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by Sally Anne Keller
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Surrounded by lunar experts, SBU’s Tim Glotch cheered on the moon landing

BY DANIEL DUNAIEF

The stars aligned for a group of engineers and scientists in Washington D.C. recently, as a meeting brought these experts together at exactly the same time NASA was landing a vehicle on the moon for the first time since the finale of the Apollo missions, over 50 years ago.

“I happened to be in DC for [NASA’s] annual Moon to Mars Architecture workshop on the day that the Intuitive Machines Odysseus spacecraft landed,” said Tim Glotch, Professor in the Department of Geosciences at Stony Brook University and the Science Chair of the Lunar Exploration Analysis Group, or LEAG. “The whole group I was with watched the live stream with excitement and nervousness.”

Attendees at the conference knew when NASA was supposed to receive a signal from the spacecraft. As they waited, Glotch said he could “feel people starting to think, ‘Uh oh, it started to happen again,” raising the possibility of a problem with the landing. “A few minutes after the planned touchdown, everyone was relieved and overjoyed when the flight manager confirmed that they had a signal from the spacecraft,” he said.

Indeed, on February 22, the Odysseus lunar lander touched down about 185 miles from the moon’s south pole and within a mile of its target near the Malapert A crater. Glotch and the other scientists and engineers learned the next day at a press conference about some of the issues the spacecraft had when it landed, including the fact that it tipped over.

“From the standpoint of getting a soft touchdown on the moon in very challenging terrain near the south pole, this has to be considered a success,” he added.

Over the last few years, many attempts by companies and governments have demonstrated the challenges of landing on the moon, which is about 238,855 miles away, or the equivalent of over 9.5 times around the circumference of the Earth at the equator. Through NASA’s Commercial Lunar Payload Services program, private companies are trying to do what only a few governments had done, at considerably lower cost.

“As with every attempt, NASA’s commercial partners are learning the best ways to accomplish their goals of landing safely on the moon and successfully delivering NASA’s and other commercial partners’ payloads,” Glotch said. The Stony Brook professor described the overlap between the meeting and the landing as a “fun coincidence,” which created a “pretty big cheering section.”

Reflecting on the landing, Glotch shared his sense of pride in the space program, which is preparing to send people back to the moon through Artemis missions over the next five years.

“The fact that NASA was able to work with private corporations to develop the technology, not quite from scratch [but] to redevelop this capability with really impressive,” Glotch said. “It’s a great demonstration of ingenuity, determination and drive.”

Engineers likely put in long days and nights making sure everything was ready, testing and retesting systems for this launch and landing, he said.

As for the gathering, Glotch said this second annual meeting provided an opportunity for scientists and engineers to discuss the future of travel to the moon and, potentially further in the future, a trip to Mars.

A group of scientists and engineers are working together to learn to do the things on the moon that it will eventually do on the Red Planet. The team is focusing on a few bigger items that will matter in a relatively shorter term. After the meeting last year, Glotch said he “really got the sense that the architecture [team at NASA] had been listening to input from scientists.”

One of the bigger questions involves the amount of samples astronauts will bring back from the moon. Researchers expect some of these samples to contain volatiles like water and ice in them.

The scientific community has urged NASA to develop a plan to bring those rocks back frozen in their natural state. When the ice melts, it can cause chemical reactions to occur that make it more challenging to analyze them.

“If they are changing on the way back, we can’t be sure we’re getting the right answer” about where the water originated, he said.

Still, Glotch suggested that examining these defrosted rocks would provide considerable information.

NASA isn’t going to be able to keep the rocks under cold conditions for the first manned American mission that will return people to the Earth, aboard Artemis 3, which is scheduled to launch in September of 2026.

Starting with Artemis 5, in September of 2029, NASA, however, intends to include freezers to keep samples in pristine shape.

As the Science Chair for LEAG, Glotch brought up the need for a new lunar orbiter to characterize the surface at higher spatial resolution. The Lunar Reconnaissance Orbiter, which has been in space since 2009, has six or seven years of fuel left.

“Given that time frame, we need to develop a spacecraft and what type of instruments go on it,” said Glotch. NASA “really needs to think hard about funding a follow on orbiter.”

As for a manned journey to Mars, NASA plans to launch such a mission in the 2030s, according to the space agency’s website.
Suffolk County Legislator Rob Trotta hosts annual pet food drive

Suffolk County Legislator Rob Trotta is participating in the 13th Annual Legislative Pet Food Drive Challenge to support Baxter’s Pet Pantry, a program of Long Island Cares.

Since 2009, they have provided free pet food and supplies to individuals and families in need, in an effort to enable them to keep their pets at home instead of placing them in shelters.

According to Long Island Cares, dog and cat food are the most requested items by their member agencies. “I would be most appreciative if the generous residents and pet lovers in my district would help out,” Trotta said.

The pet pantry needs five, 10 pounds or larger bags of dog and cat food, canned and dry cat/dog food, cat/dog treats, birdseed, and food for fish, rabbits, and ferrets, as well as kitty litter and small new toys.

Long Island Cares asks that all pet food be unopened, and in its original packaging.

The drive is from now until May 1. Donations are accepted at the district office of Legislator Trotta located at 59 Landing Avenue, Suite 1 (first office), Smithtown. The office is open Monday through Friday from 9 a.m. until 5 p.m. For more information, call 631-854-3900.

Time to change the clocks

Get ready to lose an hour of sleep, but gain an extra hour of daylight! Daylight Saving Time begins at 2 a.m. on Sunday, March 10. That’s when you’ll move your clocks forward by one hour and “spring forward.” The annual event is also a good time to change the batteries in your smoke and carbon monoxide detectors. Daylight Saving Time ends on Nov. 3 this year.

Suffolk County Legislator Rob Trotta hosts annual pet food drive

Pictured with some of the donations are William Gonyou, LI Cares Community Event and Food Drive Manager, (left) and Suffolk County Legislator Rob Trotta. Photo from Leg. Trotta’s office

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Animals don’t have clocks, telling them when and for how long to run on a treadmill, to eat whatever they catch or to call to each other from the tops of trees or the bottom of a forest.

The Alston’s singing mouse, which lives in Costa Rica, has a distinctive call that people can hear and that, more importantly, conveys meaning to other members of the species.

Using equipment to monitor neurons when a mouse offers songs of different length, Cold Spring Harbor Assistant Professor Arkarup Banerjee showed that these unusual rodents exhibit a form a temporal scaling that is akin to stretching or relaxing a rubber band. This scaling suggests that their brains are bending their processing of time to produce songs of different lengths.

“People have shown this kind of time stretching phenomenon in monkeys,” said Banerjee. It was unexpected and surprising that the same algorithm was used in the rodent motor cortex to control the flexibility of a motor pattern and action during vocalization.

Using recordings of neuronal activity over many weeks, Banerjee focused on a part of the mouse brain called the orofacial motor cortex (or OMC). He searched for differences in songs with particular durations and tempo.

Banerjee had set up a system in which he played back the recordings of Alston’s singing mice to his test subjects, who then responded to those songs. Mice generally respond with songs that are variable durations compared to when they sing alone.

These mice can adjust duration and tempo of these 10-second long songs while engaged in social communication.

People “do that all the time,” said Banerjee. “We change the volume of how loud we are speaking and we can change the tempo.”

The mice showed some vocal flexibility similar to other animals, including people.

These mice are singing the same song, with varying rhythms over shorter or longer periods of time. It is as if the same person were to sing “Happy Birthday” in 10 seconds or in 15 seconds.

Banerjee would like to know what is it in the mouse’s brain that allows for such flexibility. He had previously shown that the motor cortex is involved in vocal behavior, which meant he knew of at least one region where he could look for clues about how these rodents were controlling the flexibility of their songs.

By tracking the firing pattern of neurons in the OMC, he was able to relate neural activity to what the mice were doing in real time.

Neural activity expands or contracts in time, almost as if time is running faster or slower. These animals are experiencing relative time when it comes to producing their songs as they change their songs through a wide range of durations.

The motor cortex in humans and primate is a larger region. Problems in these areas, from strokes or injuries, can result in aphasia, or the inability to articulate words properly. Banerjee plans to look at stroke models to see if the Alston’s singing mouse might provide clues about potential diagnostic or therapeutic clues.

“There are ways we can use this particular system to study cognitive deficits that show up” during articulation deficits such as those caused by strokes, said Banerjee. While he said scientists know the parts list of the brain regions involved in speaking, they don’t yet know how they all interact.

“If we did, we’d have a much better chance of knowing where it fails,” Banerjee explained. A challenge along this long process is learning how to generalize any finding in mice to humans. While difficult, this is not an impossible extrapolation, he suggested.

Banerjee built a model prior to these experiments to connect neural activity with behavior.

“We had an extremely clear hypothesis about what should happen in the neural domain,” he said. “It was pretty gratifying to see that neurons change the way we predicted given the modeling.”

When the paper first came out about eight months ago in the scientific preprint bioRxiv, it received considerable attention from Banerjee’s colleagues working in similar fields. He went to India to give three talks and gave a recent talk at Emory University.

Outside of the lab, Banerjee and his wife Sanchari Ghosh, who live in Mineola, are enjoying watching the growth and development of their son Ahir, who was born a year and a half ago.

“It’s fascinating as a neuroscientist to watch his development and to see how a tiny human being learns about the world,” Banerjee said.

As for his work with this compelling mouse, Banerjee credited Phelps and his post doctoral advisor at New York University, Michael Long for doing important work on this mouse and for encouraging him to pursue research with this species. Long is a co-corresponding author on the paper. "It’s very gratifying to see that the expectation of what we can do with this species is starting to get fulfilled," said Banerjee. "We can do these interesting and complex experiments and learn something about vocal interactions. I’m excited about the future.”
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David Dunaief, M.D.
Functional Integrative Medicine
Reversing, Preventing & Treating Chronic Diseases and Managing Weight by Connecting Conventional Medicine with Lifestyle Modifications

What Are Patients Saying?

Cholesterol
Doing the happy dance about my cholesterol dropping 71 points to an optimal total cholesterol of 150 and the bad cholesterol, the LDL, dropping 58 points to optimal level by changing lifestyle. I am thrilled that I did better and dropped my triglycerides by over 100 pts. I never thought this would be possible.
Female, age 70

Diabetes
My fasting blood sugar has not broken 100 in a long time – you are my hero because of the great service that you give to me. I feel good about the labs moving in the right direction such as the A1C going down for diabetes to the lowest they have been, verging on normal levels, plus better hydration and reduced triglycerides. I am inspired to continue to modify my lifestyle so that I get even better results.
Male, age 74

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Should you still supplement vitamin D?

MEDICAL COMPASS

This weekend, we’ll all “Spring forward” to Daylight Saving Time. While we’ll lose an hour of sleep on Sunday, the trade will be more hours of sunshine each day.

If you are like many in the Northeast, this is good news for your vitamin D3 levels. In practice, though, it’s still difficult to get enough sun exposure without putting yourself at higher risk for skin cancer.

There is no question that, if you have low levels of vitamin D, replacing it is important. Previous studies have shown that it may be effective in a wide swath of chronic diseases, both in prevention and as part of a treatment regimen. However, many questions remain.

Many of us receive food-sourced vitamin D from fortified packaged foods, where vitamin D3 has been added. This is because sun exposure does not address all of our vitamin D needs. For example, in a study of Hawaiians, a subset of the study population who had more than 20 hours of sun exposure without sunscreen per week, some participants still had low vitamin D3 values (1).

There is no consensus on the ideal blood level for vitamin D. For adults, the Institute of Medicine recommends between 20 and 50 ng/ml, and The Endocrine Society recommends at least 30 ng/ml.

Does body fat affect Vitamin D absorption?

An analysis of data from the VITAL trial, a large-scale vitamin D and Omega-3 trial, found that those with BMIs of less than 25 kg/m2 had significant health benefits from supplementation versus placebo (2). These included 24 percent lower cancer incidence, 42 percent lower cancer mortality, and 22 percent lower incidence of autoimmune disease. Those with higher BMIs showed none of these benefits.

Does vitamin D increase cardiovascular health?

Several observational studies have shown benefits of vitamin D supplements with cardiovascular disease. The Framingham Offspring Study showed that patients with deficient levels were at increased risk of cardiovascular disease (3).

However, a small randomized controlled trial (RCT) questioned the cardioprotective effects of vitamin D (4). This study of postmenopausal women, using biomarkers such as endothelial function, inflammation or vascular stiffness, showed no difference between vitamin D treatment and placebo. The authors concluded there is no reason to give vitamin D for prevention of cardiovascular disease.

The vitamin D dose given to the treatment group was 2,500 IUs. Some of the weaknesses of the study were a very short duration and small study size, so the results were not conclusive.

How does vitamin D affect mortality risk?

In a meta-analysis of a group of eight studies, vitamin D with calcium reduced the mortality rate in the elderly, whereas vitamin D alone did not (5). The difference between the groups was statistically important, but clinically small: nine percent reduction with vitamin D plus calcium and seven percent with vitamin D alone.

One of the weaknesses of this analysis was that vitamin D in two of the studies was given in large amounts of 300,000 to 500,000 IUs once a year, rather than taken daily. This has different effects.

Does vitamin D help you lose weight?

There is moderately good news on the weight front. The study of Osteoporotic Fractures found that vitamin D plays a role in reducing the amount of weight gain in women 65 years and older whose blood levels are more than 30 ng/ml (6).

This association held true at baseline and after 4.5 years of observation. If the women dropped below 30 ng/ml in this time period, they were more likely to gain more weight, and they gained less if they kept levels above the target. There were 4,659 participants in the study. Unfortunately, sufficient vitamin D did not result in weight loss.

USPSTF recommendations and fracture risk

The U.S. Preventive Services Task Force recommends against giving “healthy” postmenopausal women vitamin D, calcium or the combination of vitamin D3 400 IUs plus calcium 1,000 mg to prevent fractures, and it found inadequate evidence of fracture prevention at higher levels (7). The supplement combination does not seem to reduce fractures, but it does increase the risk of kidney stones.

When should you supplement your vitamin D3?

It is important to supplement to optimal levels, especially since most of us living in the Northeast have insufficient to deficient levels. While vitamin D may not be a cure-all, it might play a role with many disorders. But it is also important not to raise your blood levels too high (8). The range that I tell my patients to target is between 32 and 50 ng/ml, depending on their health circumstances.

References:


Dr. David Duniaif 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

» Suffolk Credit Union sponsors Town of Brookhaven special recycling events for 2024
» SCCC’s Lyceum Gallery hosts the work of Charles Wildbank
» Suffolk’s Division of Finance & Administration makes largest single week donation in University’s Pantry history
» Charlie ‘The Bird’ Parker lecture and concert immerses visitors to The Jazz Loft
» Town of Brookhaven announces historic agreement requiring safety training at large construction projects
» Pinelawn Memorial Park and Arboretum launches year-long genealogy initiative

NEWS AROUND TOWN

Above, one of more than 90 cars that will be auctioned off on March 9. Photo from SCPD Facebook page

SCPD to hold Vehicle Auction

The Suffolk County Police Department Impound Section will hold an auction on March 9 at the department’s impound facility, located at 100 Old Country Road in Westhampton. The auction will begin at 9 a.m. and will be held rain or shine. There will be a preview of vehicles on March 7 and March 8 between 9 a.m. and 4 p.m. at the impound yard. Vehicles will also be available for preview for one hour prior to the start of the auction on March 9.

More than 90 lots will be auctioned off including sedans and SUVs. All vehicles will start with a minimum bid of $500 and are sold as-is. For a full list of vehicles, registration information and terms and conditions for the auction, visit www.suffolkpd.org and click on Impound Section and Vehicle Auctions.

Second Saturdays in the Studio

Join the Long Island Museum, 1200 Route 25A, Stony Brook for a Second Saturdays in the Studio event on March 9 from 12:30 to 2 p.m. This new series welcomes families to drop in one Saturday a month to join LIM educators in the studio and participate in a hands-on activity or art project inspired by exhibitions on view. Other dates include April 13, May 11 and June 8. Free with Museum admission of $15 adults, $10 seniors and children ages 6 to 17. 631-751-0066

Stress management seminar

Town of Brookhaven’s Senior Citizens Division presents a seminar titled Stressful Times Call for Healthful Measures at the Rose Caracappa Senior Center, 739 Route 25A, Mt. Sinai on Friday, March 15 at 1:30 p.m. Presented by Amber Court Communities, learn successful tools for managing life’s stressors. Free. For more information or to register, please call 631-451-5312.
SEMINAR

ESTATE PLANNING BASICS

Wednesday, March 27
at 1 PM

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What you should know about estate taxes

BY NANCY BURNER ESQ.

There is a common misconception about estate taxes when a decedent dies. At the outset it is important to know that the New York State exemption in 2024 is $6,940,000. The federal exemption for 2024 is $13,610,000. Therefore, if your estate is under these amounts, then there is no tax due. Often clients are anxious to make annual gifts with the mistaken belief that their heirs will pay a tax at their death. First, any amounts to spouses are tax free. Any amount under the above thresholds is also tax free. Nevertheless, for estates over the exemption amounts, either the New York or federal, additional planning is necessary. The balance of this article is for estates that exceed these threshold amounts.

But before we consider those taxes, let’s be clear about what comprises your taxable estate. All assets that you own at your death are counted towards your taxable estate, including IRAs, annuities, bank accounts, real estate, life insurance owned by you or for which you have the power to change the beneficiary.

In New York, estates valued below this threshold amount ($6.94 million) will not incur any tax. For any estate that is over the threshold by no more than 5%, the estate is only taxed on the overage. However, for any estate valued at more than 5% over the threshold amount, ($7.287 million) the entire estate is taxed and there is no exemption available.

To illustrate: For decedents dying in 2024, consider an estate valued at $6.6 million. This is under the threshold amount and no tax is due. For an estate valued at $7.1 million, which is $160,000 over the threshold amount, there will be a tax for the $160,000 overage, to wit: the taxable estate is $397,444. However, for an estate valued at $7.3 million ($13,000 over the 5%), the value of the estate is above the threshold by more than 5% and the estate tax rises sharply, to wit: the taxable estate is $678,000. This commonly known as the “cliff.”

Estate tax planning for NY residents is often focused on keeping assets under this cliff. There are several techniques that can be used to avoid the cliff. For instance, each individual can make tax free annual gifts in the sum of $18,000 per person in 2024. Annual gifts can be utilized during lifetime to bring the value of an estate under the cliff, and maybe even under the threshold.

However, in an instance where the decedent dies and the estate is over the threshold, we often use a provision in the Will or Trust to reduce the taxable estate with gifts to charities. This is a savings provision that provides for a charity to receive any amounts disclaimed by the beneficiaries. By adding that type of clause, the beneficiaries have up to 9 months after the decedent’s death to file a qualified disclaimer, renouncing any such overage and having the disclaimed amount pass to the named charity. The beneficiaries can disclaim any amount necessary to bring the estate under the threshold and reduce the estate tax to zero.

Another technique is to make a large gift more than 3 years prior to death. Since New York State does not have a gift tax, only an estate tax, this works quite well. Take the example of an individual with $8.94 million in assets, which is $2.0 million over then threshold. If she transfers the $2.0 million to her heirs directly or to a properly drawn trust for heirs, and survives the gift by three years, then she still has a full New York State exemption. The lifetime gift is essentially transferred estate tax free. If she dies before the three years, the gift will not be back into the estate for the purposes of calculating the estate tax.

This same technique would not work for federal estate tax purposes, because any lifetime gift over the annual gift amount does reduce the lifetime applicable credit. This year the applicable credit amount is $13.61 million. This amount is indexed for inflation and will increase again in 2025. However, in 2026 the credit amount will be reduced as the law that created it will “sunset”. Most experts believe the federal exemption will be approximately $6.5-$7.0 million as of January 1, 2026. For clients with estates over that amount, it is necessary to plan early and reduce their taxable estates before the federal applicable credit is reduced. This is usually done with sophisticated trust planning which moves assets “over the tax fence” and uses the credit before they lose it.

Nancy Burner, Esq. is the Founding Partner of 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.

Castaways in Port Jefferson celebrates grand opening with ribbon cutting

The Greater Port Jefferson Chamber of Commerce hosted a ribbon cutting for its newest member and Port Jefferson restaurant Castaways Steak and Seafood on Feb. 26. Mayor Lauren Sheprow, Deputy Mayor Rebecca Kassay, members of the chamber and staff joined co-owners Michael Krohn, John Sarno and Mario Tucci in the celebration.

The restaurant is the latest addition to the Silver Lining Restaurant Group which includes Village Idiot Pubs in Patchogue, Oakdale and Lake Grove and Drift 82 in Patchogue owned by Sarno and Chops Steakhouse in Patchogue which is co-owned by Sarno and Krohn.

The former location of The Village Way, the completely renovated 2,900 square foot restaurant at 106 Main Street in Port Jefferson Village sports a most fitting nautical decor with mermaids, diving helmets, life preserver rings and an octopus chandelier.

“The Chamber is very pleased with this newest addition to our restaurant inventory, Castaways! Partners, John, Mario, and Mike have taken great lengths to pay attention to the décor and the menu. Creating a vibrant and welcoming establishment only adds to our downtown business community. Wishing them and their staff much success,” said Barbara Ransome, director of operations at the chamber.

Currently serving only dinner, wine and cocktails with live music on Fridays and Saturdays, the restaurant will later expand to include lunch and brunch menus. Their extensive dinner menu include a variety of seafood, steak, pork and chicken entrees along with appetizers, salads and a raw bar. They also host special events including birthday parties and office functions.

Operating hours are noon to 10 p.m. on Sundays, Mondays, Wednesdays and Thursdays; noon to midnight on Fridays and Saturdays; closed Tuesdays. To make a reservation, call 888-624-6106. For more information, please visit castawayspj.com.

Pictured from left, PJCC Director Leah Dunaief; Port Jefferson Village Deputy Mayor Rebecca Kassay; Port Jefferson Village Mayor Lauren Sheprow; PJCC Director Brett Davenport; PJCC President Stuart Vincent; Bartender Erik Killian Bartender; Castaways co-owners Michael Krohn (holding scissors), John Sarno and Mario Tucci; Assistant General Manager Kathi Heggers; General Manager McKayla De la Pena; chamber partner Michelle Cruz; and PJCC Secretary Nancy Bradley. Photo courtesy of PJCC
The Oscars

CLUES ACROSS
1. Anti-seniors sentiment
6. ____ Pérignon, Champagne
9. Big Bang’s original matter
13. Prefix for earliest
14. Call to Maria
15. Bob and ____
16. “Peter, Peter Pumpkin ____”
17. “Le ____ des cygnes”
18. Like yesteryear
19. *Greta Gerwig’s Oscar nominated movie
21. *He’s nominated for playing Leonard Bernstein
23. Nothing
24. White ____ shopping event
25. Federal food safety agency, acr.
28. It ran away with the spoon
30. ROTC happenings
35. Figure skating jump
37. Grad
39. Arrogant one
40. Archaic preposition
41. Passé
43. Scrubbed
44. Sugarcoating
46. Money in Mexico City
48. Trickery
50. Swerves
52. Sigma Alpha Epsilon
53. *Typical # of nominations in one Oscar category
55. Emergency responder, acr.
57. *Nyad” nominee
60. *What kind of moon?
63. “Finnegan’s Wake” author
64. Mother load offering
66. Java cotton tree
67. *Ryan Gosling’s character

CLUES DOWN
1. Cornelius of the movies
2. Snap up
3. ‘I’ in Greek alphabet
4. Howard of radio fame
5. Death-related
6. One of the Earnhardts
7. Spermatozoa counterparts
8. Muhammad’s birthplace
9. Review service, with .com
10. Use a ladle
11. At any time
12. **No Country for Old ____” multi Oscar winner
15. Suitors
20. Trojan War story
22. “Just an ____-fashioned love song”
24. Slumber
25. Fl., as in fl. oz.
27. Place above a ceiling
29. Dueler’s strike
31. Overnight lodgings
32. Shoelace bunny ears
33. Divine saying
34. *Producer and star of “Poor Things”
36. *The ____ of Interest
38. Table hill
42. Wooden pin
45. *Like nominated ones
49. Love-love, e.g.
51. Meat-cooking contraption
54. Roaring of an engine
56. Hindu religious teacher
58. Deed hearing
59. Medical diagnostic test
60. Abe Lincoln’s hat material
61. #20 Down, e.g.
62. Traditional learning method
63. *Da’Vine ____ Randolph
65. Orinoco or Grande
67. *Ryan Gosling’s character

* THEME RELATED CLUE

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

TBR News Media is having a Scavenger Hunt! Find this happy leprechaun hiding in this week’s issue of Arts & Lifestyles and email the page number to leisure@tbrnewspapers.com. The first two correct submissions will win a one year subscription to one of our six community newspapers, a $59 value!
Celebrate St. Pat's with cake and coffee

BY HEIDI SUTTON

Share a sweet way to complete your St. Patrick’s Day meal in style with Irish Apple Cake, a classic dessert to top off a filling celebration. This version is easy enough to prepare with a handful of everyday ingredients for the cake, a crumbly topping and homemade custard for the finishing touch. The best part? It’s equally as scrumptious for breakfast as it is an after-dinner dessert. Serve it with a delicious cup of Maple Irish Coffee any leprechaun would approve of.

Irish Apple Cake

YIELD: Makes 10 servings

INGREDIENTS:

Cake:
• 3 cups self-rising flour
• 1/2 tablespoon cinnamon
• 1/4 teaspoon cloves
• 1/4 teaspoon nutmeg
• 1/4 teaspoon ginger
• 1 stick butter, cubed
• 3/4 cup sugar
• 4 apples of choice, peeled and cubed
• 2 eggs
• 1 cup half-and-half

Topping:
• 1/2 stick butter, cubed
• 3/4 cup sugar

Custard:
• 6 large egg yolks
• 6 tablespoons sugar
• 1 1/2 cups half-and-half
• 2 teaspoons vanilla

DIRECTIONS:

Preheat oven to 375 F. Grease and flour 9-inch round springform pan.

To make cake: In large bowl, sift flour with cinnamon, cloves, nutmeg and ginger. Using fork, cut butter until mixture resembles crumbs. Add sugar and apples; mix well. Stir in eggs and half-and-half until mixture reaches thick, dough-like batter. Pour batter into prepared pan.

To make topping: In bowl, mix butter, flour and sugar to create crumbled mixture. Sprinkle on top of batter in pan. Bake 1 hour. Check with toothpick to make sure middle is completely done. If not, bake 5-10 minutes. Let cool on rack.

To make custard: Whisk egg yolks and sugar. In saucepan, bring half-and-half to boil. Add one spoonful half-and-half at a time to egg mixture, whisking while adding. Once whisked together, return to saucepan and stir over medium heat until thickened, about 4 minutes. Remove from heat and whisk in vanilla. Serve custard over cake.

Maple Irish Coffee

YIELD: Makes 1 serving

INGREDIENTS:

• 1/2 cup hot coffee
• 2 teaspoons brown sugar
• 2 tablespoons whiskey
• 1 tablespoon half-and-half
• 1 teaspoon maple extract

DIRECTIONS:

Stir coffee and brown sugar in mug. Add whiskey, half-and-half and extract; mix well. Serve warm. Top with whipped cream and maple sugar, if desired.

Irish Apple Cake
Don't Miss These Upcoming Shows

**Patti Lupone**  
4/16

A personal musical memoir from three-time Tony Award winner.

**Adam Pascal**  
3/12

Broadway’s rock star from Rent.

**Leslie Odom, Jr.**  
3/9

Broadway’s original Aaron Burr in Hamilton.

**Staller Center Outreach Ensemble Pops!**  
3/4

Lively music for kids and families.

**Cirque FlipFabrique**  
4/13

Snow Day: Magic, beautiful circus madness and breathtaking art.

**BLIZZARD**  
5/4

Taking the stage by storm.

**Les Ballets Trockadero de Monte Carlo**  
4/20


Follow @stallercenter
Celebrate St. Patrick’s Day!

Grandma Freeley’s Irish Soda Bread

All the way from County Roscommon, Ireland

2 cups bread flour 1 tsp salt 1 cup raisins
1 tsp baking soda 1 tbsp caraway seeds 1 egg
1 tsp baking powder 2 tbsp butter 1 cup buttermilk
1/4 cup sugar

Preheat oven to 375°. Sift flour, baking soda, baking powder, salt & sugar in a bowl. Stir in the caraway seeds, cut in the butter with a knife until the mix looks like coarse ground grain, stir in the raisins, beat the egg into the buttermilk, pour into center of bowl, mix in the dry ingredients and turn dough onto a lightly floured board. Knead lightly into a ball and place into a round casserole, slash the ball with an X. Brush bread with an egg beaten with 1 tbsp of water. Bake 1 hour. Test with a toothpick for doneness. Let set 10 minutes and remove from casserole onto a wire rack.

Happy St. Patrick’s Day!
Mark T. Freeley, Esq.
(631) 495-9435
www.northshoreinjurylawyer.com
Thursday 7

From Carson to Colbert
Temple Beth El, 660 Park Ave., Huntington presents a lecture titled From Carson to Colbert: A History of the TV Talk Show with Brian Rose at 7 p.m. Join them in person in the Great Room to nosh, mingle and watch or from home on Zoom! Brian Rose will be joining the program virtually. Email Ellen Gray at ellengray7389@gmail.com for more information and to get the Zoom link. 631-421-5835 x 200

Vanderbilt Lecture
Suffolk County Vanderbilt Planetarium, 180 Little Neck Road, Centerport continues its lecture series with Mapping Historical New York: A Digital Atlas at 7 p.m. Historians Gergely Baics and Rebecca Kobrin will discuss Manhattan’s and Brooklyn’s transformations during the late nineteenth and early-twentieth centuries. Drawing on 1850, 1880, and 1910 census data, the Digital Atlas shows how migration, residential, and occupational patterns shaped the city. $10 per person. To register, visit www.vanderbiltmuseum.org.

Friday 8

Get Inspired Bargain Book Sale
Hallockville Museum Farm, 6038 Sound Ave., Riverhead will hold a Get Inspired Bargain Book Sale in the Hudson-Sydlowski House today and March 9 from 10 a.m. to 3 p.m. Get out of the house and shop for crafting, sewing and cooking books, patterns, fabric, yarn and more! All proceeds go to the museum. 631-298-5292

Annie Juliette 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 hometown favorite Annie Juliette in the Sail Loft Room (3rd floor) from 7 to 8 p.m. Tickets are $5 at the door. 631-802-2160

An Evening of Opera
Come celebrate the 20th anniversary of Opera Night Long Island with a special concert at St. Paul’s United Methodist Church, 270 Main St., Northport at 7:30 p.m. followed by a reception. $10 donation, students free. www.operanight.org.

Grounds and Sounds Concert
Unitarian Universalist Fellowship, 380 Nicolls Road, E. Setauket hosts a Grounds and Sounds concert featuring Martha Trachtenberg and Hank Stone with doors opening at 7:30 p.m. Open mic starts at 8 p.m., followed by the concert. Tickets are $15 per person at www.groundsandsounds.org or at the door. 631-751-0297.

Saturday 9

Get Inspired Bargain Book Sale
See March 8 listing.

Community Yard Sale
Masury Estate Ballroom, 67 Old Neck Road South, Center Moriches will host an indoor Community Yard Sale from 9 a.m. to 3 p.m. The former Estate Ballroom, Bowling Alley, and Sunroom will be filled with treasures not to be missed. Proceeds to benefit the Masury Ballroom Restoration Fund. Email Office@hbpoa.com for more information.

Superheroes of the Sky
Sweetbriar Nature Center, 62 Eckernkamp Drive, Smithtown presents Superheroes of the Sky from 11 a.m. to noon. Take a walking tour with Jim while he feeds the Center’s Birds of Prey and tells you about their incredible adaptations that help them survive in the wild. You’ll be seeing and learning about bald eagles, turkey vultures, owls, hawks and many more. $10 per adult / $5 per child under 12 years old. Register at www.sweetbriarnc.org. 631-979-6344

All Souls Poetry Reading
The Second Saturdays poetry series returns to All Souls Church in Stony Brook from 11 a.m. to noon via Zoom. The featured poet will be Karen Schulte. An open-reading will follow; all are welcome to read one of their own poems. For more information, please call 631-655-7798. Participants can access the program through the All Souls website https://www.allsouls-stonybrook.org/

Irish Luck on the Farm
The Smithtown Historical Society, 239 E. Main St., Smithtown presents its annual Irish Luck on the Farm event from noon to 4 p.m. Celebrate Irish heritage with an afternoon on the farm featuring a petting zoo, traditional Irish step dancing performances, peat fires, music, vendors and activities for children. Rain date is March 10. Admission is $7 per person. 631-265-6768

Barbie’s Birthday Celebration
The Northport Historical Society, 215 Main St., Northport invites the community to celebrate Barbie’s 65th birthday at 1:30 p.m. John Daniello will delve into the origins of "Barbie" by talking about her development and the era in which she was created. Kids will enjoy an afternoon of Barbie-themed crafts, take Instagram-worthy photos in a Barbie photo booth, and savor delicious Barbie-inspired cupcakes. Dressing as your favorite Barbie (or Ken) doll is highly encouraged! All ages welcome! $10 adults, $5 children. To register, visit www.northporthistorical.org. 631-757-9859

Sunday 10

Psychic & Holistic Wellness Expo
Holiday Inn, 1730 North Ocean Ave., Holtsville hosts a Psychic & Holistic Wellness Expo from 10 a.m. to 5 p.m. Enjoy a day of entertainment with psychic mediums, tarot readings, wellness vendors and more. For more information, call 516-639-6903.
Model Railroad Open House
St. James Model Railroad Club will host a Winter Open House at the Mills Pond House, 176 Mills Pond Road, St. James from 11 a.m. to 5 p.m. This 38’ X 48’ Lionell train layout, the result of 40 years of continuing improvements, represents Railroading from the Age of Steam to Present Day with many freight and passenger trains running simultaneously in a scenic, imaginative setting. Donation is $2 adults, $1 children. 516-283-9607

MP/RP St. Pat’s Parade
The Friends of St. Patrick will host the 72nd annual Miller Place-Rocky Point St. Patrick’s Day Parade at 1 p.m. sharp. The 2.8-mile parade starts at Harrison Avenue and Route 25A in Miller Place and then finishes at Broadway in Rocky Point. This year’s Grand Marshal is Vincent Worthington. For further information, visit www.friendsofstpatrick.com or call 631-473-5100.

Huntington St. Pat’s Parade
The Ancient Order of Hibernians (AOH) invites the community to its 90th annual St. Patrick’s Day Parade in Huntington from 2 to 3 p.m. Grand Marshal Monsignor Steven Camp will lead the procession down New York Avenue to Main Street. Long Island’s oldest and largest, the parade will feature dozens of pipe bands. For more information, visit www.huntingtonhibernians.org.

Farmingdale St. Pat’s Parade
Farmingdale’s 10th annual St. Patrick’s Day Parade steps off at 2 p.m. sharp at Northside School. The parade then proceeds down Main Street to the Village Green. This year’s Grand Marshal is Patrick J. Ryder. Call 516-286-7800 for more information.

Chris Milo in concert
The Long Island Music and Entertainment Hall of Fame, 97 Main St., Stony Brook presents a concert by Chris Milo from 3 to 4 p.m. The singer’s “Poisoned Love” has been making waves on major radio stations across the United States; trending #2 on New Music Weekly’s Hot 100 radio chart and #1 on the AC/Hot AC Indie Music Sales Chart. The event is free with general admission ticket purchase. For more information, call 631-689-5888 or visit www.limusichalloffame.org.

Monday 11

Tea with a Spot of History
The Reboli Center for Art and History, 64 Main St., Stony Brook in collaboration with the Three Village Historical Society presents Tea With a Spot of History at 1 p.m. Linda from Chocology will make a presentation titled The Delicious History of Chocolate while participants enjoy a mid-afternoon tea party. Tickets are $20, $15 members at www.tvhs.org.

Sound Beach Civic Meeting
Sound Beach Firehouse, 152 Sound Beach Blvd., Sound Beach will host a Sound Beach Civic Association meeting at 7:30 p.m. A representative from Brookhaven National Lab will present several topics; e.g., the impact it has on the economy, educational programs for children, and upcoming plans for the electron ion collider. For more information call 631-744-6952.

Tuesday 12

HHS Felting Workshop
Huntington Historical Society hosts a Nuno Felting Eyeglass Case workshop at the Conklin Barn, 2 High St., Huntington from 6 to 8:30 p.m. Learn to make an eyeglass case with artist Oksana Danziger. Demonstration of technique and examples of the project will be presented at the beginning of the workshop. $50 per person, $45 members. To register, visit www.huntingtonhistoricalsociety.org. 631-427-7045

Wednesday 13

Support for Veterans
Comsewogue Public Library, 170 Terryville Road, Port Jefferson Station hosts a program titled Support for Veterans from 10 a.m. to noon. Meet with a local veteran to learn about free resources for service members, families, and veterans of all eras. No registration necessary. Call 631-928-1212 with any questions.

Thursday 14

Long Island School Fair
Cold Spring Harbor Public Library, 95 Harbor Road, Cold Spring Harbor will host a Long Island School Fair from 6:30 to 8 p.m. Get ready to explore the best schools with any questions. Please note: All seats 10’ X 10’ spot. To apply, call 631-689-8172 or email folks.bennersfarm@gmail.com.

— Hallockville Museum Farm, 6038 Sound Ave., Riverhead seeks vendors for its annual Fleecie & 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.

— Three Village Historical Society, 93 North Country Road, Setauket seeks vendors for its annual Community Wide Yard Sale on May 18 from 9 a.m. to 2 p.m. Each 10 x 10 space is up for grabs at $50, $35 members. Reserve your spot now at https://www.tvhs.org/yardsale. 631-751-3730

— The Whaling Museum, 301 Main St., Cold Spring Harbor seeks vendors for its annual Sea Glass Festival on July 21 from 10 a.m. to 5 p.m. Vendors and artists offering crafts and products that appeal to sea glass enthusiasts and patrons who admire handmade or one-of-a-kind items honoring historic glass are welcome to apply. Get all the details and access the vendor application at cshwhalingmuseum.org/seaglass.

Farmers Markets

Huntington Farmers Market
Spirited 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

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@tbnewspapers.com. Calendar listings are for not-for-profit organizations (nonsectarian, nonpartisan events) only, on a space-available basis. Please include a phone number that can be printed.
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**SUDOKU PUZZLE**

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**Answers to last week’s SUDOKU**

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**Winners Showcase 2024 opens at Mills Pond Gallery**

The latest exhibit at the Mills Pond Gallery in St. James, Winners Showcase, features nine artists associated with the Smithtown Township Arts Council (STAC) who were winning artists from shows at the gallery in 2023. On view from March 9 to April 5, it features works by Eleanor Day, Tyler Hughes, Sally Anne Keller, Tracy Mahler-Tekverk, Jeanette Martone, Liz Jorg Masi, Fred Mendelsohn, Patricia Morrison, and Robert Tuska.

Eleanor Day, an artist from Pennsylvania, works mostly in oils for figurative, landscape and interior representational art. “I have a decisive style dominated by bright colors and strong outlines, suggestive of stained glass and Mexican muralists through subject matter that speaks for and to those in our society whose voices go unheard,” she said.

Tyler Hughes of Patchogue is a representational oil painter whose work is centered around the exploration of the human form and its emotions. With a profound connection to symbolism and the esoteric, Hughes’s work invites viewers into a world where ancient stories and universal truths converge.

Watercolorist Sally Anne Keller of Rocky Point is inspired by the light, color, and atmosphere provided by nature. “I grew up on Long Island and appreciate the atmosphere of all Long Islands seasons. I capture in my seascapes and landscapes the atmosphere, fog, dust, wind, rain, and sunshine,” she explained.

Tracy Mahler-Tekverk of Kings Park said “It is important for me to constantly learn in creating my artwork, while still giving myself the creative license necessary to form a compelling piece. For all my paintings I aim to balance realism and looseness, while accurately capturing the way light wraps around the subjects.”

Jeanette Martone’s pencil and ink drawings capture the emotions, environment, struggles and beauty of those living on the edge of life. The Bay Shore artist’s subjects are captured in a moment of time revealing their inner spirit and the beauty that can be found in the infinite details of their lives.

After being a commercial artist most of her life, Liz Jorg Masi of Smithtown now devotes her time to fine art painting. She excels in portraiture but also paints landscapes and still lifes in pastel, oil, and watercolor.

Fred Mendelsohn of Port Jefferson has carried many titles in his life…neurologist, philanthropist, author, musician, and artist. Predominantly a landscape artist, Mendelsohn works in both oil and egg tempera paints. “The bucolic fields and waterways of the North Shore and the villages of Italy are sources of inspiration to me,” he said.

Through her art, Patricia Morrison of Coram is interested in conveying a message, wanting to make people think. Patricia enjoys beauty, jazz and nature and likes to blend these aspects in her art “to show my appreciation for the beauty in nature, and to inspire and heal others going through controversial issues.”

A resident of Sound Beach, Robert Tuska’s paintings and drawings cover a vast spectrum of styles and mediums. His recent works are more of a pop stylized surrealism while maintaining his comic background. “My photo surrealist paintings combine the influence of comics and accuracy of the sublime,” he explained.

The public is invited to an opening reception on Saturday March 9 from 2 to 4 p.m. to meet the exhibiting artists and view their work.

Mills Pond Gallery is located at 660 Route 25A, Saint James. Hours of operation are Wednesdays to Fridays from 10 a.m. to 4 p.m. and weekends from noon to 4 p.m. (closed March 31.) For more information, call 631-862-6575 or visit www.millspondgallery.org.
The 96th Academy Awards will be held on March 10 at the Dolby Theatre in Hollywood. Oppenheimer leads with thirteen nominations, followed by Poor Things with eleven and Killers of the Flower Moon with ten. Even the most basic speculation is subjective, but here are some thoughts on the contenders.

The primary artist is the writer. If the writing is poor, nothing follows. So, to begin:

Best Original Screenplay. For pure storytelling, Anatomy of a Fall dealt powerfully with a woman accused of pushing her husband off a balcony. Played out almost entirely at the trial, the script succeeds on the level of Twelve Angry Men. Possible spoilers could be The Holdovers or Past Lives, with screenplays providing poignant performance opportunities. An honorary mention goes to May December, which offered a brutal look at Hollywood’s nearly perverse obsession with biopics.

Best Adapted Screenplay. While a reflection of another's work, these screenplays allow one to envision a story through a fresh prism. This year, the category is highly competitive. Zone of Interest is intense and visceral, but its success derives more from the visuals and not necessarily the script. Poor Things takes the book’s absurdity to eleven, elevating the original novel. American Fiction is strong when representation turns character into characterization.

The frontrunner—Oppenheimer—is an extraordinary achievement of making the technical both accessible and thrilling. However, Greta Gerwig and Noah Baumbach's Barbie is most deserving. After decades of failed attempts to bring Barbie to the screen, they triumphed far beyond expectations: “We mothers stand still so our daughters can see how far they’ve come.”

Best Actress in a Supporting Role. Yes, Ryan Gosling was fun as Barbie's Ken, but it is unlikely to garner him his first Oscar. Plain and simple, Robert Downey Jr. will take home the trophy for Oppenheimer.

Best Actor in a Leading Role. While not as close as Leading Actress, the two major considerations are Cillian Murphy (Oppenheimer) and Paul Giamatti (The Holdovers). Giamatti would be victorious in another year, but Murphy's monumental Oppenheimer carried a film that required a flawless performance at its helm. Not nominating Zac Efron's moving portrayal in The Iron Claw, which highlighted the dangers of toxic masculinity, was an egregious slight.

Best Director. As seen in other categories, all the nominees would win years when they were not competing against each other. This is especially true of Yorgos Lanthimos's work on Poor Things. But there is no question that Christopher Nolan will take home the trophy for Oppenheimer. A master of the craft, Paul Thomas Anderson's praise for Nolan's Dunkirk applies here: "It's great to still be able to see someone's film and think 'How the ---- did he do that?'. And that statement is the same for Oppenheimer. The most brutal snub of the year is unquestionably Greta Gerwig's absence from a directorial nomination for Barbie. Her exceptional vision deserves accolades and highlights the industry's systemic problems.

Best Picture. This year in film has been the best since before the COVID-19 pandemic. Once again, every film deserves an award for its own elements. But ultimately, Oppenheimer was the biggest artistic (if not financial) success. A work unlike any other, the film checks every box.

So, on Sunday night, settle in with your popcorn and see how the drama unfolds!

Bonus Quick Picks:

Documentary Short Film. While ABC's of Book Burning will win, Nai Nai & Wai Po is a beautiful, gentle story.

Documentary Feature. 20 Days in Mariapal
International Film. The Zone of Interest. (Honorable Mention: Perfect Days)

Live Action Short Film. Wes Anderson will get his first Oscar for his adaptation of Roald Dahl's The Wonderful Story of Henry Sugar.

Animated Feature Film. The Boy and the Heron

Original Song. A no-brainer: Billie Eilish's Barbie tune: “What Was I Made for?”

Score. Oppenheimer will win over Poor Things, more avant-garde sound.

Visual Effects. Godzilla Minus One burns the competition.

Sound. Oppenheimer will win, but Zone of Interest is most deserving.

Production Design. A tight race between Barbie and Poor Things—bringing back the forgotten artifact of sound stage sets, both "authentically artificial." The latter probably has the edge.

Makeup and Hairstyling. Poor Things

Costume. Barbie or Poor Things

Film Editing. Oppenheimer, but Killers of the Flower Moon could steal it.

Cinematography. Oppenheimer

Greta Gerwig and Noah Baumbach's Barbie is most deserving for Best Adapted Screenplay.
**Catholic**

**INFANT JESUS ROMAN CATHOLIC CHURCH**

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www.infantjesus.org
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REV. FRANCIS LASRADO & REV. ROLANDO TICILLASUCA
Parish Outreach: 631-331-6145

**Weekly Masses:** 7:30am (Monday-Friday) and 9am in the Church
**Weekend Masses:** Saturday at 4:30pm, Sunday at 9:00am and 12:00pm in the Chapel.
**Spanish Masses:** Saturdays 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.

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**ST. MICHAEL THE ARCHANGEL SOCIETY OF SAIN PIOUS X**

900 Horseblock Road, Farmingville
631-736-6515 spxlongisland.com
Sunday Masses at 7am and 9am

Please consult spxlongisland.com for updates and current mass times.

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**Catholic Traditional Latin Mass**

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

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

Sunday Masses at 7am and 9am

Please consult spxlongisland.com for updates and current mass times.

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**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.allsoulstownybrook.org or call 631-655-7798

Sunday: 8:00am Virtual Morning Prayer 9:30 Holy Eucharist with Organ Music
Tuesday: 8:00am Interdenominational Morning Prayer
Wednesday: 12 noon Interdenominational Rosary

We are a friendly welcoming community for all people.

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**ST. ANSELM’S EPISCOPAL CHURCH**

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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@stanselmosfoshoreham.org
Office phone: 631.744.7730
Office hours: Mon - Fri 9 am to Noon and by appointment www.stanselmosfoshoreham.org

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**Lower Country Food Pantry**

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 Baptisms, 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 SAIN PIOUS X**

900 Horseblock Road, Farmingville
631-736-6515 spxlongisland.com
Sunday Masses at 7am and 9am

Please consult spxlongisland.com for updates and current mass times.

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**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.allsoulstownybrook.org or call 631-655-7798

Sunday: 8:00am Virtual Morning Prayer 9:30 Holy Eucharist with Organ Music
Tuesday: 8:00am Interdenominational Morning Prayer
Wednesday: 12 noon Interdenominational Rosary

We are a friendly welcoming community for all people.

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**ST. ANSELM’S EPISCOPAL 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@stanselmosfoshoreham.org
Office phone: 631.744.7730
Office hours: Mon - Fri 9 am to Noon and by appointment www.stanselmosfoshoreham.org

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**Jewish**

**NORTH SHORE JEWISH CENTER**

385 Old Town Rd., Port Jefferson Station
631-928-3737
www.northshorejewishcenter.org
RABBI AARON BENSON
CANTOR DANIEL KRAMER

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

Jewish

EXECUTIVE DIRECTOR
MARCIE PLATKIN
PRINCIPAL HEATHER WELKES
YOUTH DIRECTOR JEN SCHWARTZ

Services: Friday At 8 Pm; Saturday At 9:15 am
Daily Morning And Evening Minyan
Call For Times. Tot Shabbat Family Services
Sisterhood Men’s Club
Seniors’ Club Youth Group Continuing Ed
Adult Bar/Bat Mitzvah Judaica Shop
Food Pantry Lecture Series Jewish Film Series
NSJC JEWISH LEARNING CENTER
Religious School
Confirmation Class
Monthly Call For Times. Tot Shabbat Family Services
Food Pantry Lecture Series Jewish Film Series
On
Imagine A Synagogue That Feels Like Home!
Club Seniors’ Club Youth Group Continuing Ed
BROTHDER-SISTERHOOD BOOK CLUB-SOCIAL
ANCHOR NURSERY SCHOOL
YOUTH DIRECTOR JEN SCHWARTZ
1404 Stony Brook Road, Stony Brook
631-751-8518 www.tisbny.org

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.
Email: office@pjpress.org
Website: www.pjpress.org
Holiday Services
Palm Sunday Service March 24th 10am
Easter Sunday Service March 31st 10am
Sunday Worship Service 10-1
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Email: office@pjpress.org
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Holiday Services
Palm Sunday Service March 24th 10am
Easter Sunday Service March 31st 10am
Sunday Worship Service 10-1
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.

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 PRESBYTERIAN CHURCH
5 Caroline Avenue, On the Village Green
631-941-4271
setauketpresbyterian@verizon.net
Celebrating & sharing the love of God
since 1660
We Do Good Together!
THE REV. DR. JOHANNA MCCUNE WAGNER
Pastor And Head Of Staff
Worship with us in-person Sundays at 9:30AM
Our service is also available via live-stream.
Visit www.setauketpresbyterian.org
We are a Covenant Network,
More Light & Matthew 25 congregation
We believe ALL are created in the image of God
and we actively engage in making
our faith come alive.
Sunday childcare available & Church School,
Weekly small groups, Bible Study & Adult
Christian Ed.,
Youth Group & Bell Choir -
all ringers welcome
Setauket Presbyterian Preschool
www.setauketpreschool.org
Open Door Exchange (ODE)- furniture ministry
www.opendoorexchange.org
Like us on Facebook - Setauket Presbyterian
Church, est 1660
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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’s 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
uufsfb.org office@uufsfb.org
PASTOR MADelyn CAMPBELL
minister@uufsfb.org
A spiritual home for individuals, couples, and
families of diverse religious and
social backgrounds.
A place to nurture your spirit and
help heal our world.
Sunday Service: 10:30 a.m.
Or visit www.uufsfb.org to join us via live stream
on Sunday mornings.
Sherese Pittman scored 30 points to help lead the Stony Brook women’s basketball team over the North Carolina A&T Aggies 76-62 at home on March 3 to earn at least a share of the CAA Regular Season Championship for the first time in program history.

The Seawolves had three players score in double figures, led by Pittman, who had a career-high 30 points, nine rebounds and four assists. Gigi Gonzalez added 16 points and Shamarla King helped out with 13 points and seven rebounds off the bench.

Led by Pittman’s three offensive rebounds, Stony Brook did a great job crashing the offensive glass, pulling down 11 boards that resulted in 16 second chance points. The Seawolves turned 19 N.C. A&T turnovers into 20 points on the other end of the floor. Graduate Victoria Keenan led the way individually with two steals.

After falling behind 6-3, Stony Brook went on a 5-0 run that culminated with two free throws by Pittman with 6:30 left in the first quarter to take an 8-6 lead. The Seawolves then maintained that lead and entered the quarter break with an 18-16 advantage. Stony Brook capitalized on four N.C. A&T turnovers in the period, turning them into six points on the other end of the floor.

Stony Brook built that first quarter lead to 32-27 before going on a 5-0 run starting at the 1:46 mark in the second period, highlighted by a three from King, to increase its lead to 37-27. The Aggies cut into that lead, but the Seawolves still enjoyed a 37-29 advantage heading into halftime. Stony Brook forced six N.C. A&T turnovers in the period and turned them into seven points.

The Seawolves continued to preserve its halftime lead before going on a 5-0 run to expand its lead further to 58-47 with 24 seconds to go in the third after a free throw by Pittman, a score which remained until the end of the third quarter. Gonzalez was lights out during the quarter, scoring 11 points in the frame.

The squad kept its lead intact before going on a 6-0 run, finished off by Pittman’s layup, to grow the lead to 71-58 with 3:04 to go in the contest. The Seawolves kept expanding the margin and coasted the rest of the way for the 76-62 win. Stony Brook got a boost from its bench in the period, with non-starters scoring seven of its 18 total points, led by freshman Janay Brantley and King.

The team will return to the court on March 7 when they head to Virginia to take on Hampton at 7 p.m. and streamed live on FloHoops.

Men's basketball downs Delaware Blue Hens on Senior Day 79-56

The Stony Brook University men’s basketball team defeated Delaware 79-56, on March 2 at Island Federal Arena. The Seawolves closed the regular season in fashion with an emphatic victory over the Blue Hens on senior day. Aaron Clarke and Tyler Stephenson-Moore led the charge, scoring 37 points combined.

Both teams traded buckets back and forth early in the first half as Delaware clung to a narrow lead over the Seawolves. A pair of Dean Noll hook shots ignited the Stony Brook offense as they closed the half on a 23-16 run to take a nine-point advantage into halftime.

The Blue Hens swiftly responded with a 10-2 run to open the second half, cutting the Stony Brook lead to one. Stony Brook quickly regained momentum with a barrage of three pointers to take a 19-point lead, capping off a 23-5 run highlighted by big buckets from Jared Frey and Stephenson-Moore.

Stony Brook did not let up, closing things out on a 14-4 run, never letting Delaware get within single digits in the process. The senior day victory was the Seawolves’ 13th win at Island Federal Arena this season as Stony Brook clinched the No. 7 seed in the upcoming CAA Championship.
Welcome to the 27th edition of Paw Prints, a monthly column for animal lovers dedicated to helping shelter pets find their furever home.

Meet Zuko
Top of the mornin’ to you from Zuko, currently up for adoption at the Brookhaven Animal Shelter. Approximately 2 to 3 years old, Zuko has come a long way since his days as a stray. Despite a rough start with little hair and irritated skin, he’s undergone the necessary veterinary care, including neutering, and is now thriving. This absolute sweetheart adores people but prefers a home without other dogs and with older children. Zuko is ready to embark on a new chapter and is searching for his forever family. If you believe Zuko could be your perfect match, please take the first step by visiting https://www.brookhavenny.gov/152/Animal-Shelter and fill out a Matchmaker Application. Let’s give Zuko the loving home he truly deserves. 631-451-6950

Meet Romeo
Are you ready to meet a sweet and sensitive boy? Romeo is here to melt your heart and fill your home with love and joy. Waiting for you at the Brookhaven Animal Shelter, Romeo is a gentle and sensitive soul who may take a little time to show his true colors, but trust us, it’s worth the wait. He’s a bit shy at first, but once he feels comfortable, his loving nature shines through. Romeo is approximately 3 years old. Having come in as a stray, Romeo’s past is a bit of a mystery, but what’s clear is that he’s ready to leave his past behind and start a new chapter with a loving family. Fill out a Matchmaker application (see website on left) to arrange a meet and greet. 631-451-6950

Meet Wendy
Hi, I’m Wendy, a little tabby at Little Shelter in Huntington who thinks I’m a dog. Call my name or rustle a bag and I come a-running and of course it helps if you have a treat. Come and in and see for yourself. 631-368-8770, ext. 36

Meet Missy
A proponent of sensible glamour with a dash of “drama queen”, meet Missy, a ten year old Papillon mix at Little Shelter in Huntington. A breed known to be spirited, sociable, and possess sparkling personalities, this little lady certainly fits the bill! Playful and fun loving, she enjoys soft toys and has amassed quite a collection, thanks to the cooperative staff. Full of affection, she’ll happily curl up in your lap, listening attentively while you tell her secrets. Missy would be a great companion if you’re looking for someone with an inquisitive mind and an open heart...stop by to meet her today! 631-368-8770, ext. 21

Meet Bunny
Full of character and just plain goodness, meet Bunny, a two year old Pit mix currently at Little Shelter in Huntington. This active, energetic girl will circle you with enthusiasm, drawing you into the middle of the fun! Suspected to have some hearing loss, she is nevertheless able to make strong connections, attentive and attuned to your every move. Smart as a whip and sweet as pie, she’s hoping to find her ideal family and forever home, then burrow directly into your heart (and bed!). If Bunny sounds like the perfect fit for you, hop on over to Little Shelter today! 631-368-8770, ext. 21

Meet Poppy
Poppy the puppy and her sister Patricia are available for adoption at Kent Animal Shelter in Calverton. Come meet them today! 631-727-5731, ext. 1

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PROGRAMS

First Steps Into Nature
Sweetbriar Nature Center, 62 Eckernkamp Drive, Smithtown presents First Steps Into Nature: Clever Creatures on March 8 at 9:30 a.m. Children ages 2 to 4 years of age will learn about the wonders of the natural world through hands-on activities, live animals, crafts, and much more. $20 per child. To register, visit www.sweetbriarnc.org.

Story & Craft with Nana Carol
The Next Chapter bookstore, 204 New York Ave., Huntington hosts a Story and Craft event with Nana Carol on March 11 at 10:30 a.m. No registration required. Appropriate for ages 0-4 (sometimes older siblings join as well). 631-482-5008

Green Shamrocks
Sunken Meadow State Park, Sunken Meadow Parkway, Kings Park presents a Tiny Tots program, Green Shamrocks, on March 14 from 10:30 to 11:30 a.m. Children ages 3 to 5 with a parent or caregiver can enjoy short walks, story time, animal visitors, and crafts. $4 per child. To register, call 631-269-4333.

THEATER

Disney’s ‘Descendants’
Smithtown Performing Arts Center, 2 E. Main St., Smithtown presents Disney’s Descendants The Musical from March 16 to 30. Imprisoned on the Isle of the Lost, the teenaged children of Maleficent, the Evil Queen, Jafar, and Cruella De Vil have never ventured off the island… until now. When the four troublemakers are sent to attend prep school alongside the children of beloved Disney heroes, they have a difficult choice to make: should they follow in their parents’ wicked footsteps or learn to be good? Tickets are $18 per person. To order, visit www.smithtownpac.org.

‘Hop’ Aboard the Bunny Express
Port Jefferson Station-Terryville Chamber of Commerce invites the community to a screening of Hop in the Chamber Train Car, southeast corner of Route 112 and Nesconset Highway, Port Jefferson Station on March 8, 13, 15, 20, 22, 27 and 29 from 6 to 8 p.m. $20 per person includes movie, water, popcorn, and cookie with a visit from the Easter Bunny at the end. To reserve your seat, visit www.pjstchamber.com or call 631-821-1313.

A Wrinkle in Time
Cinema Arts Centre, 423 Park Ave., Huntington continues its Cinema for Kids! series with a screening of A Wrinkle in Time on March 10 at noon. Filled with spectacle, warmth and heart, this celebrated film follows an ordinary girl’s epic adventure and brave journey to save her family, with the ultimate triumph of love. Tickets are $13 adults, $5 children 12 and under. www.cinemaartscentre.org.

FILM

‘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. Enjoy a grand-new take on this classic tale featuring an original score, memorable characters, and fun for the entire family. All seats are $12. To order, call 631-928-9100 or visit www.theatrethree.com.

‘Alice in Wonderland’
Up next for the John W. Engeman Theater, 250 Main St., Northport is Lewis Carroll’s Alice in Wonderland from March 23 to April 28. Alice takes a tumble down an enchanted rabbit hole to an off-killer world of mock turtles, dancing flora, punctual rabbits, and mad tea parties. Will Alice be able to find her footing in this bizarre place? More importantly, will she ever figure out how to get home? All seats are $20. To order, call 631-261-2900 or visit www.engemantheater.com.
A sad farewell to Flaco the owl

BY PATRICE DOMEISCHEL

I t was inevitable. Life for any bird is fraught with perils. That Flaco, the Eurasian Eagle-Owl illegally released over one year ago from the confines of his lifetime home in the Central Park Zoo would survive despite having no life experience outside his enclosure, would be nothing short of a miracle.

We had all waited, expecting the worst. Would he make it? The tentative answer appeared to be “Yes”. And it did seem that he just might have bucked the odds as instinct kicked in, and he mastered the unfamiliar, urban environment.

Birders, photographers, city residents, tourists, all wanted a glimpse of the famous escapee owl. He delighted all who viewed him as he perched at some of his regular Central Park haunts, and later in the Upper West Side neighborhoods of Manhattan. Flaco had become a symbol of freedom, surprising and eluding those who sought to bring him back to the zoo’s safe confines. To New Yorkers and out-of-towners alike, some whom had never seen any owl, Flaco was an avian celebrity.

Then our greatest fears were realized. Flaco became one of up to one-billion birds EACH year that die in the United States alone after flying into windows, his death determined to have been caused by “traumatic impact.” And although a necropsy report indicated Flaco’s good condition, his weight only slightly less than when last taken at the zoo, he may also have been exposed to infectious diseases like West Nile Virus or Avian Influenza, and/or toxins including rodenticides that would have weakened him, contributing to the strike.

Now Flaco has become another painful window-collision statistic. His passing shines a harsh light on this serious issue. Window strikes can occur at any time of year, but take place most often during spring and fall migration when billions of birds travel to and from breeding and wintering grounds. Strike incidents occur with great regularity when birds collide with the highly reflective glass used in building construction. Birds see the reflections in these panes as a continuation of the natural landscape and attempt to fly through them. Most collisions occur with the windows of one-and-two story buildings; many are residential homes.

But there may be a silver lining to this tragedy. The urgent need to protect birds from death caused by window strikes has already resulted in legislation in New York City that requires the use of bird-friendly materials in new construction. The City also has a lights-out requirement for city-owned and city-managed buildings. In Albany also, a bill is now on the table that requires the incorporation of bird-friendly designs into new or altered-state buildings in New York State. Maybe Flaco’s needless end will help to propel the bill to completion and law.

What can you do? We all have the power to make a difference. We can prevent window-strike collisions at our own homes and in the community. Simply affixing decals that reflect ultraviolet sunlight, or that create visual interference, on problem windows can dramatically cut strike numbers. Birds detect the stickers, recognize something to avoid, and fly elsewhere.

Flaco will be remembered always in the hearts of New Yorkers; we mourn his loss. But his name will live on in the meaningful and important legislation now on the table in Albany, a bill renamed the FLACO ACT: “Feathered Lives Also Count,” after this iconic and charismatic raptor.

Note: Do you know of a building prone to window strikes? Let us know at: fourharborsaudubonsociety@gmail.com. Learn more at these and other websites:

American Bird Conservancy
Fatal Light Awareness Program (FLAP)
windowalert.com
featherfriendly.com
theaudubonshop.com

Author Patrice Domeischel is a board member of the Four Harbors Audubon Society.
Equity in Action

Stony Brook University Hospital receives The Joint Commission's Health Care Equity Certification.

At Stony Brook University Hospital, health equity isn’t a goal, it’s our standard. We’re the first hospital on Long Island and among the first nationally to earn The Joint Commission’s Health Care Equity Certification, recognizing our commitment to inclusive, compassionate care for all. From community partnerships to making accommodations to meet the needs of patients with disabilities, we ensure every patient feels safe and respected while receiving the best care possible. We’re proud of this recognition — and even more proud to serve the healthcare needs of our patients and everyone in our community.

To learn more, visit stonybrook.info/healthequity