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Concern for the next generation

**PLAIN TALK**

These are painfully polarizing times. The recent behavior in Washington D.C. is a disgrace. The language used by some of our public officials is reprehensible. Our former president continues to act in public with language that is clearly unpresidential and not respectful. Who should the next generation look up to?

The power of positive example is clearly missing. In the past, no matter what your political affiliation, you could always have civil conversation. No matter what your political side, both sides could work together for the common good.

The blatant lies, manipulative dialogue, lack of truth and destructive ad hominem attacks make us look weak and foolish on the international stage. In simple terms, it is an embarrassment.

The weaponization of religion is even more disturbing. It is shocking that all major faith traditions including my own have many of them are exceptionally bright but very impaired.

What are we doing to address these concerns? Too often we get lost in the weeds and forget about our most valuable treasure — the next generation. I have seen firsthand their untapped talent and giftedness.

Our schools are the center of most of our communities. We need to work harder at supporting them fiscally and emotionally. We need to hold them accountable but also need to allow them to educate our children and provide all of the support resources that are critical for our children's holistic development, academically, socially and spiritually.

Education is one of our most vital resources that needs to be strengthened and supported. We need to invest in more creative ways to support our students to become the best version of themselves. They are our invaluable future.

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

Many of their critical thinking skills are weak, and in some cases totally lacking.

However, what I find most disturbing is our children’s tendency to isolate and their fear of human connections. I have seen all of this firsthand in all of my freshman; many of them are exceptionally bright but very impaired.

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October 21st & 22nd *11am - 5pm

Featured Events

Pumpkin Harvest Maze & Patch: All Weekend
   11 - 5pm; The Rinx; Port Jeff Village Center; $
   Go through the harvest maze & receive a small pumpkin!

Horse & Wagon Rides: Both Days
   1 - 5pm; Begins at Harborview Christian Church; $12 p/p

Costumed Dog Parade: 10/21
   Starts at 12:30pm; Goes from E. Main St. to Main St. & Back

Chowder Crawl: 10/21
   12 - 3pm Village-Wide; $$
   Taste different Chowders at 13 Participating Locations.

Pie Eating Contest: 10/22
   2:45pm Participant Check-In; Begins at 3pm; In Front of the Frigate; $
   See who can eat a Cherry Pie the fastest!

Pirate Scavenger Hunt: Both Days
   2-4pm; Starts at corner of Arden Pl. & Main St.; $5 p/p
   Follow the treasure map to businesses and get clues to win a prize!

View The Full Schedule at PortJeffChamber.com

Sponsored by the Port Jeff Chamber of Commerce & Port Jeff Business Improvement District, in cooperation with the Incorporated Village of Port Jefferson.

*Some events will be held after 5pm.
BNL helps eight area teachers learn how to create computer coding

BY DANIEL DUNAIEF

Brookhaven National Laboratory hopes to inspire the scientists of the future.

The Department of Energy sponsored national laboratory, which attracts scientists from all over the world to its state-of-the-art facility, opened its doors regularly to local students and teachers, with researchers and educators translating what they do to area residents at all levels of scientific development and understanding.

Amid so many other efforts and with a welcome return to on-site education after pandemic restrictions over the last few years, BNL received DOE funding to help eight area teachers learn how to create computer coding.

In their classrooms, these educators have shared what they studied this past summer with their students.

Coding, which uses programs like Python and Arduino, can help scientists create a set of instructions that allow computers to process and sort through data more rapidly than any person could by hand.

At the same time, a knowledge of coding can and does provide students with tools that scientists seek when they are choosing graduate students, technicians or staff in their laboratories.

Coding helps to set students “up for a job,” said Michele Darienzo, Educational Programs Administrator and one of the two teachers for the four-week summer program. “It puts you at the top of the pile.”

Darienzo added that efforts such as these prepare the science, technology, engineering and math workforce for the future.

Using modern technology, researchers collect data in a wide range of fields at a rate that requires technological help to sort through it and derive meaning from it.

“We’re at the point where lots of projects are collecting so much data and information,” said Darienzo. “We have one experiment [that is producing] many iPhones per second worth of data. That’s not something a person can do in their lifetime.”

Darienzo taught the programming language Python to the class of teachers, while Amanda Horn, who is also an Educational Programs Administrator, instructed these educators with Arduino.

“It went really well,” said Horn. “The teachers seemed really engaged in everything we were doing.”

A day in the life of a river

Beyond the on site experience at BNL, Horn accompanied a class this fall or a Day in the Life of the Carmans River at Smith Point County Marina.

The students used sensors to measure numerous variables, such as temperature, pressure and humidity. With another sensor, they were able to measure carbon dioxide levels.

“If you cup your hand around the sensor, you can graph [the level of the gas] in real time using the code,” said Horn. Variabilities occurred because of the movement of air, among other factors, she added.

The students on the trip “seemed excited [to use the sensors] and to get a sense of how they worked,” Horn said.

In the context of global warming in which greenhouse gases such as carbon dioxide drive an increase in temperature, Horn addressed why it’s important to measure the levels of the gas.

Ongoing efforts

Training teachers to code represents one of numerous educational efforts BNL offers.

The Office of Educational Programs has hosted over 30,000 participants in various programs in its K-12 and university science education programs.

Bringing students back on site this year after suspending in person visits amid the pandemic created a “big difference” for students, in terms of their excitement and enthusiasm, said Kenneth White, Manager of the Office of Educational Programs.

Jeffrey Tejada, a junior at Brown University, conducted summer research in the Computational Sciences Initiative.

Tejada, who grew up in Patchogue and moved to Medford, appreciated the opportunities he’s had since he started coming to BNL at the age of 14.

“It’s crazy how incredible BNL is as a resource,” said Tejada, whose parents are immigrants from the Dominican Republic.

Indeed, the first year Tejada attended, Aleida Perez, Manager, University Relations and DOE Programs at BNL, needed to convince his mother Rosa Tejada that the effort, which didn’t involve any pay, would benefit her son.

“My mom asked [Perez], ‘how worth it is this?’” Tejada recalled. Perez told Rosa Tejada, “You have to do this.”

His mom didn’t understand, but she listened and “that’s all that mattered,” as Tejada not only conducted research over the years, but is also planning to earn his PhD after he graduates.

White suggested that the recent coding effort was a recognition that students coming for internships at BNL or for scientific training opportunities elsewhere ended up spending considerable time trying to “figure out the basics” of coding.

In the first year of the teaching program, BNL reached out to teachers in 20 school districts that met particular criteria, including serving a high percentage of students that are traditionally under-represented in STEM fields. This included Longwood, Hampton Bays, Williams Floyd, South Huntington, Roosevelt, Central Islip, Middle Country and Brentwood.

The first week of the program was “frightening” for some of the teachers, who hadn’t had coding experience, said Perez. The teachers were “glad they came back for week two.”

As a part of the program, teachers presented their coding lessons to high school students on site at BNL, said Bernadette Uzzi, Manager, K-12 Programs in the Office of Educational Programs.

The final assessment test was a “pretty fun day,” Uzzi said, as the students pushed teachers to go further with their outdoor explorations.

Uzzi was thrilled when she had read that the Department of Energy had invited BNL to write a proposal for this pilot program. “Coding skills are important to be a scientist, no matter what field you’re in” she said. “There’s definitely a gap in what students are learning in school versus what is needed in the STEM workforce.”

Summer of ’24

At this point, it’s unclear if the DOE will build on this pilot program and offer additional teachers the opportunity to learn coding and bring this skill back to their classroom.

Uzzi said she would like to increase the number of teacher participants to 12 next year and to add physics applications to the current course work, which included a focus on environmental climate science.

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The smoothie you gave me is a game changer. I drink it before my workout and usually I would not do anything before I work out, but this gives me extra umph!!!! It is a really good thing! An added benefit is that I have lost 15 lbs, 14 of which were fat, in 6 weeks. I was already in the normal range for fat but now I’ve moved closer to the ideal range. This is great!
Female, age 57

Activities of Daily Living/Weight Loss
I lost 10 lbs of weight and 9 lbs of fat recently and, to my great surprise, I can bend over and cut my own toenails instead of having the podiatrist do it. It does not sound like such a great feat, but it is when you’re older. It helped that the weight I lost was from my belly. Thank you!
Female, age 83

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Eczema alternatives
New treatments are evolving

MEDICAL COMPASS

If you have eczema, you’re familiar with its symptoms, which can include rashes, itching, pain and redness. What may not be as clear are its causes and potential implications.

Eczema is a chronic inflammatory process, and it’s likely caused by a combination of genetics and lifestyle choices (1).

While there is no cure, some treatments can ease symptoms and reduce flare-ups. These range from over-the-counter creams and lotions, antihistamines for itchiness, prescription steroid creams, oral steroids, and injectable biologics. Some sufferers use phototherapy for severe cases, but there’s not a lot of research suggesting this is effective. Interestingly, diet may play an important role.

Two separate studies have shown an association between eczema and fracture risk, which we will investigate further.

How does diet affect eczema?

In a Japanese study involving over 700 pregnant women and their offspring, results showed that when the women ate either a diet high in green and yellow vegetables, beta carotene or citrus fruit there was a significant reduction in the risk of the child having eczema of 59 percent, 48 percent and 47 percent, respectively, when comparing highest to lowest consumption quartiles (2).

Elimination diets may also play a role. One study’s results showed when eggs were removed from the diet of those who were allergic, according to IgE testing, eczema improved significantly (3).

From an anecdotal perspective, I have seen very good results when treating patients who have eczema with dietary changes. My patient population includes many patients who suffer from some level of eczema. For example, a young adult had eczema mostly on his extremities. When we first met, these were angry, excoriated, erythematous and scratched lesions. However, after several months of a vegetable-rich diet, the patient’s skin improved significantly.

Do supplements help reduce eczema symptoms?

There are two well-known supplements for helping to reduce inflammation, evening primrose oil and borage oil. Are these supplements a good replacement for – or addition to – medications? The research is really mixed, leaning toward ineffective. There are also some important concerns about them.

In a meta-analysis of seven randomized controlled trials, evening primrose oil was no better than placebo in treating eczema (4).

The researchers also looked at eight studies of borage oil and found there was no difference from placebo in terms of symptom relief. While these supplements only had minor side effects in the study, they can interact with other medications. For example, evening primrose oil in combination with aspirin can cause clotting problems (5).

The upshot? Don’t expect supplements to provide significant help. If you do try them, be sure to consult with your physician first.

Are biologics a good alternative?

Injectable biologics are among the newest treatments and are generally recommended when other treatment options have failed (6). There are two currently approved by the FDA, dupilumab and tralokinumab.

In trials, these injectable drugs showed good results, improving outcomes for moderate to severe eczema sufferers when topical steroids alone were not effective. Like other monoclonal antibodies, they work by interfering with parts of your immune system. They suppress messengers of the white blood cells, called interleukins. This leaves a door open for side effects, like serious infections.

Does eczema affect bone health?

Several studies have examined the relationship between eczema and broken bones. One observational study of 34,500 patients showed that those with eczema had a 44 percent increased risk of injury causing limitation and a 67 percent risk of bone fracture and bone or joint injury for those 30 years and older (7).

If you have both fatigue or insomnia in combination with eczema, you are at higher risk for bone or joint injury than having one or the other alone. The researchers postulated that corticosteroids used in treatment could be one reason, in addition to chronic inflammation, which may also contribute to bone loss risk.

I have seen very good results when treating patients who have eczema with dietary changes.

Steroids may weaken bone, ligaments and tendons and may cause osteoporosis by decreasing bone mineral density.

A study of over 500,000 patients tested this theory and found that the association between major osteoporotic fractures and atopic eczema remained, even after adjusting for a range of histories with oral corticosteroids (8). Also, fracture rates were higher in those with severe atopic eczema.

For those who have eczema, it may be wise to have a DEXA (bone) scan.

Eczema exists on a spectrum from annoying to significantly affecting a patient’s quality of life. Supplements may not be the solution, at least not borage oil nor evening primrose oil. However, there may be promising medications for the hard to treat. It might be best to avoid long-term systemic steroids because of their long-term side effects. Diet adjustments appear to be very effective, at least at the anecdotal level.

References:


Dr. David Dunaiief 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.

News Around Town

Free health screenings
Catholic Health’s Mobile Outreach Bus will be in the Emma S. Clark Memorial Library’s parking lot, 120 Main St., Setauket on Thursday, Oct. 19 from 10 a.m. to 2 p.m. to offer free health screenings for the community. Registered nurses will provide blood pressure, cholesterol, body mass index, and glucose screenings, along with patient education and referrals as needed. They will also offer free flu vaccinations. No appointments are necessary, there are no fees, and insurance is not required. Questions? Email askus@emmaclark.org.

Byzantine Luncheon Fundraiser
Resurrection Byzantine Catholic Church, 38 Mayflower Ave., Smithtown presents a “Byzantine Traditional Luncheon — To Go!” fundraiser event on Sunday, Oct. 22 from noon to 4 p.m. Lunch includes Troika platter — stuffed cabbage, kielbasas and pierogi; cucumber salad; rye bread; dessert; and a bottle of water for $25. Pre-order deadline is Oct. 14. To place your order, please call Joanne at 631-332-1449.

Healthy Libraries Event
Comsewogue Public Library, 170 Terryville Road, Port Jefferson Station presents a Healthy Libraries event on Tuesday, Oct. 25 from 2 to 4:30 p.m. Stop in to meet with Stony Brook Medicine healthcare professionals and graduate student interns from the fields of social work, public health, nursing, and nutrition for assistance with access to in-person and virtual healthcare resources. No registration required. Questions? Call 631-928-1212.

Community Shred Day
Emma S. Clark Memorial Library, 120 Main St., Setauket hosts a Community Shred Day on Saturday, Oct. 14 from 10 a.m. to 2 p.m. Get rid of that unnecessary paperwork in a safe and environmentally friendly way, protect your privacy and get rid of clutter. A shredding truck from A Shred Away, Inc. will be in the library’s parking lot for on-site shredding of personal documents. There is a limit of 5 boxes or bags. All paper collected will be recycled at a certified paper mill. Please note: No plastic, paper, hanging files, red file folders, cardboard, newspapers, or magazines. Clips and staples are fine to put through the shredder. No wet papers, and please take any boxes, bags, etc. back home with you. Open to all. For more information, call 631-941-4080.
LIVING LIGHTLY
A Column Promoting a More Earth-Friendly Lifestyle
BY JOHN L. TURNER

Visit a Repair Café!
All too often in our throwaway society an appliance that no longer functions is thrown away and a new one purchased. Setting aside the fact there really is no "away" on our planet, many items can be readily fixed or repaired, preventing the item from taking up space at the local landfill. Enter the Repair Café which has a neat mission: "To transform our throwaway society one item at a time."

As their website indicates, Repair Cafés are meeting places where you can bring an item that needs repair to local volunteers who have the expertise to fix them. There is a cost for a replacement part, but the labor is provided for free. There are 191 Repair Cafés in the United States and nearly 2,500 cafés worldwide, most of which are in Europe.

What types of items can be fixed? A partial list includes jewelry, clothing, various tools (including those which need sharpening), lamps, many types of small appliances, some furniture such as chairs, vacuum cleaners, bicycles, and toys.

While the main office for Long Island Repair Café (they have a Facebook page) is at 1424 Straight Path in Wyandanch, run by Starflower Experiences, an environmental educational organization, volunteers host repair cafés throughout Long Island. The main office can be reached at (516) 938-6152.

If you don’t want to visit a local Repair Café, the website: repaircafe.org/en/community/repair-guides/ has more than 60,000 video guides illustrating how to repair a particular item. With the convenient availability of actual and virtual repair capabilities at your beckon call, it’s easier to follow their motto: "Toss It? No way — Repair Café."

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.
A Descendants Trust (commonly referred to as an Inheritor’s Trust) is a trust that is created under a person’s living trust or last will and testament that only comes into effect upon the death of the creator (“Grantor” in the case of a trust or “Testator” if a will). When a person leaves an inheritance for a beneficiary, he/she can choose to leave the share to the beneficiary outright or in a further Descendants Trust.

If left in a Descendants Trust, the inheritance: (1) can be protected from the beneficiary’s creditors, (2) will avoid becoming marital property subject to equitable distribution upon the beneficiary’s divorce, and (3) will be better preserved for future generations.

One advantage of a Descendants Trust is that if it is drafted correctly it can offer creditor protection for the beneficiary. Typically, the terms of the Descendants Trust will provide that income generated by the trust (e.g. interest, dividends) is distributed to the beneficiary annually/quarter-annually and trust principal can be distributed for the beneficiary’s health, education, maintenance, or support (“HEMS”) if the beneficiary is acting as his/her own trustee.

Otherwise, an independent trustee (a person not related by blood or marriage to the beneficiary and is not subordinate to the beneficiary i.e. does not work for the beneficiary) can distribute trust principal for any purpose. By limiting distributions in this way, the trust property will be beyond the reach of the beneficiary’s creditors and protected from any potential judgments.

A second advantage of Descendants Trusts is that they are an effective tool of protecting the beneficiary’s inheritance in the event of divorce. Generally speaking, when people get divorced they each retain their “separate property” while “marital property” is equitably divided by the court. Separate property includes property received as an inheritance, but if that inherited property is comingle with other marital property during the marriage, it can be subject to equitable distribution upon divorce.

However, if the inheritance is left in a Descendants Trust and the beneficiary keeps the inheritance in the trust and avoids comingling it, the property will be protected from the beneficiary’s spouse should they get divorced.

Another benefit of a Descendants Trust is that it is a good vehicle for preserving wealth for future generations. When property is left to a beneficiary outright, it simply becomes a part of the beneficiary’s own estate, and thus will pass according to his/her own estate planning documents upon his/her death. However, the terms of a Descendants Trust can stipulate the contingent/remainder beneficiaries so, for example, one can provide that upon a child’s death their share is to pass to his/her children in further trust.

Additionally, for high net-worth individuals with taxable estates, by limiting distributions of trust principal for HEMS, as discussed above, property passing into the Descendants Trust will remain outside of the beneficiary’s taxable estate, saving the beneficiary potential estate taxes upon his/her own death.

A Descendants Trust can be a great option for those who want to leave property to beneficiaries with creditor issues, beneficiaries going through a divorce, high net-worth individuals, or simply for beneficiaries lacking fiscal responsibility where it would be best for their inheritance to be managed by another person as trustee. An experienced elder law attorney can advise you as to whether a Descendants Trust makes sense for your particular situation and estate planning goals.

Nancy Burner, Esq. is a Partner at Burner Prudenti Law, P.C. focusing her practice areas on Estate Planning and Trusts and Estates. Burner Prudenti Law, P.C. serves clients from New York City to the east end of Long Island with offices located in East Setauket, Westhampton Beach, Manhattan and East Hampton.
Insight Healing Inc. cuts ribbon on new location in Setauket

The Greater Port Jefferson Chamber of Commerce hosted a ribbon cutting ceremony to celebrate the grand opening of the new space for Insight Healing Inc. on Oct. 21.

The event was attended by members of the Port Jefferson and Three Village Chambers of Commerce, Town of Brookhaven Councilmember Jonathan Kornreich, family and friends who wished owner Marianne Hennigar (pictured with scissors) the best of luck in her new location at 249 Route 25A, Suite 3, Setauket.

"As many people as there are, there are pathways to health and wellness. Marianne Hennigar at Insight Healing Inc. employs a practice related to mindfulness to lead people through the process of healing and growth. Marianne is a pain specialist with certification in clinical massage and specialist in guided focus therapies and has been practicing these arts for many years. Good luck and thank you for your gift of healing to our community!" said Councilmember Kornreich.

Operating hours are Tuesday through Friday from 10 a.m. to 7 p.m. and Saturday from 10 a.m. to 2 p.m., closed Sunday and Monday. For more information, call 631-358-0546 or email insighthealinginc@gmail.com.

Presentation of the Rohlf Medal

THE ROHLF MEDAL FOR EXCELLENCE IN MORPHOMETRIC METHODS AND APPLICATIONS

ABOUT THE ROHLF MEDAL
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College of Arts and Sciences

The Rohlf Medal was established in 2006 to mark the 70th birthday of F. James Rohlf, a distinguished professor emeritus in the Department of Ecology and Evolution and a research professor in the Department of Anthropology. The award is bestowed every two years to distinguished members of the morphometrics community for their outstanding work or for their applications in the biomedical sciences.

2023 ROHLF MEDAL RECIPIENT
Philipp Mitteroecker, Professor
Biostatistics and Biometrics, University of Vienna

Upon his receipt of the Rohlf Medal, Philipp Mitteroecker (PhD, University of Vienna) will give an overview of his research in human evolution and morphometric methods. He will focus on the evolution of human childbirth, which is a fascinating evolutionary puzzle. It seems paradoxical that such a painful and sometimes dangerous process has evolved. Mitteroecker will also touch upon the ethical and political implications of this work.

For more information, visit stonybrook.edu/rohlf

If you need an accessibility-related accommodation, call (631) 632-7211.

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What should you know about RMDs?

MONEY MATTERS

You may spend decades contributing to various retirement accounts. But for some accounts, such as a traditional IRA and 401(k), you must start withdrawing funds at a certain point. What should you know about this requirement?

To begin with, the rules governing these withdrawals — technically called required minimum distributions, or RMDs — have changed recently. For many years, individuals had to begin taking their RMDs (which are based on the account balance and the IRS’ life expectancy factor) when they turned 70½.

The original SECURE Act of 2019 raised this age to 72, and SECURE 2.0, passed in 2022, raised it again, to 73. (If you turned 73 in 2023, and you were 72 in 2022 when the RMD limit was still 72, you should have taken your first RMD for 2022 by April 1 of this year. You will then need to take your 2023 RMD by Dec. 31. And going forward, you’ll also need to take your RMDs by the end of every year.)

Not all retirement accounts are subject to RMDs. They aren’t required for a Roth IRA, and, starting in 2024, won’t be required for a Roth 401(k) or 403(b) plan. But if your account does call for RMDs, you do need to take them, because if you don’t, you could face tax penalties. Previously, this penalty was 50% of the amount you were supposed to have taken, but SECURE 2.0 reduced it to 25%.

When you take your RMDs, you need to be aware of a key issue: taxes. RMDs are taxed as ordinary income, and, as such, they could potentially bump you into a higher tax bracket and possibly even increase your Medicare premiums, which are determined by your modified adjusted gross income.

Are there any ways you could possibly reduce an RMD-related tax hike? You might have some options. Here are two to consider:

- **Convert tax-deferred accounts to Roth IRA.** You could convert some, or maybe all, of your tax-deferred retirement accounts to a Roth IRA. By doing so, you could lower your RMDs in the future — while adding funds to an account you’re never required to touch. So, if you don’t really need all the money to live on, you could include the remainder of the Roth IRA in your estate plans, providing an initially tax-free inheritance to your loved ones. However, converting a tax-deferred account to a Roth IRA will generate taxes in the year of conversion, so you’d need the money available to pay this tax bill.

- **Donate RMDs to charity.** In what’s known as a qualified charitable distribution, you can move up to $100,000 of your RMDs directly from a traditional IRA to a qualified charity, avoiding the taxes that might otherwise result if you took the RMDs yourself. After 2023, the $100,000 limit will be indexed to inflation.

Of course, before you start either a Roth IRA conversion or a qualified charitable distribution, you will need to consult with your tax advisor, as both these moves have issues you must consider and may not be appropriate for your situation.

But it’s always a good idea to know as much as you can about the various aspects of RMDs — they could play a big part in your retirement income strategy.

Michael Christodoulou, ChFC®, AAMS®, CRPC®, CRPS®, is a Financial Advisor for Edward Jones in Stony Brook. Member SIPC.

Matthew Kiernan joins Burner Prudenti Law, P.C.

Burner Prudenti Law, P.C. has announced that Matthew Kiernan, Esq., former Public Administrator of Suffolk County as appointed by the Surrogates Court, has joined the firm as Counsel. Kiernan brings decades of legal experience that includes time in private practice, public service, the court system, and academia. The hiring adds to the firm’s recent expansion of its Trust & Estates and Elder Law practices.

“We are very excited to welcome Matthew Kiernan to the firm,” said Nancy Burner, Founding Partner. “His distinguished and longstanding commitment to serving Suffolk County and New York state along with his exceptional trust & estate and guardianship work is a significant boon for the firm and for our clients.”

“I’m so pleased to be working with Matthew again. He is an outstanding lawyer and problem solver who will work tirelessly for our clients,” said Judge Gail Prudenti, Partner. For more information, visit www.burnerlaw.com.

Harmony Light & Wellness celebrates 1-year anniversary

The Greater Port Jefferson Chamber of Commerce hosted a ribbon cutting ceremony for Harmony Light & Wellness in Port Jefferson on Sept. 30. The event celebrated Harmony’s one-year anniversary and becoming a new chamber partner.

Located at 646 Main Street, Lower Level, the business specializes in helping you relax, recharge, reset and rebalance with holistic and sound therapy including the Harmonic Egg.

Pictured in photo, from left, Nicole Martinsen, Melissa Fesmire, Town of Brookhaven Councilmember Jonathan Kornreich, owner Megan Fesmire (holding scissors), husband Beau and daughter Cassidy.

Operating hours are Tuesday, Thursday and Sunday from 10 a.m. to 3 p.m. and Wednesday, Friday and Monday from 10 a.m. to 8 p.m. For more information, call 631-828-5055.

Comings and goings

New VP for Strategic Initiatives at SBU

Stony Brook University has named Wendy Pearson as Vice President for Strategic Initiatives, effective Nov. 1. Most recently, Pearson served as the Senior Advisor to the Provost at the University of Hawai‘i at Mānoa.

Pearson will report to Stony Brook President Maurie McInnis and work in close partnership with campus leaders and partners to identify and advance Stony Brook’s institutional priorities. Important goals include ensuring implementation and assessment of the recently completed strategic plan, taking the lead in developing an overall plan for our Southampton campus, and assisting in supporting SBU’s work as anchor institution for The New York Climate Exchange on Governors Island in New York City.

“Wendy has a proven track record of both convening key stakeholders on and beyond campus while connecting them to accomplish the wider strategic vision that moves priorities forward,” said President McInnis. “We’re so pleased to have her leadership involvement with the New York Climate Exchange, and her extensive experience in higher education will help us focus and align our planning on the pillars that the university needs to best commit resources to benefit our community.”

Pearson’s previous roles at the University of Hawai‘i at Mānoa include academic affairs program officer in the Office of the Vice Chancellor for Academic Affairs, where she managed program review and the development and modification of academic programs, and special projects manager for the School of Hawaiian, Asian and Pacific Studies. She also served as program coordinator in the Center for Peace & Conflict Studies/Detroit Council for World Affairs at Wayne State University, coordinating curriculum development and Japan study tours for public school teachers.

“I am honored to join this dynamic community of scholars and innovators,” said Pearson. “Leaving Hawai‘i for New York represents an exciting new chapter, and I am eager to contribute to the remarkable progress and bold initiatives of Stony Brook University. I look forward to working closely with all stakeholders to turn shared vision into reality, to drive positive change, and to make a lasting impact.”
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SCCC brings modern take to Ancient Greek classic with Antigone Now

BY JULIANNE MOSHER

Theater students at Suffolk County Community College in Selden are bringing a new perspective to an Ancient Greek tragedy with Antigone Now. The powerful show will be presented in Theatre 119 through Oct. 15.

Set on an empty, somber stage with just a staircase and bullet hole panels decorating the walls, Antigone Now is a modern look at one of Sophocles' earliest surviving plays, Antigone. The hour-long, one act play follows Antigone (Angie Barrientos), a once royal whose brothers and parents are killed amidst war.

Her sister, Ismene (Ke'Ashma Simpkins), tries to block out the noise of the gun shots and bombings while Antigone desires to find her brother, Polynieces (Jeremy Bazata) who is fighting against the war and deemed a traitor. But when she does, she learns she needs to bury him as he bleeds dead in the street. In order to give him a proper burial needs to bury him as he bleeds dead in the street. In order to give him a proper burial.

With the assistance of the narrator and ensemble member, Meredith Reed, we are taken to Ismene's home where she tries to console the young and ambitious Antigone, the palace where Creon reigns and a dungeon where one sits awaiting their fate after doing what's best for their family, but in turn, also becomes a traitor.

Performances by Barrientos, Simpkins, Bazata, Patrascu and Reed are beyond phenomenal. For students just beginning to make their mark in the world of theatre and entertainment, they certainly act as though they have been on Broadway for years all with the help and leadership of director Steven Lantz-Gefroh.

Originally written by Melissa Cooper, the local performances are raw and full of emotion. Despite a play filled with destruction and devastation, there's a meaning beneath it all like the rubble in the show's setting.

We get to know each character. Reed's narrator is strong with storytelling that helps the audience understand where we are. Patrascu's Creon is the perfect epitomy of a politician with the voice and look to match. We feel Simpkins' Ismene, who has a broken heart, and cries real tears, with so much love that she just wants to fix and protect everyone who is left in her life. Bazata's Polynieces says not one word, but his body language and stature on stage make him a focal point in the production. And of course, Barrientos' Antigone, the titular character, whose rebellious personality, and defiance show us that there is nothing over family and that often-subdued women will do whatever it takes to protect their honor.

Antigone Now is the perfect specimen of tragedy. The modern spin on it is relatable to most in the crowd and it is a beautifully crafted, thought-provoking presentation of a long-told tale that still holds true today.

You won't want to miss this one. The Theatres at Suffolk County Community College present Antigone Now in Theatre 119, Islip Arts Building Suffolk County Community College, 533 College Road, Selden on Oct. 12, 13, 14 at 7:30 p.m. and Oct. 15 at 2 p.m. **Mature Content. General admission is $15, veterans and students 16 years of age or younger $10. SCCC students with current ID are offered one free ticket. To order, please call the box office at 631-451-4163.
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For nearly 30 years, the Three Village Historical Society (TVHS) has brewed up a ghostly fun with a twist of history at its annual Spirits Cemetery Tour. The popular event returns on Saturday, Oct. 21 with A Century of Chicken Hill.

Attendees will visit 10 locations in the Caroline Episcopal Church of Setauket and Setauket Presbyterian Church graveyards, where they will learn about the lives of former Chicken Hill residents.

Mari Irizarry, TVHS director, said the society’s educational committee writes and develops the scripts for the annual event. While some dialogues could be reused in the past, all the scripts are original this year.

“This year, we’re going to see some characters with names that we definitely know like Ridgeway, like Golden,” Irizarry said. “People who were really active in the Chicken Hill community just 100 years ago, 120 years ago.”

Joseph Ridgeway was a key investor in the Rubber Factory which once operated in Setauket, and the Goldens were third-generation Jewish residents in the Three Village area.

During previous tours, actors playing the spirits would talk directly to attendees and describe their character's life. While a few will do the same this year, overall, guests will walk in on conversations taking place among Chicken Hill spirits.

“You will listen in on a conversation they are having about maybe the shipyard off Shore Road or about the new railway that’s coming to Stony Brook,” Irizarry said.

With descendants of some of the former residents depicted on the tour still living in the area, the society’s director said they had the opportunity to confirm a fact about one spirit with a great-grandchild who lives in Stony Brook. "We don’t get to do that very often,” she said.

This year marks the first Spirits Tour Kimberly Phyfe, TVHS development coordinator, has worked on and will experience. She said she is excited to see it and knows regulars will, too.

"Even if you have come to the Spirits Tour in the past, year after year, you’re going to see new characters, you’re going to meet new spirits,” Phyfe said. "We have different locations. Even though, obviously they’re in the same church graveyards, it’s a totally different experience, because it’s all new scripts and a lot of new actors, a lot of returning actors, too.”

She added that researching using the historical society’s archives with Scott Ferrara, collections and exhibits coordinator, was fascinating.

“We were able to reference pieces in our archives that directly relate to and support the scripts of the Chicken Hill characters,” Phyfe said, adding among the items are the Ridgeway family bible, and items listed in a ledger that Rubber Factory laborer and Chicken Hill community member Jacob Hart’s wife, Hannah, bought at the Tyler General Store and more.

Just knowing that our archives are in direct relation to the program that we are putting on is really incredible to be a part of,” she said. "It’s living history. It’s not just in a box on the shelf somewhere. We’re able to bring that out into the community.”

Phyfe added characters not depicting a specific person will be based on the types of people they have documentation on.

Among those who played a part in writing and editing the script were Town of Brookhaven Historian Barbara Russell and professional editor Stephanie Sakson.

Sakson has portrayed spirits twice in the past and helped with the scripts. She said for the Chicken Hill dialogues, she fine-tuned them and added some more history and humor. She said researching Chicken Hill was interesting.

“I really didn’t know anything about Chicken Hill,” the Port Jefferson resident said. "I told my friends ‘you have to come see this!”

She hopes attendees will gain “an appreciation that history is a living thing” and be inspired to do further research by visiting places such as the historical society and library.

“It’s not like it happened and it’s over,” she said. "You can see around you the effects of history, and how it has shaped how we feel about where we live and gives us an appreciation of how colorful and rich the place where we live is.”

The 29th Annual Spirits Tour will be held on Saturday, Oct. 21 (Rain date Oct. 28). Tours, which are approximately 1 hour and 15 minutes long, leave from the Setauket Presbyterian Church, 5 Caroline Ave., Setauket every 15 minutes starting at 5 p.m. The last tour departs at 7:30 p.m.

Irizarry urges all tourgoers to arrive early, dress for extended time outdoors, wear comfortable walking shoes and bring a flashlight. An exhibit with additional information on Chicken Hill will be on display at Setauket Presbyterian Church throughout the night and complementary apple cider from Ann Marie’s Farmstand in Setauket and donuts donated from local supermarkets will be served.

Tickets in advance at www.tvhs.org are $25. Tickets on the night of the event, if available, are $30. For more information, call 631-751-3730.

BY RITA J. EGAN
Enjoy seasonal favorites with fall comfort foods

BY HEIDI SUTTON

Cooler days call for comforting flavors the entire family can enjoy at the dinner table like roasted veggies paired with hearty favorites like cheesy pierogies followed by an apple crisp paired with pears and walnuts that provide a sense of warmth and coziness. Make this autumn one to remember by creating new meals and memories along the way.

**Brown Butter Pierogies with Roasted Sweet Potatoes**

Recipe courtesy of Culinary.net

YIELD: Makes 4 servings

**INGREDIENTS:**
- 1 bag (1.6 pounds) cheese pierogies
- 2 cups sweet potato cubes
- 1 tablespoon olive oil
- salt and pepper, to taste
- 4 tablespoons salted butter
- 1 tablespoon balsamic vinegar
- 2 tablespoons lemon juice
- 1/2 cup pecans
- fresh thyme leaves, for serving

**DIRECTIONS:**

Preheat oven to 400 F. Toss sweet potato cubes in olive oil, salt and pepper, to taste, and spread in even layer on baking sheet. Roast 25-30 minutes, tossing about halfway through, until potatoes are fork tender.

In medium skillet over medium heat, brown butter 5-10 minutes. Avoid smoking or burning. Remove from heat. Allow to cool about 5 minutes then whisk in balsamic vinegar and lemon juice.

In large saucepan, bring water to boil. Cook pierogies according to package directions, about 3 minutes. Drain and toss in brown butter sauce. Add roasted sweet potatoes and pecans to brown butter pierogies and toss gently to coat. Top with fresh thyme leaves before serving.

**Apple Pear Walnut Crisp**

Recipe courtesy of Culinary.net

YIELD: Makes 4 servings

**INGREDIENTS:**

**Walnut Crisp Topping:**
- 1 1/2 cups California walnuts, divided
- 1/4 cup all-purpose flour
- 1/3 cup brown sugar
- 1/2 cup quick-cooking oats
- 1/2 teaspoon ground cinnamon
- 1/2 cup butter, chilled and sliced into 1-tablespoon pieces

**Apple Pear Filling:**
- 3 Granny Smith apples, peeled and sliced into 1/4-inch slices
- 2 D’Anjou pears, peeled and sliced into 1/4-inch slices
- 1/2 cup granulated sugar
- 2 tablespoons cornstarch
- 1 teaspoon cinnamon
- 1/8 teaspoon salt
- 1 tablespoon lemon juice
- ice cream (optional)
- caramel sauce (optional)

**DIRECTIONS:**

To make walnut crisp topping: In food processor, pulse 1 cup walnuts until finely ground. In small bowl, combine ground walnuts, flour, brown sugar, oats and cinnamon. Cut butter into mixture until coarse crumb forms. Coarsely chop remaining walnuts and stir into crumb mixture until incorporated. Set aside.

To make apple pear filling: Preheat oven to 350 F. In bowl, toss apples, pears, sugar, cornstarch, cinnamon, salt and lemon juice. Place fruit mixture in bottom of 10-inch cast-iron pan or baking dish. Sprinkle walnut crisp topping mixture over fruit. Bake 45 minutes, or until fruit mixture is hot and bubbly and topping is golden brown. Top with ice cream and caramel sauce, if desired.
A Naturalist's Library — Bird Books

BY JOHN L. TURNER

From time to time I'm asked a variation of the following question: What bird-nature-environmental books did I enjoy reading or am currently reading? This got me thinking — why not share the Nature Matters column to explore some of my favorite books on aspects of nature including a first article on birds. So beginning with this column focused on birds, future articles will focus on what I think are broader important and worthwhile books on nature and our relationship with it including numerous environmental struggles, the personalities involved in these struggles, and broader issues of planetary sustainability.

Tens of millions of Americans have an interest in birds, an interest that ranges from mild to downright intense. Many authors have catered to this, producing thousands of books on a wide variety of bird-related topics — bird identification (a future column itself on guides), migration, feathers, coloration, adventures to see birds, how to be a better birder, bird song, bird flight, the history of ornithology and birding, and conservation issues, to name a few. Hundreds of more technical books on birds have been written on such topics as evolution, anatomy and physiology, and mating systems.

So the following are a few of the books on birds (the author and title are underlined for emphasis) I recommend you consider cracking the covers of:

There are a number of books that are overviews of the avian world that should serve as the core of any bird library. Birds & People by Mark Cocker is an example. It is a tome, coming in at 591 pages, and as you might guess is exhaustive in its treatment — covering all of the world's bird families with the author providing fascinating information about each bird group with an emphasis on human interactions, folklore, and cultural significance.

Another book that has a slightly different format but is richly informative is The Sibley Guide to Bird Life & Behavior (numerous authors). It, too, discusses the unique qualities of different bird families but before the family discussion has five chapters that delve into great detail about Flight, Form, and Function; Origins, Evolution, and Classification; Behavior; Habitats and Distributions; and Populations and Conservation. If I were able to recommend only one book for your nightstand to increase the breadth and depth of your knowledge about birds it would be this book.

Yet another book in this genre — a comprehensive overview of birds — is Kenn Kaufman's Lives of North American Birds. Here the author focuses at the species level rather than the family, providing basic and important information about various aspects of specific birds' life histories such as diets and habitats used. Also worth your consideration is the comprehensive species guide — Pete Dunne's Essential Field Guide Companion.

Shore birds — sandpipers, plovers, and the like — are one of my favorite groups of birds and they have been the focus of a number of books. Two classics are Peter Matthiessen's The Wind Birds and Fred Bodsworth's Last of the Curlews, a story about the sickening demise of the Eskimo Curlew, a bird once common on Long Island but now believed extinct due to the rapaciousness of uncontrolled sport and market hunting. Perhaps these books can be secured on eBay or at a used bookstore.

The World of the Shorebirds by Harry Thurston is another worthwhile addition to your bird library replete with stunning photographs of shorebirds and the wetland habitats they frequent.

More recently, the red knot, a plum robin-colored shorebird which has declined precipitously in abundance, has been the subject of a few books including Moonbird by Phillip Hoese, The Flight of the Red Knot by Brian Harrington, and The Narrow Edge by Deborah Cramer. The first book chronicles the life of a single red knot that has lived long enough during its annual migrations to have traveled the distance to the moon and halfway back, the second a straightforward overview of the species, and the last book exploring the relationship between red knots and horseshoe crabs, the eggs of which the bird depends upon in its northbound journeys in the Spring.

If bird intelligence is of interest to you The Genius of Birds by Jennifer Ackerman should be on your mandatory reading list. As the title suggests this book covers many fascinating aspects of bird intelligence and memory. Take, for example, the Clark's Nutcracker, a western species, that can successfully find tens of thousands of seeds its cached scattered across several square miles, displaying memory prowess that puts ours to shame.

The Bird Way is another book by Ackerman which probes the ways in which birds talk, work, think, and play. It contains one of the most startling things I've ever read about bird behavior: apparently some Australian raptors (e.g. hawks and eagles), knowing how it is easier to capture animals fleeing from a wildfire, are known to pick up smoldering sticks and drop them away from a fire in an effort to expand or start a fire!

Many books have been written about birds and their singing prowess. One of my favorites is Lang Elliot's Music of the Birds: A Celebration of Bird Song. Besides containing many beautiful color photographs and highly informative text on the function of song, the difference between calls and songs, and how song has inspired humans for millennia, etc., the book comes with a CD filled with bird songs, calls, and the famous "dawn chorus."

Three outstanding books on bird migration, definitely worth your time, are A Season on the Wind by Kenn Kaufman and A World on the Wing and Living on the Wind by Scott Weidensaul. In these books the two authors document their experiences traveling around the world trying to better understand the fascinating movement of migratory birds.

Songbird Journeys by Miyoko Chu is another enjoyable book on this topic. It, too, discusses the unique qualities of birds, future articles will focus on what I think are broader important and worthwhile books on nature and our relationship with it including numerous environmental struggles, the personalities involved in these struggles, and broader issues of planetary sustainability.

If the global movement of birds excites you then Eye of the Albatross by Carl Safina is a most worthwhile read. An outstanding nature writer, Safina chronicles the travels and travails of Amelia, a wide-ranging albatross; besides learning about albatross migration and biology and aspects of the ocean environment, Amelia is a "window" for understanding the struggles all wildlife face on a planet being increasingly usurped by humans.

Two very different books by Bridget Stutchbury are worthy reads: Silence of the Songbirds and The Private Lives of Birds: A Scientist Reveals the Intricacies of Avian Social Life. The former discusses the threats facing birds in today's wounded world while the latter focuses on how birds interact.

Back to Peter Matthiessen, we have his delightful overview of the world's cranes in The Birds of Heaven. An added bonus are the beautiful paintings by Robert Bateman. The author travels around the world learning about this iconic and charismatic group of birds including the two species native to North America — Whooping and Sandhill Cranes.

Lastly, if you'd like to see a current, real world example of bird evolution happening before your very eyes I invite you to read The Beak of the Finch by Jonathan Weiner, for which the author won the 1995 Pulitzer Prize. In this fine book the author documents the extensive studies of Peter and Rosemary Grant, who have spent their lives documenting changes to the various finches (and their bills) that live in the Galapagos Islands located off the west coast of South America and made famous by Charles Darwin.

As Long Island turns away from summer and colder weather arrives, driving most of us indoors, why not explore the fascinating avian worlds presented in these books (and many others not covered here)! All you need is a glass of wine, a comfortable chair, and a curious mind.

A resident of Setauket, author John Turner is conservation chair of the Four Harbors Audubon Society, author of “Exploring the Other Island: A Seasonal Nature Guide to Long Island” and president of Alula Birding & Natural History Tours.
Thursday 12

Cirque Italia in Lake Grove
Cirque Italia opens under the white and blue big top tent at the Smith Haven Mall in Lake Grove tonight at 7:30 and runs through Oct. 15. The show takes place weekdays at 7:30 p.m., Saturdays at 1:30 p.m., 4:30 p.m. and 7:30 p.m. and Sundays at 1:30 p.m. and 4:30 p.m. This high-octane show features master jugglers, low wire fanatics, dazzling contortion, wild trampoline antics, and even a wheel of death! Suitable for all ages. For tickets and more information, visit the box office on site or go to www.cirqueitalia.com.

2nd Thursday with Kevin McEvoy
Reboli Center for Art and History, 64 Main St. Stony Brook continues its 2nd Thursday with Kevin McEvoy tonight from 6:30 to 8 p.m. The artist will discuss Michelangelo’s Life and Work. Light snacks will be served. No reservations are required to attend. 631-751-7707

Friday 13

Cirque Italia in Lake Grove
See Oct. 12 listing.

Grounds and Sounds Concert
Grounds and Sounds Cafe at the Unitarian Universalist Fellowship, 380 Nicolls Road, East Setauket will host a concert featuring singer-songwriter Caroline Doctorow with musical guest Russ Seeger with doors open and sign-up for open mic at 7:30 p.m. Tickets are $15 per person, available in advance at www.groundsandsounds.org or at the door. 631-751-0297

Saturday 14

Cirque Italia in Lake Grove
See Oct. 12 listing.

Outdoor Country Auction
Going once, going twice, sold! The Historical Society of Greater Port Jefferson will hold its 35th annual outdoor Country Auction on the grounds of the Mather House Museum, 115 Prospect St., Port Jefferson at 9:30 a.m. with a preview at 9 a.m. Items this year include 1970s corner cupboard w/key, marble and brass vintage brass calculator, antique iron French bulldog, garden items, antique iron French bulldog, framed paintings and prints, hand blown green glass bowl, trunks, clocks, art glass, linens, silk scarf collection, baskets, fossils, quilts, garden items, antique iron French bulldog, 1940s crochet set, children’s toys, lamps, vintage brass calculator, marble and brass desk set, and many more unique items. Free parking at school parking lot on High Street. Lunch available for purchase. Rain or shine. 631-473-2665, www.portjeffhistorical.org

Fall Bazaar
St. James Episcopal Church, 490 North Country Road, St. James will hold its annual Fall Bazaar from 9:30 a.m. to 3:30 p.m. with vendors, raffle baskets, bakery items, children’s games and crafts and more. 631-584-5560

Fall Family Festival
Sunshine Prevention Center, 468 Boyle Road, Selden will host its 1st annual Fall Family Festival from 10 a.m. to 3 p.m. with vendor tables—crafts, business and agency exhibitors, fun activities, including bounce houses, raffles and silent auction items—all in the name of “fun for a cause.” Rain date is Oct. 15. 631-476-3099

Latin Heritage Festival
In celebration of Latin Heritage Month, the Art League of Long Island, 107 Deer Park Road, Dix Hills hosts its 2nd annual LatinX Heritage Festival from 10 a.m. to 5 p.m. Enjoy a gallery show featuring NY Latinx Artists, a panel talk with Latinx Leaders, multicultural vendor market and live entertainment. 631-462-5400

Christmas in October Craft Fair
The annual Christmas in October Village Craft Fair will be held on the grounds of the Smithtown Historical Society, 239 E. Main St., Smithtown from 10 a.m. to 4 p.m. Featuring over 1000 craft vendors, live music, food trucks, pumpkins, mums, hot cider and donuts. Free admission. Rain date is Oct. 21. 631-846-1459

Miller Place Country Fair
The Miller Place-Mount Sinai Historical Society will host its annual Country Fair on the grounds of the William Miller House, 75 North Country Road Miller Place today and Oct. 15 from 10 a.m. to 4 p.m. This fun event will feature historic re-enactments, live music, historic walking tours, a traveling wilderness, museum, and more. $10 donation includes a tour of the historic William Miller House (c. 1720). Call 631-476-5742 or visit www.mpmshistoricalsociety.org.

St. Thomas Car Show & Fall Fair
St. Thomas of Canterbury Church, 29 Brookside Drive, Smithtown presents its 18th annual Vintage European Sports Car & Motorcycle Display on the front lawn from noon to 4 p.m. with music by The Barking Men and homemade baked goods, pies and mums for sale. Free admission. Rain date is Oct. 15. 516-639-4308

CommUniversity Day
Rescheduled from Sept. 23. Enjoy a festival of fun and discovery for all ages at Stony Brook University’s annual CommUniversity Day at the Academic Mall from noon to 4 p.m. with health screenings, Teddy Bear Clinic, fun crafts, duck race, food court, community art projects, giveaways and much more. Free admission. Held rain or shine. www.stonybrook.edu/CommUniversity

Harvest Days on the Farm
Benner’s Farm, 56 Gnarled Hollow Road, East Setauket invites the community to its 18th annual Vintage European Car Show and Motorcycle Display on the front lawn from noon to 4 p.m. with hay rides, pumpkin picking, pumpkin painting, kids’ games and crafts and more. $10 adults, $8 children and seniors. 631-689-8172

Tesla Expo
Join the Tesla Science Center, 5 Randall Road, Shoreham for a Tesla Expo from 3 to 9 p.m. A celebration of Nikola Tesla’s life, works, and enduring legacy, the event will delve into the fascinating world of this remarkable innovator and inspire the future generations with exciting exhibits, performances, and presentations. The evening will be topped with a dramatic drone light show dedicated to Nikola Tesla and Wardenclyffe. For ticket information, visit www.teslasciencecenter.org.

Old Burying Ground tour
Join the Huntington Historical Society for...
an Old Burying Ground walking tour at 4 p.m. Established soon after the Town’s 1653 founding, Huntington’s earliest public burying ground features stunning folk art and beautiful epitaphs honoring Huntington’s residents and rich history. Tour begins at the Soldiers and Sailors Memorial Building, 228 Main St., Huntington. Tickets are $15 adults, $5 children. For reservations, visit www.huntingtonhistoricalsociety.org.

Book signing with Dee Snider
The Long Island Music and Entertainment Hall of Fame, 97 Main St., Stony Brook welcomes Twisted Sister’s Dee Snider for a book signing event at 6 p.m. Snider will sign copies of his new book Frats. The book will be on sale at the event. Regular admission prices apply; meet Dee as part of your admission. Enjoy viewing the Long Island Music & Entertainment Hall of Fame exhibits throughout the day. 631-689-5888

A Night of Laughs
In partnership with Governor’s Comedy Clubs, the Smithtown Performing Arts Center, 2 E. Main St. Smithtown will present a Godfathers of Italian Comedy Night at 8 p.m. Featuring stand-ups Elyse DeLucci, Joe Moffa, Debbie D’Amore and Tony Dabas. $45 per person includes two drinks. www.smithtownpac.org

Sunday 15

Cirque Italia in Lake Grove
See Oct. 12 listing.

Miller Place Country Fair
See Oct. 14 listing.

Harvest Days on the Farm
See Oct. 14 listing.

Oktoberfest 5k Run/Walk
Join the Stony Brook Rotary for its annual Oktoberfest 5k Run/Walk at The Bench Bar & Grill, 1095 Route 25A, Stony Brook at 10 a.m. Registration at 8:30 a.m. German beers, food, live music by Alternate Fred and fun for all ages to follow. To sign up, visit www.thebenchbar.com.

Still Cruisin’ Car Club Show
AMVETS Post 48, 660 Hawkins Ave., Lake Ronkonkoma hosts the Still Cruisin’ 1st annual Fall Car Show on Oct. 15 from 9 a.m. to 4 p.m. Vintage car show benefiting the AMVETS with a slow drag, muller rap, and more. Donations accepted. Rain date Oct. 22. 631-732-1231

Penn Fabricators Car Show
Penn Fabricators presents its annual judged Let the Good Times Roll car show at 30 Platinum Court in Medford from 9 a.m. to 3 p.m. Co-hosted by The Fabulous 50s & 60s, the event will feature vendors, raffles, and music. Rain date is Oct. 22. $20 per vehicle, $5 for spectators. 631-484-2807

Caumsett Hike
Join the staff at Caumsett State Historic Park Preserve, 25 Lloyd Harbor Road, Huntington for a Seashore Circular hike from 9:45 a.m. to 1 p.m. Walk through fields and woods on your way to Caumsett’s seashore, about 4.5 miles, bring drinking water. Adult program. $4 per person. Advance reservations required by calling 631-423-1770.

House Tour & Antique Car Show
Step back in time with the Lake Ronkonkoma Historical Society as they present an Antique Car Show and a tour of the Fitz-Greene Hallock Homestead, 2869 Pond Road, Lake Ronkonkoma from 10 a.m. to 3 p.m. with a 50/50 raffle and basket auction. $5 donation. 631-588-7599

Family Fun Fall Festival
Suffolk Y-JCCC, 74 Hauppauge Road, Commack will hold their annual fall festival from 11 a.m. to 3 p.m. Enjoy a petting zoo, inflatables, pumpkin picking and decorating, mini golf, climbing wall, arts and crafts, face painting and much more. $10 suggested donation. 631-462-9800

Huntington Apple Festival
The annual Apple Festival is back on the grounds of the Dr. Daniel Kissam House, 434 Park Ave., Huntington from noon to 4 p.m., courtesy of the Huntington Historical Society. Enjoy traditional games, seasonal crafts, live music, fall foods, house tours and historical demonstrations by costumed interpreters. The Museum Shop will also be open. Free admission. 631-427-7045

Fall Muster at the Arsenal
The Huntington Militia will present a Fall Muster at the Huntington Arsenal, 425 Park Avenue, Huntington during the Huntington Apple Festival from noon to 4 p.m. See history come to life as the militia recreates a typical 1775 militia muster at the Arsenal and Village Green. See musket and cannon firings, 18th century crafts, trades, music and cooking. Free. 631-223-8017

Irish Tea Auction and Raffle
The Ladies Ancient Order of Hibernians Division 8/9 invites the community to their 12th annual Irish Tea Auction and Raffle at 2 p.m. at the AOH Division Hall, 80 Magnolia Drive, Selden. Please wear your prettiest hat and bring your favorite tea cup. $20 per person. For tickets, call 631-698-4940.

Italian Heritage Lecture
As part of its Living History Series, Celebrate St. James will present a lecture on Italian Heritage with David Setteducati at the former Calderone Theater, 176 Second St., St. James from 2 to 4 p.m. Celebrate Italian heritage with a musical and visual journey. Tickets are $25, $20 members at www.celebratetjames.org. 631-984-0201

Ridotto Concert
Huntington Jewish Center, 510 Park Ave., Huntington hosts a Ridotto concert titled Mozart and Brahms. The Ensemble of the Jeunes Virtuoses de New York performs Brahms’ magnificent Sextet Op. 18 and Mozart’s Quintet for Strings No.3 KV 515, in this season’s opening concert. Tickets are $35 adults $30 seniors, $25 members, $12 students. For reservations, call 631-385-0373 or email Ridotto@optonline.net.

Sunday Street Concert
WUSB-FM’s Sunday Street concert series continues at the Long Island Museum, 1200 Route 25A, Stony Brook with The Songs of Jimmy Webb in the Carriage Museum’s Gillespie Room at 5 p.m. Featuring Gene Casey, Caroline Doctorow, Andrew & Cole Fortier, Delaney Hafener, Claudia Jacobs, Brian Kachjeian, Ray Lambiase, Pete Mancini, and Tom Moranvening. Tickets are $20 in advance at www.sundaystreet.org or $25 at the door (cash only).

Paranormal Tour at Sweetbriar
Sweetbriar Nature Center, 62 Eckernkamp Drive, Smithtown hosts a Paranormal Tour with a ghost hunt and owl encounter from 6 to 9 p.m. Demonstrations will include a quick introduction to our team followed by a rotation of stations learning different types of theories, how to use equipment, a paranormal investigation on the property, and a raffle. Cost $60 per person. Participation is limited to 13 and older. Register at www.sweetbriarnc.org.

Monday 16

TVHS October Lecture
Three Village Historical Society continues its lecture series at the Setauket Neighborhood House, 95 Main St., Setauket at 7 p.m. with Our Island’s Story: The Natural History of Long Island with Dr. Tara Rider. This talk will discuss the features that make Long Island unique, the flora and fauna, and the history of our Island. Free and open to all. Register, visit www.tvhs.org/lecture-series. 631-751-3730

Sound Beach Civic Meeting
The Sound Beach Civic Association will hold a Meet the Candidates Night at the Sound Beach Firehouse, 152 Sound Beach Blvd., Sound Beach at 7:30 p.m. Invited are candidates for Suffolk County Executive, Town of Brookhaven Supervisor, and TOB Highway Superintendent. For more information call 631-744-6952.

Adele tribute concert
The John W. Engeman Theater, 250 Main St., Northport continues its Special Events series with an Absolute Adele Tribute at 8 p.m. Jennifer Cella delivers a stunningly accurate portrayal of the British songstress and pop icon, and only sings her songs but talks to the audience, explains the origins and backstories to the songs, just as Adele interacts with her audiences at her concerts. Tickets are $45. 631-261-2900, www.engemantheater.com.

Tuesday 17

NSJC Social Club event
North Shore Jewish Center Social Club, 385 Old Town Road, Port Jefferson Station invites the community to a concert by Joe DePiola featuring selections of cabaret music. in the Social Hall at 11 a.m. Expect to dance. Bagels, cream cheese and coffee will be served. $5 per person, $4 members. 631-928-3737

Volunteer Fair
Comsewogue Public Library, 170 Terryville Road, Port Jefferson Station hosts a Volunteer Fair from 4 to 6 p.m. Drop in to meet representatives from different organizations who will discuss local volunteer opportunities for a variety of ages. No registration required 631-928-1212.

The Travel Presentation Club
The Travel Presentation Club will meet at 7 p.m. at the former Calderone Theater, 176 Second St., Setauket at 7 p.m. John Colatosti will present “Around the World in 80 Days.” All are welcome. Please contact 3vtravel@gmail.com for further information.

TUESDAY, OCTOBER 17 • ARTS & LIFESTYLES • PAGE B19

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.
Welcome to the 22nd edition of Paw Prints, a monthly column for animal lovers dedicated to helping shelter pets find their furever home.

Meet Newman
Recently retired and ready to enjoy life, meet Newman, a ten year old Schnauzer at Little Shelter. Knowing that staying active is the key to longevity, he’s looking into pickle ball, hoping to find a partner at a similar skill level. In the meantime, he enjoys a leisurely stroll and good conversation, well versed on a variety of topics. A true blue, loyal companion, he takes commitment seriously, waiting patiently for a relationship that will last a lifetime. Adopting a senior dog is like fast forwarding to the best part…stop by to meet Newman, the finest friend to be found. 631-368-8770, ext. 21

Meet Cerina
This wise old lady is Cerina, an eleven year old Pit mix currently up for adoption at Little Shelter. Like most women of a certain age, she knows her own mind and has discovered what’s truly important in life…friends and friends with cookies! The ideal companion for a leisurely stroll, she likes to go in the direction the wind takes her to appreciate all the sights and smells along the way. Good company, she’s up to date on all the kennel gossip, (which always makes for interesting conversation!) and will keep you entertained with her stories. Cerina is most assuredly the inspiration for the quote, “Old friends make the very bestest of best friends.” Stop by to meet her today! 631-368-8770, ext. 21

Meet Mr. Magoo
“Believe in your heart that you’re meant to live a life full of passion, purpose, magic and miracles.” Desiring a forever home, Mr. Magoo, a nine-year-old Pit mix at Little Shelter is hoping to rescue his perfect family and surround them with love and laughter. Though visually challenged, he is able to navigate the world quite well with just a bit of assistance, even running free on the hill with fearless abandon. Not letting what some may call a disability slow him down, Mr. Magoo makes the most of every day, finding joy in the simple things. Dogs live brave, beautiful lives brimming with trust and optimism…and if we let them, they’ll teach us to do the same. Stop by to meet a big mushy boy named Magoo and leave with your heart’s desire. 631-368-8770, ext. 21

Meet Oliver
Oliver still waits at Little Shelter for a family that understands he is not perfect, unlike his first family who returned him after he was diagnosed with crystals in his urine, a very common, treatable condition. Oliver has also been diagnosed with a heart murmur and requires daily medication for it. Shelter life is stressful for this little guy but luckily he has many human and feline friends to hang out with. Sometimes you can find him sharing a toy or a bed with his new pals. Oliver loves to get special treats from his staff and playing with his friends as much as possible. Oliver has so much love to give and all he asks in return is to be loved, fed his special diet and given his meds each day. Come meet Oliver today! 631-368-8770, ext. 36

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Brookhaven Shelter hosts Barktoberfest
The Town of Brookhaven Animal Shelter and Adoption Center, 300 Horseblock Road, Brookhaven hosts a “Barktoberfest: Howl-o-ween event” on Oct. 30 and 31 with free shelter pet adoptions from 10 a.m. to 4:30 p.m. Come meet Rusty and all his friends. For more information, call 631-451-6950.

Check out the next Paw Prints in the issue of November 9.
Religious Directory

Catholic

INFANT JESUS
ROMAN CATHOLIC CHURCH
110 Myrtle Ave., Port Jefferson 631-473-0165
Fax 631-331-8094
www.infantjesus.org
REVEREND GREGORY RANNAZZISI, PASTOR, ASSOCIATES:
REV. FRANCIS LASRADO & REV. ROLANDO TICLLASUCA
Parish Outreach: 631-331-6145
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 6:00pm in the Church
Spanish Masses: Wednesdays 6:00pm Sunday at 8:45am
in the Church
The Sacrament of Reconciliation remains scheduled on Saturdays 12:30-1:15pm
in the lower church.

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. ALPHONSES IGBOKWE, ASSOCIATE PASTOR
REV. 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 8:30am -12pm 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

ST. MICHAEL THE ARCHANGELO
SOCIETY OF SAINT PIUS X
900 Horseblock Road, Farmingville
631-736-6515 sspxlongisland.com
Sunday Masses at 7am and 9am
Please consult sspxlongisland.com for updates and current mass times.

Christian

ISLAND CHRISTIAN CHURCH
400 Elwood Road, East Northport
www.islandchristian.com
631-822-3000
PASTOR CHRISTOPHER COATS
Food Pantry:
Every third Wednesday of the month
10:30 AM - 12 PM

Congregational

MT. SINAI CONGREGATIONAL UNITED CHURCH OF CHRIST
233 North Country Road, Mt. Sinai
631-473-1582
www.mscucc.org
We are a congregation committed to justice. All are welcome into our full life and ministry regardless of age, race, abilities, economic or marital status, gender, sexual orientation, or gender identification. We are a church that is open and affirming of all people, as we are each made in the image of God.
Sunday Worship at 10am
Livestreaming on YouTube: @MtSinaCongregationalChurchUCC
Sunday School at 10am
“Whoever saves one life, saves the whole world.”

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

CHRIST EPISCOPAL CHURCH
127 Barnum Ave., Port Jefferson 631-473-0273
email: eccoffice@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. 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 our lives and ministry. We at Christ Church are a joyful, welcoming community. Wherever you are in your journey of life we want to be part of it.

ST. ANSELM’S EPISOPCAL CHURCH
4 WOODVILLE RD., SHOREHAM
A place where all people, wherever you are in your journey, can find love and respect while getting to know the God who already loves you.
THE REV. JENN PILAT, RECTOR
email: revjenn@stanselmofshoreham.org
Office phone: 631.744.7730

PLEASE CALL OR VISIT YOUR PLACE OF WORSHIP’S WEBSITE FOR MORE INFORMATION AND GUIDANCE.
Religious Directory

Episcopal

Office hours: Mon - Fri 9 am to Noon and by appointment www.stanselmsofshoreham.org h t t p s : / / w w w . f a c e b o o k . c o m / 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

ST. JOHN’S EPISCOPAL CHURCH

To “know Christ and to make Him known” REV. DUNCAN A. BURNS, RECTOR REV. ZACHARY D. BAKER, CURATE REV. CLAIRE D. MIS, DEACON Alex Pryrodny, Music Director & Artist-in-Residence

Services:

- 10 am Eucharist with music
- 9:30 am Morning Prayer
- 8 am Eucharist
- 9:40 am - 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

TEMPLE ISRAEL

1404 Stony Brook Road, Stony Brook 631-751-8518 www.tisbny.org

Joyful Judaism in a warm, caring, musical, multigenerational community devoted to learning, prayer and friendship.

Member Union for Reform Judaism

RABBI/CANTOR JOSEPH J. KEATING PRINCIPAL STEPHEN WEITZMAN RABBIS EMERITI ADAM D. FISHER, STEPHEN A. KAROL CANTOR EMERITUS MICHAEL F. TRACHTENBERG

Services:

- 1st Friday 6pm Family Service
- Other Fridays 7:30pm
- Saturday B’nai Mitzvah services 10am
- Religious School- Confirmation Class- Monthly Tot Shabbat-
- Torah Study- Adult Education- Adult Bar and Bat Mitzvah
- Brotherhood - Sisterhood- Book Club
- Social Action and much more!

Lutheran-ELCA

HOPE LUTHERAN CHURCH AND ANCHOR NURSERY SCHOOL 46 Dare Road, Selden 631-732-2511

Emergency Number 516-848-5386 Email: office@hopelutheran.com Website: www.hopeluth.com

REV. DR. RICHARD O. HILL and 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. Sunday School (ages 3-11) Sundays at 9 a.m.

Kids’ Club (ages 3-11) Wednesdays from 4:30-5:30 pm.

Teen Ministry (ages 11-15) Saturdays 6:00-7:30 p.m.

Adult Study Groups:

- on Tuesdays, Wednesdays, and Thursdays
- Services: Friday at 8 pm; Saturday at 9:15 am

SETAUKET UNITED METHODIST CHURCH

160 Main Street, Corner of 25A and Main Street

East Setauket 631-941-4167, or
email us at sumcnyc@aol.com Rev. Steven Kim, PASTOR

Sunday Worship Service and
Sunday School 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 REV. CHUCK VAN HOUTEN, PASTOR

Connecting people to God, purpose, and each other!

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

Vintage European Car & Motorcycle Show

Stony Brook Community Church presents the 18th Annual Sports Car Motorcycle Display on Saturday, October 14th, 2023, from noon till 4pm. It will be located on the lawn of the church located at 216 Christian Avenue, Stony Brook. Registration will be on site on the day of the event. Prime spots are first come-first served. Registration fee is $25. Don’t forget to stop by our Bake Sale table where you will find loads of freshly baked goods and pies to take home, along with some beautiful mums for your fall displays! For info, call Gerry Duff at 516-639-4308.

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.

Presbyterian

FIRST PRESBYTERIAN CHURCH OF PORT JEFFERSON

107 South/Main Streets 631-473-0147

We are an accepting and caring people who invite you to share in the journey of faith with us.

Jewish

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 MARGIE PLATKIN

PRINCIPAL HEATHER WELKES

YOUTH DIRECTOR JEN SCHWARTZ

Services: Friday at 8 pm; Saturday at 9:15 am

PLEASE CALL OR VISIT YOUR PLACE OF WORSHIP’S WEBSITE FOR MORE INFORMATION AND GUIDANCE.
Wednesday 18
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 customized automobiles from car enthusiasts from across Long Island in The Shoppes parking lot. 631-929-3500

Gathering Time in Concert CAC
Flock-rock harmony trio Gathering Time is the featured act during the monthly Hard Luck Café concert series at the Cinema Arts Centre, 423 Park Avenue, Huntington in the Cinema’s Sky Room from 7 to 10 p.m. Co-presented with the Folk Music Society, an open mic, for which sign-up is at 6:30 p.m., precedes the concert. Tickets are $20, $15 members at www.cinemaartscentre.org.

Thursday 19
Garden Club Flower Show
Harborfields Public Library, 31 Broadway, Greenlawn will host the Centerport Garden Club’s Small Standard Flower Show “Bewitched” to celebrate the season today from 2 to 8 p.m. and Oct. 20 from 10 a.m. to 4 p.m. Suggested donation is $5. 516-527-0517

Film
‘Between the Rains’
The Port Jefferson Documentary Series continues with a screening of Between the Rains at John F. Kennedy Middle School, 200 Jayne Blvd., Port Jefferson Station on Oct. 16 at 7 p.m. Documenting the Turkana-Ngaremara community as they contend with prolonged drought, this visually stunning coming-of-age story follows a young, orphaned man’s journey to adapt to radically changing climate conditions in Northern Kenya. Followed by a Q&A with guest speakers Andrew Harrison Brown via Zoom and Dr. Dino Martins, CEO of the Turkana Basin Institute in person. Tickets are $10 at the door (cash only) or at www.portjeffersondocumentaryseries.com.

Theater
'(Mostly) True Things'
The Performing Arts Studio, 224 E. Main St, Port Jefferson presents (Mostly) True Things, a game wrapped in a storytelling show that features true stories and a game at 7 p.m. Storytellers will include Gary Rosen, Gloria Rosen, Gregory Cave, and Jude Teller-Wolff. Tickets are $20 online at www.eventbrite.com or $25 at the door (cash only). Complete information about the show is available at www.mostlytruethings.com.

‘The Prom’
Theatre Three, 412 Main St., Port Jefferson kicks 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 Bohème, 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.

‘Beautiful’
Main stage theater continues at the John W. Engeman Theater with Beautiful: The Carole King Musical now extended to Nov. 5. 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 start at $80. 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. See review on page B13.

‘An Inspector Calls’
Minstrel Players, Houghton Hall, Trinity Episcopal Church, 130 Main St., Northport presents J.B. Priestley’s An Inspector Calls from Oct. 14 to 22. Tickets are $20 adults, $15 seniors and students. To order, call 516-361-7232 or email tickets.minstrelplayers@gmail.com.

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 Mikearlwh@gmail.com.
SATURDAY, OCTOBER 21 • HIGHLIGHTS

Wolfstock Village
12:30 pm • LaValle Stadium Parking Lot
The “village” is the place for great music, food and family fun before the big game.

Football Game
3:30 pm • Kenneth P. LaValle Stadium
Cheer on our Seawolves as they battle the New Hampshire Wildcats.

To view the complete schedule of all Homecoming activities, scan the QR code.

stonybrook.edu/homecoming
#SBUHomecoming

Stony Brook University

PRESENTED BY
ISLAND FEDERAL

For an accessibility-related accommodation, call (631) 632-4466.
Stony Brook University/SUNY is an equal opportunity educator and employer. 23061631
Volleyball captures sixth straight win; earned sweep over Hampton

The Stony Brook volleyball team grabbed its sixth win in a row after defeating the Hampton Lady Pirates in straight sets (25-18, 25-12, 25-12) on Oct. 8 at Holland Hall, Hampton University in Hampton, VA.

The Seawolves’ offense was paced by Kali Moore, who finished with a team-high 12 kills on the day while accumulating a hitting percentage of .385, and by Abby Stanwood, who had 10 kills while hitting .563. Defensively, the squad had two players reach double figures in digs as Leoni Kunz had 13 and Julia Patsos tallied 12.

SET 1: The Seawolves won the first point and never trailed to win the first set 25-18. Stony Brook led by as many as nine points at 18-9 after a kill by Moore before ultimately finishing off the set.

SET 2: After their win in the first set, Stony Brook put itself on the cusp of a sweep with a dominating 25-12 victory in set number two. The Seawolves took control of the set lead early on at 2-1 following a kill by Lauren Schmitz, and went on to score 10 of the first 12 points as five different-student athletes recorded a kill.

To finish the set, Stony Brook opened its biggest lead of the stanza, 13 points, totaling 20 kills in the process.

SET 3: Stony Brook then ended the match with a victory in set number three to secure the sweep. The Seawolves led from the opening point on in the set to earn a 25-12 victory. The squad ended on a high note following the kill by Katie Hickey, claiming its biggest lead, 13 points, to close out the set.

The Stony Brook offense also got a boost from three aces in the stanza, including two from Patsos.

“I thought we came out a little slow today but picked up our aggressiveness on offense, especially in transition to earn our points. I’m proud of our group for coming in focused this week. We have an important stretch coming up and I’m excited to continue to get better with this team,” said head coach Kristin Belzung.

The team returns to the court next weekend when they host Delaware University at Pritchard Gymnasium for a matchup on Saturday at 11 a.m., and Sunday beginning at 1 p.m.
Theatre Three was brimming with excitement last Saturday morning as families with young children came to celebrate the spookiest season with the return of a local favorite, *A Kooky Spooky Halloween*.

Written by Jeffrey Sanzel and Steve McCoy, it tells the story of a kind ghost named Abner Perkins (Steven Uihlein) who has just graduated from *Haunting High School* and has been assigned to be the spooksperson for Ma Aberdeen's Boarding House (known for being the most haunted house in Harrison Corner USA and for having the best toast!) as its last ghost has retired. Along with his classmates, he's given his diploma and his medallion of invisibility, and is sent off to work.

While at the boarding house gearing up for his first shift, Abner tells his best friend, a witch named Lavinda (Cassidy Rose O'Brien), his deepest, darkest secret – he's afraid of the dark and he's not sure how he'll be able to haunt Ma Aberdeen and her guests. Luckily, Lavinda is a great friend, and she hands him a nightlight and a helping hand to help boost his confidence.

But lurking around the corner is one of Abner's classmates, a fellow ghost named Dora Pike (Josie McSwane) who is jealous that Abner was assigned the boarding house that she so desperately wanted to haunt. Acting like a bit of a bully, she steals his nightlight, his medallion (that he needs for his hauntings!) and rushes off.

Luckily, Ma Aberdeen (Ginger Dalton) and her boarders, the Petersons — Paul (Liam Marsigliano), Penelope (Gina Lardi) and their son Pip (Sean Amato) — and Kit Garret (Julia Albino), a girl who “just came from a small town to a big city with a suitcase in her hand and hope in her heart,” are ready to help Abner get his medallion back and undo a spell the spiteful Dora Pike put on the boarders, despite being afraid of him at first.

Let the shenanigans ensue. For a full hour, with a 15-minute intermission, we watch the story unfold while learning more about Abner and all his new friends.

With colorful costumes and catchy songs, (the one about toast will be stuck in your head for days), this production directed by Jeffrey Sanzel is an adorably perfect way to start the Halloween season. Kids of all age will love the silly personalities on stage, and parents will appreciate the “punny” jokes that are sprinkled throughout acts one and two.

But not only does it provide big smiles and a good laugh, the message of friendship and acceptance is something every family will enjoy the holiday. Costumes are encouraged for audience members and the entire cast waits in the lobby on your way out for a keepsake photo.

Theatre Three, 412 Main St., Port Jefferson presents *A Kooky Spooky Halloween* through Oct. 21. Children’s theater continues with *Barnaby Saves Christmas* from Nov. 18 to Dec. 30 and *Jack and the Beanstalk* from Jan. 20 to Feb. 3. All seats are $10. To order, call 631-928-9100 or visit www.theatrethree.com.
PROGRAMS

Pumpkin Fun
Benner’s Farm, 56 Gnarled Hollow Road, E. Setauket continues its children’s workshops with Pumpkin Fun on Oct. 14 from 10 a.m. to noon. Try some pumpkins practically every way. Decorate them, eat them, play pumpkin games and help carve them. Children will leave with a decorated pumpkin. $55 per child. To register, call 631-689-8172 or visit www.bennersfarm.com.

Tails, Trails and Treats
Join Sweetbriar Nature Center, 62 Eckernkamp Drive, Smithtown for Tails, Trails, and Treats, a fun Halloween afternoon for children ages 2 to 7 years old, on Oct. 14 from 1 to 4 p.m. Kids can enjoy close encounters with animals, a ghostly garden, games, and a special puppet enchanted trail. Rain date is Oct. 15. Tickets are $15 per child, $5 adults at www.sweetbriarnc.org. 631-979-6344

Halloween!
Sunken Meadow State Park, Sunken Meadow Parkway, Kings Park presents a Tiny Tots program titled Halloween! on Oct. 19 from 10:30 to 11:30 a.m. Children ages 3 to 5 with a caregiver will enjoy short walks, story time, animal visitors and a craft. $4 per child. Reservations taken on eventbrite.com.

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. 30 to Oct. 29. After a tornado whisked 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. 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. 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. All tickets are $12. To order, call 928-9100 or visit www.theatrethree.com. See review on page B26.

A Halloween Princess Party
You are invited to a special Halloween Princess Party at the Smithtown Performing Arts Center, 2 E. Main St., Smithtown Performances will be held on Oct. 21 at 2 p.m., Oct. 22 at 11 a.m., Oct. 28 at 2 p.m. and Oct. 29 at 11 a.m. Learn about Halloween traditions from different kingdoms and meet new friends. Be sure to wear your best princess attire OR your Halloween costume — this non-scary experience is a royal trick-or-treat! *Please note that this is a theatrical experience and all children must be accompanied by an adult. Tickets are $16 per person. To order, visit www.smithtownpac.org or call 1-800-595-4849.

FILM

'Hocus Pocus'
Cinema Arts Centre, 423 Park Ave., Huntington continues its Cinema for Kids! series with a screening of Hocus Pocus on Oct. 15 at noon. After moving to Salem, Mass., teenager Max, his sister Dani and their new friend, Allison accidentally free a coven of evil witches who used to live in the house. Now, with the help of a magical cat, the kids must steal the witches’ book of spells to stop them from becoming immortal. Rated PG. Tickets are $12, $5 children 12 and under. www.cinemaartscentre.org.

What percentage of your year’s sales do you make during the end-of-year holiday season? You know you have to advertise, but where? Now, more than any other time, you need a very special place for your advertising...

PICK THE PERFECT PUMPKIN

Hauppauge
Calvary Lutheran, 860 Townline Road, Hauppauge presents The Patch at Calvary through Oct. 31. Hours are Monday through Friday from 3 to 6 p.m., Saturdays from 9:30 a.m. to 6 p.m. and Sundays from 11:30 a.m. to 6 p.m. Pick out a pumpkin and enjoy some outdoor yard games. The church will also host a Pumpkínfest on Oct. 14 from 11 a.m. to 6 p.m. with food trucks, live music and craft vendors and a free outdoor movie on Oct. 21 at 7 p.m. 631-724-3886.

Smithtown
The Giant Pumpkin Patch returns to St. Thomas of Canterbury Episcopal Church, 29 Brooksite Drive, Smithtown now through Oct. 31. Find that perfect pumpkin for carving, decorating or painting from the many pumpkins available in all shapes and sizes. Pumpkin patch hours are Mondays through Fridays from 2:30 to 6:30 p.m., Saturdays from 10 a.m. to 5 p.m. and Sundays from noon to 5 p.m. 631-265-4520.
Celebrating the Best of Stony Brook University & Hospital for Families, Friends, Students, Employees and Neighbors

Enjoy a festival of fun and discovery for all ages! Here's some of what you'll find:

- Kazoo-niversity
- Health Screenings
- Teddy Bear Clinic*
- Rubber Duck Race
- Fun Crafts
- Food Court
- Testing Physics & Your Intuition
- Be a TV Star
- and much more!

New for 2023!
- Community Art Projects
- Appliance Autopsy Tent

For more details, please visit stonybrook.edu/CommUniversity

NEW DATE!

OCT. 14
2023

12 pm to 4 pm • FREE
STONY BROOK UNIVERSITY ACADEMIC MALL

Rain Location: Wang Center • All Welcome

★ Bring two non-perishable food items to donate to Island Harvest/SBU food pantries and receive a free cooler bag.*

PARKING AND ADMISSION ARE FREE. ALL GIVEAWAYS ARE WHILE SUPPLIES LAST.

* Pre-registration for the Teddy Bear Clinic is required. Sign up on the website. Space is limited. + Cooler bags and tote bags are one per family while supplies last.

This event is part of Stony Brook University's Equity, Inclusion and Diversity Initiative • Stony Brook University/SUNY is an equal opportunity educator and employer. 2309270024