of the Stony Brook WTC Health and Wellness Program, and the Edmund D. Pellegrino Professor of Medicine at the Renaissance School of Medicine at Stony Brook University, and his colleagues study all aspects of responders' health status. The program monitors approximately 13,000 WTC responders.

Previous research has shown that some responders may be experiencing cognitive difficulties earlier in life than the general population, and that PTSD, which remains one of their most common ailments, may be associated with cognitive problems and/or physical illnesses.

A compilation of new research published over the past year suggests the need to delve further into investigating the brain status of responders and their cognitive problems.

A study in the Journal of Geriatric Psychiatry and Neurology assessed more than 700 responders, many with chronic PTSD, and the relationship between having cortical atrophy and behavioral impairments. They found that individuals with PTSD start to experience more mental health symptoms as a secondary symptom to cognitive impairments. Specifically, responders with an increased risk of cortical atrophy showed behavioral impairment in motivation, mood, disinhibition, empathy and psychosis.

Published in *Molecular Neurobiology*, another study revealed that there are associations between WTC exposure duration and inflammation in the brains of responders among 99 responders who participated from 2017 to 2019, with the average age being only 56 years. Neuroinflammation was evident both in the hippocampus, a part of the brain that helps to regulate emotions and memory, and throughout much of the cerebral white matter.

A paper published in *Psychological Medicine* highlights research that may reveal a better way to understand responders' PTSD symptoms, as opposed to self-reporting or screening. This work found that by using an AI program that reads



Some WTC 911 responders are suffering from PTSD and cognitive disorders many years after 911. Researchers are trying to determine why as they continue monitoring patients.

Photo courtesy of Stony Brook WTC Health and Wellness Program

the words of responders can predict their current PTSD and even the future trajectory of the illness.

Moreover, WTC investigators are developing AI programs to identify and predict psychological symptoms from facial expressions and tone of voice. AI analyzes video recordings of WTC responders. Importantly, when these methods are fully developed, they may be able to offer objective diagnostic tests for PTSD and other mental disorders.

Many responders to date have experienced mild cognitive impairment in comparison to non-responders their age.

A study that measured a key aspect of brain chemistry — proteins or biomarkers often associated with dementia and Alzheimer's Disease — may provide specific evidence that responders need to be monitored for earlier onset dementia.

Published in the Alzheimer's Association's Diagnosis, Assessment and Disease Monitoring, this study illustrates that among approximately 1,000 responders — average age at 56.6 years, and some who have dementia — associations exist between WTC exposures and the prevalence of neurodegenerative proteins in their brains.

Lead author Sean Clouston, PhD, Professor in the Program of Public Health, and the Department of Family, Population, and Preventive Medicine, and colleagues found that 58 percent of responders with dementia had at least one elevated biomarker and nearly 3.5 percent had elevations in all biomarkers. The overall cohort had an increased risk of dementia associated with plasma biomarkers indicative of neurodegenerative disease.

Another core member of the Stony Brook research team, Pei-Fen Kean, PhD, Professor in the Department of Applied Mathematics and Statistics, is involved in several ongoing multi-omics research projects to help explicate pathophysiology of these disorders on molecular level and identify novel bloodbased biomarkers. For example, a study in the Translational Psychiatry identified the metabolomic-proteomic signatures associated with PTSD to enhance understanding of the biological pathways implicated in PTSD.

As the collaborative work of the research teams affiliated with the Stony Brook WTC Health and Wellness Program moves forward, they will use previous findings and new methods to build their work to best assess the mental and physical health conditions of responders.



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September 21

Deadline: **September 14**Reserve Early for Preferred Positions



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We Help You Navigate To Optimal Health

Look At What Patients Are Saying!

Digestive issues, Gastrointestinal, Dermatology, Skin

"My digestive issues have been solved and my skin issues have improved significantly." Female, age 22

Allergies, Dermatology

Last year at this time my whole body was covered in hives. For years, I have been struggling with this each Fall from allergies, but thankfully, they are now gone and my inflammation has been cut in half.
Female, age 35

Reflux or GERD

My GI doc said my belly is much better. I'm not having rumbling in the stomach and do not have gastritis anymore. And the gastritis was really bad. I am no longer on proton pump inhibitors – I was taken off the medication by my GI doc. He was very impressed with the results from the lifestyle modifications. Do you know what a big thing that is?? That is huge! I was on the medications since 2003. Female, age 70

Atrial Fibrillation, Cholesterol, Aging

I had been suffering with symptoms from atrial fibrillation. I would huff and puff when walking up the driveway or the stairs, because I was out of breath. This has improved dramatically. Now, I can go up and down stairs without heavy breathing. and I no longer have to pull myself up by the banister. It feels 110% better. I am so thrilled that I can even jog on the beach. I have not done that in years. Also, my cholesterol has improved so much so that I was told to stop my cholesterol medications. including the statin. The less I have to take the better. On Saturday, I will be 84 years old, but I feel like I'm 30. The changes to my diet made all the difference.

Male, age 83

Constipation, Diarrhea, Stomach issues

I have had stomach issues for years, alternating between constipation and then diarrhea. I would have constipation for four painful days, then diarrhea. Since having a smoothie a day, my bowel movements have been regular and I'm not in pain. This is great!

Female, age 81

Cravings, Weight loss

I feel really good now. I was very uncomfortable before. I felt like I was letting food control me, and I used food to deal with my stress and emotions. Now, I have taken back control of my cravings, and I am using food in a positive way instead of a harmful one. I've lost 28 lbs., which translates into a 17% drop in my weight, and a 7% drop in my body fat. These are HUGE CHANGES. I am no longer tempted to snack or graze on junk food.

Female, age 46

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Improving your lung health

MEDICAL COMPASS

Our experiences the over past several years with COVID-19 have increased our awareness of how chronic ailments can make us more vulnerable to the consequences of acute diseases



BY DAVID DUNAIEF, MD

circulating in our communities.

For those with chronic obstructive lung diseases such as chronic obstructive pulmonary disease (COPD) and asthma, as well as those who smoke and vape, the consequences of the flu, RSV and COVID-19 are especially severe.

The good news is that we can do a lot to improve our lung function by exercising, eating a plant-based diet with a focus on fruits and vegetables, expanding lung capacity with an incentive spirometer, and quitting smoking and vaping, which damage the lungs (1). Studies suggest that everyone will benefit from these simple techniques, not only people with compromised lungs.

Do antioxidants improve asthma?

In a randomized controlled trial, results show that, after 14 days, asthma patients who ate a high-antioxidant diet had greater lung function than those who ate a low-antioxidant diet (2). They also had lower inflammation at 14 weeks. Inflammation was measured using a c-reactive protein (CRP) biomarker. Participants in the low-antioxidant group were over two-times more likely to have an asthma exacerbation.

The good news is that there was only a small difference in behavior between the high- and low-antioxidant groups. The high-antioxidant group had a modest five servings of vegetables and two servings of fruit daily, while the low-antioxidant group ate no more than two servings of vegetables and one serving of fruit daily. Using carotenoid supplementation

in place of antioxidant foods did not affect inflammation. The authors concluded that an increase in carotenoids from diet has a clinically significant impact on asthma in a very short period.

Can increasing fiber lower COPD risk?

Several studies demonstrate that higher consumption of fiber from plants decreases the risk of COPD in smokers and ex-smokers.

In one study of men, results showed that higher fiber intake was associated with significant 48 percent reductions in COPD incidence in smokers and 38 percent incidence reductions in ex-smokers (3). The high-fiber group ate at least 36.8 grams per day, compared to the low-fiber group, which ate less than 23.7 grams per day. Fiber sources were fruits, vegetables and whole grain, essentially a whole foods plant-based diet. The "high-fiber" group was still below the American Dietetic Association's recommended intake of 14 grams per 1,000 calories each day.

In another study, this time with women, participants who consumed at least 2.5 serving of fruit per day, compared to those who consumed less than 0.8 servings per day, experienced a highly significant 37 percent decreased risk of COPD (4).

The highlighted fruits shown to reduce COPD risk in both men and women included apples, bananas, and pears.

What devices can help improve lung function?

An incentive spirometer is a device that helps expand the lungs when you inhale through a tube and cause a ball (or multiple balls) to rise in a tube. This inhalation opens the alveoli and may help you breathe better.

Incentive spirometry has been used for patients with pneumonia, those who have had chest or abdominal surgery and those with asthma or COPD, but it has also been useful for healthy participants (5). A small study showed that those who trained with an incentive spirometer for two weeks increased their lung function and respiratory motion. Participants were 10 non-smoking healthy adults who were instructed to take five sets of five deep breaths twice a day, totaling 50 deep breaths per day. Incentive spirometers are inexpensive and easily accessible.

Flu, RSV and COVID-19 are especially tough on those with impaired lung function

In another small, two-month study of 27 patients with COPD, the incentive spirometer improved blood gasses, such as partial pressure carbon dioxide and oxygen, in COPD patients with exacerbation (6). The authors concluded that it may improve quality of life for COPD patients.

How does exercise help improve lung function?

Exercise can have a direct impact on lung function. In a study involving healthy women aged 65 years and older, results showed that 20 minutes of high-intensity exercise three times a day improved FEV1 and FVC, both indicators of lung function, in just 12 weeks (7). Participants began with a 15-minute warm-up, then 20 minutes of high-intensity exercise on a treadmill, followed by 15 minutes of cool-down with stretching.

Note that you don't need special equipment to do aerobic exercise. You can walk up steps or steep hills in your neighborhood, do jumping jacks, or even dance around your living room. Whatever you choose, you want to increase your heart rate and expand your lungs. If this is new for you, consult a physician and start slowly. You'll find that your stamina improves quickly when you do it consistently.

We all should be working to strengthen our lungs. This three-pronged approach of lifestyle modifications — diet, exercise and incentive spirometer — can help.

References:

(1) Public Health Rep. 2011 Mar-Apr; 126(2): 158-159. (2) Am J Clin Nutr. 2012 Sep;96(3):534-43. (3) Epidemiology Mar 2018;29(2):254-260. (4) Int J Epidemiol Dec 1 2018;47(6);1897-1909. (5) Ann Rehabil Med. Jun 2015;39(3):360-365. (6) Respirology. Jun 2005;10(3):349-53. (7) J Phys Ther Sci. Aug 2017;29(8):1454-1457.

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.

Free Prostate Screenings

September is Prostate Cancer Awareness Month. Early detection is key to long-term survival rates of prostate cancer, which is why Stony Brook Medicine's Department of Urology and Stony Brook Cancer Center offers free Prostate Cancer Screenings throughout the year.

Prostate cancer is the most commonly diagnosed cancer in American men.

Approximately 1 in 9 men will be diagnosed with prostate cancer and 1 in 41 men will die of the disease. As you get older, your risk increases.

Men aged 45-75 years, African American men and men with a family history of prostate cancer may benefit from early screenings. In most cases, prostate cancer has no symptoms and is usually detected through a screening.

This month, free screenings will be held at Stony Brook Medicine's Advanced Specialty Care, 500 Commack Road, Suite 201B, Commack on Sept. 19 from 6 to 7:30 p.m. and at Stony Brook Urology, 24 Research Way, Suite 500, East Setauket on Sept. 20 from 2 to 5 p.m.

Appointments are strongly recommended. Insurance is not required. To make an appointment, call 631-216-9181.

NEWS AROUND TOWN



Photo courtesy of LI Game Farm

Senior Social Club

The Long Island Game Farm, 489 Chapman Blvd., Manorville has announced that it will continue its new social club for seniors through September. Every Thursday morning through September 26, senior citizens (65 years+) can visit the animals, walk the grounds (get your steps in!), attend a presentation in the newly renovated Woodland Hall, and enjoy a beverage and snacks with fellow seniors. The special rate is \$10 per person. Reservations are strongly encouraged and can be made by calling 631-878-6644.

Voices Wanted

Calling all singers! The Silver Chords, a multi-generational chorus providing free concerts to the community, is looking for new members of all ages, backgrounds and levels of ability. No audition is necessary to join this friendly group in sharing their love of music. Come down to the Eugene Cannataro Senior Center at 420 E. Main Street in Smithtown at 9:30 a.m. on Sept. 16, Sept. 23 or Sept. 30. Call 631-379-7066 for more information.

Open cast call

Theatre Three, 412 Main St., Port Jefferson is seeking a male identifying actor (20s to 30s) for the role of Dick Wilkins/Seeker of Mercy/others for its 39th annual production of Charles Dickens' A Christmas Carol. Performances will be held from Nov. 11 to Dec. 30 (55 performances; rehearsals evenings and weekends beginning the last week of September). Auditions will be readings will be from the script. Must have weekday daytime availability for performances. Contact Jeffrey Sanzel at jeffrey@theatrethree.com for details and audition appointment.

Flu Shot Clinic

Comsewogue Public Library, 170 Terryville Road, Port Jefferson Station will host a flu shot clinic on Thursday, Sept. 21 from 11 a.m. to 1 p.m. Bring a copy of your ID and your Medicare and/or insurance card to get a flu shot from Rite Aid. No registration required. Open to all. Call 631-928-1212 for more info.

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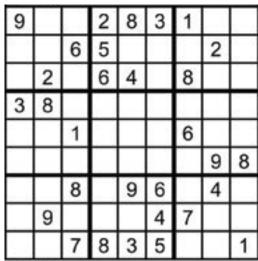




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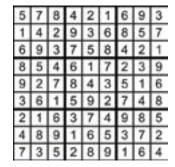
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Directions: Fill in the blank squares in the grid, making sure that every row,

column and 3-by-3 box includes all digits 1 through 9.

> **Answers** to last week's SUDOKU



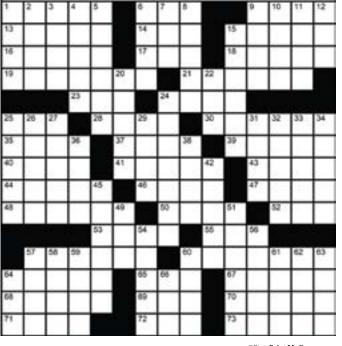
CROSSWORD PUZZLE

Nursery Rhymes CLUES ACROSS

- 1. Ground grain
- 6. *Black sheep answer: "Yes
- , three bags full." 9. Estimator's phrase (2 words)
- 13. Washer cycle
- 14. Australian bird
- 15. Plants and animals
- 16. Chipped in
- 17. Dashboard acronym
- 18. Not over
- 19. *Rhymes with Porgie
- 21. *Container in nursery rhyme and Ella Fitzgerald's song
- 23. Ray shooter
- 24. Gloomy
- 25.Dichlorodiphenyltrichloroethane
- 28. The Wise Men
- 30. Type of mold
- 35. Civil Rights icon
- 37. Front of ship
- 39. Marilyn's real name
- 40. Distinctive elegance
- 41. Meal in a shell, pl.
- 43. Plant anchor
- 44. Strong and sharp
- 46. *"Three Little Kittens" cry
- 47. Shower with affection
- 48. Bungle (2 words)
- 50. Snow ride
- 52. P in mpg
- 53. Debilitating spray
- 55. *"How I wonder what you _____"
- 57. *Bed on the tree top
- 60. *____ John, or FrËre Jacques
- 64. Formerly known as Pleasant Island
- 65. Commotion or fuss
- 67. One of journalism's Ws
- 68. Vinyl collectible
- 69. *"Tom, Tom, the Piper's ___
- 70. Israel's neighbor
- 71. Big Bang's original matter
- 72. Deviled one
- 73. One deserving of respect?

Answers to last week's puzzle: **Health & Fitness**





CLUES DOWN

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- 1. Hand grenade
- 2. Pick-up expression
- 3. On top of
- 4. Website visitors
- 5. Wrigley's Big 6. Bone-dry
- 7. Elf on the Shelf, e.g.
- 8. Cuban dance
- 9. *Old MacDonald's farm sound
- 10. Traveled on
- 11. Proofreader's mark
- 12. Sail alternative
- 15. Boot that reaches halfway or more to knee
- 20. Unsuitable
- 22. Pitcher's pride
- 24. Bishop's jurisdiction
- 25. *Life is but this
- 26. Marcello Mastroianni's "La _____ Vita"
- 27. Some Romanovs
- 29. SI unit of mass
- 31. *"Here goes my ____ a trot, a trot..."
- 32. Sag
- 33. Portray emotion
- 34. *Jack and Jill's quest
- 36. Black tropical cuckoos
- 38. *Sheep's bagfull
- 42. Curse
- 45. Lollipop brand
- 49. Bud or chum
- 51. Snooze
- _ and desist
- 56. C2H5
- 57. Pay a visit
- 58. Bumpkin
- 59. Famous boxing promoter Bob
- 60. Smoker's water pipe
- 61. Group of cows
- 62. Great Lake
- 63. Back seat, e.g.
- 64. Negative vote
- 66. *Mother Hubbard's pet

* THEME RELATED CLUE

Port Jefferson Doc Series launches Fall 2023 season

BY TARA MAE

hether there is too much or never enough of it, time may either soften memories with nostalgia or sharpen remembrances with accrued insight. Through art and action, the Fall 2023 Port Jefferson Documentary Series

COVER (PJDS) highlights the intricacies of this dynamic both onscreen **STORY** and behind-the-scenes.

On specific Monday evenings between September 18 and November 13, at Theatre Three, 412 Main St., Port Jefferson and John F. Kennedy Middle School, 200 Jayne Blvd., Port Jefferson Station, the award-winning doc series will share eight distinct stories.

Encompassing reflections on a career well-chronicled; a quickly encroaching catastrophe; a calamitous crisis averted; or, a curious occurrence, screenings will be followed by Q&As with guest speakers. Tom Needham, executive producer and host of "Sounds of Film" on WUSB, will once again serve as moderator.

"Our setup has not changed either behind-the-scenes or in how we choose the documentaries," said PJDS co-director Lyn Boland. "We assess production values, whether it is a good story, and if it is available to film festivals instead of streaming — we want it to be new. We also prefer films where the director is available to talk in one sense or another."

Now in its 38th season, the PJDS, which began in 2005, excavates tangible accomplishments and existential inquiries. In interactive interviews with documentarians, it seeks answers from those who first sought to ask the questions.

Sponsored by Maggio Environmental and Wellness; Covati & Janhsen, CPAS PC; and Port Jeff Storage, the season opens with *Rather*, a film that examines Dan Rather's ongoing seven decade journalistic career and his continued dedication to making a difference.

We Dare to Dream traverses the triumphs and trials of 29 elite athletes. Deprived of their home countries, they strive for international success while preparing to participate in the 2020 Tokyo Olympics as part of the International Olympic Committee's Refugee Olympic team. (This event will also feature a pre-show concert at Port Jefferson Methodist Church by pianist Jacqueline Schwab.)

Time Bomb Y2K revisits when, on the verge of a new millennium, the world feared that all of technology was about to have a nervous breakdown on New Year's Day.

Between the Rains covers a 4 year period when record low rainfall in Kenya caused a reckoning for children caught in a culture being eroded by climate change.



A LIFE'S JOURNEY: 'Rolling Along,' written and performed by Bill Bradley, will be screened on Oct. 30.

Photo by Gwendolyn Stewart

Israel Swings for Gold traces the trajectory of Israel's baseball team as it makes it Olympic debut in 2021.

Rolling Along recounts Bill Bradley's revelatory professional career as informed by his personal ethos: Rhodes Scholar, champion New York Knicks recruit, and noted New Jersey senator.

Maestra showcases the melodious moments and discordant dilemmas women face as they compete in the world's only all-female conducting competition.

Lastly, *A Revolution on Canvas* investigates the intriguing disappearance of more than 100 "treasonous" paintings by contemporary Iranian artist Nickzad Nodjoumi.

(For dates and times, please see sidebar.)

Each documentary is selected by one of the "film ladies," as Lyn Boland, Wendy Feinberg, Barbara Sverd and Honey Katz are known. They present their choices to the PJDS board. Top contenders from those viewings are shared with three esteemed longtime volunteers, Denise Livrieri, Yvonne Lieffrig, and Debbie Bolvadin, who then also vote on the films.

"It is important to have a wide variety of people choosing films; we know we each have private preferences that we always gravitate towards. If you do not have a wide group, you may leave out some of your audience," Boland said. "We are lucky that our audience really trusts us. They know that we are invested and looked into the films personally, so we feel the documentaries are special to include."

According to Boland, once the films are chosen, securing the rights to them and gaining access to the speakers is a game of cat and mouse. So, the hunt is on as soon film festivals announce their lineups. The Series' cast of characters divides and conquers, attending screenings and identifying potential

contenders for PJDS.

"Once I have focused on a film I would like to present, the fun of the chase begins! Nailing down films, dates, directors or producers, and working out schedule conflicts are issues we have to contend with when programming a series. So, it [helps] when you have a connection to anyone associated with the film," explained Sverd.

Such relationships have been forged and nurtured over the years with different producers and directors who have previously shown their work during the Series. *Rather* and *Time Bomb Y2K* come from creators who screened earlier films through PJDS. *Between the Rains* and *Rolling Along* were acquired through Sverd's and Feinberg's respective personal connections.

"I am looking forward to seeing many of our repeat guests and also the new folks who will be attending the films this season," said Feinberg.

In addition to making contacts and advancing the films, each member brings their individual skill sets, contributing what best aligns with their interests and industries, including law, event planning, education, and graphic design. Primary and paramount requirement for joining the team — it is looking for new volunteers — is simply being a film buff.

That passion translates to the audience, which includes familiar faces and new fans.

"In this day and age, with so much available to see and watch, it is just great that people appreciate the kind of experience that we offer," Boland said.

Individual tickets are \$10 (cash only) at the door, a combination ticket for the concert and documentary on is \$15, or in advance at www. portjeffdocumentaryseries.com.

Film Schedule:

- The Fall 2023 season kicks off with a screening of *Rather* at Theatre Three on September 18 at 7 p.m. Guest speakers will be Co-Producer Taylor Wildenhaus and Sarah Baxter, Director of the Marie Colvin Center for International Reporting. Co-sponsored by the Stony Brook University School of Communications & Journalism and the Marie Colvin Center for International Reporting.
- We Dare to Dream will be screened at Theatre Three on October 2 at 7:30 p.m. Preceded by a special concert featuring pianist at First United Methodist Church, 603 Main St., Port Jefferson at 6:30 p.m. Guest speaker via Zoom will be Director Waad Al-Kateab. Sponsored by Danfords Hotel & Marina and The Waterview at Port Jefferson Country Club.
- Next up is *Time Bomb Y2K* at Theatre Three on October 9 at 7 p.m. Guest speakers will be Co-Directors Brian Becker and/or Marley McDonald.
- Between the Rains will be screened at JFK Middle School on October 16 at 7 p.m. Guest speakers will be co-director Andrew H. Brown via Zoom and Dr. Dino Martins, CEO of the Turkana Basin Institute. Co-sponsored by the Turkana Basin Institute of Kenya and its affiliate, Stony Brook University.
- The season continues with *Israel Swings for Gold* at JFK Middle School on October 23 at 7 p.m. Guest speaker will be Co-Director Jeremy Newberger. Co-sponsored by North Shore Jewish Center in Port Jefferson Station and Temple Isaiah in Stony Brook.
- A special screening of *Rolling Along* will be held at JFK Middle School on October 30 at 7 p.m. Guest speaker will be former U.S. Senator and screenwriter Bill Bradley in person.
- *Maestra* heads to JFK Middle School on November 6 at 7 p.m. Guest speakers will be Director Maggie Contreras via Zoom and Melisse Brunet, Conductor and subject in the film. Sponsored by Danfords Hotel & Marina and The Waterview at Port Jefferson Country Club.
- ◆ The season concludes with a screening of *A Revolution on Canvas* at Theatre Three on November 13 at 7 p.m. Guest speakers will be Co-Directors Sara Nodjoumi and Till Schauder. Sponsored by Danfords Hotel & Marina and The Waterview at Port Jefferson Country Club.



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What is the MOLST form and why is it so important?

ATTORNEY AT LAW

In addition to traditional healthcare advance directives, such as a Healthcare Proxy and Living Will, the MOLST form is another advanced directive



BY NANCY BURNER ESQ.

one can execute to ensure their end-of-life wishes are followed.

MOLST stands for "Medical Orders for Life-Sustaining Treatment." It was originally tested in Onondaga and Monroe Counties in May 2006. In July 2008, after a successful pilot program, the MOLST program was implemented on a permanent, statewide basis. The Department of Health updated the form in June of 2010 to make it more user-friendly and to make it compliant with the Family Health Care Decisions Act. Despite the fact that the MOLST form has been around for several years, many people are unaware of its existence. In fact, even many physicians and social workers are not familiar with it.



Unlike a Living Will which can be prepared well before the end of your life, the MOLST form is a medical document traditionally executed when the patient wants to avoid or receive any or all life-sustaining treatment, is in a long-term care facility or requires long-term care services and/or may die within the next year. It is intended to assist health care professionals in discussing and developing treatment plans that reflect the

patient's wishes. The program is based on the idea that communication between you as a patient (or your legal surrogate) and your health care providers will result in informed medical decision-making.

A licensed physician must verify that the treatment plan accurately represents the patient's wishes in light of their prognosis and sign the form. Once executed, all health care professionals must follow the orders

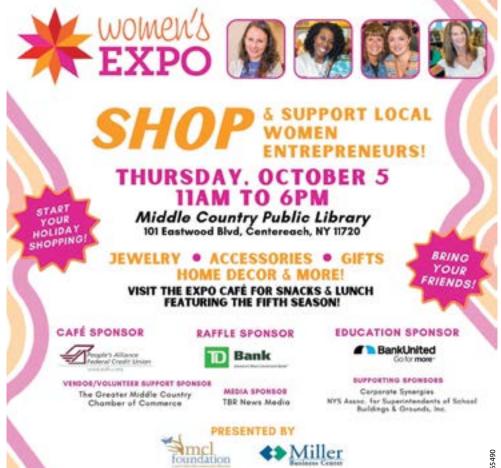
designated by the patient from one location to another, unless a physician examines the patient, reviews the orders and changes them.

The MOLST form itself is bright pink to ensure that it can be found easily in an emergency. It documents medical orders regarding life-sustaining treatments such as Cardiopulmonary Resuscitation (CPR), intubation, mechanical ventilation, artificial hydration and nutrition. The form can be used to limit medical interventions like cardiopulmonary resuscitation (CPR) or to clarify a request for specific treatments. Through this document, you can include directions about other types of medical procedures that you may or may not want to receive. Moreover, because the form is intended to follow the patient, it is used and recognized in a variety of health care settings.

The benefit of the MOLST form is that it forces a constructive dialogue between the patient and their medical providers that will aid physicians, nurses, health care facilities and emergency personnel in fulfilling patient wishes regarding lifesustaining treatments.

Nancy Burner, Esq. is a Partner at Burner Prudenti Law, P.C. with offices in East Setauket, Westhampton Beach, Manhattan and East Hampton.





Vendors Wanted

- 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.
- Port Jefferson Station/Terryville Chamber of Commerce seeks business and community vendors for its 2023 Family Fun Day at the Train Car Park, corner of Route 347 and Route 112 in Port Jefferson Station on Sept. 30 from 10 a.m. to 4 p.m. Vendor booth \$50, chamber members only \$10, food vendor/ truck \$100. For an application, visit www. PJSTChamber.com. For more information, call 631-821-1313.
- Bethel Hobbs Community Farm, 178 Oxhead Road, Centereach is seeking vendors for its annual Fall Harvest Fair on Oct. 7 from 11 a.m. to 5 p.m. (rain date Oct. 8)

\$60 for 10' X 10' spot. For more info, email Alexandra_Gallo@aol.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.
- Vendors (crafts, food, clothing, jewelry, and more) are wanted for St. John's Harvest Fair, St. John's Episcopal Church, 12 Prospect St on Main St in Huntington on Oct 21 from 10 a.m. to 4 p.m. Email info@stjohns1745.org for an application. 631-427-1752.
- Shoreham-Wading River Wildcats Helping the Arts & Music seeks vendors for its Holiday Craft Fair at Wading River School, 1900 Wading River Manor Road, Wading River on Nov. 4 from 10 a.m. to 3 p.m. Booth is \$60 for an 8' by 4' area with table and two chairs provided; \$50 if you donate a raffle item. Visit www.swrwham.org.



Consider financial gifts for grandchildren

MONEY MATTERS

If you have grandchildren, vou probably enjoy spending time with them and watching them grow. And to help them achieve a bright future, you might like to make



You have several options. Let's look at three

529 plans — When you invest in a 529 education savings plan, any earnings growth is distributed federally tax free, as long as withdrawals are used for qualified education expenses. (Withdrawals used for expenses other than qualified education expenses may be subject to federal and state taxes, plus a 10% penalty.) And in-state residents who invest in their home state's 529 plan may also receive state tax incentives.

A 529 plan can be used for college, approved trade school programs, qualified student loan repayments and even some K-12 costs. And if the grandchild you've named as a beneficiary of a 529 plan decides to forego further education, you can generally switch beneficiaries to another immediate family member.

You can contribute up to \$17,000 in 2023, per grandchild, to a 529 plan without incurring gift taxes. Furthermore, as of the 2024-25 school year, grandparent-owned 529 plans won't affect financial aid eligibility. However, tax issues for 529 plans can be complex, so consult with your tax advisor about your situation.

Roth IRA — Any earnings growth in a Roth IRA is distributed tax free, provided the owner is at least 59½ and has had the account at least five years. If your grandchildren earn Edward Jones in Stony Brook. Member SIPC.

money from babysitting or a part-time job, they can open a Roth IRA with the help of a parent or other adult. You could "match" your grandchildren's contributions, possibly on a dollar-for-dollar basis, to provide them with an incentive for saving. In fact, you could fully fund the Roth IRA, up to the annual contribution limit, which is \$6,500 or the amount of your grandchild's taxable compensation, whichever is less. (The annual limit is \$7,500 for those 50 or older.) And your grandchildren can withdraw the contributions — not the earnings — at any time to pay for college or anything else.

Custodial account — You can open a custodial account, also known as an UGMA or UTMA account, for a grandchild, and fund it with most types of investments: stocks, mutual funds, bonds and so on. For that reason, it can be a good way to teach grandchildren about the nature of investing — risks, returns and the value of holding investments for the long term. Plus, there's an initial tax benefit to custodial accounts: The first \$1,250 of your grandchild's investment income (dividends, interest, capital gains) is tax free, and the next \$1,250 is taxed at the child's rate. Anything above that amount is taxed at the parents' marginal tax rate.

However, once your grandchildren reach the age of termination — usually 18 or 21, depending on where they live — they take control of the account and can do whatever they choose with the money. So, while a custodial account could be considered as a funding source for college, it might alternatively serve as a gift that could eventually enable your grandchild to fulfill another desire or goal take an overseas trip, pay for a car or maybe even start on a path to entrepreneurship.

Making financial gifts to your grandchildren can be rewarding — for them and for you. So, consider the possibilities carefully and put your generosity to work.

Michael Christodoulou, ChFC®, AAMS®, CRPC*, CRPS* is a Financial Advisor for





Mather Hospital receives national accreditation for pain, addiction care

Mather Hospital in Port Jefferson recently received the Pain and Addiction Care in the Emergency Department (PACED) designation from the American College of Emergency Physicians.

PACED is a national accreditation program that seeks to improve pain management and substance use care for patients. Having a PACED designation means that patients in these hospitals will receive the highest level of treatment for pain and addiction, while minimizing the use of opioid medications.

"Receiving PACED accreditation confirms

the work we've done across several disciplines - medicine, nursing, social work, pain management — to remove the stigmas associated with addiction and to provide the best evidence-based care," said Adam Wos, MD. Medical Director of the Emergency Department. "This means that our clinicians are focused on approaches that prevent the harms of addiction, and our patients have more resources and fewer barriers to seeking out the care they need."

Mather is one of 18 Northwell hospitals to received PACED designation. Sandeep

Kapoor, MD, assistant vice president of Emergency Medicine Addiction Services, said the designation recognizes Northwell's determined efforts over the past decade to create a landscape of humanistic and evidencebased approaches in helping people living with substance use disorder (SUD) and pain issues.

"The fact that 18 of our hospitals have received national accreditation recognizes our efforts to humanize the approach to substance use and pain. We are very proud that our model of care is being regarded as an industry standard," Dr. Kapoor said.

Movieland Cinemas in Coram shutters its doors

BY HEIDI SUTTON

Movieland Cinemas, a longtime fixture in the community, has closed. The announcement was made on its Facebook page on Sept. 7. General Manager Nicole Rapp cited high rent and declining foot traffic as the reason for the closure.

Located in Coram at 1850 Route 112 in the Pine Plaza, the theater opened in 1995 and changed hands many times, most recently in 2022 after extensive renovations.

"Over the years, our theater has been a place where the community has come together to enjoy films ... and celebrate the magic of cinema. We have cherished every moment spent with you, our loyal patrons, and the support you have shown us," read the post.

Many patrons reacted to the announcment with sadness and thanked the theater for the many years of memories.

"We want to extend our sincere thanks to each and every one of you who has been a part of our theater's journey. It's been an incredible ride, and we couldn't have done it without you. We are going to miss hosting your birthday parties, special events, gaming tournaments, sensory friendly screenings, Princess/ Superhero meet-and-greets, and so much more," said Rapp.

The post went on to the thank "the dedicated movie theater staff ... who tirelessly worked behind the scenes" and hinted at reopening the theater in the future with a potential buyer.

"While our doors may be closing for now, the memories we've created together will live on. Thank you for being a part of our theater's story, and we hope that this is a temporary speed-bump and soon be able to make a comeback," added Rapp.

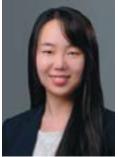


The staff at Movieland Cinemas poses for one final photo. Photo from Facebook

COMINGS AND GOINGS

New York Cancer & Blood Specialists welcomes Jin Guo, MD

New York Cancer & Blood Specialists (NYCBS) has announced the addition of Jin Guo, MD. She will practice at 1500 Route 112, Bldg 4, Port Jefferson Station. "We are proud



Jin Guo, M.D.

to welcome Dr. Jin Guo to the NYCBS team," said Jeff Vacirca, MD, CEO of NYCBS. "We are confident that Dr. Guo's expertise and compassionate approach will greatly benefit our patients and further enhance our mission to provide exceptional cancer care."

Dr. Guo's love for oncology's scientific and humanistic aspects led her to medicine. "It's important to understand what makes cancer cells grow and what we can do to fight cancer but building a human connection is equally important," Dr.Guo said.

To make an appointment with Dr. Guo, please call 631-751-3000. For more information, visit nycancer.com.

Edward McCabe joins Sahn Ward **Braff Koblenz PLLC**

Sahn Ward Braff Koblenz PLLC has announced Edward G. McCabe has joined the firm as Partner. He will work out of the Firm's Suffolk County office in Hauppauge with Partners Iohn Farrell and Elaine Edward G. McCabe

Colavito.



Mr. McCabe concentrates his practice on civil and commercial litigation and appeals, municipal law and legislative practice and real estate law and transactions. Prior to joining the Firm, Mr. McCabe managed his own general law practice, handling all aspects of client representation from litigation to real estate transactional work, such as contract and lease preparation.

"I look forward to helping the Firm continue to grow its litigation, real estate and land use practices, and work with the Firm's attorneys, many of whom I have known from my own practice," said McCa be. For more information, call 516-228-1300 or visit www.sahnward.com.



READERS' CHOICE:



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.

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.

Accountant	TOWN	Carpet Cleaning Service	TOWN	Equipment Supply/Rental	TOWN
Arborist/Tree Service	TOWN	Caterer	TOWN	Eyewear	TOWN
Art Gallery	TOWN	Cesspool Service	TOWN	Farm Stand	TOWN
Assisted Living/Nursing Home	TOWN	Cleaning Service	TOWN	Financial Planner	TOWN
Attorney/Lawyer	TOWN	Clothing Store	TOWN	Film Festival	TOWN
Audiologist/Hearing Specialist	TOWN	Coffee Shop	TOWN	Flooring Store (carpet/tile)	TOWN
Auto Body Shop	TOWN	College/University	TOWN	Florist	TOWN
Auto Dealer	TOWN	Computer Services	TOWN	Fuel Company	TOWN
Auto Repair Shop	TOWN	Convenience Store	TOWN	Funeral Home	TOWN
Bagel Shop	TOWN	Dance School	TOWN	Furniture Store	TOWN
Bakery	TOWN	Daycare/Preschool	TOWN	Garden Center/Nursery	TOWN
Bank	TOWN	Deli/Sandwich Shop	TOWN	Golf Course	TOWN
Barber	TOWN	Dental		Grocery Store	TOWN
Bike Shop	TOWN	Dentist	TOWN	Gym/Fitness Center	TOWN
Bowling Lanes	TOWN	Cosmetic Dentistry	TOWN	Hair Salon	TOWN
Bridal Shop	TOWN	Orthodontist	TOWN	Hardware Store	TOWN
Builder/Contractor	TOWN	Pediatric Dentist	TOWN	Health Food Store	TOWN
Building Supply/Lumber/Masonry	TOWN	Periodontist	TOWN	Hotel/Motel	TOWN
Bus Company	TOWN	Diner	TOWN	Ice Cream Stand/Store	TOWN
Butcher	TOWN	Doctor/Physician/Internist (see Medical & Well	ness)		
Camp	TOWN	Dramatic Theater (Playhouse)	TOWN		
Car Wash	TOWN	Dry Cleaner	TOWN		TBR NEWS MEDIA
Card/Gift Shop	TOWN	Electrician	_ TOWN		THE WAS INCEDED.
					<u>©</u>



READERS' VOTE!!



Insurance Agency	TOWN	Pharmacy	TOWN	Real Estate Agent	TOWN
Jewelry Shop	TOWN	Physical Therapy	TOWN	Restaurants	
Kitchen/Bath Design	TOWN	Psychotherapist	TOWN	Chinese	TOWN
Landscaper	TOWN	Vascular/Vein	TOWN	French	TOWN
Liquor/Wine Store	TOWN	Mortgage Company	TOWN	Italian	TOWN
Local Brewery	TOWN	Movie Theater	TOWN	Japanese	TOWN
Medical & Wellness		Museum	TOWN	Mexican	TOWN
Acupuncturist	TOWN	Nursing Service	TOWN	Pizzeria	TOWN
Allergist	TOWN	Nail Salon	TOWN	Seafood	TOWN
Cardiologist	TOWN	Painter (Interior/Exterior)	TOWN	Steak House	TOWN
Chiropractor	TOWN	Paint Store	TOWN	Thai	TOWN
Cosmetic Surgeon/Practice	TOWN	Party Supply	TOWN	Security Systems Service	TOWN
Dermatology	TOWN	Pet Services		Senior Housing Complex	TOWN
Family Doctor	TOWN	Animal Hospital	TOWN	Sign Maker	TOWN
Gastroenterology	TOWN	Animal Shelter/Adoption	TOWN	Spa	TOWN
1		Animal Shelter/Adoption Pet Boarding/Sitting Service		SpaTanning Salon	TOWN
Gastroenterology	TOWN			•	
Gastroenterology Hospital	TOWN	Pet Boarding/Sitting Service	TOWN	Tanning Salon	TOWN
Gastroenterology Hospital Internist	TOWN TOWN	Pet Boarding/Sitting Service	TOWN	Tanning Salon	TOWN
Gastroenterology Hospital Internist Laser Treatment	TOWN TOWN TOWN TOWN	Pet Boarding/Sitting Service Pet Grooming Pet Supply Store	TOWN TOWN	Tanning Salon Tire Shop Trash Removal	TOWN TOWN
Gastroenterology Hospital Internist Laser Treatment Massage	TOWN TOWN TOWN TOWN TOWN	Pet Boarding/Sitting Service Pet Grooming Pet Supply Store Veterinarian	TOWN TOWN TOWN	Tanning Salon Tire Shop Trash Removal Winery	TOWN TOWN TOWN
Gastroenterology Hospital Internist Laser Treatment Massage OBGYN/Obstetrics & Gynecology	TOWN TOWN TOWN TOWN TOWN TOWN	Pet Boarding/Sitting Service Pet Grooming Pet Supply Store Veterinarian Photographer	TOWN TOWN TOWN TOWN TOWN	Tanning Salon Tire Shop Trash Removal Winery Yoga Studio	TOWN
Gastroenterology Hospital Internist Laser Treatment Massage OBGYN/Obstetrics & Gynecology Ophthalmologist	TOWN TOWN TOWN TOWN TOWN TOWN TOWN	Pet Boarding/Sitting Service Pet Grooming Pet Supply Store Veterinarian Photographer Piano Entertainer	TOWNTOWNTOWNTOWNTOWNTOWN	Tanning Salon Tire Shop Trash Removal Winery Yoga Studio	TOWN
Gastroenterology Hospital Internist Laser Treatment Massage OBGYN/Obstetrics & Gynecology Ophthalmologist Optometrist	TOWNTOWNTOWNTOWNTOWNTOWNTOWNTOWN	Pet Boarding/Sitting Service Pet Grooming Pet Supply Store Veterinarian Photographer Piano Entertainer Plumber	TOWNTOWNTOWNTOWNTOWNTOWNTOWN	Tanning Salon Tire Shop Trash Removal Winery Yoga Studio	TOWN

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

OR

VOTE Online at tbrnewsmedia.com



Name: _____ Street Address: _____

Town: ______ Zip: _____Phone: _____

Email Address: _____

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

Rosh Hashanah recipes to celebrate the New Year

BY HEIDI SUTTON

Last week's recipes were two variations of apple pie; this week are two apple cakes. Both made with vegetable oil instead of butter, they are a perfect way to celebrate a sweet and fruitful New Year for Rosh Hashanah.

Apple Cake

YIELD: Makes 8 servings INGREDIENTS:

- 3 cups crisp apples, peeled, cored and diced
- 3 teaspoons cinnamon
- · 6 tablespoons, plus 2 cups, sugar, divided
- 3 cups flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 cup vegetable oil
- 4 eggs, beaten
- 1/4 cup orange juice
- 1 teaspoon vanilla
- icing (optional)

DIRECTIONS:

Heat oven to 350 F. In medium bowl, mix apples, cinnamon and 5 tablespoons sugar until combined. Set aside.

In large bowl, mix flour, 2 cups sugar, baking powder and salt until combined. Form well in middle of mixture. Add oil,

Check out our heat and eat dinner options



eggs, orange juice and vanilla; mix until blended.

In springform pan, pour half of batter. Add apple mixture. Pour remaining batter

over apple mixture. Sprinkle remaining sugar over batter. Bake 40-50 minutes, or until top is golden brown and tester comes out clean and dry. Drizzle with icing, if desired.

Apple Coffee Cake

YIELD: Makes 10 servings INGREDIENTS:

- 5 cups tart apples, cored, peeled and chopped
- 1 cup sugar
- 1 cup dark raisins
- 1/4 cup vegetable oil
- 2 teaspoons vanilla
- 1 egg, beaten
- 2 1/2 cups sifted all-purpose flour
- 1 1/2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- Preheat oven to 350 F. Lightly oil 13-by-9-by-2-inch pan.

DIRECTIONS:

In large mixing bowl, combine apples with sugar and raisins; mix well. Let stand 30 minutes. Stir in oil, vanilla and egg.

Sift together flour, baking soda and cinnamon. Using about 1/3 of mix at a time, add to apple mixture, stirring just enough to moisten dry ingredients. Turn batter into pan. Bake 35-40 minutes until toothpick inserted in center of cake comes out clean. Cool cake slightly before serving.

On the web:

STORE HOURS: MON.-FRI. 8am-7pm • SAT.-SUN. 8am-6pm

Check out a recipe for Crown Raisin Challah at www.tbrnewsmedia.com





Welcome to the 21st edition of Paw Prints, a monthly column for animal lovers dedicated to helping shelter pets find their furever home!



Meet Audrey

The iconic Audrey Hepburn once stated, "They say love is the best investment; the more you give, the more you get in return." Starring in her own love story, meet Little Shelter's fair lady Audrey, an eight-year-old Chihuahua mix. Much like her namesake, she is gracious, charming, optimistic and kind. Slightly awkward on her stilt like legs, she is nonetheless completely endearing and you'll fall head over heels at first glance, despite her housebreaking issues! Always stylishly outfitted and ready for breakfast at Tiffany's, her favorite spot is tucked under your arm, right next to your heart. Stop by to meet this little funny face and welcome Audrey home. 631-368-8770, ext. 21



Meet Cash

Cash in on Cash! Currently up for adoption at Save-A-Pet in Port Jefferson Station, this 2.5 year old sweetheart has been through a lot in his short life. He was born with bilateral luxating patellas (knee issues) which an orthopedic surgeon repaired. He has been recovering in foster care for the last few months and is now looking for a lifelong loving home of his own. Cash is 100% housed-trained. He knows many basic commands and is easily redirected. He learns very quickly and just wants to be your best boy. He loves being outside and playing with his toys — he even plays fetch!

Cash would do best with a family who has a fenced in yard and who will make sure he gets enough exercise and stimulation. He's great on the leash and polite on walks and while meeting neighbors. He gets along great with other dogs and leaves the cats alone. Don't miss your opportunity to add this phenomenal pup to your family! 631-473-6333, www.saveapetusa.org

Check out the next Paw Prints in the issue of October 12.



Meet Smokey

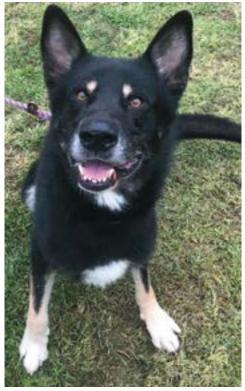
Sweet senior Smokey was adopted from the Smithtown Animal Shelter as a kitten in 2009 and returned when his mom fell on hard times and had to move. This brown and white tabby is all affection all of the time. He is as gentle as he is handsome and has lived with another cat in the past. Smokey has a clean bill of health and just wants to be spoiled in his golden years. Will that be with you? 631-360-7575



Meet Mickey Mouse

This is Mickey Mouse, 1-year-old charming little guy at Little Shelter who's looking for his forever family. He has an outgoing, sociable personality and enjoys being the center of attention. Despite his small size, he's overflowing with character and loves to be in the midst of all the fun. Come by and say hello to him today! 631-368-8770, ext. 21

Rescue is a lifestyle. Adopt, don't shop.



Meet Reed

Calling all Shepherd lovers! Meet handsome and intelligent Reed! This sweet boy came to the Brookhaven Animal Shelter as a stray in August and sadly no one came to claim him. This 100 lb hunk is approximately 4 years old and is full of energy. He loves to go for walks and knows several commands. He would do best in a home with children 16 years and does well around other dogs but he is NOT a fan of his feline friends. If you would like to meet Reed, please apply through the shelter's matchmaker application at www. brookhavenny.gov/152/Animal-Shelter. 631-451-6950

Teachers Pet event

The Town of Brookhaven Animal Shelter and Adoption Center, 300 Horseblock Road, Brookhaven hosts a "Teacher's Pet" event through the month of September. All animals that are of "school age" (4 years and up) are free. For more information, call 631-451-6950.

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Paw Prints is Sponsored by Mark Freeley



Ongoing

Stone Bridge Nighthawk Watch

Every evening from Aug. 27 through Oct. 6, from 5:30 p.m. until dusk, the Four Harbors Audubon Society will be tallying migrating Common Nighthawks to better understand nighthawk population trends. Join them at the Stone Bridge at Frank Melville Memorial Park, One Old Field Road, Setauket to witness nighthawks as they pass over during their migratory journey to their wintering grounds in Brazil and Argentina. Visit www.4has.org for further details.

Thursday 14 An Evening Under the Stars

Huntington Historical Society hosts its annual fall fundraiser, An Evening Under the Stars Reimagined, at the Kissam House, 434 Park Ave., Huntington from 6 to 9 p.m. Enjoy a cocktail party with hors d'oeuvres, food trucks, wines and beer from local breweries and live music performed by the Bogs. Tickets are \$150 per person, \$130 members www.huntingtonhistoricalsociety.org. 631-427-7045

Friday 15

Greenlawn Greek Festival

St. Paraskevi Greek Orthodox Shrine Church, 1 Shrine Place, Greenlawn invites the community to its annual Greek Festival tonight from 6 to 10 p.m., and Sept. 16 and 17 from 11 a.m. to 11 p.m. Enjoy authentic Greek food and pastries, rides and games. 631-261-7272, www.stparaskevi.org

Third Friday at the Reboli

The Reboli Center for Art and History, 64 Main St., Stony Brook continues its Third Friday series with an engaging talk with exhibiting artist Mickey Paraskevas from 6:30 to 8:30 p.m. Light refreshments and light snacks will be served at this free event. No reservations are required to attend. 631-751-7707

Saturday 16 **Greenlawn Greek Festival**

See Sept. 15 listing.

Dragon Boat Race Festival

The 9th annual Dragon Boat Race Festival heads to Harborfront Park, 101-A East Broadway, Port Jefferson from 8:30 a.m. to 5:30 p.m. Presented by the Greater Port Jefferson Chamber of Commerce, the event will showcase dragon boat races throughout the day with Asian-themed food, cultural crafts, traditional lion dance, children activities and much more. Held rain or shine. Free admission. 631-473-1414, https:// portjeffdragonboatracefest.com

... and dates

Sept. 14 to Sept. 21, 2023



AT DAY ON THE WATER

Join the Setauket Harbor Task Force for kayak lessons, a boat ride, music, crafts and more during Setauket Harbor Day on Sept. 16. Photo by Maria Hoffman

St. Elizabeth Car Show

St. Elizabeth Ann Seton R.C. Church, 800 Portion Road, Lake Ronkonkoma presents its annual car show from 9 a.m. to 3 p.m. with trophies, prizes and raffles. Spectators free. 631-484-2807

Garlic Festival

New location! Waterdrinker Farm, 663 Wading River Road, Manorville hosts the 21st annual Long Island Garlic Festival today and Sept. 17 from 9 a.m. to 6 p.m. Go on a garlic scavenger hunt, learn about garlic on a musical hayride, try garlic ice cream with live music, vendor market, food trucks and family activities. Admission is \$20 per person. 631-878-8653

Community Yard and Craft Sale

St. Cuthbert's Episcopal Church, 18 Magnolia Place, Selden will host an outdoor yard and craft sale from 9 a.m. to 3 p.m. Families and vendors will be selling merchandise of all kinds, including yard sale wares, handmade clothing, jewelry, wreaths and more! 631-732-8773

Antiques, Flea Market & Craft Fair

The Manorville Historical Society will hold its 33rd annual Antiques, Craft Fair and Flea Market on the grounds of The Maples, 10 Ryerson Ave., Manorville from 9 a.m. to 4 p.m. Antiques, flea market items, handmade crafts, food and raffle auction. 631-878-8358

Setauket Country Fair

Caroline Episcopal Church of Setauket invites the community to it annual Country Fair on the grounds of the church (1 Dyke Road, Setauket) and the Setauket Village Green across from Emma Clark Library on from 10 a.m. to 4 p.m. Featuring over 60 arts, crafts and gift vendors, barn sale, food court, baked goods, basket raffle and live music. Free admission. Rain date is Sept. 23. 631-941-4245

Treasures Sale

Setauket Presbyterian Church, 5 Caroline Ave., Setauket will hold a Treasures Sale in Fellowship Hall from 10 a.m. to 2 p.m. Come shop for toys, games, jewelry, attic treasures, homegoods, and antiques. Baked goods and drinks will also be for sale. 631-941-4271

Pickle Festival

John Gardiner Farm, 900 Park Ave., Greenlawn presents its 43rd annual Pickle Festival from 10 a.m. to 4 p.m. Enjoy specialty pickles, jams, farmer's market, craft vendors, corn maze, havrides and a ride on the restored Lollipop Farm train. Admission is \$5. 631-754-1180

Craft Fair Weekend

It's apple season on the North Fork and while you're heading out east visit the Shoppes at East Wind, 5768 Route 25A, Wading River

for a Craft Fair Weekend today and Sept. 17 from 11 a.m. to 5 p.m. Enjoy local craft vendors, bounce house, carousel and face painting for kids. 631-846-2370

San Gennaro Feast

Lenny Bruno Farms, 740 Wading River Road, Manorville presents the annual San Gennaro Feast: A traditional Italian-American celebration of food, fun, and family, today from 11 a.m. to 7 p.m. and Sept. 17 from 10 a.m. to 6 p.m. Featuring a vendor market, food trucks, games, beer and wine tastings, visit with farm animals and more. Admission is \$10 per person, children 2 and under are free. 631-591-3592

Setauket Harbor Day

Come celebrate the history of beautiful Setauket Harbor at the Brookhaven Town Dock and Beach on Shore Road from 11 a.m. to 4 p.m. Enjoy free kayak lessons and boat rides, learn about Setauket's shipbuilding past and view displays of the marine environment of a thriving harbor. Enjoy live music, food, arts and crafts and more. Sponsored by the Setauket Harbor Task Force. Free. 631-404-6447

German Fall Festival

St. Andrew's Lutheran Church, 30 Brooksite Drive, Smithtown presents its annual German Fall Festival from 11 a.m. to 5 p.m. Featuring brats & beer, German baked goods, pickles, pretzels, hair braiding, vendors, bracelet making, children's games, bounce house and raffles. Rain date is Sept. 23. 631-265-2288, www. standrewsofsmithtown.org

Victorian Tea

Join the Lake Ronkonkoma Historical Society for a Victorian Tea at the Fitz-Greene Hallock Homestead (1888), 2869 Pond Road, Lake Ronkonkoma with two seatings: 11:30 a.m. and 1:30 p.m. Enjoy a full Victorian Tea lunch, self-guided tour of the house and grounds and door prizes. \$30 per person with timed seating. Reservations required. 631-588-7599

Baseball on the Farm

Preservation Long Island and the Long Island Museum have teamed up to host a Baseball on the Farm event with the New York Mutual Base Ball Club at the Sherwood-Jayne Farm, 55 Old Post Road, E. Setauket from noon to 4 p.m. Enjoy an authentic 19th-century ballgame with the New York Mutual Base Ball Club against the Atlantics with live music, games, prizes, food and more. Free admission. Rain date Sept. 17. www. preservationlongisland.org

Car Show Fundraiser

Brandywine Living at Huntington Terrace, 70 Pinelawn Road, Melville will host a Classic Car Show to benefit veterans at 2 p.m. Attendees will have the opportunity to purchase food and beverages to benefit Tunnels to Towers, a non-profit organization dedicated to helping veterans and enjoy live music. 631-531-0000

Sunday 17

Greenlawn Greek Festival

See Sept. 15 listing.

Garlic Festival See Sept. 16 listing.

San Gennaro Feast See Sept. 16 listing.

Craft Fair Weekend See Sept. 16 listing.

Caumsett Hike

Join the staff at Caumsett State Historic Park Preserve, 25 Lloyd Harbor Road, Huntington for a 6 mile, hilly, moderately paced walk to relax, socialize, and enjoy the park's beauty from 9:45 to 11:45 a.m. \$4 per person. Advance reservations required by calling 631-423-1770

Taps & Talons at Hoyt Farm

Hoyt Farm, 200 New Highway, Commack host a Taps and Talons fundraiser for Sweetbriar Nature Center in Smithtown from 2 to 6 p.m. With over 15 breweries, the event features beer tastings, live music, and wildlife demonstrations. This event is 21 and over; photo ID is required. Car pooling and ride share encouraged. Tickets are \$45 per person at www.sweetbriarnc.org.

CAC welcomes CNN's John Avlon

Long Island LitFest presents an in-person talk with CNN news anchor and awardwinning columnist John Avlon, as he discusses his latest book, *Lincoln and the Fight for Peace* with his wife, Margaret Hoover, the host of PBS' "Firing



Line with Margaret Hoover," at the Cinema Arts Centre, 423 Park Ave., Huntington at 2 p.m. Tickets are \$40, \$35 members at www. cinemaartscentre.org.

LITMA Contradance

Smithtown Historical Society's Frank Brush Barn, 210 E. Main St., Smithtown will host a LITMA Contradance from 2 to 5 p.m. Basic instruction will be held at 1:45 p.m. Ridge Kennedy will be calling the Dance with music by Blarney Possum. \$15 general admission, \$10 LITMA members, \$7.50 students, hildren under 16 free with paid adult. Please bring snacks to share at the break. 631-369-7854

Songwriters of LI Concert

The Long Island Music and Entertainment Hall of Fame, 97 Main St., Stony Brook will host a concert by Songwriters of Long Island at 3 p.m. An 'all-star' lineup will be performing several of their original songs each including Bob Sinclair, Frank "Kingee" Latorre, Rorie Kelly, Erik Semo, Martha Trachtenberg and Hank Stone. Free with admission to the museum. 631-689-5888, visit www.limusichalloffame.org.

Baroque Sundays at Three

Stony Brook University's Staller Center for the Arts, 100 Nicolls Road, Stony Brook presents a Baroque Sundays at Three concert in the Recital Hall at 3 p.m. Featuring Jeremy Rhizor on Baroque Violin, Arnie Tanimoto on Viola da Gamba and Marc Bellassai on Harpsichord. These performances are free of charge to the public and ask only for a good-will donation of \$10 for adults and \$5 for students and seniors. 631-632-7330

Monday 18 TVHS lecture

Three Village Historical Society continues its lecture series at the Setauket Neighborhood House, 95 Main St., Setauket tonight at 7 p.m. Author Brad Kolodny will discuss his latest book, Seeking Sanctuary: 125 Years of Synogogues on Long Island. Free and open to all. www.tvhs.org

Sky Room Talk

The Cinema Arts Centre, 423 Park Ave., Huntington presents a Sky Room Talk titled *The Seriously Funny Cinema of Mel Brooks* at 7:30 p.m. Film Historian Glenn Andreiev presents a one-night talk on the great Mel — with laugh-filled clips of his work in television and film. Tickets are \$17, \$12 members. www.cinemaartscentre.org.

Tuesday 19

No events listed for this day.

Wednesday 20

Harbor Jazz Festival

Jazz lovers are invited to attend the 8th annual Harbor Jazz Festival at The Jazz Loft, 275 Christian Ave., Stony Brook from Sept. 20 to 23. Each day brings a line-up of jazz greats, including some of the top internationally and nationally recognized talents. All events on Sept. 23 are free and take place on the front lawn of the Jazz Loft and on the Stony Brook Village Green. 631-751-1895, www.thejazzloft.org

Hard Luck Cafe concert

Nashville-based singer-songwriters Halley Neal and Sam Robbins will kick off the 2023-2024 season of the monthly Hard Luck Café series co-presented by the Folk Music Society of Huntington and the Cinema Arts Centre, 423 Park Avenue, Huntington in the Cinema's Sky Room on from 7 to 10 p.m. An open mic, for which sign-up is at 6:30 p.m., precedes the concert. Admission is \$20, \$15 members. www.cinemaartscentre.org

Cruise Night at The Shoppes

Cruise Nights are back at The Shoppes at East Wind, 5768 Route 25A, Wading River from 5 to 9 p.m. every Wednesday through Oct. 25. Check out the fine array of classic and coveted automobiles from car enthusiasts from across Long Island in The Shoppes parking lot. 631-929-3500

Thursday 21

Harbor Jazz Festival

See Sept. 20 listing.

Film

'Rather'

The Port Jefferson Documentary Series Fall 2023 season opens with a screening of Rather at Theatre Three, 412 Main St., Port Jefferson on Sept. 18 at 7 p.m. Frank Marshall's incisive documentary is a long-overdue tribute to an icon of journalism, a late-in-life Twitter superstar, a father, husband, and a voice of reason, compassion, and brilliance: Dan Rather. Followed by a Q&A with guest speakers Taylor Wildenhaus and Sarah Baxter. \$10 (cash only) at the door or purchase in advance at www.portjeffdocumentaryseries.com. See more on page B9.

Theater

'The Prom'

Theatre Three, 412 Main St., Port Jefferson kick off its 53rd season with *The Prom* from Sept. 16 to Oct. 21. As the lights dim on four fading Broadway stars, they wildly seek the spotlight. Courting the controversy surrounding a small-town Indiana prom, the quartet invades a community that wants to keep the party straight. Tickets are \$40 adults, \$32 seniors, \$20 students, \$20 children ages 5 to 12. To order, call 631-928-9100 or visit www.theatrethree.com.

'Rent'

Smithtown Center for the Performing Arts, 2 E. Main St., Smithtown presents Jonathan Larson's *Rent* from Sept. 16 to Oct. 22. Based loosely on Puccini's *La Boheme*, the groundbreaking musical follows a year in the life of a group of impoverished young artists and musicians — Roger, Mimi, Tom, Angel, Maureen, Joanne, Benny and Mark — struggling to survive and create in New York's Lower East Side, under the shadow of HIV/AIDS. Tickets are \$35 adults, \$32 seniors, \$28 students. To order, call 800-595-4849 or visit www.smithtownpac.org.

'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 631-928-9100 or visit www.theatrethree.com.

'Beautiful'

Main stage theater continues at the John W. Engeman Theater with *Beautiful: The Carole King Musical* from Sept. 14 to Oct. 29. From the chart-topping hits she wrote for the biggest acts in music to her own life-changing success with Tapestry, the show takes you back to where it all began—and takes you on the ride of a lifetime. Featuring such unforgettable classics as "You've Got a Friend," "One Fine Day," "So Far Away," and many more. This Tony® and Grammy® Award-winning show is filled with the songs you remember and a story you'll never forget. Tickets range from \$85 to \$90. To order, call 631-261-2900 or visit www.engemantheater.com.

'Antigone Now: A Short Drama'

The Theatres at Suffolk County Community College present Antigone Now: A Short Drama by Melissa Cooper in Theatre 119, Islip Arts Building Suffolk County Community College, 533 College Road, Selden on Oct. 5, 6, 7, 12, 13, 14 at 7:30 p.m. and Oct. 8 and 15 at 2 p.m. In the midst of a bombed-out city still feeling the aftershocks of war, the rebellious and intense Antigone defies her uncle to bury her disgraced brother. This contemporary response to the myth of Antigone brings powerful, modern prose to an ancient and universal story. *Mature Content General admission: \$15, veterans and students 16 years of age or younger \$10. For tickets call 631-451-4163.

Class Reunions

• Save the date! Port Jefferson High School Class of 1964 will hold its 60th reunion at the Meadow Club, 1147 Route 112, Port Jefferson Station on Oct. 17, 2024. For more information, email Mike Whelen at Mikarlwhe@comcast.net.

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.

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Religious Directory

Catholic

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www.www.infantiesus.org REVEREND GREGORY RANNAZZISI,

PASTOR, ASSOCIATES: REV. FRANCIS LASRADO & REV. ROLANDO TICLLASUCA

Parish Outreach: 631-331-6145 Weekly Masses: 7:30am (Monday-Friday) and 9am in the Church

Weekend Masses: Saturday at 4:30pm, Sunday 9:00am and 12:00pm in the Chapel.. at 7:30 am, 8:45am (Spanish), 10:30am, and

> 5pm in the Church Spanish Masses: Sunday at 8:45am in the Church

The Sacrament of Reconciliation remains scheduled on Saturdays 12:30-1:15pm in the lower church.

ST. GERARD MAJELLA ROMAN CATHOLIC CHURCH

300 Terryville Road, Port Jefferson Station 631-473-2900 www.stgmajella.org

REV. GREGORY RANNAZZISI, PASTOR Mass: Saturday 5pm

Sunday 8am, 10am & 12pm

Weekday Mass: 9am

Confessions: Saturday 3:45pm-4:45pm Office Hours: Monday-Thursday 9am - 4:30pm Thrift Shop: Monday-Thursday 10am - 4pm and Friday 10am-2pm.

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

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 KUZNIK, 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 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,

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. ALPHONSUS IGBOKWE, 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 Weekend Masses: Saturday Vigil: 5 pm Sunday: 7:30 am; 10:00 am; 12 noon. Baptisms: Most Sundays at 1:30 pm.

Please contact Parish Office for an appointment. Reconciliation: Saturday 4-4:45 pm

or by appointment.

Anointing of the Sick: by request. Holy Matrimony: Contact Parish Office at least six months in advance of desired date.

Religious Education: Contact 631-744-9515 Parish Outreach: Contact 631-209-0325



Catholic Traditional Latin Mass

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

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IslandChristian.com 631-822-3000

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Congregational

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Livestreaming on YouTube:

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Sunday School at 10am

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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

Episcopal

ALL SOULS EPISCOPAL CHURCH

On the hill across from the Stony Brook Duck Pond 61 Main Street, Stony Brook FATHER TOM REESE VICAR

Visit our website www.allsoulsstonybrook.org or call 631-655-7798

Sunday: 8:00am Virtual Morning Prayer

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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1 Dyke Road on the Village Green, Setauket Web site: www.carolinechurch.net

email: office@carolinechurch.net 631-941-4245

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9:30am Sundays Holy Eucharist w/ choir 12:15pm Wednesdays Noonday Prayer

10:00am Thursdays Healing Service Sunday School & Children's Chapel

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Entrance is located at the back of the building. All are welcome!

CHRIST EPISCOPAL CHURCH 127 Barnum Ave., Port Jefferson 631-473-0273

email: ccoffice@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 Eucharists in our Chapel. Masks are optional.

GOD BLESS YOU

Father Anthony DiLorenzo

It is the mission the people of Christ Church to grow in our relationship with Jesus Christ and to make his love known to all through ourlives 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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Religious Directory

Episcopal

Office phone: 631.744.7730 Office hours: Mon - Fri 9 am to Noon and by appointment www.stanselmsofshoreham.org https://www.facebook.com/ saintanselmsepiscopal/ Summer Schedule Saturday-5 pm Eucharist Sunday-8 am Eucharist Sunday - 10 am Eucharist with music Monday-9:30 am Morning Prayer Tuesday-8 pm Compline on Facebook Live Thursday-9:30 am Morning Prayer Friday-8 pm Compline on Facebook Live Healing+ - Last weekend of each month Anselm's Attic - Thrift Shop (631) 744-2636 Wednesdays & Saturdays 10 a.m. to 2 p.m. Food Pantry

> Saint Anselm's Academy New York State Licensed Childcare 8 weeks through Pre-K www.stanselmsacademy.org

Saturdays 10 a.m. to Noon

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12 Prospect St, Huntington (631) 427-1752 On Main St. next to the library

Sunday Worship

8 am- Rite I Holy Eucharist 10 am - Rite II Holy Choral Eucharist **Sunday School Registration**

Starting September 10th at 9:40am Sign up for First Communion & Confirmation

Morning Prayer-on Zoom 9:00am-Monday-Friday **Noonday Prayer**

Wednesdays, 12-1pm-Noonday prayer Open Doors

Sundays, 2-4pm -Music at 3pm Thrift Shop

Tuesdays, Thursdays, & Saturdays-12-3pm **Harvest Fair**

Saturday, October 21st, 10am-4pm Food, Crafts, Raffles, Silent Auction, Vendors, Live Music & More!

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lewish

NORTH SHORE JEWISH CENTER 385 Old Town Rd.. Port Jefferson Station

631-928-3737 www.northshorejewishcenter.org RABBI AARON BENSON CANTOR DANIEL KRAMER

EXECUTIVE DIRECTOR MARCIE PLATKIN PRINCIPAL HEATHER WELKES YOUTH DIRECTOR JEN SCHWARTZ Services: Friday At 8 Pm; Saturday At 9:15 am Daily Morning And Evening Minyan

Call For Times. Tot Shabbat Family Services Sisterhood Men's

Club Seniors' Club Youth Group Continuing Ed Adult Bar/Bat Mitzvah Judaica Shop Food Pantry Lecture Series Jewish Film Series

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REV. DALE NEWTON, PASTOR On Sundays the services are at 9 and 10:30 a.m. A link for all these services is on the website: www.hopeluth.com.

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

ST. PAUL'S EVANGELICAL **LUTHERAN CHURCH**

309 Patchogue Road Port Jefferson Station 631-473-2236

e-mail PastorPaulDowning@yahoo.com pastor's cell phone voice or text 347-423-3623

www.StPaulsLCPJS.org facebook.com/stpaulselca Services

Sundays 8:30am and 10:30am

Wednesday Bible Study

over Zoom at 9:30 Friday Prayer Group at 10:30am in church or zoom

WELCOME FRIENDS

Provides free lunch in parking lot on Tuesdays at 1:00 pm

Lutheran-LCMS

MESSIAH LUTHERAN CHURCH

465 Pond Path, East Setauket 631-751-1775 www.messiahny.org

Pastor Nils Niemeier Associate Pastor Steve Unger

Sunday Worship 8:30am and 11:00am

> Sunday School 9:45am

Bible Classes

Sundays, Wednesdays and Thursdays For more information or to speak to one of our pastors please contact the church office. May God keep you safe and shine His light and love upon you

Methodist

BETHEL AFRICAN METHODIST EPISCOPAL CHURCH

33 Christian Ave/ PO 2117, E. Setauket 631-941-3581

REV. LISA WILLIAMS PASTOR Sunday Worship: 10:30 Am Adult Sunday School 9:30 Am

Lectionary Reading And Prayer: Wed. 12 Noon

Gospel Choir: Tues. 8 Pm Praise Choir And Youth Choir 3rd And 4th Fri. 6:30 PM.

SETAUKET UNITED METHODIST **CHURCH**

160 Main Street, Corner of 25A and Main Street East Setauket 631-941-4167 REV. STEVEN KIM, PASTOR

> **Sunday Worship Service** Indoor at 10am

Services are streamed online @ www.setauketumc.org

and livestreamed on Facebook Holy Communion 1st Sunday of Month

Mary Martha Circle (Women's Ministry) meets every 2nd Tuesday each month at 1pm No matter who you are or where you are on life's journey, you're welcome here!

STONY BROOK COMMUNITY **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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Sunday Worship Service-10 am Live streaming available on Facebook page

Holy Communion 1st Sunday of the Month Hot meals, groceries & clothing provided on a take out basis by Welcome Friends on

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Call the church office or visit our website for current activities and events.

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The purpose of First Presbyterian Church of Port Jefferson is, with God's help, to share the joy &

Vanderbilt Museum closes its Stoll Wing for renovations

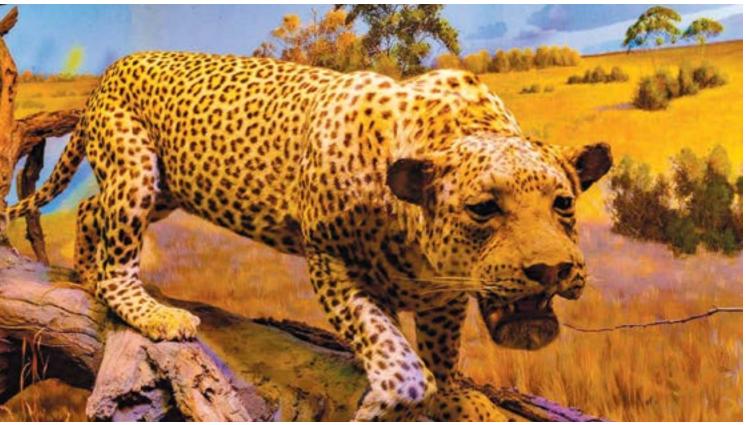
The Suffolk County Vanderbilt Museum, 180 Little Neck Road, Centerport has announced the upcoming revitalization of its Stoll Wing, a natural-history exhibit space dedicated to the spirit of exploration and learning.

The Stoll Wing project is made possible by generous support from the Roy M. Speer Foundation, which donated funds to honor the legacy of Charles H. Stoll.

The Museum has closed the Stoll Wing and Habitat Hall through mid-October. The renewal of the natural history exhibits represents the deepening of the Museum's commitment to excellence in public education and stewardship.

This project will include updated signage, improved lighting, and elevated finishings. As part of the architect Ecodepot's design, the renovation will also create additional vitrines to display ethnographic materials collected on the American Museum of Natural History's (AMNH) famous 1928 Stoll-McCracken Expedition to the Siberian Arctic.

The eight Stoll Wing dioramas display fifteen animals brought home by Charles H. Stoll (1887-1988) and his wife, Merle, between 1922 and 1969. Charles H. Stoll was a noted explorer, big-game hunter, and jurist who joined the Vanderbilt Museum Board of Trustees in 1969. He funded the Stoll-McCracken Expedition under the auspices of the AMNH, and the donation of his personal collection to the VanderbiltMuseum reflected his belief in the organization's mission of informal education and enjoyment for the people of Long Island.



A diorama in the Vanderbilt Museum's Stoll Wing. Vanderbilt Museum photo

"We thank you for your understanding while this project is underway. We look forward to sharing the revitalized Stoll Wing with you soon," said Elizabeth Wayland-Morgan, Executive Director at the Vanderbilt Museum in a press release.

The renovation of the Stoll Wing is made possible by the generosity of the Roy M. Speer Foundation. Additional support for the conservation projects at the Suffolk County Vanderbilt Museum comes from the Robert David Lion Gardiner Foundation,

the Gerry Charitable Trust, the Pritchard Charitable Trust, and committed members of the Long Island community.

For information on how to support the Vanderbilt Museum and its programs, visit www.vanderbiltmuseum.org/joinsupport/.

Religious Directory

Presbyterian

good news of Jesus Christ with the congregation, visitors and the community at large; to provide comfort to those in need and hope to those in despair; and to seek justice for all God's people.

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Church, est 1660

Follow us on Instagram - setauketpres

Quaker

QUAKER RELIGIOUS SOCIETY OF FRIENDS Conscience Bay Meeting

4 Friends Way, St. James 11780 631-928-2768 www.consciencebayquakers.org We gather in silent worship seeking God,/the Inner Light/Spirit.

We're guided by the Quaker testimonies of simplicity, peace, integrity, community, equality and stewardship. In-person worship blended with virtual worship.

To be listed in the Religious Directory please call 631–751–7663

Unitarian Universalist

UNITARIAN UNIVERSALIST FELLOWSHIP AT STONY BROOK

380 Nicolls Road, East Setauket 631-751-0297

uufsb.org office@uufsb.org Pastor Madelyn Campbell

Pastor Madelyn Campbe minister@uufsb.org

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Sunday Service: 10:30 a.m.

Please visit our website and click on Covid Protocols for our latest update.

Or visit www.uufsb.org to join us via live stream on Sunday mornings.

HOROSCOPES OF THE WEEK

VIRGO – Aug 24/Sept 22

Virgo, while others may want the spotlight, you are content to work behind the scenes for the time being. There is nothing wrong with being a supporting character.

LIBRA - Sept 23/Oct 23

Take a few moments this week to go over spending, as you may determine that you have to reel in your budget a little more than you had expected, Libra.

SCORPIO - Oct 24/Nov 22

Scorpio, family responsibilities may continue to weigh you down a bit more than usual, leaving little time for romance. Try to make time when you can.

SAGITTARIUS - Nov 23/Dec 21

You are interested in changing your living space in the days to come, and redecorating is at the top of the list, Sagittarius. Find out ways you can do it without breaking the bank.

CAPRICORN - Dec 22/Jan 20

Capricorn, you may be holding back on conversations for fear of not getting the answers you desire. Everything won't go your way, but failing to act is not the way to go.

AQUARIUS - Jan 21/Feb 18

You are ready to make some solid choices for your family and future, Aquarius. They may not align with what others feel is necessary, but stay true to your beliefs and needs.

PISCES - Feb 19/Mar 20

While you are prone to giving all of your energy away to others most of the time, this week you focus mostly on you, Pisces. It's a welcomed change that you deserve.

ARIES - Mar 21/Apr 20

Your compassion takes you many places, Aries. This week you may be compelled to reach out and do more volunteer work for a nonprofit that you hold dear.

TAURUS – Apr 21/May 21

Taurus, your friends need you to be steady this week, and that's just what you will give them. You like being in a leadership role and someone others can depend on.

GEMINI - May 22/Jun 21

Right now your to-do list is very small, which means you have loads of free time for recreational activities if you choose. Otherwise, you can simply bask in having nothing to do.

CANCER - Jun 22/Jul 22

Cancer, you are in a frame of mind to learn some new skills, and this is just the week to get started. Begin slowly with a hobby or something that interests you.

LEO - Jul 23/Aug 23

Leo, it can be challenging to remain low-key when others are excited all around you, but you must be serious with this new venture you are considering. There will be time to celebrate later.



'Lilac Jungle' by Hillary Serota Needle



'Sixteen' by Emily Marti



'Summer Light' by Michael Sansone



'Above the Clouds No. 2' by Edward Acosta

Tranquility art show opens at Huntington Arts Council

The Huntington Arts Council (HAC) hosted an opening reception for its latest art exhibit, *Tranquility*, at its Main Street Gallery on September 8. The beautiful group show features the work of Edward Acosta, Emily Martin, Michael Sansone and Hillary Serota Needle.

"The most powerful aspect of the arts is to give us a sense of place and a sense of home. The tranquil feeling of being where we belong in our communities. The current small group show reflects on that sense of tranquility. I encourage all to come meet these artists from your community and talk about their work during the Fall Huntington Village Art Walk from on October 1st from noon to 5 p.m.," said Kieran Johnson, Executive Director at the HAC.

Tranquility will be on view at the Main Street Gallery, 213 Main Street in Huntington through Oct. 14. Gallery hours are Tuesday to Friday from 11 a.m. to 4 p.m. For more information, call 631-271-8423 or visit www.huntingtonarts.org.















SBU SPORTSWEEK



SEPTEMBER 14 TO 20, 2023

TOMORROW IS FRIDAY – WEAR RED ON CAMPUS!

STONY BROOK UNIVERSITY

Women's soccer earns first CAA victory against Hampton

The Stony Brook women's soccer team earned their first CAA victory of the season on Sept. 10 after defeating Hampton University, 6-1.

The Seawolves wasted no time putting the pressure on the Lady Pirates defense as the squad tallied two goals in the first 16 minutes. Ashley Manor captured the first goal of the night for Stony Brook in the 10th minute, followed by a penalty-kick goal by Reilly Rich in the 16th minute to give the squad an early 2-0 advantage.

Stony Brook was in control of the possession for most of the first half by tallying 12 shots in the frame compared to the four by Hampton. However, the Lady Pirates would cut the lead to 2-1 heading into the break following a goal in the 41st minute.

Similarly to the beginning of the match, Stony Brook came out storming again by scoring a goal in the first 30 seconds and then followed with another score 10 minutes later. Linn Beck made the most of a pass from Allie Palangi to score in the 45th minute and Gabby Daniels scored her first

goal of the season in the 54th minute to allow Stony Brook to take a 4-1 advantage.

This is all the Stony Brook offense would need in the second half. Nicolette Pasquarella was stellar in net in the final 45 minutes by not allowing a goal on the four shots she faced.

The offense for the Seawolves would tally two more goals in the 61st and 88th minute after Rich captured another penalty-kick goal and Hannah Maracina scoring her first goal of the season to conclude the 6-1 victory, respectively.

"I'm very proud of our team and our coaching staff for their performance today. It was a quick turnaround after Thursday's game traveling to Hampton but we accomplished our goal and are very pleased with bringing 3 points back to Stony Brook," said head coach Tobias Bischof.

Next up the team will return to the pitch on Sept. 14 when they host Delaware University at LaValle Stadium. The action is set to begin at 6:31 p.m. and can be streamed on FloSports.



From left, #12 Reilly Rich, #10 Linn Beck and #21 Gabrielle Côté celebrate last Sunday's win.

Photo from Stony Brook Athletics

Volleyball sweeps Siena to close non-conference play

The Stony Brook volleyball team concluded their weekend in Queens with a straight-set victory on Sept. 9 over Siena inside the Carnesecca Arena.

The Seawolves came out firing from the offensive side in the first set as the squad put together a .348 attack percentage with 11 kills in the opening set victory. Also, Stony Brook supplemented their offense with six aces in the set, including three straight by Madison Cigna to give the Seawolves the 16-12 lead in the set.

Stony Brook ended the first set on a strong note, stretching their lead to its largest point in the set to complete the 25-17 victory.

The squad was victorious in set two by taking the 25-22 win to promptly take a 2-0 lead in the match. The Seawolves outlasted the Saints in a back-and-forth set to win in a stanza that featured five lead changes and was tied eight times. Neither team led by more than four points along the way. The squad racked up 19 kills over the course of the set,

including two by Abby Stanwood in the final five points to secure the second frame.

Stony Brook did not allow Siena to make any comeback as the squad took the third set, 25-15. The squad led from the first point and never looked back by tallying 15 kills in the set on .344 attack percentage. Kali Moore and Leoni Kunz both tallied two kills in the final five points to take the set and ultimately the three-set sweep.

Moore finished with 16 kills on the day to lead the Seawolves attack while finishing with a hitting percentage of .323. Defensively, Stony Brook had two players reach double figures in digs as Torri Henry had 16 and Julia Patsos had 10. Also, Henry led the way with 32 assists for the Seawolves.

"It was great to end the weekend with a win and I thought we approached this match with maturity. We managed rallies until we had opportunities and ultimately found a way to score. I was excited to see our crew gut out a win, especially in the second set when it





#4 Abby Stanwood during last Saturday's game. Photo fron SBU Athletics

got tight. We are very excited to open CAA play next weekend at home," said head coach Kristin Belzung.

The team returns to the court next weekend when the squad hosts Northeastern University at Pritchard Gymnasium for their first CAA action of the season.

Seawolves Home Games

FOOTBALL

Sept. 23 vs. Richmond	3:30 p.m.
Oct. 14 vs. Fordham	3:30 p.m.
Oct. 21 vs. New Hampshire	3:30 p.m.
Nov. 11 vs. Albany	1 p.m.

MEN'S SOCCER.

2 p.m
6:31 p.m
2 p.m
6:31 p.m
6:31 p.m.

WOMEN'S SOCCER

Sept. 17 vs. Hofstra2 p.r	n.
Oct. 1 vs. William & Mary12 p.1	m.
Oct. 12 vs. Drexel 6:31 p.1	m.

VOLLEYBALL

Sept. 16 vs. Northeastern 1 p	o.m
Sept. 17 vs. Northeastern 1 p	.m
Sept. 30 vs. North Carolina AT &T 1 p	m.
Oct. 1 vs. North Carolina AT &T 12 r	o.m.

Visit www.stonybrookathletics.com for tickets and any last minute cancellations.

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PROGRAMS

Fruits & Veggies

Sunken Meadow State Park, Sunken Meadow Parkway, Kings Park hosts a Tiny Tots program, Fruits & Veggies, on Sept. 14 from 10:30 to 11:30 a.m. with a short walk, story time, animal visitors and crafts. For children ages 3 to 5. \$4 per child. Reservations taken on eventbrite.com.

Skull Scavenger Hunt

In anticipation of Halloween, the Whaling Museum, 301 Main St., Cold Spring Harbor presents a Skull Scavenger Hunt now through Oct. 22. Hunt for papier-mache skulls around the museum in this seasonal, spooky scavenger hunt. Find them all and win a prize! Free with admission. Members free. No registration needed. Gallery hours are Thursday to Sunday from 11 a.m. to 4 p.m. 631-367-3418.

Story & Craft with Nana Carol

The Next Chapter bookstore, 204 New York Avenue Huntington hosts A Story and Craft event with Nana Carol on Sept. 18 and



Catch a screening of 'Puss In Boots: The Last Wish' at the Cinema Arts Centre this Sunday.

Photo courtesy of CAC

25 at 10:30 a.m. No registration required. Appropriate for ages 0-4 (sometimes older siblings join as well). 631-482-5008

FILM

'Puss in Boots: The Last Wish'

Cinema Arts Centre, 423 Park Ave., Huntington continues its Cinema for Kids! series with a screening of *Puss in Boots: The Last Wish* on Sept. 17 at noon. Everyone's favorite swashbuckling feline returns for a new adventure in the Shrek universe as Puss in Boots embarks on an epic journey into the Black Forest to find the mythical Wishing Star and restore his lost lives. Rated PG. Tickets are \$12, \$5 children 12 and under. www. cinemaartscentre.org.

THEATER

'The Wizard of Oz'

Children's theater continues at the John W. Engeman Theater, 250 Main St., Northport with *The Wizard of Oz* from Sept. 23 to Oct. 29. After a tornado whisks her away to the magical land of Oz, Dorothy Gale teams up with a Scarecrow, a Tin Woodsman, and a Cowardly Lion to find the mighty Wizard of Oz who can send her home. Dorothy learns just how magical friendship can be and how wonderful it can feel to go home again. All seats are \$20. To order, call 631-261-2900 or visit www.engemantheater.com.

'A Kooky Spooky Halloween'

Theatre Three, 412 Main St., Port Jefferson presents A Kooky Spooky Halloween, a merry musical about a ghost who's afraid of the dark, from Oct. 7 to 21 with a sensory sensitive performance on Oct. 8. Recently graduated spirit Abner Perkins is assigned to the Aberdeen Boarding House — known for its spectral sightings and terrific toast. Here, Abner finds himself cast into a company of its wacky residents. When his secret is revealed, he is forced to leave his haunted home and set-off on a quest with his newly found friends and his best friend Lavinda the witch. All tickets are \$12. To order, call 928-9100 or visit www. theatrethree.com.

Scarecrow competition returns to Stony Brook Village

It's time to bring your haygame! The Ward Melville Heritage Organization (WMHO) is currently accepting submissions for its annual Scarecrow Competition. This will be the 33rd year the spooky and silly six-foot creations will adorn the pathways of picturesque Stony Brook Village Center for visitors to enjoy and vote for their favorite. Register as an individual, group or professional and create a scarecrow masterpiece.

You can pick up a registration form at any of the shops in Stony Brook Village, or you can download it digitally from the events section of the Stony Brook Village Center website. To enter this competition, please return the completed registration form to The Ward Melville Heritage Organization, P.O. Box 572, Stony Brook, NY 11790, with the entry fee of \$30 by Sept. 20.



One of last year's Scarecrow Competition winners, 'Dead Tired Moms.' Photo from WMH0

Vote for your favorite scarecrows by picking up a ballot at any of the shops and restaurants at the Stony Brook Village Center from Sept. 30 to Oct. 25. Winners will be notified on Oct. 27 by 5 p.m. and will be announced during the WMHO's Halloween Festival on Oct. 31.

For more information, please call the WMHO at 631-751-2244.



ONLY ON THE WEB:

www.tbrnewsmedia.com

- » Northport Symphony Orchestra welcomes new music director for season
- » Suffolk County Legislator Stephanie Bontempi joins with municipal leaders to fight antisemitism
- » Suffolk County Farm and Education Center unveils new interactive walkway
- » PSEG Long Island reminds customers: Preparedness begins on 'blue sky' days
- » Touch A Truck scouting recruitment events head to Kings Park and Huntington on Sept. 23

A Letter to the Community

From Stony Brook University President

MAURIE McINNIS



Fall semester is in full swing at Stony Brook University, and it's a spectacular time for members of our Long Island community to pay us a visit and get to know the many resources this campus offers. On September 23, we'll be hosting CommUniversity Day - a festival dedicated to the myriad opportunities at Stony Brook with food, games, and hands-on activities for children and families. It's free. And it's a lot of fun!

Our mission is to engage in the work that will benefit Stony Brook, Long Island, New York, and beyond, and we take that very seriously. In the past year alone, New York State has demonstrated its trust with significant new levels of support. This semester, we welcomed the inaugural class of our Simons STEM Scholars, a huge leap in our effort to create a diverse and equitable future for STEM. The Scholars are a class of brilliant students, many of whom are from our home state, from underrepresented backgrounds who have the opportunity to live, study, and receive mentorship and networking support throughout their time at Stony Brook. Just this summer, we received a landmark endowment gift from the Simons Foundation — the largest unrestricted endowment gift to a higher education institution in U.S. history — that will transform our ability to support excellence and drive positive change. And finally, we were selected as the anchor institution for the Center for Climate Solutions on Governors Island and are leading The New York Climate Exchange — a groundbreaking, cross-disciplinary nonprofit that has allowed us to partner with institutions across Long Island and the country for a sustainable, bright future.

Almost everywhere you look, you can see the rich, reciprocal relationship between Stony Brook University and our community. In July, Stony Brook Medicine opened the Advanced Specialty Care at Lake Grove, a comprehensive facility located right in the Smith Haven Mall. And I'm proud to say that our Health Occupations Partnership for Excellence (HOPE) program — in which high school students spend two years after school at Stony Brook getting real experience in everything from college applications to the environment of medical operating rooms — just received its largest number of applications yet. This past May, HOPE graduated 38 high school juniors and seniors from Brentwood, Wyandanch, and Longwood schools, three of whom were accepted into Stony Brook!

This speaks to the spirit of Stony Brook: We are a university that innovates with purpose. We want to leverage our resources and talent to impact positive change globally. And of course, that starts right here on Long Island.

I hope that over the summer you were able to attend a film screening (or three or four) at our Stony Brook Film Festival or a free concert in The Jazz Loft's Summer Swap series, sponsored by Stony Brook University and Stony Brook Medicine. Get to know Stony Brook University better through performances, events, workshops, and more.

Stony Brook University's ambitions spread far and wide — across the globe and even into space — but our roots remain right here, with you. Thank you for being a part of our wonderful community. I hope to see you soon.

Sincerely.

Mauria Malania

Maurie McInnis President, Stony Brook University

