## ARTS & LIFESTYLES

TIMES BEACON RECORD NEWS MEDIA FEBRUARY 8, 2024

#### FINDING HIDDEN TREASURES

Island Museum
reveals Sam Adoquei's
art and inspiration
See story on page B17

canvas by Sam Adoquei

Sam Alogner 25

ALSO: Power of 3 B5 + Crossword Puzzle B10 + Calendar of Events B14 + SBU Sports B21



## Ranked Among the Top 1% of Hospitals in the Nation

Out of nearly 4,500 hospitals evaluated for clinical outcomes, Stony Brook University Hospital was ranked by Healthgrades® as one of America's 50 Best Hospitals — now for two years in a row. That places us in the top 1% of all hospitals across the entire country. Our hospital is the only hospital on Long Island to achieve this. As part of this ranking, Stony Brook Southampton Hospital also shares in this recognition. It's a reflection of our commitment to bring the best in care to our patients. And it means that our patients can feel confident, knowing they're receiving such high-quality care.

All we do is all for you.



## Owner of Coram Country Lanes receives Lifetime Achievement Award for helping veterans

John LaSpina, President of Maple Family Centers which includes Coram Country Lanes in Coram and Maple Lanes RVC in Rockville Centre, was named the recipient of the "Lifetime Achievement Award" from the National Association of State Veterans Homes, for his outstanding efforts to benefit those who have served.

The award was presented during the association's Winter Conference in Arlington, VA on Feb. 6.

LaSpina, 75, recently retired as Chair of the Board of Bowlers to Veterans Link (BVL), the bowling industry's oldest and largest charity, which LaSpina had led since 2014. Established in 1942, BVL supports America's veteran and active-duty service men and women by raising money for recreational therapy programs and other services to speed recuperation and boost morale. Since 1942, BVL has raised more than \$57 million for this cause.

At the time LaSpina took over, BVL raised \$600,000 to \$700,000 per year for organizations serving veterans. Under LaSpina's watch, annual fundraising has doubled, with the organization raising a record \$1.4 million this past fiscal year. This significant increase was accomplished despite a national decline in league bowlers over the past few decades from about 8 million to 1 million. League bowlers have long been major contributors to the charity.

"All of us in the National Association of State Veterans Homes would like to acknowledge the tremendous leadership provided by BVL Board Chair John LaSpina," said Fred S. Sganga, Executive Director of the Long Island State Veterans Home in Stony Brook and Past President



John LaSpina
Photo courtesy of Maple Family Centers

and Legislative Director of the National Association of State Veterans Homes.

"His commitment and gratitude towards our nation's heroes is second to none. John single-handedly has changed the way we provide meaningful therapeutic recreation to our veterans residing in State Veterans Homes all across our great nation. His support for virtual reality technology as a tool for therapeutic recreation specialists has dramatically improved the lives of thousands of veterans. John's legacy in veteran and family support is truly outstanding and we are proud to present him with our organization's Lifetime Achievement Award," said Sganga.



#### We have a winner!

Congratulations to Alice McAteer of Port Jefferson Station for being the winner of last week's scavenger hunt. Alice was the first one to find the groundhog hiding on page B8 and wins a one year subscription to the Port Times Record!

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# MEEI Jefferson's Ferry

#### SIX-STRING SONGBIRD IN THE FOLK TRADITION.

Peg Espinola writes and sings songs of the age she lives in and the quirks of her generation. Playing the same guitar her husband gave her on their honeymoon to Madrid in 1965, she's recorded four of her own CDs. She's now a proud resident of Jefferson's Ferry.

The vein of creativity runs deep through Jefferson's Ferry. Resident artists and writers produce and exhibit their work routinely.

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**Solid. Secure. Financially Sound.** Fitch Ratings, the leading provider of credit ratings, commentary, and research for global capital markets, has given Jefferson's Ferry a robust rating of BBB with a stable outlook based on the community's favorable reputation, good location, historically high occupancy, and resiliency of financial profile.

#### SBU's Computational Science unit celebrates women in science



#### BY DANIEL DUNAIEF

And the winner is ... women in science!

While Stony Brook University's Institute for Advanced Computational Science (IACS)announced the winners of its inaugural challenge to celebrate the

#### **KNOWLEDGE** scientific and **SEEKERS**

engineering achievement of

women on Feb. 7, the organizers and participants feel like they've already come out ahead.

The inaugural competition, which 195 students kindergarten through 12th grade in schools on Long Island entered by submitting a one-minute video, included prizes for the 13 finalists. The winner received \$1,000 prize, the runner up got \$750 and the third-place finisher collected \$500.

"The goal of it was to celebrate the International Day of Women and Girls in Science, while simultaneously promoting the important role that women had in science in the last century," explained Marivi Fernández-Serra, Professor in the Physics and Astronomy Department and at the Institute for Advanced Computational Science.

In their videos, the students selected one of nine scientists that included experiments showcasing the work of these researchers by using computers or household products to demonstrate the search for dark matter, explore the laws of conservation, create homemade telescopes, simulate a volcano with lava and many more.

Fernández-Serra, who had helped with a similar effort at the Institute for Theoretical Physics in Madrid, Spain, brought the idea for the competition to Mónica Bugallo, Professor of Electrical and Computer Engineering, Vice Provost for Faculty Affairs and Diversity, Equity and Inclusion and affiliated member



Marivi Fernández-Serra

of the IACS Faculty Director of the Women in Science and Engineering Honors Program, who immediately supported it.

Fernández-Serra thought the competition might attract 10 entrants in its inaugural year while Bugallo, who reached out to Long Island schools to showcase the competition, was confident local students would embrace the opportunity.

"Wait for a tsunami of participants," Bugallo said she told Fernández-Serra, with whom she's been a colleague and friend for years. "I was not surprised" by the contributions from the 103 teams, which included entrants from individual students and groups of as many as three students.

Bugallo, who recommended computer scientists Grace Hopper and mathematician and writer Ada Lovelace as important scientists for the competition, was impressed with the student effort.

"It was extremely tough to come up with the finalists," said Bugallo.

Stony Brook plans to share the videos from the finalists after naming the winners.



#### Figure skating and conservation

One of the finalists, Katie Engel, a senior at Cold Spring Harbor High School, chose to demonstrate the work of Emmy Noether.

A German mathematician, Noether contributed to theoretical physics and abstract algebra. A theorem named after her, the Noether Theorem, explains that any continuous symmetry in a system has an associated conservation law. That helps explain how the speed of someone spinning in a chair changes depending on how far their arms re-extended.

An ice skater since she was six who is also interested in studying computer science or engineering, Engel had never heard of Noether but was intrigued with the physics and with the person who helped discover ways to characterize it.

In her entry, Engel explained the mathematical principals on a white board and then recorded a video of herself spinning on ice. When she learned about Noether's life, Engel discovered that Noether was an important contributor to her field, despite some resistance to her work from men. "Reading about her stories is really inspiring," said Engel.

Engel is stunned at the conclusions Noether reached with the tools at her disposal.

Currently working as an intern for Peter Koo at Cold Spring Harbor Laboratory, Engel suggested she is committed to pursuing her interest in science, technology, engineering and math fields during and after college.

Engel was also a member of the robotics team at Cold Spring Harbor High School that won the regional conference and went to the World Championships in Houston last year. In robotics, Engel said the number of girls on the team declined from 10th through 12th grades.

She is, however, heartened to learn that 180 boys and 200 girls attended a recent research fair at her school.

#### New teaching tools

Fernández-Serra and Bugallo are hoping that teachers at all levels can use the videos to inspire students and help them connect with scientists whose contributions continue to resonate with current researchers. The purpose of activities like the competition is to "spark interest, so students want to investigate more," said Bugallo.

Stony Brook plans to build on this experience in future years through either similar efforts or ongoing programs or initiatives. "Our intent was to have these challenges year after year if this was successful, and it obviously was," said Bugallo.

In the immediate future, Fernández-Serra encourages students in the area to attend the upcoming talks given by University of Oxford astrophysicist Jocelyn Bell Burnell, who discovered the pulsar, as a part of the Della Pietra lecture series at the Simons Center for Geometry and Physics on the Stony Brook University campus from February 13 through Feb. 15.

Bell Burnell is giving a general public lecture on Feb. 13 at 5 p.m., with a reception at 4:15 p.m. in the



Mónica Bugallo

Simons Center Lobby. She will also offer a special talk for high school students titled You Are Made of Star Stuff! on Feb. 15 at 11 a.m. that examines how and where elements in the human body were created in the cosmos. Both lectures will be held in the Della Pietra Family Auditorium

#### A curiosity outside the classroom

For scientists, what they learn and study often stays with them long after they finish an assignment or submit or publish a paper.

Fernández-Serra, who studies the fundamental properties of liquid water using quantum mechanical simulations, thinks about how amazing water atoms are that are holding her when she swims.

As for Engel, thoughts of Noether will stay with her when she figure skates. "I probably can't do a spin without thinking about her," she said.

#### Heroes with staying power

For Fernández-Serra, Mildred Dresselhaus, one of the celebrated scientists of the past who was a part of the contest, was a "number one hero" in condensed matter physics.

Called the "Queen of Carbon," Dresselhaus earned numerous awards, including the Presidential Medal of Freedom and the National Medal of Science and Engineering.

"She was a positive and brilliant scientist who never lost her enthusiasm and curiosity," Fernández-Serra explained.

Stony Brook's IACS team hopes this competition, the Bell Burnell lecture, and other efforts ignite such enthusiasm in the next generation of STEM students.

#### We Help You Navigate To Optimal Health

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- Kidney Stones
- Uveitis
- Macular Degeneration Sarcoidosis
- Long Covid and many more...

#### What Are Patients Saying?

#### Osteoporosis

I couldn't believe it. My osteoporosis improved and I am a thin female of just 95 lbs. On DEXA scan, the bone density improved by 7%. My strontium was elevated with the plant based diet, which is another plus since it suggests that my bones are getting stronger. Female, age 69

#### Weight Loss, Autoimmune (Rheumatoid Arthritis), Cancer

I have lost 135 lbs. and have kept it off for several years with the guidance, recipes and encouragement that Dr. Dunaief has provided. Also, my inflammation is way down. This means I was able to stop my medications – Plaquenil and Methotrexate – for rheumatoid arthritis with no more pain and swelling in my joints. I can now

move my fingers normally, and I no longer have morning stiffness. This is a surreal experience. I also have reduced my CA125 by 10-fold to well within the normal range associated with my BRCA1 ovarian cancer.

Female, age 59

#### Chronic Kidney Disease, Seasonal Allergies And Weight Loss

People say I look a lot better and my cravings have gone down. Before, one of my other doctors threatened to fire me since I was deemed unmotivated. Now, I love handing that doctor the results from working with Dr. Dunaief. I have not been this weight for 25 years. This is huge. Also, I no longer have chronic kidney disease, and my allergies have improved so I no longer have to take antihistamines. Male, age 65

TWO

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#### Protect your heart this Valentine's Day

#### MEDICAL COMPASS

In February, we celebrate Valentine's Day, a celebration of those we love, alongside American Heart Month, an invitation for us to build our awareness of heart-healthy habits.



BY DAVID M. DUNAIEF, MD

The good news is that heart disease is on the decline due to several factors, including improved medicines, earlier treatment of risk factors, and an embrace of lifestyle modifications. While we are headed in the right direction, we can do better. Heart disease is ultimately preventable.

#### Can we reduce heart disease risks?

Major risk factors for heart disease include obesity, high cholesterol, high blood pressure, smoking and diabetes. Sadly, rates of both obesity and diabetes are rising. For patients with type 2 diabetes, 70 percent die of cardiovascular causes (1).

Key contributors also include inactivity and the standard American diet, which is rich in saturated fat and calories (2). This drives atherosclerosis, fatty streaks in the arteries.

Another potential risk factor is a resting heart rate greater than 80 beats per minute (bpm). In one study, healthy men and women had 18 and 10 percent increased risks of dying from a heart attack, respectively, for every increase of 10 bpm over 80 (3). A normal resting heart rate is usually between 60 and 100 bpm. Thus, you don't have to have a racing heart rate, just one that is high-normal. All of these risk factors can be overcome.

#### When does medication help?

Cholesterol and blood pressure medications have been credited to some extent with reducing the risk of heart disease. Compliance with taking blood pressure medications has increased over the last 10 years from 33 to 50 percent, according to the American Society of Hypertension.

Statins have also played a key role in primary prevention. They are effective at lowering lipid levels, including total cholesterol and LDL—the "bad" cholesterol. In addition, they lower the inflammation levels that contribute to cardiovascular disease risk. The Jupiter trial showed a 55 percent combined reduction in heart disease, stroke and mortality from cardiovascular disease in healthy patients—those with a slightly elevated level of inflammation and normal cholesterol profile—with statins.



METRO phot

The downside of statins is their side effects. Statins have been shown to increase the risk of diabetes in intensive dosing, compared to moderate dosing (4). Many who are on statins also suffer from myopathy (muscle pain and cramping).

I'm often approached by patients on statins with this complaint. Their goal when they come to see me is to reduce and ultimately discontinue statins by modifying their diet and exercise plans.

Lifestyle modification is a powerful ally.

#### How much do lifestyle changes reduce heart disease risk?

The Baltimore Longitudinal Study of Aging investigated 501 healthy men and their risk of dying from cardiovascular disease. The authors concluded that those who consumed five servings or more of fruits and vegetables daily with <12 percent saturated fat had a 76 percent reduction in their risk of dying from heart disease compared to those who did not (5). The authors theorized that eating more fruits and vegetables helped to displace saturated fats from the diet. These results are impressive and, to achieve them, they only required a modest change in diet.

The Nurses' Health Study shows that these results are also seen in women. Lifestyle modification reduced the risk of sudden cardiac death (SCD) (6). Many times, this is the first manifestation of heart disease in women. The authors looked at four parameters of lifestyle modification, including a Mediterranean-type diet, exercise, smoking and body mass index. There was a decrease in SCD that was dose-dependent, meaning the more factors

#### **Heart Healthy Diet**

Comsewogue Public Library, 170 Terryville Road, Port Jefferson Station invites the communit to a presentation titled *Heart Healthy Diet* on Feb. 15 from 7 to 8 p.m. Join cardiologist Jyoti Ganguly, MD to learn the most recent recommendations for a healthy diet to lower your risk of heart disease. Open to all. Call 631-928-1212 or visit www.cplib.org to register.

incorporated, the greater the risk reduction. There was as much as a 92 percent decrease in SCD risk when all four parameters were followed. Thus, it is possible to almost eliminate the risk of SCD for women with lifestyle modifications.

In a cohort study of high-risk participants and those with heart disease, patients implemented extensive lifestyle modification: a plant-based, whole foods diet accompanied by exercise and stress management. The results showed an improvement in biomarkers, as well as in cognitive function and overall quality of life. The best part is the results occurred over a very short period — three months from the start of the trial (7). Outside of this study environment, many of my own patients have experienced similar results.

#### How do you monitor your heart disease risk?

Physicians use cardiac biomarkers, including blood pressure, cholesterol and body mass index, alongside inflammatory markers like C-reactive protein to monitor your risk. Ideally, if you need to use medications to treat risk factors for heart disease, it should be for the short term. For some patients, it may be appropriate to use medication and lifestyle changes together; for patients who take an active role, lifestyle modifications may be sufficient.

By focusing on developing heart-healthy habits, you can improve the likelihood that you— and those you love — will be around for a long time.

#### **References:**

(1) Diabetes Care. 2010 Feb; 33(2):442-449. (2) Lancet. 2004;364(9438):93. (3) J Epidemiol Community Health. 2010 Feb;64(2):175-181. (4) JAMA. 2011;305(24):2556-2564. (5) J Nutr. March 1, 2005;135(3):556-561. (6) JAMA. 2011 Jul 6;306(1):62-69. (7) Am J Cardiol. 2011;108(4):498-507.

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

#### ONLY ON THE WEB:

The following articles can be found at www.tbrnewsmedia.com

- » Holtsville Hal predicts an early spring in Brookhaven Town
- » SCCC's Flecker Gallery hosts the work of artist Cheeny Celebrado-Roye
- » Stony Brook Medicine spreads awareness through 'National Wear Red Day'

#### HOROSCOPES OF THE WEEK



#### **AQUARIUS – Jan 21/Feb 18**

Confusing messages from work may find you reconsidering plans that you already put into motion, Aquarius. Get more information before modifying your plans.

#### PISCES - Feb 19/Mar 20

Pisces, your mind is all over the place right now, so it could be difficult to focus on mundane things like chores or other activities right now. However, don't push them off.

#### ARIES - Mar 21/Apr 20

Creativity may prove elusive this week, Aries. You want to get into a crafty project but you simply can't find traction just yet. Don't give up too soon.

#### TAURUS – Apr 21/May 21

Taurus, a distracted friend or loved one may not be good company over the next few days. Reach out and offer to be a sounding board to help this person recenter their focus.

#### GEMINI – May 22/Jun 21

Are you feeling preoccupied, Gemini? You can't seem to focus on one thing or another and friends will start to notice when you are in their company.

#### CANCER - Jun 22/Jul 22

Romantic matters are going very well right now, Cancer, even if you may not feel entirely confident. The person who cares for you will not notice your insecurities.

#### LEO – Jul 23/Aug 23

The more challenging path may prove the best one to take as your work on a certain task, Leo. Dig in and start figuring a way out to the other side.

#### VIRGO – Aug 24/Sept 22

Virgo, there is so much to do around the house that you may not know where to start. Spring cleaning comes a month or two early. Ask for help if you're feeling frazzled.

#### LIBRA – Sept 23/Oct 23

You may be in the mood to expand your knowledge on one or more subjects, Libra. Visit the library or a bookstore and pick up something that piques your interest.

#### SCORPIO - Oct 24/Nov 22

Scorpio, you may pick up on some vibes when hanging out with others that just don't fit in with your line of thinking. Give it some time before you cut any ties. You may be misinterpreting.

#### SAGITTARIUS – Nov 23/Dec 21

There has been a lot going on in your life, Sagittarius. You may be experiencing some apprehension about the future. Take every concern individually and give it thought.

#### CAPRICORN – Dec 22/Jan 20

Information coming to you could have you feeling nervous about your financial security, Capricorn. If this is outside your area of expertise, you may want to sit down with a planner.

#### Estate planning for artists and art collectors

#### **ATTORNEY AT LAW**

Establishing a clear and thorough estate plan is essential for artists to maintain control over their artwork and preserve their legacy. An



BY NANCY BURNER ESQ.

artist's estate not only includes physical art, but a bundle of intellectual property rights, including copyrights. Additionally many artists have art collections that include others artists' works as well as their own. The artist's own art work is generally treated differently than their art collection, but both can be hard to value at death.

Generally speaking, at death one can dispose of these assets either through a Last Will and Testament or a Living Trust. With either document, an artist can specify not only who is to inherit a particular work of art, such as a family member or art gallery, but how the artwork is to be managed. For example, the artist can specify the proper storage and handling, appraisal, and insurance for the art work. Professional art Pixabay photo

appraisers and dealers can be hired to find buyers or exhibit the art to a wider audience. If doing so, it is important to set aside some estate assets to pay for the upkeep and handling of the art. If the Executor or Trustee is left to handle the art without any monetary resources, the plan will not work.

The main difference between a Will and a Trust is that a Will must be validated through Surrogates Court in a probate proceeding. Probate takes several months, sometimes years, for the nominated Executor to be officially appointed and imbued with the authority to collect the decedent's assets, pay off any debts, and distribute the property to the beneficiaries according to the terms of the Will.

legal entity created during one's life to avoid the probate process. Provided the art work and intellectual property are transferred into the trust during life, the trust assets will pass free from court interference at death, avoiding the costs and delay of probate.

Avoiding probate is often appealing for artists because artwork and copyrights are particularly difficult to categorize and value in a probate petition. In addition, using a trust ensures privacy whereas a Will becomes public information when it goes through the courts.

Further, a trust created during life can have provisions regarding incapacity, ensuring that precious pieces of art are properly cared for by the successor trustee in the event the artist can no longer maintain the works. Finally, some pieces of art cannot sit for the years it may take to go through the probate process.

The main advantage of a Living Trust is that it is not subject to continuing court oversight. If someone creates a trust for their art in their Will, any changes must go through the courts. For example, any change to the trustee would require court approval. Not so if the art trust was created in a Living Trust. A Living Trust can allow

A Living Trust, in contrast, is a separate the beneficiaries to remove and replace a trustee without court interference. This is particularly important in artist estates where the Trustee is a professional instead of a family member. Many famous artist's estate were mishandled by so-called trusted advisors. Avoiding the costs of litigation is reason enough to create a trust for artwork especially if the artist is well- known.

An experienced estate planning attorney can help create an effective strategy for the artwork in your estate, ensuring your collection ends up in the right hands after death. Artwork can simply pass outright to beneficiaries if there is no substantial resale market. But, if the artist had established sales throughout their life, creating a trust or foundation at death to hold the art is the better route. As with any estate, the goal is to minimize in- fighting. Since art is so personal and cannot be easily divided, it is even more important to bequeath your works of art in a way that does not cause conflict.

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.



#### VIRTUAL EVENT ESTATE PLANNING BASICS



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#### Devoshion opens at Smith Haven Mall

The latest addition to the Smith Haven Mall in Lake Grove, a vegan, crueltyfree store named Devoshion, celebrated its grand opening with a ribbon cutting ceremony on Feb. 1.

Owners Mor Schwartz and Jason McKee

#### **BUSINESS**

were joined by Barbara Franco, Executive Director of the Smithtown Chamber of Commerce,

Jennifer Scully of Vegan Home New York, and John and Juliana Di Leonardo of Humane Long Island.

Devoshion, blending "Devotion" and "Fashion," advocates compassion through its range of vegan and plant-based products. It serves as an indoor craft fair, showcasing local artists and functioning as a gallery for functional art. It is also a venue for live events like comedy shows, live music, Karaoke Nights, DIY workshops, yoga classes, and more. Customers can hang out, eat vegan food, try local craft beer, and buy and sell collectibles, comics, action figures and specialized toys.

All items in Devoshion are vegan and cruelty-free, and the proceeds of select items, including sloth, kangaroo, and capybara plushies, are donated to Humane Long Island. In addition, in celebration of its grand opening, all of the proceeds from select plushies and a portion of all vegan candy sales up until Valentine's Day will



benefit Humane Long Island's work to help animals on Long Island.

Located at 313 Smith Haven Mall in the Lifestyle Village across from Dick's Sporting Goods, Devoshion is open Monday to Thursday from 10 a.m. to 8 p.m., Friday and Saturday from 10 a.m. to 9 p.m. and Sunday from 11 a.m. to 7 p.m. For more information, call 631-394-8296 or visit www. devoshion.com.

#### Groundbreaking date set for Ronald McDonald House in Stony Brook

Ronald McDonald House Charities NY Metro (RMHC NYM) announced on Feb 1 that it will break ground for a new Ronald McDonald House in Suffolk County on April 17, having raised more than \$23 million for the project.

"We are thrilled to have achieved this milestone as we push toward making the dream of a Ronald McDonald House a reality for Suffolk County families," said Cynthia Lippe, who is heading the fundraising effort. "We thank those who have supported us and urge others to join us in this most noble of efforts."

The new, three-story, 60,000 sq. ft. Ronald McDonald House will be located within walking distance to Stony Brook Children's Hospital and will be the only one in Suffolk County. It will join two family rooms located at Stony Brook, in the Children's Hospital (opened in 2013) and the Hospital NICU



A rendering of the new Ronald McDonald House building to be constructed in Stony Brook.

(opened in 2022). The house will include 30 bedrooms that include ensuite bathrooms, a communal dining room, a movie theater and fitness room, administrative offices and a great room designed with children in mind.

"The Suffolk County Ronald McDonald House has been a vision of ours for many years and is needed to help so many families who travel from the farthest ends of Suffolk to find the medical care their children need," said Matt Campo, CEO of RMHC NYM. "We're thrilled to see the end in sight and get ready for construction next year."

"The new Ronald McDonald House will provide a safe, secure and comfortable environment for families of children who are hospitalized at Stony Brook Children's Hospital," said Carol Gomes, chief executive officer of SBU Hospital. "We are grateful for our long-standing partnership with Ronald McDonald House Charities NY Metro. The facility underscores Stony Brook Medicine's commitment to offer exceptional care to meet the needs of our patients and their families."

#### Hallockville Museum Farm welcomes new **Executive Director**

The board of directors of Hallockville Museum Farm in Riverhead recently announced it has appointed a new executive director, Heather Johnson.

A resident of Smithtown, Johnsonhas significant professional experience in leadership positions at museums and nonprofit organizations, and also worked

for several years in communications, administration and instruction within the higher education sector. Most recently, was she the executive director for Friends of the Bay, a nonprofit organization based in Oyster Bay. She was previously



**Heather Johnson** 

the conference coordinator for Cold Spring Harbor Laboratory, and formerly served as the director of the Northport Historical Society. From 1989 to 2006 she worked in a series of administration roles and as adjunct faculty at Hofstra University.

"With a working farm, a museum with historic buildings and exhibits, and an educational community resource, our executive director wears many hats. We welcome Heather and the diverse experience she brings to this important position," said Dale Moyer, vice president of the Hallockville Museum Farm Board of Directors.

"I am excited and grateful for the opportunity to be the next executive director of historic Hallockville Museum Farm and to guide Hallockville in its mission 'to take Long Island back to its family farming roots and explore their relevance today," said Johnson. "I look forward to building upon the great work that has been done and to find new ways to offer programs and events to engage people of all ages and backgrounds."

#### **Vendors Wanted**

\_\_\_\_\_

Hallockville Museum Farm, 6038 Sound Ave.,

Riverhead seeks vendors for its annual Fleece & Fiber Festival on May 18 from 10 a.m. to 4 p.m. (Rain date is May 19). \$155 early bird rate for 10 X 10' outdoor space, \$175 after March 1. Artisans sharing handmade and authentic works for sale may apply at www.hallockville.org by April 1. Questions? Call 631-298-5292.



#### 3 6 5 2 8 1 6 5 3 8 9 6 3 8 3 9 4 5 9 4 6

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

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

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

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9	2	4	3	8	1	6	7	5
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#### **CROSSWORD PUZZLE**

1 2 3 4 5

#### - LOVE -

#### **CLUES ACROSS**

- 1. Zagreb native
- 6. Not St. or Blvd.
- 9. Tucked in
- 13. Whatchamacallit
- 14. Robert Redford's Sundance
- 15. In a cold manner
- 16. Tiny island
- 17. Mad King George's number
- 18. Hearing, e.g.
- 19. \*Love's late Nirvana

#### husband

- 21. \*Star-
- 23. \*Air Supply's "Making Love
- Out of Nothing at \_
- 24. Elementary particle
- 25. Tire meas.
- 28. Land of Israel
- 30. \*Joe Cocker and Jennifer Warnes: "Love lifts us
- up where we
- 35. Ladder crosspiece
- 37. Frenzied
- 39. London's Thames, e.g.
- -European language
- 41. Call it quits
- 43. Very bright star
- 44. What procedural and epidural have in common
- 46. Crosby's and Still's partner
- 47. Mountain valley
- 48. Final words
- 50. Future J.D.'s hurdle
- 52. Food scrap
- 53. Tax
- 55. Pen point
- 57. \*"All You Need Is Love" band, with The
- 61. \*Letters to Juliet destination
- 64. Habituate
- 65. NHL surface
- 67. Ancient marketplace
- 69. Like many bathroom floors?
- 70. Blunderbuss, e.g.
- 71. Entrenched (2 words)
- 72. Whirlpool
- 73. Volleyball court center
- 74. English homework assignment

#### Answers to last week's puzzle: **Super Bowl**

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#### **CLUES DOWN**

- 1. Computer-related imaging acronym
- 2. CISC alternative
- 3. Capital of Norway
- 4. Single-cell protozoan
- 5. Bottom lines
- 6. Similar
- 7. One of the Tudors
- 8. Authoritative proclamation
- 9. Single pip cards
- 10. The Container Store purchase, pl.
- 11. "What \_\_\_\_ can I say?"
- 12. T-shirt, after tied
- 15. Chemical cousin
- 20. Homer's epic
- 22. Actor Lowe
- 24. Deviation from the norm
- 25. \*U2's "In the Name of Love" song
- 26. First light of day
- 27. Lemur from Madagascar
- 29. Damien's prediction
- 31. Ding-a-\_
- 32. Convex molding
- 33. \*"Love means \_\_\_\_ h
  34. \*"Love Actually" star having to say you're sorry"
- 36. Hockey score
- 38. \*True Love's
- 42. Feudal lord
- 45. Loafed
- 49. "Holy moly!"
- 51. Rant 54. "Peace" with fingers (2 words)
- 56. Phony
- 57. Teeth mark
- 58. Children's writer Blyton
- 59. Old, in Scottish
- 60. Three pointer
- 61. Heater outlet
- 62. Wooden pegs
- 63. Rigoletto's "La donna mobile," e.g.
- 66. Pool tool
- 68. One or some

\* THEME RELATED CLUE

Loft

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Candlelight Tea

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Where to shop for Valentine's Day!





#### Valentine's Day Marriage Marathon returns to Huntington

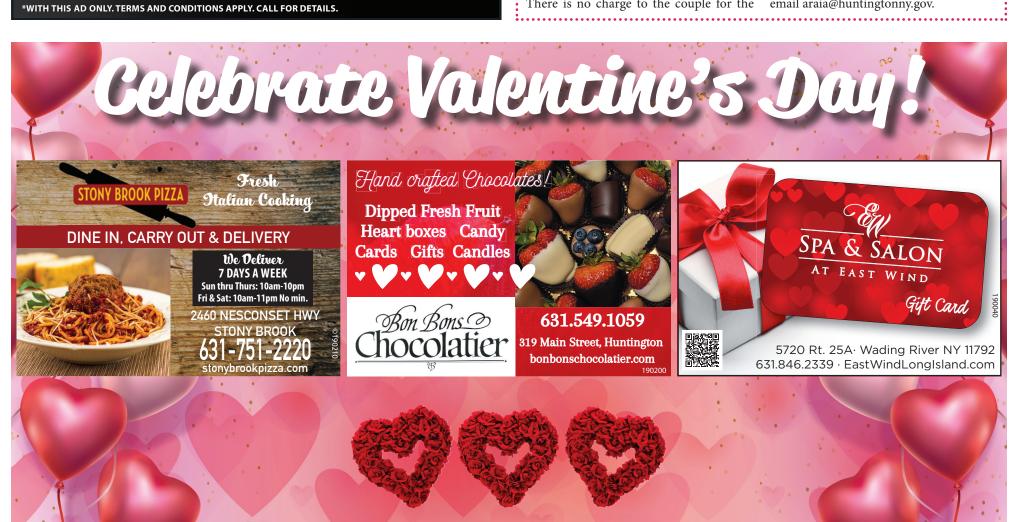
will be performing his annual marriage ceremonies as the Town's Marriage Officer on Valentine's Day, Feb. 14, from 9 a.m. to 4 p.m. by appointment in the Town Board Room at Huntington Town Hall, 100 Main Street, Huntington.

Please note that a marriage ceremony may only take place after 24 hours issuance of a marriage license while vow renewals do not require a waiting period. There is no charge to the couple for the

Huntington Town Clerk Andrew P. Raia ceremony and their guests are welcome to attend the reception.

"Love is in the air once again at Huntington Town Hall this Valentine's Day," said Town Clerk Raia. "It is an honor and a privilege to join two people in a lifetime of love and commitment and it's the part of my job that is the most heartwarming."

To make an appointment, please call the Town Clerk's Office at 631-351-3216 or email araia@huntingtonny.gov.



#### Start off Valentine's Day with breakfast in bed

BY HEIDI SUTTON

Valentine's Day is about expressing love for special people in your life. One way to do so is to pamper that person as much as possible. That can mean starting the day off with a delicious breakfast in bed for a romantic start to your February 14th.

Muffins can be prepared in advance and are easy to enjoy in hand for a breakfast that involves lounging and love. "Blackberry Crunch Muffins" marry coffee cake and muffin elements and tart berries for something that is equal parts breakfast and dessert. What better idea for Valentine's Day?

Try this recipe, courtesy of *Lord Honey Traditional Southern Recipes* (Pelican Publishing) by Chef Jason Smith and Cupid approved.

#### **Blackberry Crunch Muffins**

YIELD: Makes 12 muffins

#### INGREDIENTS:

- 2 1/4 cups self-rising flour
- 1 cup white sugar
- 1/4 cup brown sugar
- 1/2 cup canola oil
- 2 eggs
- 2 teaspoons vanilla
- 3/4 cup full-fat buttermilk
- 11/2 cups fresh or frozen blackberries
- Zest of 1 lime

#### Crunch topping:

- 1/2 cup white sugar
- 1/4 cup brown sugar, packed
- 1/2 cup self-rising flour
- 1/2 cup quick-cook oats
- 1/4 cup sweetened shredded coconut
- 1/2 cup chopped walnuts
- 5 tablespoons butter, at room temperature
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger

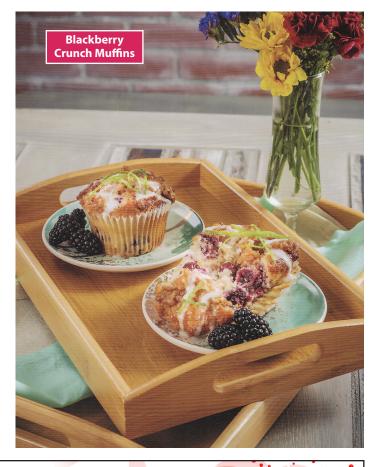
#### Glaze:

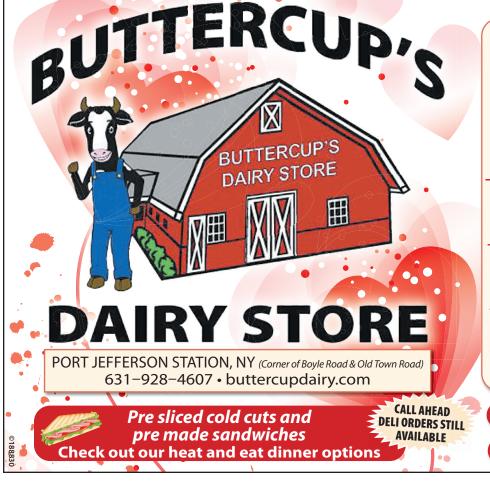
- 2 cups powdered sugar
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- Juice of 1 lime

#### **DIRECTIONS:**

Preheat oven to 375 F. Grease or line a 12-hole muffin tin. In a mixing bowl, whisk together the flour and sugars. Add the oil, eggs, vanilla, and buttermilk, and stir to combine. In a small bowl, toss the blackberries with 1 tablespoon flour, then add the berries and zest to the batter and lightly fold them in.

Place the crunch topping ingredients in a bowl and mix with a fork until large crumbles form. Divide the batter evenly into the muffin tin, and sprinkle tops with crunch mixture. Bake for 22 to 28 minutes or until a toothpick comes out clean. Remove from oven and place on a cooling rack. Place the glaze ingredients in a bowl and whisk until combined. Drizzle over cooled muffins.







andy, flowers, heart-shaped notes — what's not to like about Valentine's Day? Since this annual celebration of love falls on a Wednesday this year, special events are being held throughout the week. Check out some of them (highlighted in pink and in sidebar) happening right in our own backyard.

#### Thursday 8

#### Volunteer Fair heads to Selden

Middle Country Public Library, 575 Middle Country Road, Selden will host a Venues for Volunteering Fair from 6 to 8 p.m. Come find out what volunteer opportunities are available in our area and how you can help. Representatives from over 20 organizations will be in attendance including Atlantic Marine Conservation Society, Bethel Hobbs Community Farm, Friends of the Middle Country Public Library, Girl Scouts of Suffolk County, Long Island State Veterans Home at Stony Brook, Mercy Haven Inc., Save-A-Pet Animal Rescue, Selden Fire Department, and the Three Village Historical Society. No registration required. For more information, call 631-585-9393.

#### **Reboli Art History Lecture**

The Reboli Center for Art and History, 64 Main St., Stony Brook will host a free art history lecture with award-winning artist and art history enthusiast Kevin McEvoy from 6:30 to 8 p.m. Light snacks will be served. No reservations are required to attend. 631-751-7707

#### **Staller Center Music Recital**

Jennifer Frautschi and Christina Dahl of SBU Dept. of Music return for another popular evening of duos for violin and piano at Stony Brook University's Staller Center for the Arts Recital Hall, 100 Nicolls Road, Stony Brook at 7 p.m. This program considers four very different sonatas written within a twenty-year period that encompasses WWI, and the aftermath of the war. Program includes Szymanowski Sonata in D Minor, Op. 9 for Violin and Piano (1904); Bartok Sonata No. 2 for Violin and Piano, SZ 76 (1922); Marguerite Canal Sonata for Violin and Piano (1922) selections; and Ravel Violin Sonata No. 2 (1923-27). Free. 631-632-2787

#### **Victorian Valentine's Day**

Join the Northport Historical Society, 215 Main St., Northport for a Victorian Valentine's Day at 7 p.m. Make your date night, Gal-entine's, or early Valentine's Day celebration unforgettable! Education Coordinator Carol Taylor takes you on a journey from the beginning of Valentine's Day to modern times while learning (and sampling) wine paired with handcrafted chocolates. Your evening concludes with a gift provided by Nite Owl Promotions. Tickets

## Times ... and dates

Feb. 8 to Feb. 15, 2024



#### **LOVE AND MARRIAGE**

Tickets are selling fast for the Valentine's Day performance of 'I Love You, You're Perfect, Now Change' at the Engeman Theater in Northport. Photo from The John W. Engeman Theater

are \$60, \$50 members and must be purchased in advance at www.northporthistorical.org. Ages 21+ only. Questions? Call 631-757-9859.

#### Friday 9

#### **Game Night in St. James**

Join Celebrate St. James for an adult Game Night at the Calderone Theatre, 176 2nd St., St. James from 7 to 10 p.m. Enjoy board games, card games, light refreshments, pizza and a hot chocolate bar. \$10 donation. To register, visit www.celebratestjames.org. 631-984-0201

#### **An Evening of Opera**

St. Paul's United Methodist Church, 270 Main St., Northport hosts a concert by Opera Night Long Island at 7:30 p.m. The evening will feature an entertaining assortment of vocal excerpts from famous and beloved operas followed by a reception. \$10 donation, students free. www.operanight.org

#### **Bennett Harris in Concert**

The Village of Port Jefferson Dept. of Recreation and the Greater Port Jefferson Arts Council continue their Winter Tide concert series at the Port Jefferson Village Center, 101 E. Broadway, Port Jefferson With a performance by Blues Master Bennett Harris in the Sail Loft Room (3rd floor) from 7 to 8 p.m. playing tunes by Bessie Smith, Robert Johnson, Blind Blake, as well as his own originals. Tickets are \$5 at the door. 631-802-2160

#### **Grounds and Sounds Concert**

Unitarian Universalist Fellowship, 380 Nicolls Road, East Setauket hosts a Grounds and Sounds concert featuring the Claudia Jacobs Band (eclectic mix of folk, blues, pop and soul) with doors opening at 7:30 p.m. Open mic starts at 8 p.m. Tickets are \$15 per person and are available in advance online or at the door. www.groundsandsounds. org, 631-751-0297

#### Saturday 10

#### **February Funny Fest**

The Comedy Club@Theatre Three, 412 Main St., Port Jefferson announces the return of February Funny Fest at 8 p.m. with comedians Ellen Karis, Coach Tom Whitely, Richie Byrne and more. Tickets are \$40. To order, call 631-928-9100 or visit www.theatrethree.com.

#### Sunday 11

#### **Valentine's Day Serenade**

Smithtown Historical Society will host a Valentine's Day Serenade concert by Transitions Saxophone Quartet at the Caleb Smith House, 5 North Country Road, Smithtown from noon to 2 p.m.. Celebrating a century of songs of love, Transitions will perform the music of artists who have been inspired by love and romance. Wine and chocolate strawberries will be served. Proceeds will go towards preservation and repair of the SHS's historic buildings. Ticket are \$20 per person, \$30 per couple. To order, call 631-265-6768.

#### **Chinese Brush Painting**

Join the North Shore Public Library, 250 Route 25A, Shoreham for a Chinese Brushwork Painting class from 1 to 3 p.m. where you will learn the basic brush marks, how to use rice paper using Chinese brushes and ink. By listening to the history of this art form and watching painting demonstrations of bamboo, stems, leaves and blossoms, you will create your original piece of Chinese brushwork/painting to bring home. All materials are supplied. Open to all. To register, call 631-929-4488.

#### **Nick Russell in concert**

The Long Island Music and Entertainment Hall of Fame, 97 Main St., Stony Brook welcomes Nick Russell with Sydney Swinson for songs and stories from 3 to 4 p.m. The event is free with general admission ticket purchase. For more information, call 631-689-5888 or visit www.limusichalloffame.org.

#### **Ridotto Concert**

Huntington Jewish Center, 510 Park Avenue in Huntington hosts a Ridotto Concert, concerts with a touch of theater, featuring pianist Sofya Gulyak at 4 p.m. Program will include works by Chopin, Debussy and Liszt's Norma Fantasie. Tickets are \$35 adults \$30 seniors, \$25 members and \$12 students. For reservations, call 631-385-0373, or email Ridotto@optonline.net.

#### Monday 12

#### **Sound Beach Civic Meeting**

Sound Beach Civic Association will hold a meeting at the Sound Beach Firehouse, 152 Sound Beach Blvd., Sound Beach at 7:30 p.m. The guest speaker will Suffolk County Legislator Chad Lennon. Also on the agenda will be a representative from Congressman Nick LaLota's office with an update on the post office closure. All are welcome. For more information call 631-744-6952.

#### **The American Bombshells**

The John W. Engeman, 250 Main St., Northport celebrates Valentine's Day with a concert by The American Bombshells, a modern day twist on the Andrews Sisters, who serve as Ambassadors of America's Gratitude, traveling the globe with an All-American show that dazzles in three part harmony! Tickets are \$45 per person. To order, call 631-261-2900 or visit www. engemantheater.com.

#### Tuesday 13 NSJC Social Club event

North Shore Jewish Center Social Club, 385 Old Town Road, Port Jefferson Station invites the community to a talk by Rabbi Aaron Benson who will discuss the current issues in Israel in the Social Hall at 11 a.m. Bagels, cream cheese and coffee will be served. \$5 per person, \$4 members. 631-928-3737

#### **Shades of Bublé Concert**

The John W. Engeman Theater, 250 Route 25A, Northport continues its Special Event Series with Shades of Bublé at 8 p.m. With three voices singing incredible songs like "Feeling Good," "Moondance," "Sway," "Come Fly With Me," "Home," "Everything," "Fever," "Save the Last Dance for Me" and many more, the show brings the swinging standards and pop hits of Michael Bublé to the stage in an unforgettable high-energy concert event. Tickets are \$45. To order call 631-261-2900 or visit www.engemantheater.com.

#### Wednesday 14

#### Valentine's Day Breakfast & Trivia

Town of Brookhaven's Rose Caracappa Senior Center, 739 Route 25A, Mt. Sinai hosts a Valentine's Day Breakfast & Trivia Game event from 9:30 to 11:30 a.m. A continental breakfast will be served. Free. Please call 631-451-5312 to register.

#### Valentine's Day at the LIM

Drop by the Long Island Museum, 1200 Route 25A, Stony Brook on Feb. 14 from noon to 5 p.m. for a special 2-for-1 admission! Treat your sweetheart to a romantic afternoon enjoying the museum's new art exhibitions, including the Power of Two, featuring works by artist couples of Long Island; Finding Hidden Treasures: The Art of Samuel Adoquei; Painting Partnership: Reynold and Joan Ruffins; and Colors of Long Island: Student Art Exhibition. 631-751-0066 See more on page B17.

#### Thursday 15

#### **Emerson Legacy Concert**

Stony Brook University's Staller Center for the Arts, 100 Nicolls Road, Stony Brook presents an Emerson Legacy Concert in the Recital Hall at 7 p.m. featuring Emerson Members Eugene Drucker, violin, and Lawrence Dutton, viola. Program will include works by Bartok, Dvorak, Mozart and Mendelssohn. Tickets range from \$41 to \$48. To order, call 631-632-2787 or visit www.stallercenter.com.

#### Film

#### 'The Miracle Club'

Join us at Comsewogue Public Library, 170 Terryville Road, Port Jefferson Station for a viewing of *The Miracle Club* starring Maggie Smith, Laura Linney, and Kathy Bates on Fe. 14 at 2 p.m. Open to all. Call 631-928-1212 to reserve your seat.

#### 'Casablanca' at the CAC

"Of all the gin joints, in all the towns, in all the world, she walks into mine." Cinema Arts Centre, 423 Park Ave., Huntington invites all lovebirds and lonelyhearts to spend Valentine's Day with them revisiting a classic, "Casablanca" on Feb. 14 at 7 p.m. \$20 per person, \$15 members. Order tickets in advance at www.cinemaartscentre.org.

#### Theater

#### 'I Love You, You're Perfect ...'

John W. Engeman Theater, 250 Main St. Northport presents *I Love You, You're Perfect, Now Change*, a witty musical revue that tackles modern love in all its forms: from the perils and pitfalls of the first date to marriage, children, and the twilight years of life, from Jan. 18 to March 3. Set in the modern world and told in a series of vignettes and songs, *I Love You, You're Perfect, Now Change* traces the overall arc of relationships throughout the course of a life. To order tickets, call 631-261-2900 or visit www.engemantheater.com.

#### 'Tick Tick Boom!' \*

Theatre Three, 412 Main Street, Port Jefferson presents *Tick, Tick...Boom!* from Feb. 17 to March 16. This semi-autobiographical pop/rock musical by Jonathan Larson, the Pulitzer-Prize and Tony Award winning creator of RENT, inspired Lin Manuel Miranda's 2021 Netflix movie adaptation and explores the sacrifices one man makes and the passion it takes to pursue a dream. Tickets are \$40 adults, \$32 seniors and students. To order, call 631-928-9100 or visit www.theatrethree.com.

#### '(Mostly) True Things'

The Performing Arts Studio, 224 East Main Street, Port Jefferson presents a production of (Mostly) True Things on Feb. 17 at 7

p.m. with stories on the theme *Sucker For Love* about those times we go to extremes, abandon reason and take big leaps because of love. Four storytellers will compete to win the audience's choice for the biggest "sucker for love." Also 3 of the stories will include subtle little lies, but all the stories are otherwise true. The audience gets to question the storytellers, then vote for the person they think told it straight. Tickets are \$20 online at eventbrite.com, \$25 at the door (cash only). 631-928-6529

#### **Festival of One-Act Plays**

Theatre Three, 412 Main St., Port Jefferson presents the 25th annual Festival of One-Act Plays from Feb. 24 to March 23 at The Ronald F. Peierls Theatre, on the Second Stage. Selected from over 2,000 submissions world-wide, these eight cutting-edge premieres are guaranteed to entertain and engage. Directed by Jeffrey Sanzel, the plays will feature Sean Amato, Ginger Dalton, Jae Hughes, Brittany Lacey, Phyllis March, Andrew Markowitz, Linda May, Rob Schindlar, Evan Teich, Steven Uihlein, Julia Albino, Courtney Gilmore, Gina Lardi, and Cassidy Rose O'Brien. . Please Note: Adult content and language. All tickets are \$25. To order, call 928-9100 or visit www. theatrethree.com.

#### Farmers Markets

#### **Huntington Farmers Market**

Spirit of Huntington Art Center, 2 Melville Road North, Huntington Station hosts the Long Island Winter Farmers Market every Sunday from 9 a.m. to 1 p.m. through March. 631-470-9620

#### **Port Jefferson Farmers Market**

The Port Jefferson Winter Farmers Market returns to the Port Jefferson Village Center, 101 E. Broadway, Port Jefferson on Sundays from 10 a.m. to 2 p.m. through April 28. 631-802-2160

#### **Lake Grove Farmers Market**

Smith Haven Mall in Lake Grove hosts a Winter Farmers Market in the southwestern quadrant of the parking lot (adjacent to Bahama Breeze) on Saturdays from 10:30 a.m. to 4:30 p.m. 516-444-1280

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-forprofit organizations (nonsectarian, nonpartisan events) only, on a spaceavailable basis. Please include a phone number that can be printed.

#### **NEWS AROUND TOWN**

#### **HeARTS for ART**

Fall in love with art at the HeARTS for ART Valentine's Day event at the Heckscher Museum, 2 Prime Ave., Huntington from Feb. 15 to 18 from noon to 5 p.m. Fall in love with a work of art and place a heart in front of your favorite work of art for all to see! Then post your pick on social media with #heartsforart. All visitors February 15 through 18 will receive a heart to decorate and place in the galleries. Free with museum admission. To reserve your spot, visit www.heckscher.org.

#### Valentine's Day Pop Up!

Join us at The Reboli Center, 64 Main St., Stony Brook on Feb. 10 between 11 a.m. and 5 p.m. for a pop-up with Renee Fondacaro of Old Field Apothecary. Renee will have an extensive display of her highly admired, all natural candles and room sprays. Free gift wrapping will be available. While there, make a free Valentine's Day Button with art instructor and Director, Julia LaMarca of One River School, suitable for children and adults of all ages. For more information, call 631-751-7707.

#### **Lovers of Comedy Night**

The Smithtown Center for the Performing Arts, 2 E. Main St., Smithtown presents Lovers of Comedy Night! on Feb.17 at 8 p.m. Enjoy a night of laughs to round out Valentine's Day week in partnership with Governor's Comedy Clubs. Emceed by Christina Meehan-Berg, the show will feature comedians Aaron Berg, Vinny D'Agostino and Debbie D'Amore. Tickets are \$40 per person. To order, visit www. smithtownpac.org.

#### Valentine's Day dinner dance

Time to put on your dancing shoes! East Wind Long Island, 5720 Route 25A, Wading River presents a Be My Valentine Dinner Dance and Comedy Showin the Grand Ballroom on Feb. 16 from 7 to 11 p.m. Enjoy a 45 minute comedy show with comedians John Butera and Mike Keegan, a four hour premium open bar, live DJ music and a four course dinner including heart shaped ravioli and surf and turf. \$125 per person. For reservations, visit www. eastwindlongisland.com. 631-929-6585.

#### An evening of jazz

The Jazz Loft, 275 Christian Avenue in Stony Brook presents "Here's to the Ladies!" on Feb. 16 at 7 p.m. featuring The Jazz Loft All Stars, with Ray Anderson on trombone; Tom Manuel on cornet; Steve Salerno on guitar; Dean Johnson on bass; and Darrell Smith on drums. Tickets are \$50 and includes a glass of champagne and chocolate. To order, visit www.thejazzloft.org.

Introducing

THIS WEEK:
George Hoffman
discusses
Sewers for Suffolk

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#### Finding Hidden Treasures exhibit opens at LIM

BY TARA MAE

Perspective and reality merge in imagination, creating art that is tethered to truth and yet unfettered from realism. Finding Hidden Treasures: The Art of Sam Adoquei, a retrospective of the artist's oil paintings, explores the scope of such interplay.

ART (LIM) in Stony Brook through June 2, the show features 25

EXHIBIT oil paintings of various sizes as well as an excerpt of *The Unseen Beauty* (2012), a film written and directed by Gabriel de Urioste about Adoquei and his work.

The entire exhibit is a milestone for Adoquei.

"It is the first time in my life to have my large figurative works and small paintings, my traditional pieces and my outdoor oil paintings, my still lifes and my figurative pieces come together in the same room. It is also interesting to see some of my earliest paintings next to some recent canvases," he said in an email. "Same with technique/approach: there are paintings that were approached with the most careful traditional/classical method while some of the canvases were approached with fun spontaneous innovative spirit."

Finding Hidden Treasures reveals scenes of certainty and surprise, calmly tranquil or intensely evocative. During a recent guided tour of the exhibit before it goes on view to the public, I was immersed in a world of soothing still lifes, inviting landscapes, and compelling figures.

For Adoquei, a Ghanaian immigrant who is also a writer and teacher, oil painting is a language through which he communicates, inviting viewers to enmesh themselves in the core of the work and the feelings they invoke.

"Oils provide that unlimited range of expressing myself: from the leanest and thinnest effects to the thickest layers of impasto pigments," Adoquei said.

In many ways, the show is a reflection and meditation on moments in time, both simple and profound. It is an intimate invitation



LIM's Co-Executive Director Joshua Ruff views 'The Art Student', oil on canvas, by Sam Adoquei in the Cowles Gallery of the History Museum. Photo by Kristin Cuomo/LIM

to become acquainted with new characters and reintroduced to uncommon elements of common knowledge.

"Sam is very ambitious to be taking on some of the subjects he takes on, like these sort of massive scale history paintings. Then there is the sensitivity that he has in his figurative and portrait work, the expressiveness, the fact that you look at the people in the paintings, you feel a connection," said LIM's Co-Executive Director Joshua Ruff.

Such a kinship is formed via a shared visual dialogue between artist and audience. The paintings in this exhibit entice the breadth of human emotion in what they depict and what they evoke.

"My approach is diverse: traditional, innovative...Creating a painting to me is always communication with the enthusiasts: whether short and poetic, a short essay, or long and epic depends on the subject and what I aim to extract from it," he added.

Two of the most arrestingly captivating pieces in the exhibit combine narrative tradition with creative interpretation: a

10-foot-wide triptych titled "The Legacy of Martin Luther King Jr. (The Entombment)" which was featured in the New York Times and displayed at the S. Dillon Ripley Center of the Smithsonian Institution in Washington, DC., and "Death of a President (John F. Kennedy)." These history paintings reimagine hauntingly human tragedies with interpersonal, even fantastical, elements.

In these renderings, persons from the artist's life, as well as Adoquei, appear as bystanders or sympathetic participants. Adoquei frequently includes himself or his associates in his paintings, a practice that adds emotional depth to the works.

"I love people, I am always inspired by the love of people, and humanistic pursuits are part of sentiments that I try to include in my mission to unveil my vision," he said.

This generosity and warmth extends to pieces that do not include human figures, like idyllic interpretations of Long Island vistas and other settings. They encourage onlookers to step into them, feel the sand beneath their feet, the breeze as it rustles tall grasses, the sun

on their faces, the sound of the sea, the taste of salt in the air.

Adoquei's still life paintings are intriguing and alluring, alluding to larger stories of which patrons are only catching a glimpse: two quinces with their stems and leaves attached, lilting sunflowers and daisies in vase, a partially sectioned grapefruit, with what appears to be a thumbprint left on the endocarp.

"All that I do is inspired by nature, life and living, and the needs of the future. Turning nature and people into beautiful timeless paintings to inspire others inspires me daily," Adoquei said. "As lives, works, and legacies of great minds took me from oceans and cultures away and offered me the support to create art that hangs on museum walls and in private collections, so do I hope to create meaningful timeless art worthy of inspiring future generations."

Versatility of technique underscores the scope and impact of Adoquei's subject matter. His art contains and honors a multitude of human experiences, including his own journey from Ghanaian art student, to sign and billboard painter in Nigeria, and then working artist, educator, and author in the United States, where he arrived in 1987.

Adoquei's paintings welcome patrons to participate in moments fraught and freeing, stunning and serene. *Finding Hidden Treasures* is an opportunity for artist and art appreciators to enter the field of humanistic imagination.

"I have never seen this collection of my paintings exhibited together, and knowing they wouldn't be in the same room together again, I hope art lovers of Long Island will take advantage of the opportunity to come enjoy them at The Long Island Museum," Adoquei said.

Located at 1200 Route 25A, Stony Brook, the Long Island Museum is open Thursday through Sunday from noon to 5 p.m. Admission is \$10 for adults; \$7 for seniors (age 62 and older); \$5 for students (ages 5-17, and college students with an ID); \$3.50 for persons with disabilities (personal care assistants are free); and, free for active and retired military personnel. For more information, call 631-751-0066 or visit www.longislandmuseum.org.

#### Also on view at the Long Island Museum:

Painting Partnership: Reynold and Joan Ruffins in the Art Museum from Feb. 8 to June 30

Organized in conjunction with *The Power of Two* (see next exhibit), this exhibition presents a unique story of love, creativity, and art. Sharing 60 years of marriage and settling in Sag Harbor in 1992, *Painting Partnership* features close to 25 paintings and sculptures from the remarkable artistic duo, Reynold Dash Ruffins (1930-2021) and Joan B. Young Ruffins (1932-2013). Reynold began making his mark in graphic and advertising design in the 1950s and the 1960s, later working on such publications as The *New York Times Magazine*, *Gourmet*, and *Essence*, and

creating award-winning illustrations for children's books. Meanwhile, as Joan raised the couple's four children, she created a studio in the family's St. Albans home, creating art and teaching both children and adults.

The Power of Two: Artist Couples of Long Island in the Art Museum from Feb. 8 to June 30

Experience the dynamic interplay of creativity as *The Power of Two: Artist Couple* of Long Island exhibition showcases over 50 artworks comparing and contrasting the work produced by 14 artist couples of Long Island. From the 1880s to contemporary couples today, this exhibition provides a captivating insight into the collaborative spirit of artist partnerships.

#### Colors of Long Island in the History Museum from Feb. 8 to April 7

This year marks the 25th Anniversary of the Annual Colors of Long Island Student Art Exhibition, a show that affords an opportunity for hundreds of students from across Long Island to display their artwork in a museum setting. Art teachers from public and private schools in grades pre-k through 12th grade were invited to submit up to two pieces of student artwork that capture the essence of the region's landscapes, history, and cultural diversity through various mediums including watercolor, sculpture, pencil, ink, oil pastel, photographs and computer graphics.

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## Religious Directory

#### **Catholic**

#### INFANT JESUS ROMAN CATHOLIC CHURCH 110 Myrtle Ave., Port Jefferson 631-473-0165

Fax 631-331-8094 www.www.infantiesus.org

WWW.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 5pm 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.

#### ST. GERARD MAJELLA ROMAN CATHOLIC CHURCH

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

REV. GREGORY RANNAZZISI, PASTOR

Mass: Saturday 5pm Sunday 8am, 10am & 12pm

Weekday Mass: 9am Confessions: Saturday 3:45pm-4:45pm ffice Hours: Monday-Thursday 9am - 4:30

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

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

#### ST. JAMES ROMAN CATHOLIC CHURCH

429 Rt. 25A, Setauket

Phone: 631-941-4141 Fax: 631-751-6607 Parish Office email:

> parish@stjamessetauket.org www.stjamessetauket.org

REV. ROBERT KUZNIK, PASTOR REV. ROBERT SCHECKENBACK, ASSOCIATE PASTOR

REV. MIKE S. EZEATU, SBU HOSPITAL CHAPLAIN, IN RESIDENCE Office Hours: Monday-Friday 9am to 4pm ...

Saturday 9am
Our Daily Bread Sunday Soup Kitchen

opened 2-3pm, serving hot meals

To-Go and groceries

Food Pantry Open Open Every Wednesday from 12 Noon to 2pm

Open Every Sunday from 2-3pm, **Mission Statement**: We, the Catholic community of the Three Village area, formed as the Body of Christ through the waters of Baptism, are a pilgrim community journeying toward the fullness of the Kingdom of God, guided by the Holy Spirit, nourished by the Eucharist and formed by the Gospel. We strive to respond to Jesus invitation: to be faithful and fruitful disciples; to be a Good Samaritan to our neighbor and enemy; to be stewards of and for God's creation and to be living witness of Faith, Hope and Charity...so that in Jesus name, we may be a welcoming community, respectful of life in all its diversities.

#### **Catholic Traditional Latin Mass**

#### ST. MICHAEL THE ARCHANGEL SOCIETY OF SAINT PIUS X

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

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

#### **Christian**

#### ISLAND CHRISTIAN CHURCH 400 Elwood Road, East Northport IslandChristian.com

631-822-3000

PASTOR CHRISTOPHER COATS Services In-Person + Online Sunday Mornings 9 AM + 11 AM

Fun religious education for kids during each service

Children and Youth programs during the week, check out our website for more details

#### Congregational

#### MT. SINAI CONGREGATIONAL UNITED CHURCH OF CHRIST 233 North Country Road, Mt. Sinai

631-473-1582 www.msucc.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: @MtSinaiCongregationalChurchUCC

Sunday School at 10am

"No matter who you are or where you are on life's journey, you are welcome here."

Through our worship and by our actions we strive to live out Christ's message to love one another

The Island Heart Food Pantry
643 Middle Country Road, Middle Island NY

Wednesdays and Thursdays 2:15PM-4:15PM

MSCC Food Cupboard

233 N. Country Rd, Mt Sinai

Every other Tuesday 9:15-11:45

#### **Episcopal**

#### ALL SOULS EPISCOPAL CHURCH

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

FATHER TOM REESE VICAR
Visit our website www.allsoulsstonybrook.org
or call 631-655-7798

Sunday: 8:00am Virtual Morning Prayer 9:30 Holy Eucharist with Organ Music Tuesday: 8:00am

Interdenominational Morning Prayer

Wednesday: 12 noon

Interdenominational Rosary
We are a friendly welcoming community for all people.

#### CAROLINE EPISCOPAL CHURCH OF SETAUKET

1 Dyke Road on the Village Green, Setauket Web site: www.carolinechurch.net e mail: office@carolinechurch.net 631-941-4245

REV NICKOLAS C. GRIFFITH-RECTOR REV ELLIOT T. CONRAD-PRIEST

Join us in celebrating 300 years of community, fellowship & ministry! Services

5:00pm Saturdays Holy Eucharist 8:00am Sundays Holy Eucharist 9:30am Sundays Holy Eucharist w/ choir 12:15pm Wednesdays Noonday Prayer 10:00am Thursdays Healing Service Sunday School & Children's Chapel

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Food Pantry
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11:00am-12:00pm and 6:00-7:00pm.
Entrance is located at the back of the
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All are welcome!

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email: revjenn@stanselmofshoreham.org Office phone: 631.744.7730

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/ Services

Saturday-5pm Eucharist

Sunday-8am and 10am

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

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#### ST. JOHN'S EPISCOPAL CHURCH

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Alex Pryrodny, Music Director Services are:

Saturday at 5 p.m.

Sundays at 8 a.m. and 10 a.m.

THRIFT SHOP

Tuesdays, Thursdays, & Saturdays 12-3pm 12 PROSPECT ST, HUNTINGTON (631) 427-1752

On Main St. next to the library info@stjohns1745.org (631) 427-1752 Facebook.com/stjohns1745

#### **Iewish**

#### NORTH SHORE JEWISH CENTER 385 Old Town Rd.,

Port Jefferson Station 631-928-3737

www.northshorejewishcenter.org RABBI AARON BENSON CANTOR DANIEL KRAMER

EXECUTIVE DIRECTOR
MARCIE PLATKIN
PRINCIPAL HEATHER WELKES

YOUTH DIRECTOR JEN SCHWARTZ
Services: Friday At 8 Pm; Saturday At 9:15 am
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## Religious Directory

#### **Jewish**

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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**

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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 4-5:30 p.m.

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

Adult Study Groups

on Tuesdays, Wednesdays, and Thursdays **Our Food Pantry** is open to everyone on Thursdays from 12:30-2:30 p.m. for picking up food. Also, donations can be made from 11 a.m.-noon or by making arrangements by leaving

a message on the church answering service.

Offerings to support our ministry can be made at church services and through our website's "Share God's Mission" page.

In any emergency, call the pastor at 516-848-5386

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

309 Patchogue Road Port Jefferson Station 631-473-2236

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

facebook.com/stpaulselca

Services

Sundays 8:30am and 10:30am

Wednesday Bible Study

over Zoom at 9:30

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

WELCOME FRIENDS

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

#### **Methodist**

#### BETHEL AFRICAN METHODIST EPISCOPAL CHURCH

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

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

Lectionary Reading And Prayer:

Wed. 12 Noon

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

#### SETAUKET UNITED METHODIST CHURCH

160 Main Street, Corner of 25A and Main Street

East Setauket 631-941-4167, or

email us at sumcny@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!

#### **Presbyterian**

#### FIRST PRESBYTERIAN CHURCH OF PORT JEFFERSON

107 South/Main Streets 631-473-0147

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Email: office@pjpres.org Website: www.pjpres.org Holiday Services

Ash Wednesday Service February 14th 7pm Palm Sunday Service March 24th 10am Easter Sunday Service March 31st 10am

Sunday Worship Service-10 am

Live streaming available on Facebook page Holy Communion 1st Sunday of the Month

Hot meals, groceries & clothing provided on a take out basis by Welcome Friends on

Wednesday 5:00-6:00pm and Fridays 3:30-5:00 pm

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

#### NYS Certified Non Denominational Preschool and Daycare

The purpose of First Presbyterian Church of Port Jefferson is, with God's help, to share the joy & good news of Jesus Christ with the congregation, visitors and the community at large; to provide comfort to those in need and hope to those in despair; and to seek justice for all God's people.

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setauketpresbyterian@verizon.net

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More Light & Matthew 25 congregation We believe ALL are created in the image of God and we actively engage in making

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www.opendoorexchange.org Like us on Facebook - Setauket Presbyterian

Church, est 1660 Follow us on Instagram - setauketpres

#### Quaker

#### CONSCIENCE BAY MEETING

Religious Society of Friends 4 Friends Way, St. James 11780

631-928-2768 www.consciencebayquakers.org

We gather in silent worship seeking God,/the Inner Light/Spirit.

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

#### **Unitarian Universalist**

#### UNITARIAN UNIVERSALIST FELLOWSHIP AT STONY BROOK 380 Nicolls Road, East Setauket

631-751-0297

uufsb.org office@uufsb.org PASTOR MADELYN CAMPBELL

minister@uufsb.org

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Happy Valentine's Day from TBR News Media



### SBU SPORTSWEEK



FEBRUARY 8 TO 15, 2024

**TOMORROW IS FRIDAY - WEAR RED ON CAMPUS!** 

STONY BROOK UNIVERSITY

#### Men's basketball victorious over Northeastern Huskies 59-55

#### Hosts sixth annual Children's Hospital Night

The Stony Brook University men's basketball team came from behind to beat Northeastern, 59-55, on Feb. 3 at Island Federal Arena. The Seawolves had three players score in double figures, led by Dean Noll, who had 14 points, six rebounds and four steals. Aaron Clarke also added 14 points and Keenan Fitzmorris chipped in with 12 points off the bench.

The event was also the sixth annual Stony Brook Children's Hospital Night; the Seawolves hosted more than 20 patients, and their families, from the Children's Hospital as part of an annual tradition, celebrating the event with a victory over the Huskies.

Stony Brook started out the scoring by going on a 6-0 run, culminating in a three from Clarke, to take an early lead with 17:53 left in the first half. Northeastern responded after a slow start, tying things up at 22-22



as the contest headed into the half. Stony Brook got the job done in the paint in the first half, scoring 14 of its 22 points close to the basket. Northeastern took control of the contest in the second half, holding a lead from the 17-minute mark all the way until the 1:22 mark when Clarke buried a three on a second-chance opportunity.

After Northeastern snagged a 52-46 advantage, Stony Brook responded by going on an 11-0 run to seize a 57-52 lead with 27 seconds to go in the contest. Noll provided a dagger, sinking a running hook shot with 39 seconds to play, helping Stony Brook close out Northeastern in front of a crowd of more than 3,500 people at Island Federal Arena.

The team heads south to face Elon on Feb. 8. Tip-off is scheduled for 7 p.m. on FloHoops.

#### Men's lacrosse comes from behind to top Sacred Heart 11-4

The Stony Brook University men's lacrosse team defeated Sacred Heart, 17-14, in the come-from-behind fashion in the 2024 season opener on Feb. 4 at Campus Field. A secondhalf surge saw Stony Brook outscore Sacred Heart 11-4 over the final 30 minutes to overcome a halftime deficit and emerge victorious.

The Seawolves tallied three of the contest's first four goals, with three different scorers finding twine in the opening quarter of action.

Stony Brook carried a onegoal advantage, 3-2, into the second period, but would concede eight goals in the quarter, facing a 10-6 deficit as the two sides headed to the half. The Pioneers scored four of the first five goals of the second quarter, and ended the period by tallying four of the last five scores of the first half.

The Seawolves surged out of the gates in the second half, netting three goals to open the third quarter and trim their deficit to one goal. After Sacred Heart padded the lead to two goals, Nick DuPuis and Noah Armitage found twine to level the game heading into the final 15 minutes of action.

Stony Brook ripped off four consecutive goals to open the fourth quarter and were the victory in net, making 16

responsible for six of the period's first seven tallies, opening up a 17-12 lead with four minutes to play. The Seawolves conceded a pair of goals over the final threeand-a-half minutes, but closed out the come-from-behind victory after a strong second half performance defensively.

Three Seawolves tallied hat tricks in the win. Jack Dougherty, Nick Dupuis and Dylan Pallonetti all finished with a team-high three goals.

Dupuis finished with a career-high eight points, scoring three goals and dishing out a game-high five assists.

Jamison MacLachlan earned

saves. MacLachlan made 10 of his 16 saves in the second half.

"Really proud of the response out of half time. Disappointed with the second quarter and the first half issues at the face-off and X, but we had a big response when we needed it in the second half," said head coach Anthony Gilardi postgame.

"Now we need to utilize the jump from week one to week two as we get ready for a huge home game against Rutgers," he added.

Up next, the team hosts Rutgers on Feb. 10 at noon at LaValle Stadium. The contest will be streamed live on FloSports.

#### **Seawolves Home Games**

#### **MENS BASKETBALL**

Feb. 15 vs. Hampton 6:31 p.m.
Feb. 22 vs. North Carolina A&T 6:31 p.m.
Feb. 24 vs. William & Mary1 p.m.
March 2 vs. Delaware4 p.m.

#### **WOMENS BASKETBALL.**

Feb. 9 vs. Towson	6:31 p.m
Feb. 16 vs. Hofstra	6:31 p.m.
Feb. 18 vs. Elon	1 p.m.
Feb. 25 vs. Northeastern	4 p.m.

#### **MENS LACROSSE**

Feb.	10 vs.	Rutgers	12 p.m
Feb.	17 vs.	Penn State	12 p.m

#### **WOMENS LACROSSE**

Feb.	18 vs.	Dar	tmouth	1	12	p.m.
Feb.	20 vs.	Bry	ant		. 3	p.m.

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

MORE AT TBRNEWSMEDIA.COM: — Stony Brook Women's Basketball is victorious at Monmouth

 Stony Brook University Men's Track and Field Team Sweep Top Three of 5K at Scarlet Knight Open

— Stony Brook University Women's Track and Field Team Wins Relay, Durcan Posts Personal Best at Scarlet Knight Open

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#### **PROGRAMS**

#### **Kids Craft Day**

Cold Spring Harbor Fish Hatchery, 1660 Route 25A, Cold Spring Harbor hosts a Kids Craft Day from Feb. 10 to 14. Drop by between 10 a.m. and 5 p.m. to make a Valentine's Day craft to take home. While supplies last. Admission is \$7 adults, \$6 seniors, \$5 children ages 3 to 12. 516-692-6768

#### **Super Bowl 'Saturday'**

Emma Clark Library, 120 Main St., Setauket hosts a Super Bowl "Saturday" event on Feb. 10. Get excited for the big game! Elementaryaged kids and their families are welcome to stop by anytime between 2 and 4 p.m. to enjoy football-themed festivities. Includes a raffle to win a special prize. Participants are encouraged to wear their favorite team's jersey or football-themed attire. There is no registration for this event, and it is geared towards children in kindergarten through 6th grade. 631-941-4080

#### **Lunar New Year at the Vanderbilt**

Join the Suffolk County Vanderbilt Museum, 180 Little Neck Road, Centerport in celebrating the Year of the Dragon on Feb. 11 from 10 a.m. to noon. Make a paper lantern, learn Chinese calligraphy, create a traditional good luck decoration, and visit the collections to see one of the animals in the Chinese Zodiac. Tickets are \$20 guests, \$18 members at www.vanderbiltmuseum.org.

#### **Family Hour Sunday**

Heckscher Museum of Art, 2 Prime Ave., Huntington presents a special Family Hour Sunday in both Spanish and English on Feb. 11 from 10:30 to 11:30 a.m. Children ages 5 through 10 are invited for a family-friendly art experience with educators Tami Wood and Karina Giménez. Explore works of art in the Museum and create fun art projects! \$10 per child, adults free. Registration recommended by visiting www.heckscher. org. 631-380-3230.

#### **Storytime Under Stars**

Suffolk County Vanderbilt Planetarium, 180 Little Neck Road, Centerport continues its Storytime Under the Stars series on Feb. 11 at 6 p.m. Your favorite bedtime storybooks come to life in the planetarium theater! Children ages 2 and older are invited to wear their most comfy pajamas and bring their favorite stuffed animal. Tickets are \$8 for guests, \$6 for members at www. vanderbiltmuseum.org.

#### **Story & Craft with Nana Carol**

The Next Chapter bookstore, 204 New York Avenue Huntington hosts a Story and Craft event with Nana Carol on Feb. 12 at 10:30 a.m. No registration required. Appropriate for ages 0-4 (sometimes older siblings join as well). 631-482-5008

#### The Phases of Water

Sunken Meadow State Park, Sunken Meadow Parkway, Kings Park presents Tiny Tots program titled The Phases of Water on Feb. 15 from 10:30 to 11:30 a.m. Enjoy short walks, story time, animal visitors, and crafts. For children ages 3 to 5. \$4 per child. Advance registration required by calling 631-269-4333.

#### **THEATER**

#### 'Frozen Jr.'

Frozen Jr. returns to the John W. Engeman Theater, 250 Main St., Northport on weekends from Jan. 27 to March 3. The magical land of Arendelle comes to life onstage. When faced with danger, princesses Anna and Elsa discover their hidden potential and the powerful bond of sisterhood. This enchanting musical features all of the memorable songs from the hit Disney film including "Do You Want to Build a Snowman?," "For the First Time in Forever" and "Let It Go." With a cast of beloved characters and loaded with magic, adventure, and plenty of humor, Frozen Ir. is sure to thaw even the coldest heart! All seats are \$20. To order, call 631-261-2900 or visit www.engemantheater.com.

#### **A Royal Princess Party**

Sing along with a princess during winter break as the Smithtown Performing Arts Center, 2 E. Main St., Smithtown hosts *A Royal Princess Party* from Feb. 17 to 25 with a sensory sensitive performance on Feb. 18 at 10:30 a.m. Royal Historians will guide you through meeting each of the princesses, teaching the morals behind each of their stories and singing along to their favorite songs. Be sure to wear your best royal attire — this is going to be one party you don't want to miss! You'll love this heartwarming celebration filled with stories, songs and special guests. Tickets are \$16 per person. To order, visit www.smithtownpac.org.

#### **Dorothy's Adventures in Oz**

Join Theatre Three, 412 Main St., Port Jefferson for an unforgettable trip down the Yellow Brick Road with *Dorothy's Adventures in Oz* from Feb. 21 to March 16 with a sensory sensitive performance on Feb. 25 at 11 a.m Enjoy a grand-new take on this classic tale features an original score, memorable characters, and fun for the entire family — a delightful reminder that "there's no place like home!" All seats are \$12. To order, calll 631-928-9100 or visit www.theatrethree.com.

## PHOTO OF THE WEEK

ET 11733

#### A TIME FOR REFLECTION

Early riser Art Billadello of Setauket captured this gorgeous sunrise on Little Bay in his hometown of Setauket on February 1.

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



Salute to Women March 14, 2024

Focus on Health March 21, 2024

> Our House April 11, 2024



## Timing is Everything When It Comes to Your Heart.

#### OUR EXPERT ANSWERS YOUR QUESTIONS



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If you have a heart attack or a sudden cardiac arrest, an accredited Chest Pain Center is ideally the place where you want to receive treatment. Both are cardiac emergencies and 911 should be called immediately. If you see someone who's unconscious and not breathing, call 911 right away, start CPR and use an automated external defibrillator, called an AED, if one is available. And, if you haven't taken a course in CPR, sign up today by visiting the American Heart Association website.

#### Why Chest Pain Center Accreditation Matters

This accreditation means that Stony Brook is optimally equipped, trained and staffed to care for those during or after a heart attack (when one of the coronary arteries is blocked and the heart muscle is robbed of its vital blood supply) or a sudden cardiac arrest (when the heart malfunctions and suddenly stops beating). Patients arriving at Stony Brook University Hospital's Emergency Room with symptoms of a cardiac emergency are treated according to quality-of-care measures that are proven to achieve better patient outcomes. Accreditation reaffirms that Stony Brook provides the most

advanced and timely evidence-based heart attack or cardiac arrest care to the patients in our community. Only through the exceptional skill of our cardiac and emergency services teams are we able to implement the guidelines established by the American College of Cardiology (ACC) to offer the best quality emergency cardiac care available anywhere.

Stony Brook is the only hospital on Long Island to achieve full Chest Pain Center accreditation — Primary Percutaneous Coronary Intervention (PCI) with Resuscitation from the ACC and the only facility on Long Island to have received the past two back-to-back accreditations.

#### What is Primary PCI with Resuscitation?

Primary PCI (percutaneous coronary intervention), also called angioplasty, is a non-surgical procedure used to open blocked coronary arteries before, during or after a heart attack or cardiac arrest.

"Primary" PCI means that angioplasty is the key specialized treatment utilized for severe heart attacks. The term "resuscitation" refers to a state-of-the-art body-cooling therapy shown to improve a patient's outcomes after cardiac arrest. Hospitals that have earned this designation have primary PCI with resuscitation available 24-hours-a-day, every day.

#### **Making Every Minute Count**

Using our "Code H" protocol for patients having a heart attack, Stony Brook University Hospital has achieved a "door-to-balloon" time — the amount of time between a patient coming through the door and the blocked arteries being cleared by a balloon-tipped catheter (angioplasty or PCI) — that is 28 minutes sooner than the 90 minutes or less specified in American Heart Association guidelines.

If you're having a heart attack, every second counts. The key is to get treated as quickly as possible so there is less chance of heart muscle

#### FREE HEART HEALTH RISK ASSESSMENT

Take our free heart health risk assessment at stonybrook.info/heart\_healthy

For an appointment with a chest pain specialist, call (631) 44-HEART (444-3278).

damage. Few hospitals can offer the diagnostic testing and the complete array of on-site interventional options that are available at Stony Brook. In addition, for patients suffering from a cardiac arrest, Stony Brook University Hospital provides a robust hypothermia program that lowers a patient's body temperature allowing for the best possible chance of meaningful recovery.



By earning the distinguished Chest Pain Center accreditation at Stony Brook, we're demonstrating to the Long Island community that we provide advanced cardiac care, even in the most complex cases. We offer everything our

patients need to be taken care of efficiently and effectively, including procedures available only at select centers throughout the country. It is crucial to immediately seek care from the most skilled facility available. For our community, I'm very pleased and proud to say, that's Stony Brook Heart Institute.

This article is intended to be general and/or educational in nature Always consult your healthcare professional for help, diagnosis, guidance and treatment. Stony Brook University/SUNY is an equal opportunity educator and employer. 24010788H

