

ARTS & LIFESTYLES

TIMES BEACON RECORD NEWS MEDIA • MARCH 14, 2024



SCCC Selden's 'The Thanksgiving Play' serves satire on a platter

See review on page B3

Photo by Julianne Mosher/
TBR News Media

ALSO: Stephen Schwartz to be inducted into the LIMEHOF B12 • Weekly calendar B16 • SBU Sports B23



What care do midwives provide?

OUR EXPERT ANSWERS
YOUR QUESTIONS



Rakiya Watts, CNM
Director, Midwifery Practice
at Stony Brook University Hospital

.....

Whether you’ve just entered puberty, are expecting a baby, desire contraception or have journeyed to or through menopause, midwifery can provide a full range of care with an emphasis on placing your needs and desires first, while maintaining a safe environment in which to birth or to receive other women’s healthcare services.

What is midwifery?
Midwifery means “being with woman” and encompasses childbirth and also well-woman gynecology (GYN) care from adolescence beyond menopause. Really, the whole lifespan, from normal life events like getting a Pap smear and starting birth control, to being pregnant and having a baby. During pregnancy, whether you choose to labor naturally or with the assistance of epidural anesthesia, we offer a variety of options in which to birth, and minimize the need for unnecessary interventions.

Where do Stony Brook’s midwives see patients?
In New York, many midwives work in the hospital setting. All 16 of Stony Brook’s master’s trained midwives are faculty members in the Department of OB/GYN and practice in Stony Brook University Hospital and in our community-based healthcare offices. In either setting, our patients have access to all the resources that Stony Brook offers, such as sonograms, and epidural and pain medication when in labor. And we make care convenient, with offices in Bohemia, Commack, East Setauket and Hampton Bays.

Who should choose a midwife?
Our view is that everyone should have access to a midwife. In terms of pregnancy and birth, the majority of people who are cared for by midwives are those who are low risk: someone who doesn’t have health conditions like preexisting diabetes, heart disease or hypertension. Anyone can see a midwife for their well-patient care, even those with preexisting medical conditions. We also perform breast cancer and cervical cancer screenings, as well as birth control counseling. We find that people are often introduced to midwifery care related to birth, but once they see the level of care that midwives provide, they continue with us beyond their reproductive years.

Does the practice support VBACs (vaginal birth after Cesarean)?
Our midwives support a patient’s right to choose a VBAC. If a Cesarean (C-section) is needed, our midwives engage their physician colleagues within the Department of OB/GYN to perform the surgery, while remaining present to support you and your family during the process. Evidence shows that working with a midwife can also reduce the need for a C-section delivery.

What other services do you offer?
We are proud to offer our patients CenteringPregnancy® and lactation support so you can get both individual care and connect with other patients in a group setting who are also on their pregnancy and birth journeys. In addition, we promote alternative health options like acupuncture, chiropractic, massage therapy and physical therapy.

Why should I choose The Midwifery Practice at Stony Brook?
Stony Brook has a midwifery service like no other. We’ve been serving patients and families since 1996 and as our practice has grown so has the scope of services we provide. We offer the best of both worlds because we have access to midwives who believe in evidence-based, person-centered, inclusive care. But if a complication arises and a higher level of care is needed, since we’re part of a larger women’s healthcare service with specialists and subspecialists in all areas, we work collaboratively with our physician colleagues to provide you with continuity of care. Stony Brook is very unique in that. Regardless of your stage of life, our Midwifery Practice delivers the warmth, compassion and expertise you need.

Call (631) 444-4686 to schedule an appointment.
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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. 24020937H



SCCC's 'The Thanksgiving Play' is perfect even during springtime

BY JULIANNE MOSHER

How can a modern-day Thanksgiving play not ruffle any feathers, especially in a politically correct society?

Suffolk County Community College's latest production of *The Thanksgiving Play* is not what one might expect. In fact, it is pure chaos, but hysterical chaos at its best.

Directed by Steven Lantz-Gefroh and written by Larissa FastHorse, the show consists of just four actors — Scott Dowd (Jaxton), Jerry Ewald (Caden), Michaela Fitzsimmons (Alicia or A-lee-see-ya), and Taylor D'Agostino (Logan). Set in an adorably relatable elementary school classroom, the four come in to start working on a culturally appropriate and politically correct play about the first Thanksgiving meal for kids.

One slight problem — all the actors are white, and very woke, and they feel that they cannot ethically perform a historically correct production as they grew up with white privilege. They hire a “real” actress from L.A., Alicia, who they believe is Native American... only to find out in show business looks can be deceiving.

FastHorse, who is the first female Native American playwright to have a show produced on Broadway, writes this clever satirical comedy with poise by serving up the hypocrisies of woke America, especially with topics like Thanksgiving, Native Americans and, dare I say his name? Christopher Columbus.

Originally making its Broadway debut in 2023, it comes to the smaller stage at SCCC's Ammerman Campus in Selden and showcases the raw, amazing talent of these four theater students. Each one has a very bright future set up for them.

Dowd plays Jaxton, the yogi/part-time actor, who tries to always right his wrongs of being a straight, white male brings humor to the uncomfortable topic of race, especially when he's tasked to be a part of something that needs to appeal to all people and cultures. Dowd plays the typical hippie who jumps on the bandwagon of whatever trend is going on, and he does it convincingly well.



The cast of 'The Thanksgiving Play.' Photo by Julianne Mosher/TBR News Media

Ewald plays Caden, a history teacher who has very serious feelings about Christopher Columbus, but also wants his side play writing performed by real humans. As in other SCCC performances, he makes the audience laugh with his slapstick shenanigans. That being said, we should highlight the choreographers for their realistic fight scene that will have you wince, but not look away.

D'Agostino plays Logan, the glue of the story, and the main protagonist who has to navigate these other personalities while trying to keep her job as a teacher in a new school district. But she's also incredibly woke, and restricted by her overthinking and over producing. D'Agostino's performance shines, definitely showing the leader that she is on and off the stage.

And we can't forget Fitzsimmons, who plays Alicia, the L.A. actress brought in by Logan as the team's cultural compass navigating Native American culture (Logan saw headshots of her on her website wearing braids and turquoise). Your standard L.A. actress, she plays the snotty, and kind of stupid, actress who relies mostly on sex appeal for parts amazingly well. Her facial expressions even when she's in the background tell a story in itself.

Through satire and humor, this one-act show addresses the misrepresentation of

Native Americans, the lack of indigenous casting and the challenges of accurately representing indigenous people in American society — all of which FastHorse experienced herself as a Native American playwright.

And you're honestly just going to laugh from the moment the four performers step on stage. Throughout the show, we bounce back and forth between the scene in the classroom to small musical numbers relating to Thanksgiving.

You'll laugh at the humor, but also with how uncomfortable these conversations can be. So, even though it's not Thanksgiving time at all, get in the spirit of cultural appropriation and white storytelling, and head over to SCCC to see this unique, hysterical and impressive show. You're going to gobble it up.

The Theatres at Suffolk County Community College present *The Thanksgiving Play* in Theatre 119, Islip Arts Building Suffolk County Community College, 533 College Road, Selden on March 14, 15, and 16 at 7:30 p.m., and March 17 at 2 p.m. General admission is \$15, veterans and students 16 years of age or younger \$10. SCCC students with current ID are offered one free ticket. To order, please call the box office at 631-451-4163.

HOROSCOPES OF THE WEEK



PISCES – Feb 19/Mar 20

Physical activity can do wonders for you, Pisces. If you are feeling stressed, overwhelmed or even tired, take a walk or hit the gym for some exercise that can alleviate many symptoms.

ARIES – Mar 21/Apr 20

Aries, this week you need to get back to business, especially if hobbies or other interests have been taking up much of your time lately. Avoid distractions at all costs.

TAURUS – Apr 21/May 21

You may be excited about new prospects that are on the horizon, Taurus. With so much change coming, it can be exciting to see what lies in wait.

GEMINI – May 22/Jun 21

Gemini, you may discover that you are devoting a lot of attention to others of late, sometimes cutting into your own needs. Be attentive and caring, but pay attention to your own needs as well.

CANCER – Jun 22/Jul 22

Cancer, if you check the calendar lately you are bound to find a number of dates are filled. You may want to consider slowing down; otherwise, you may prematurely burnout.

LEO – Jul 23/Aug 23

Leo, if expenses and finances have been troubling you of late, you can breathe a sigh of relief when things lighten up this week. Right now you are in a good spot financially.

VIRGO – Aug 24/Sept 22

Virgo, you will need to uphold your end of the bargain for the time being as others are counting on you delivering. You cannot dodge any responsibilities right now.

LIBRA – Sept 23/Oct 23

Libra, over the next few days you may receive some offers from employers or entrepreneurs that seem very appealing. Before you jump into something new, do your homework.

SCORPIO – Oct 24/Nov 22

Scorpio, it will become obvious how others rely on you for advice and to get jobs done correctly. All of that responsibility can put extra pressure on you, so take it all in stride.

SAGITTARIUS – Nov 23/Dec 21

This week you may discover that people are flocking to you left and right, Sagittarius. You will not have trouble making new friends if you so desire.

CAPRICORN – Dec 22/Jan 20

Capricorn, take ownership of any actions that may have put you into a strained relationship with those close to you. Admitting mistakes is the first step in mending fences.

AQUARIUS – Jan 21/Feb 18

Aquarius, you may only now be getting to those resolutions you made a few months ago, but better late than never. Focus on projects around the home that will revitalize your spaces.

In this edition:

Calendar	B16
Crossword/Sudoku Puzzle	B20
Horoscopes	B3
Kids Korner.....	B22
Let's Eat	B15

Living Lightly	B14
Medical Compass	B7
Nature Matters.....	B21
News Around Town	B7
Power of 3	B11

Religious Directory	B18
SBU Sports	B23
Theater Review	B3
The Wine Connoisseur	B14
Your Turn	B5



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.

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Artificial Intelligence (AI) needs Natural Intelligence (NI)

YOUR TURN

Artificial Intelligence (AI) will cost many people their jobs. But some occupations desperately needed by a rapidly aging population cannot be replaced by computers or machines. For example, nurse assistants in hospitals and nursing homes.



BY THOMAS M. CASSIDY

Research conducted by Goldman Sachs estimates that 25% of current work tasks could be automated by Artificial Intelligence (AI). Unlike prior technological advances that replaced workers in labor intensive occupations, this time "it's the higher-paying jobs where a college education and analytical skills can be a plus that have a high level of exposure to AI," according to The Pew Research Center.

During my twenty-year career as an investigator for the New York State Attorney General's Office, I conducted many investigations of potential patient abuse in nursing homes and other health facilities. I had the privilege of meeting hundreds of nursing assistants. Most were dedicated, knowledgeable and compassionate, but a few were not. Nursing aides dress, bathe, toilet and ambulate patients among many other services. Sometimes they also interact with families, which can be a difficult task. Let me explain:

I was assigned to investigate a possible case of patient abuse at a nursing home. An elderly woman with a doctor's order for a two-



Tom Cassidy with his late father, Hugh 'Joe' Cassidy

Photo by Jonathan Spier

person transfer was helped from her bed for a bathroom trip by only one nurse aide. The elderly woman fell and fractured her hip. The nursing assistant was immediately suspended pending an investigation. My assignment was to investigate this incident as a possible crime. Here's what happened:

The nursing home patient had a visit from her daughter. Mom told her daughter to help her get out of bed and walk her to the bathroom. The daughter obeyed and

helped mom get out of bed. The daughter tried to hold her up, but mom was weak and started to slip. The daughter screamed for help. A nursing assistant rushed to help the falling patient, but it was too late. Mom fell and fractured her hip. There was no crime. The nursing assistant returned to work the next day.

Fast forward twenty years. My father, a World War II combat veteran and a decorated NYPD Detective Commander, fractured his hip at age 80. I visited him at the Long Island State Veterans Nursing Home in Stony Brook. He was alone in his room. He says, "Tom, help me get to the bathroom." I say, "Dad, let me get an aide to help you." He says, "YOUR MY SON, just do this for me. I don't want anyone else to help." I told him about the elderly woman who fractured her hip when her daughter tried to help her. He said, okay, go get someone to help. If not for my experience as an investigator, I might have tried to help my father. I was taught "To Honor Thy Father and Thy Mother." But instead, two aides moved my dad safely to the bathroom and back into his bed. Nine months later he walked out of the nursing home to live at home with my mother.

Not every resident of a nursing home is elderly, but most are. In the United States today, one in every six Americans is age 65 or older. That number will increase dramatically in the next six years to 20% of the population or 70 million older Americans. Incredibly, nursing homes are closing, instead of opening.

The American Health Care Association reports that since 2020 almost 600 nursing homes have closed, and more than half of

nursing homes limit new admissions due to staffing shortages. As a result, there is a shortfall of hospital beds nationwide because displaced nursing home patients remain in hospital beds until they can be safely transferred home or to a care facility.

The Massachusetts Hospital Association reports that one out of every seven medical-surgical beds are unavailable due to patients remaining in the hospital when they no longer need hospital care. Keep in mind that hospitals are required by federal law to provide emergency care, stabilize patients, and discharge patients to a safe environment.

The Bureau of Labor Statistics reports that nursing assistants have one of the highest rates of injuries and illnesses because they frequently move patients and perform other physically demanding tasks. For these, and many other tasks, nurse assistants are paid a median wage of less than \$18 per hour; not even close to a salary that is in line with the responsibilities of their job. Small wonder that a survey by the American Health Care Association found that one of the biggest obstacles for hiring new staff in nursing homes is a lack of interested candidates.

Reversing the hemorrhage of nursing home closures requires leaders with Natural Intelligence (NI). It benefits all generations of Americans when hospitals fulfill their mission for acute care and not operate as quasi-nursing homes. After all, languishing in a crowded emergency room "Can Be Hazardous To Your Health!"

Thomas M. Cassidy is the creator of the TV series, Manhattan South, which is in development. (ktgproductions.com)

WMHO unveils 'Beyond the Plaque' - A self-guided audio experience

The Ward Melville Heritage Organization (WMHO) recently unveiled a new self-guided audio experience at T. Bayles Minuse Mill Pond Park in Stony Brook Village. Titled "Beyond the Plaque," this new audio experience gives participants the opportunity to learn about the people named on 16 plaques at the picturesque park. As they wander through the tranquil pathways, they'll discover more than just names and dates — they'll delve into the compelling stories and extraordinary journeys of the individuals commemorated on the plaques.

Many of the plaques are dedicated to members past and present of the Stony Brook community, each leaving a lasting impact on those they touched in their lives. Among the notable individuals you can learn about is T. Bayles Minuse, the very namesake of the park.

"Our idea of creating an audio experience dedicated to the people beyond the plaques originated two years ago during the unveiling of the newly rehabilitated T. Bayles Minuse Mill Pond Park," said Dr. Richard Rugen, WMHO Chairman. "We are thrilled to unveil this to the public, just in time for spring."



The Beyond the Plaque Audio Experience is offered completely FREE of charge, and accessible to all, anytime, and anywhere. To embark on this captivating tour, individuals can simply scan the QR codes located



Photos/courtesy of WMHO

on informational signs within the park or visit audio.stonybrookvillage.com.

To learn more about events and activities in Stony Brook Village Center, please visit stonybrookvillage.com.



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What Are Patients Saying?

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Male, age 78

Prostate Cancer
I was diagnosed with early stage prostate cancer and chose active surveillance. Since then my PSA has improved dramatically. It started out at 5.56, which is high, and now is 3.72, which is normal. I can't wait to see it continue to improve. I am thrilled to be working with you.
Male, age 48

Diabetes
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Male, age 55

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Reduce your risk of falling

MEDICAL COMPASS

Taking a tumble can result in broken bones and torn ligaments. These can be serious for older patients, where the consequences can be devastating. They can include brain injuries, hip fractures, a decrease in functional ability and a decline in physical and social activities (1). Ultimately, a fall can lead to loss of independence (2).



BY DAVID M. DUNAIEF, MD

What can increase your fall risk?

Of course, there are environmental factors, like slippery or uneven surfaces. Other contributing factors to personal fall risk include age and medication use. Some medications, like antihypertensive medications, which are used to treat high blood pressure, and psychotropic medications, which are used to treat anxiety, depression and insomnia, are of particular concern. Chronic diseases can also contribute.

Circumstances that predispose us to falls also involve weakness in upper and lower body strength, decreased vision, hearing disorders and psychological issues, such as anxiety and depression (3).

What are some simple ways to reduce your fall risk?

It is most important to exercise. This means exercises that involve balance, strength, movement, flexibility and endurance, all of which play significant roles in fall prevention (4). The good news is that many of these can be done inside with no equipment or with items found around the home. We will look more closely at the research.

Nonslip shoes are a big help and, during the winter months, footwear that prevents sliding on ice, such as slip-on ice cleats that fit over your shoes.

In the home, inexpensive changes, like securing area rugs, removing tripping hazards, installing grab-bars to your bathroom showers and tubs, and adding motion-activated nightlights can also make a difference.

And, of course, pay attention when you're walking. Resist the urge to text or read from your mobile device while you're moving around. A recently published study of young, healthy adults found that texting while walking affected their gait stability and postural balance when they were exposed to a slip hazard (5).

Injuries from falls can result in a loss of independence.

How does medication put you at risk?

There are several medications that heighten fall risk. Psychotropic drugs top the list, but what other drugs might have an impact? A well-designed study showed an increase in fall risk in those who were taking high blood pressure medication (6). Those on moderate doses of blood pressure medication had the greatest risk of serious injuries from falls, a 40 percent increase.

These medications can reduce significantly the risks of cardiovascular disease and events, so physicians need to consider the risk-benefit ratio in older patients before stopping a medication. We also should consider whether lifestyle modifications, which play a significant role in treating this disease, can reverse your need for medication (7).

How much does exercise reduce fall risk?

A meta-analysis showed that exercise significantly reduced the risk of a fall (8). It led to a 37 percent reduction in falls that resulted in injury and a 30 percent reduction in falls that required medical attention. Even more impressive was a 61 percent reduction in fracture risk.

Remember, the lower the fracture risk, the more likely you are to remain physically independent. The author summarized that exercise not only helps to prevent falls but also fall injuries. Unfortunately, those who have fallen before, even without injury, often develop a fear that leads them to limit their activities. This leads to a dangerous cycle of reduced balance and increased gait disorders, ultimately resulting in an increased fall risk (9).

What types of exercise are best?

Any consistent exercise program that improves balance, flexibility, and muscle tone and includes core strengthening can help improve your balance. Among those that have been studied, tai chi, yoga and aquatic exercise have all been shown to have benefits in preventing falls and injuries from falls.

A randomized controlled trial showed that those who did an aquatic exercise program had a significant improvement in the risk of falls (10). The goal of the aquatic exercise was to improve balance, strength and mobility. Results showed a reduction in the overall number of falls and a 44 percent decline in the number of exercising patients who fell during the six-month trial, with no change in the control group.

If you don't have a pool available, tai chi, which requires no equipment, was also shown to reduce both fall risk and fear of falling in older adults (11).



METRO photo

Another pilot study used modified chair yoga classes with a small assisted-living population (12). Participants were those over 65 who had experienced a recent fall and had a resulting fear of falling. While the intention was to assess exercise safety, researchers found that participants had less reliance on assistive devices and three of the 16 participants were able to eliminate their use of mobility assistance devices.

Our best line of defense against fall risk is prevention with exercise and reducing slipping opportunities. In addition, if you are 65 and older, or if you have arthritis and are at least 45 years old, it may mean reviewing your medication list with your doctor. Before you consider changing your blood pressure medications, review your risk-to-benefit ratio with your physician.

References:

(1) MMWR. 2014; 63(17):379-383. (2) J Gerontol A Biol Sci Med Sci. 1998;53(2):M112. (3) JAMA. 1995;273(17):1348. (4) Cochrane Database Syst Rev. 2012;9:CD007146. (5) Heliyon. 2023 Aug; 9(8): e18366. (6) JAMA Intern Med. 2014 Apr;174(4):588-595. (7) JAMA Intern Med. 2014;174(4):577-587. (8) BMJ. 2013;347:f6234. (9) Age Ageing. 1997 May;26(3):189-193. (10) Menopause. 2013;20(10):1012-1019. (11) Mater Sociomed. 2018 Mar; 30(1): 38-42. (12) Int J Yoga. 2012 Jul-Dec; 5(2): 146-150.

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

- » SBU News: What does the American public really think of AI?
- » SCCC students advocate in Albany
- » Foundation for Wildlife Sustainability plans new events at LI Game Farm
- » Whisper Woods of Smithtown honored with Humanitarian of the Year Award
- » SCCC's Flecker Gallery hosts High School Art Exhibition March 18 to April 1
- » Meet this week's Shelter Pet Jitterbug!
- » Photo of the Week by Michael Boren

NEWS AROUND TOWN

Dr. James Bruno selected as a FAES

Neurologist and sleep disorders specialist Dr. James Bruno has been selected as a Fellow of the American Epilepsy Society (FAES). This prestigious honor recognizes Dr. Bruno's professional accomplishments and unwavering dedication to the field of epilepsy.



James Bruno, M.D.

As a board-certified neurologist with expertise in epilepsy and sleep disorders, Dr. Bruno brings knowledge and experience to his practice at Three Village Neurology, 4511 Nesconset Highway in Port Jefferson Station (www.threevillageneurology.com), which offers a range of specialized services, including the diagnosis and treatment of epilepsy, sleep apnea, and other individuals affected by neurological disorders using the latest technologies to diagnose and treat these conditions including Polysomnography and Electroencephalography.

In addition to his private practice, Dr. Bruno is a clinical associate professor of neurology at SUNY Stony Brook, co-directs the St. Charles Hospital Epilepsy Center and sits on the Professional Advisory Board at Long Island Island's Epilepsy Foundation.

Healthy U health fair heads to PJS

Mather Hospital invites the community to a Healthy U Spring Semester event at the Meadow Club, 1147 Route 112, Port Jefferson Station on Saturday, March 16 from 8 a.m. to noon. Take part in a free seminar series and interactive health fair focused on your physical, emotional and financial well-being. Attend a variety of lectures including Know your numbers: a checklist for health after 60, Food, exercise and meditation as medicine, Get to know your gut, Managing diabetes and pre-diabetes, Protecting your healthcare wishes and The health benefits of a good night's sleep. To register, visit matherhospital.org/healthyu. For more information, call 631-476-2723.

Scavenger hunt a success!

Congratulations to Kathleen Lods of Selden and Harriet Litvack of Smithtown for being the winners of last week's scavenger hunt. Kathleen and Harriet were the first two readers to find the happy leprechaun hiding on page B21 and win a one year subscription to one of our six community newspapers along the north shore of Suffolk County.

Send your News Around Town to leisure@tbrnewspapers.com



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Our Readers Have Spoken!

Thank You to Our Readers

who participated in nominating their favorite businesses in the
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1st Prize:
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3rd Prize:
\$25 Gift Certificate to Margaret Foster of Port Jefferson

TIMES BEACON RECORD NEWS MEDIA

Celebrates

**TBR
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2023
WINNERS**

**Best Businesses on Suffolk's North Shore
Final Contest Results**

February 29, 2024 tbrnewsmedia.com 631.751.7744

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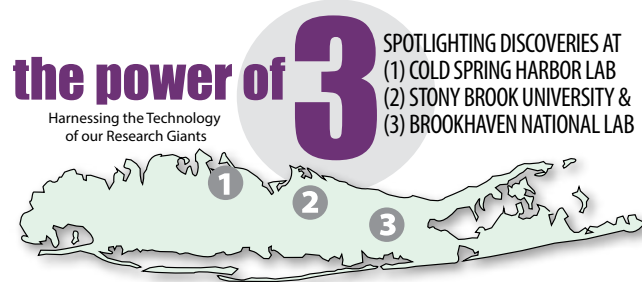
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SBU's Georgios Moutsanidis wins \$500k early career NSF award to study coastal resilience



BY DANIEL DUNAIEF

In the best of times, water provides a serene background, offers an escape from searing summer heat, serves as a livelihood for the fishing industry, and supports a range of aquatic life that shimmers just below the surface.

KNOWLEDGE SEEKERS In the worst of times, that same water can threaten communities that line coasts, bringing a powerful surge of destructive force that takes lives and destroys homes, buildings and infrastructure.

Recently, Georgios Moutsanidis, Stony Brook University Assistant Professor in the department of Civil Engineering, received a \$500,000, five-year Faculty Early Career Development grant from the National Science Foundation to conduct research that could increase the resilience of coastal structures.

Rigoberto Burgueño, who is the chairman of the Civil Engineering department and who helped recruit Moutsanidis to Stony Brook in 2020, is pleased with the recognition from the NSF.

It is "one of the highest achievements for an individual



Georgios Moutsanidis

Photo by Ram Telikicherla

investigator in terms of their potential as future leaders in their field and future mentors and teachers," Burgueño said. The prestige from the award "will provide opportunities and bigger audiences to communicate his findings and his work."

Amid climate change, the need for efforts to improve resilience from a range of water-driven forces increases, as rising sea levels encroach on coastlines and stronger storms driven by higher ocean temperatures threaten buildings and infrastructure.

"What we are trying to do with this project is to develop state-of-the-art computational tools that engineers and other researchers will use to

incorporate in their work and study the resilience of structures against extreme hydrodynamic events" such as storm surges and tsunamis, said Moutsanidis.

Engineers, city planners and builders have used what Moutsanidis described as mostly outdated empirical models to test the resilience of structures. Moutsanidis, however, hopes to enhance those models by taking a physics-based numerical approach to understanding the damage a surge of water could do to various structures.

Moutsanidis is using established and well-known equations. He will contribute to solving them more accurately and efficiently.

Other models "could simulate water hitting a structure, but they were unable to capture the detailed response of the structure, with cracks, fractures, fragmentation and collapse," Moutsanidis said. He hopes the new computational methods he will develop will predict the type and extent of damage more accurately.

The model he plans to create, with the help of graduate students he will hire who will use new high-performance computers he expects to use the funds to purchase, can address site-specific features of an area that would affect the likely speed, amount and force of any water surge.

Burgueño described Moutsanidis as being "at the forefront of very advanced computational simulations that take into account interactions of water with a structure."

By generating better estimates of the actual loads imposed on a

structure, "we will be better prepared as engineers to either strengthen existing structures or to design future ones better," Burgueño said.

Checking his work

While the information he's using to construct these models relies on physics and deploys established equations, the Stony Brook Assistant Professor and his students will perform verification and validation. They will compare their results with existing experimental data and other computational approaches.

In addition, Moutsanidis's lab will conduct experiments in a flume, which is a water tank in which he can vary the amount and speed of water approaching models of coastal communities. With a high-speed camera, he can evaluate how these simulated structures respond. In buildings that might collapse or fracture, he can test a slightly different fortified design, run a similar analysis and determine if the modifications led to a better outcome.

At this point, Moutsanidis has completed a proof of concept article in the journal *Engineering with Computers*, where he demonstrated the idea and the equations he's solving. He hopes to produce a useful package that engineers and the public can use within the next four to five years, which he will release through an open source platform such as *GitHub*.

Moutsanidis is "very eager to start this work" as storm surges, flooding and tsunamis threaten coastal communities every year.

Larger context and other projects

In the bigger picture, Moutsanidis seeks to use computational methods and software to solve problems of engineering driven by physics. He has also worked in the aerospace community, studying the interaction of solids with hypersonic flow.

The goal is to "design more efficient aerospace vessels" that can withstand high temperatures and pressure as they travel five times the speed of sound or more, he said. The temperature is so high that the air undergoes a chemical reaction.

Moutsanidis has also worked with the impact of blast waves on structures, simulating the response to the shock wave or blast.

The goal is to make structures "more resilient or resistant to extreme events" such as a terrorist attack or an accident that triggers an explosion.

From Karditsa to Queens

Born and raised in a small town in the center of Greece called Karditsa, Moutsanidis is the son of two engineers. "In my early childhood, I was influenced by them, but I chose a different engineering path," he said.

Moutsanidis, who completed postdoctoral research at Brown University before joining Stony Brook, lives in Queens.

Moutsanidis is impressed with the students at Stony Brook, whom he described as "very engaged." As for his work, he explained that his field is "quite competitive" and he was surprised and pleased to receive this award.

Whaling Museum and TBR News Media launch Sea Glass Fiction Contest

The Whaling Museum & Education Center of Cold Spring Harbor, in partnership with TBR News Media of Setauket, has announced the launch of a Sea Glass Fiction Contest. This exciting competition invites students in grades 3 to 12 from Nassau and Suffolk counties to unleash their creativity by crafting stories inspired by a piece of sea glass.

The contest, which kicked off this month, challenges participants to imagine a unique journey for the selected sea glass fragment chosen by The Whaling Museum and to weave a captivating tale around it. The winning stories will have the chance to be read at the museum's annual Sea Glass Festival, a prestigious event celebrating sea glass and its significance in maritime history.

"Sea glass has a way of capturing the imagination, and we can't wait to read the imaginative stories that come out of this unique contest," said Nomi Dayan, Executive Director at The Whaling Museum.

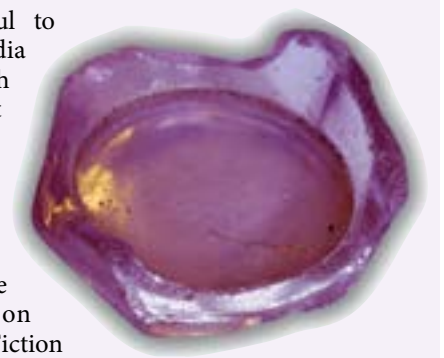
Entries must be submitted electronically through the submission form on The Whaling Museum website by April 30, 2024. The contest is free to enter, and all works must be original and written solely by the author. Only residents of Nassau and Suffolk counties are eligible to participate.

"We look forward to the opportunity to celebrate and highlight the creative tales of students in the area," said Daniel Dunaief, a journalist with TBR News Media. "Entrants can envision ways a piece of glass, shaped by water and time, provides a clue in a compelling narrative."

Winners will be notified on or about June 1-7, 2024, and select winning entries will be eligible for publication in TBR News Media and on The Whaling Museum's website. TBR will also highlight the winners in a weekly podcast. In addition, contest winners will receive complimentary tickets to The Whaling Museum's Sea Glass Festival, held on July 21, 2024, where they will be recognized with a certificate.

"We are grateful to TBR News Media for partnering with us on this contest and helping to bring these young writers' stories to a wider audience," added Dayan.

For more information on the Sea Glass Fiction Contest, including guidelines and submission details, please visit cshwhalingmuseum.org/seaglasscontest.



Students are asked to craft a story inspired by the above sea glass fragment.

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Stephen Schwartz Photo from Long Island Music and Entertainment Hall of Fame

Composer Stephen Schwartz to be inducted into the LIMEHOF March 23

Broadway comes to Long Island as award-winning Broadway and movie lyricist and composer Stephen Schwartz (*Wicked*, *Godspell*, *Pippin*, *Pocahontas*, *The Hunchback of Notre Dame*, *The Prince of Egypt*, and the new movie adaptation of *Wicked* among other titles) will be inducted into The Long Island Music and Entertainment Hall of Fame (LIMEHOF), 97 Main St., Stony Brook Village on Saturday, March 23 with doors opening at 7 p.m.

The ceremony will be followed by an hour-and-a-half concert featuring performances from Schwartz's musicals.

"Long Island has proven to be especially fertile ground for producing major talents in the fields of music and entertainment," said Schwartz. "The list of names is long and impressive. It's a great honor for me to be recognized as being a part of that amazing tradition."

Although well-known on Broadway and NYC, Schwartz has solid Long Island roots having grown up in Williston Park and graduating from Mineola High School.

"It is with great honor and pride that the Long Island Music and Entertainment Hall of Fame inducts the legendary Stephen Schwartz into our esteemed institution," said Ernie Canadeo, LIMEHOF Chairman. "With a career spanning over five decades, Schwartz has enriched the world of American musical theatre and the silver screen with timeless classics. We celebrate not only his remarkable talent but also his enduring legacy, which will continue to inspire generations to come."

The music concert to follow the induction will be emceed by musician Paul Shaffer, with

'With a career spanning over five decades, Stephen Schwartz has enriched the world of American musical theatre and the silver screen with timeless classics.' — ERNIE CANADEO, LIMEHOF CHAIRMAN

whom he worked early in his career. In 1972, Shaffer was hired as the musical director for the Toronto production of *Godspell*. He went on to play piano for another Schwartz-written score that played on Broadway, *The Magic Show* in 1974. Shaffer eventually went on to play in the house band of "Saturday Night Live," followed by serving as musical director for David Letterman's "Late Night" and "Late Show" broadcasts.

After the ceremony, Schwartz and Shaffer will perform alongside musicians from the musical *Godspell* that include Rick Shutter (drummer), Doug Quinn (guitarist) and Steve Manes (bassist).

Broadway performers and singers who will be performing at this event including Teal Wicks (*Wicked*) Carrie St. Louise (*Wicked*), Dale Soules (*The Magic Show*), Alysia Velez (*Into the Woods*), Sam Simahk (*Into the Woods*) and DeMarius Copes (*Some Like It Hot*). The concert will feature music from *Wicked*, *Godspell*, *Pippin*, *Working*, *The Magic Show*, *Pocahontas* and more!

Tickets for the induction and concert event are \$78.50 available for sale at www.limusichalloffame.org or may be purchased in person at LIMEHOF. Tickets include access to all of the museum, including the special Billy Joel exhibition, "My Life: A Piano Man's Journey," and Hall Of Fame. For more information, call 631-689-5888.

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LIVING LIGHTLY

A Column Promoting a More Earth-Friendly Lifestyle

BY JOHN L. TURNER

Reducing Food Waste

While progress is being made in reducing the amount of food that's wasted in the United States, for example in 2022 New York State passed important legislation — the NYS Food Donation and Food Scraps Recycling Law, we have a long way to go.

Two informative websites where you can learn more about how to reduce wasted food are: "Save the Food" and "Love Food, Hate Waste." These sites offer tips on better ways to store food to prevent spoilage and how to better plan the exact amount of food that's needed for your family and for hosting guests at dinner parties, picnics, and other gatherings. They also offer many tasty recipes on using leftovers or food that you might typically throw out, like the stale ends of a bread loaf, tops of beets, extra ripe bananas, or bruised pears. Anyone for some killer banana bread or how about some "Bruised Pear Pandowdy"?

The sky's the limit on ways to use all the food in your pantry and refrigerator!



Pixabay photo

Carmenère — Chile's Hidden Gem

THE WINE CONNOISSEUR

At one time, Carmenère was a minor red grape variety used in the making of some red Bordeaux wines. The outbreak of phylloxera (a root-eating louse) during the 1870s devastated much of Bordeaux's vineyards. When the vineyards were replanted, Carmenère, which was difficult to graft, was mostly replaced by disease-resistant grape varieties.

It was during that same time Carmenère arrived in Chile, alongside other Bordeaux varieties. As of 2020, the acreage of Carmenère has dwindled to where it is virtually extinct in Bordeaux, although some is grown in Chile, Italy, California, and China.

Carmenère is a thick-skinned, medium acid red grape variety. Its name is supposedly derived from the word carmine, an obvious reference to its deep, rich color. According to DNA analysis, Carmenère is a cross between Cabernet Franc and Gros Cabernet. In Chile, it was officially categorized as Merlot until 1994, when the French ampelographer Jean-Michel Boursiquot visited Viña Carmen in Maipo Valley and correctly identified the grape as Carmenère.

Some recently tasted Carmenère wines are: **2017 Ventisquero "Obliqua" Apalta Vineyard "Carmenère," Colchagua Valley, Chile.** Blend of 94% Carmenère, 4% Cabernet Sauvignon, 2% Petit Verdot. The wine was aged for 22 months in French oak barrels, followed by one year of bottle aging. The Carmenère grapes come from a small selection of low-



BY BOB LIPINSKI

yielding grapevines that surround a great oak tree, Nothofagus Obliqua.

Deep ruby with a complex bouquet and taste of blackberry, red currants, black figs, chocolate, and hints of white pepper. Medium-full bodied with an aftertaste of herbs and dried berries.

2019 Ventisquero "Vertice" Apalta Vineyard, Colchagua Valley, Chile. Blend of Carmenère and Syrah. The wine is a collaboration between renowned Australian winemaker John Duval and Ventisquero's head winemaker, Felipe Tosso. Vertice was aged for 22 months in French oak barrels, followed by 14 months of bottle aging.

Reddish-purple color with a bouquet of black fruit, especially blackberry and black raspberry. Flavors of black plums, black peppercorns, and smoky meat. Hints of herbs, damp earth, and eucalyptus with medium-high acidity.

2020 Leyda Carmenère "Reserva," Rapel Valley, Chile. Full bouquet and flavor of spicy plums, blackberries, cherries, and black pepper. Medium-bodied with subtle hints of anise, herbs, and dark chocolate.

2021 Lapostolle Cuvée Alexandre "Carmenère" Apalta Vineyard, Chile. Notes of blueberries, black cherry, green peppers, pomegranate, coffee, and vanilla. Aftertaste of plums, dill, and spices.

2020 Santa Rita 120 "Carmenère," from Chile. Cherry-colored with flavors of blueberry, green pepper, coffee, pomegranate, and tart-berries. The aftertaste had hints of licorice and cinnamon.

Bob Lipinski is the author of 10 books, including "101: Everything You Need To Know About Whiskey" and "Italian Wine & Cheese Made Simple" (available on Amazon.com). He consults and conducts training seminars on Wine, Spirits, and Food and is available for speaking engagements. He can be reached at www.boblipinski.com OR bkjm@hotmail.com

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Serve up a shamrockin' St. Patrick's Day meal

BY HEIDI SUTTON

This recipe for corned beef and cabbage is a great pick for St. Patrick's Day. Use your slow cooker to simmer this traditional one-pot Irish meal and you and your family will be sitting down to a delicious meal 8 hours later. Serve with a savory Irish cheese soda bread and leave room for mint chocolate chip cookies for dessert.

Slow Cooker Corned Beef and Cabbage

INGREDIENTS:

- 8 small red potatoes
- 2 cups baby carrots
- 1 small onion, quartered
- 1 corned beef brisket (4 pounds), rinsed and trimmed
- 2 tablespoons mixed pickling spice
- 1 teaspoon minced garlic
- 1/2 head cabbage, cored and cut into wedges

DIRECTIONS:

Place potatoes, carrots and onion in slow cooker. Place corned beef brisket over vegetables. Sprinkle with pickling spice and minced garlic. Add enough water (about 8 cups) to just cover meat. Cover. Cook 7 hours on high. Add cabbage. Cover. Cook 1 to 2 hours on high or until cabbage is tender-crisp.



Remove corned beef brisket to serving platter. Slice thinly across grain. Serve with vegetables and Irish soda bread.

Savory Irish Cheese Soda Bread

YIELD: Makes 1 loaf

INGREDIENTS:

- 2 1/2 cups flour
- 1/2 cup sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

- 2 teaspoons caraway seed
- 1 teaspoon garlic powder
- 1/4 teaspoon ground red pepper
- 1/2 cup shredded Irish Cheddar cheese
- 2 eggs
- 1 1/4 cups buttermilk

DIRECTIONS:

Preheat oven to 350°F. Mix flour, sugar, baking powder, baking soda, salt and seasonings in large bowl. Stir in cheese. Set aside. Mix eggs and buttermilk in medium

bowl. Add to dry ingredients; stir until well blended. Spread in lightly grease 9-inch round cake pan. Bake 30–40 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack 10 minutes. Remove from pan. Cool completely on wire rack.

Mint Chocolate Chip Cookies

YIELD: Makes 36 cookies

INGREDIENTS:

- 2 1/2 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup (2 sticks) butter, softened
- 1 1/4 cups sugar
- 2 eggs
- 1–1 1/2 teaspoons green food color
- 1 teaspoon pure peppermint extract
- 1 1/2 cups semi-sweet chocolate chips

DIRECTIONS:

Preheat oven to 375°F. Mix flour, baking soda and salt in medium bowl. Set aside. Beat butter and sugar in large bowl with electric mixer on medium speed until light and fluffy. Add eggs, food color and peppermint extract; mix well. Gradually beat in flour mixture on low speed until well mixed. Stir in chocolate chips. Drop by heaping tablespoons about 2 inches apart onto ungreased baking sheets. Bake 10–12 minutes or until edges are lightly browned.

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

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 in the area. Come and meet representatives from various schools and learn about their programs, extracurricular activities, and more. Prior registration is appreciated but not required. 516-364-5414

Friday 15

Third Friday at the Reboli

The Reboli Center for Art and History, 64 Main St., Stony Brook continues its Third Friday series with a closing reception for its *Bricks and Steel* exhibit from 6 to 8 p.m. Light refreshments will be served. Free. No reservations required. 631-751-7707

Symphony Orchestra Concert

The Northport Symphony Orchestra, under the baton of Music Director Eric Mahl, will present a special family concert of classical music at Northport High School, 154 Laurel Hill Road Northport at 7 p.m. The concert will feature excerpts from musical works by a variety of composers including Mussorgsky, Rossini, Grieg, Saint-Saens, and others. Admission is free; bring your children and show them what a wonderful world awaits them as they learn about these classical masterpieces! www.northportsymphony.org.

Game Night in St. James

Celebrate St. James hosts an adult Game Night at the St. James Community Cultural Arts Center, 176 Second St., St. James from 7 to 10 p.m. Enjoy board games, card games and light refreshments. \$10 donation. To register, visit www.celebratestjames.org. 631-984-0201

NHS Pub Nite

Start your St. Patrick's weekend with the Northport Historical Society, 215 Main St., Northport's annual Pub Nite at 7 p.m. Enjoy live Irish music by The O'McSki's Regulars with dinner provided by The Shipwreck Diner. Plus, Curator Terry Reid challenges you throughout the evening with Northport trivia for a chance to win prizes! Ages 21+ only. Tickets are \$70 per person, \$60 members at www.northporthistorical.org. 631-757-9859

WinterTide 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 Huntington-based husband/wife duo Princess Peapod in the

Times ... and dates

March 14 to March 21, 2024



TICK, TICK, TICKING AWAY

Last chance to see *tick, tick ... BOOM!* at Theatre Three in Port Jefferson. The show starring Jason Furnari, Robbie Torres and Veronica Fox closes on March 16.

Photo by Steven Uihlein, Theatre Three Productions, Inc.

Sail Loft Room (3rd floor) from 7 to 8 p.m. Harmonious vocals will delight during this special evening. Tickets are \$5 at the door. 631-802-2160

Saturday 16

Caumsett Hike

Join the staff at Caumsett State Historic Park Preserve, 25 Lloyd Harbor Road, Huntington for a Winter Water Walk for adults from 9:45 a.m. to 12:45 p.m. Observe winter waterfowl, explore the beach, and also learn about ponds on this 4 mile walk to and from the water. Bring binoculars! \$4 per person. Advance registration required by calling 631-423- 1770.

HHM Polar Plunge

Hope House Ministries presents the first Hope House Alumni Polar Plunge & Breakfast at Harborfront Park and the Port Jefferson Village Center, 101 E. Broadway, Port Jefferson from 10 a.m. to 1 p.m. All plungers must check in between 10 and 11 a.m. at the Village Center; plunge is at 11:15 a.m. at the beach by the PJ Big Chair. Come out for the event and learn more about the Hope House Endurance Team and their work to support those in recovery. Register at www.hhm.org/polar-plunge-2024

SWR Garden Club presentation

Wading River Congregational Church, 2057 North Country Road, Wading River hosts a presentation by the Shoreham-Wading River Garden Club at 10:30 a.m. Master Gardener Nancy Gilbert from Wind's Way Farm in Jamesport will give a talk on "Gardening for Birds. What to Plant and Which Birds Like It." Admission is free and all are welcome. Donations for food pantries will be appreciated. 631-987-3733

Spring Festival and Egg Hunt

Sweetbriar Nature Center, 62 Eckernkamp Drive, Smithtown hosts its annual Spring Festival and Egg Hunt from 11 a.m. to 4 p.m. Enjoy games, an egg hunt, animal presentations, crafts, face painting, and more. A special long-earned guest will be available for photo opportunities and refreshments will be available for purchase. Bring a basket. Rain date is March 17. \$25 per child, \$5 adults. Register at www.sweetbriarnrc.org. 631-979-6344

Irish Comedy Night

In celebration of St. Patrick's Day, the Smithtown Performing Arts Center, 2 E. Main St., Smithtown presents an Irish Comedy Night at 8 p.m. in partnership

with Governor's Comedy Clubs. Comedic line-up includes Mick Thomas, Sean Finnerty, Debbie D'Amore and Dennis Rooney. Tickets are \$40 per person at www.smithtownpac.org.

Sunday 17

Shamrock Bird Walk

Bundle up and join the staff at Sunken Meadow State Park, Sunken Meadow Parkway, Kings Park for some late winter birding from 1:30 to 3 p.m. On this brisk stroll along the beach, marsh, and creek, we will discover the birds that make Sunken Meadow their home for the winter. \$4 per person. Reservations taken on eventbrite.com.

Northport Walking Tour

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

Reboli lecture and book signing

Join the Reboli Center for Art and History, 64 Main St., Stony Brook for a lecture titled The History of Mary L. Booth with Tricia Foley from 3 to 5 p.m. A book signing will follow. Light refreshments will be served. Free. No reservations required. 631-751-7707

Ridotto Concert

Huntington Jewish Center, 510 Park Ave., Huntington hosts a Ridotto concert, concerts with a touch of theater, at 4 p.m. Violinist Jennifer Choi, cellist Yves Dhar, and pianist Sayaka Tanikawa perform works by JS Bach, Brahms Piano Trio no.2, Schnittke and more. Margaretha Maimone is narrator. Tickets are \$35, \$30 seniors, \$25 members, \$12 students. For reservations, call 631-385-0373, or email Ridotto@optonline.net

Monday 18

SHS lecture

The Spring Lecture Series continues at the Smithtown Historical Society's Frank Brush Barn, 211 E. Main St., Smithtown with Long Island Role in the American Revolution at 7 p.m. Join local historian Nole Gish as he discusses Long Island's significant role in the journey for American Independence almost 350 years ago. Free but donations suggested. Light refreshments will be served. 631-265-6768

Preparing for the Solar Eclipse

Comsewogue Public Library, 170 Terryville Road, Port Jefferson Station presents "The Solar Eclipse" What You Need to Know from 7 to 8:30 p.m. Learn all about solar and lunar eclipses with Helene Link Robinson in advance of the upcoming solar eclipse in New York on April 8. Open to all. Call 631-928-1212 or visit www.cplib.org to register.

TVHS lecture

Three Village Historical Society continues its lecture series at the Setauket Neighborhood House, 95 Main St., Setauket at 7 p.m. Should "Founding Fathers" be called "Founding Figures"? Is there room in the story of America's founding for an enslaved woman of color? Join historian and author Claire Bellerjeau as she introduces Elizabeth, or Liss. Enslaved on Long Island, Liss showed great agency when she risked everything to escape with a British commander during the Revolutionary War. Free, donations appreciated. To register, visit www.tvhs.org. 631-751-3730

Tuesday 19

NSJC Social Club event

North Shore Jewish Center Social Club, 385 Old Town Road, Port Jefferson Station invites the community to a concert by Johnny Whimple, an NSJC favorite guitarist and singer, in the Social Hall at 11 a.m. Bagels, cream cheese and coffee will be served. \$5 per person, \$4 members. 631-928-3737

Easter Wreath Craft

Seniors ages 60 and older are invited to make a free Easter craft at the Rose Caracappa Senior Center, 739 Route 25A, Mt. Sinai at noon. Participants will be making an Easter-inspired wreath for the refrigerator. Supplies will be provided. Sponsored by Bellhaven Center for Rehabilitation & Nursing Care. To register, call 631-451-5312.

Swing Into Spring Festival

The Jazz Loft, 275 Christian Ave., Stony Brook and Suffolk County Legislator Steve Englebright present the 7th annual Swing Into Spring Music Festival tonight through March 23, bringing with it an assortment of opportunities to hear live jazz music throughout Setauket and Stony Brook at six locations including The Jazz Loft, Sweet Mama's, Schnitzels, The Country House, Madiran Wine Bar, Bliss Restaurant and the Three Village Inn. For a full schedule of events, visit www.thejazzloft.org. 631-751-1895

Wednesday 20

Swing Into Spring Festival

See March 19 listing.

Provost Spotlight Talk

Stony Brook University, 100 Nicolls Road, Stony Brook will present a Provost Spotlight

Talk at the Charles B. Wang Center Theatre at 11:30 a.m. Barry Barish, 2017 Nobel Laureate, will give a presentation titled "Gravitational Waves: Unraveling the Mysteries of Our Universe" with a reception to follow. Free and open to the public.

Needle Felting Workshop

Huntington Historical Society presents a Needle Felting Rabbit workshop at the Conklin Barn, 2 High St., Huntington from 6 to 8:30 p.m. Learn the creative art of wool felting! Your instructor, Michele Miroff, will provide all materials and guide you through creating an adorable wool-felted rabbit. Fee is \$40, \$35 members. To register, visit www.huntingtonhistoricalsociety.org.

The Scooches in Concert

The Scooches will bring an eclectic mix of Roaring '20s, global folk, blues, gospel, New Orleans jazz, Americana, and more to the Cinema Arts Centre's Sky Room, 423 Park Avenue, Huntington from 7 to 10 p.m., as part of the monthly Hard Luck Café concert series co-presented with the Folk Music Society of Huntington. An open mic, for which sign-up is at 6:30 p.m., precedes the concert. Tickets are \$25, \$20 for Cinema Arts Centre/FMSH members). To purchase in advance, visit www.cinemaartscentre.org.

Thursday 21

Swing Into Spring Festival

See March 19 listing.

Thankful Thursday at the Vanderbilt

Suffolk County Vanderbilt Planetarium, 180 Little Neck Road, Centerport continues its Thankful Thursdays series tonight with a free family-friendly planetarium show titled STARS: The Powerhouses of the Universe narrated by Mark Hamill at 7 p.m. After the show, the observatory will be opened to the public and an astronomy educator will invite you to look through a telescope at the night sky (weather permitting). Recommended for ages 6+. Register at www.vanderbiltmuseum.org.

How to Survive Rising Food Prices

Join Comsewogue Public Library, 170 Terryville Road, Port Jefferson Station for an informative lecture on How to Survive Rising Food Prices from 7 to 8:30 p.m. Discover ways to save money in the supermarket along with how to prepare meals that are budget-friendly with Janice Imbrogno. Open to all. Call 631-928-1212 or visit www.cplib.org to register.

Theater

'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.

'The Thanksgiving Play'

The Theaters at Suffolk County Community College present The Thanksgiving Play at the Ammerman Campus, 533 College Road, Selden, Islip Arts Building, Theatre 119 from March 7 to 17. Four (very) well-intentioned theatre people walk into an elementary school. The work at hand: a Thanksgiving pageant that won't ruffle any feathers. What could possibly go wrong? Admission is \$15, veterans and students \$10. For tickets, call 631-451-4163. *See review on page B3.*

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 seats are \$25. To order, call 631-928-9100 or visit www.theatrethree.com.

'Jersey Boys'

John W. Engeman Theater, 250 Main St. Northport presents *Jersey Boys*, the story of Franki Valli & The Four Seasons, from March 14 to May 26. They were just 4 guys from Jersey until they sang their very first note—a sound the radio just couldn't get enough of. But while their harmonies were perfect on stage, off stage was a different story—a story that has made them a sensation all over again. Winner of the 2006 Tony® Award for "Best Musical," *Jersey Boys* features the top ten hits "Sherry," "Big Girls Don't Cry," "Walk Like A Man," "Can't Take My Eyes Off You," and "December, 1963 (Oh What A Night)." To order tickets, call 631-261-2900 or visit www.engemantheater.com.

'The Crucible'

Star Playhouse at the Y JCC, 74 Hauppauge Road, Commack presents Arthur Miller's *The Crucible* on March 16 at 8 p.m. and March 17 at 2 p.m. This exciting drama about the Puritan purge of witchcraft in old Salem is both a gripping historical play and a timely parable of our contemporary society. Tickets are \$32 \$25 member/senior/student. To order, visit www.starplayhouse.com.

Vendors Wanted

— **Smithtown Historical Society**, 239 E. Main St., Smithtown seeks vendors for its Easter Festival on March 30 from 11 a.m. to 2 p.m. (Rain date is March 31) \$75 for a 10' by 10' spot up to March 22, \$100 after March 22. Call 631-265-6768 or email officemanager@smithtownhistorical.org for an application or more info.

— **Benner's Farm**, 56 Gnarled Hollow Road, East Setauket is now accepting vendors for its popular Easter Egg Hunts on March 29, March 30 and March 31. \$50 for one day, \$90 two days, \$125 three days for a 10' X 10' spot. To apply, call 631-689-8172 or email folks.bennersfarm@gmail.com.

— **Greater Port Jefferson Chamber of Commerce** has a few more vendor spaces left for its 15th annual Health and Wellness Fair at the Meadow Club, 1147 Route 112, Port Jefferson Station on April 13 from 9 a.m. to 1 p.m. Reservations of \$300 non-chamber members, \$250 chamber members, \$100 non-local not-for-profit includes a 6' table, white table cloth and two chairs. Call 631-473-1414 for more information.

— **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. 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 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 offering 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.

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

Religious Directory



Catholic

**INFANT JESUS
ROMAN CATHOLIC CHURCH**
110 Myrtle Ave., Port Jefferson 631-473-0165
Fax 631-331-8094
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
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 KUZNICK, PASTOR
REV. ROBERT SCHECKENBACK,
ASSOCIATE PASTOR
REV. MIKE S. EZEATU,
SBU HOSPITAL CHAPLAIN, IN RESIDENCE
Office Hours: Monday-Friday 9am to 4pm
Saturday 9am
Our Daily Bread Sunday Soup Kitchen
opened 2-3pm, serving hot meals
To-Go and groceries
Food Pantry Open Every Wednesday
from 12 Noon to 2pm
Open Every Sunday from 2-3pm,
Mission Statement: We, the Catholic commu-
nity 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 disci-
ples; 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
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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](https://www.youtube.com/@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
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
email: office@carolinechurch.net
631-941-4245
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REV ELLIOT T. CONRAD-PRIEST
300 years of community, fellowship & ministry!
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5:00pm **Saturdays Holy Eucharist**
with Celtic music during Lent (2/17-3/16)
8:00am **Sundays Holy Eucharist**
9:30am **Sundays Holy Eucharist w/ choir and**
children's Chapel
12:30pm **Wednesdays Noonday Prayer**
10:00am **Thursdays Healing Service**
Sunday School & Children's Chapel
Safe Church certified teachers,
free nursery child-care,
a well-supervised, joyous environment,
fun workshops, themed events, and more!
Food Pantry
Open Wednesdays:
11:00am-12:00pm and 6:00-7:00pm.
Entrance is located at the back of the
Marco C. Smith building.
All are welcome!

CHRIST EPISCOPAL CHURCH
127 Barnum Ave., Port Jefferson
631-473-0273
email: ccoffice@christchurchportjeff.org
www.christchurchportjeff.org
Church office hours: Tues. - Fri. 9am - 12pm
Please join us for our 8:00 and 10:00 Sunday
Eucharists and our 10:00 Wednesday Eucharists
in our Chapel. **GOD BLESS YOU**
Father Anthony DiLorenzo
It is the mission the people of Christ Church to

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

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A place where all people, wherever you are in
your journey, can find love and respect while
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THE REV. JENN PILAT, RECTOR
email: revjenn@stanselmofshoreham.org
Office phone: 631.744.7730
Office hours: Mon - Fri 9 am to Noon and by
appointment www.stanselmsofshoreham.org
<https://www.facebook.com/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
Anselm's Attic - Thrift Shop (631) 744-2636
Wednesdays & Saturdays 10 a.m. to 2 p.m.
Food Pantry
Saturdays 10 a.m. to Noon
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REV. ZACHARY D. BAKER, CURATE
REV. CLAIRE D. MIS, DEACON
Alex Pryrodny, Music Director
Sunday Worship
8am Rite I Holy Eucharist
10am Rite II Holy Choral Eucharist
9:40am Sunday School
Holy Week
Palm Sunday Passion Mar 24, 8am & 10am
Maundy Thursday Holy Eucharist
Mar 28, 7:30pm
Good Friday Service Mar 29, 7pm
Easter Sunday March 31
Rite I Sunrise Service 7:30am
Rite II Choral Eucharist 9am & 11am
Eater Egg Hunt 10:15am
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](https://www.facebook.com/stjohns1745)

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

Religious Directory



Jewish

NORTH SHORE JEWISH CENTER

**385 Old Town Rd.,
Port Jefferson Station
631-928-3737**

www.northshorejewishcenter.org

RABBI AARON BENSON

CANTOR DANIEL KRAMER

EXECUTIVE DIRECTOR

MARCIE PLATKIN

PRINCIPAL HEATHER WELKES

YOUTH DIRECTOR JEN SCHWARTZ

Services: Friday At 8 Pm; Saturday At 9:15 am

Daily Morning And Evening Minyan

Call For Times. Tot Shabbat Family Services

Sisterhood Men's

Club Seniors' Club Youth Group Continuing Ed

Adult Bar/Bat Mitzvah Judaica Shop

Food Pantry Lecture Series Jewish Film Series

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CANTOR EMERITUS

MICHAEL F. TRACHTENBERG

Services:

1st Friday 6pm Family Service

Other Fridays 7:30pm

Saturday B'nai Mitzvah services 10am

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Tot Shabbat-Torah Study-Adult Education-Adult

Bar and Bat Mitzvah-

Brotherhood-Sisterhood Book Club-Social

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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

631-751-4140

REV. LISA WILLIAMS PASTOR

Sunday Worship: 10:30 Am

Adult Sunday School 9:30 Am

Lectinary 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

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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@pjpres.org

Website: www.pjpres.org

Holiday Services

Palm Sunday Service March 24th 10am

East 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.

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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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631-941-4271

setauketpresbyterian@verizon.net

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McCUNE WAGNER

PASTOR AND HEAD OF STAFF

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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

our faith come alive.

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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

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.

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631-751-0297

uufsb.org office@uufsb.org

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minister@uufsb.org

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families of diverse religious and

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A place to nurture your spirit and

help heal our world.

Sunday Service: 10:30 a.m.

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

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February to June

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 **lihrsetauket.com**  **384 Mark Tree Rd, East Setauket, NY.**

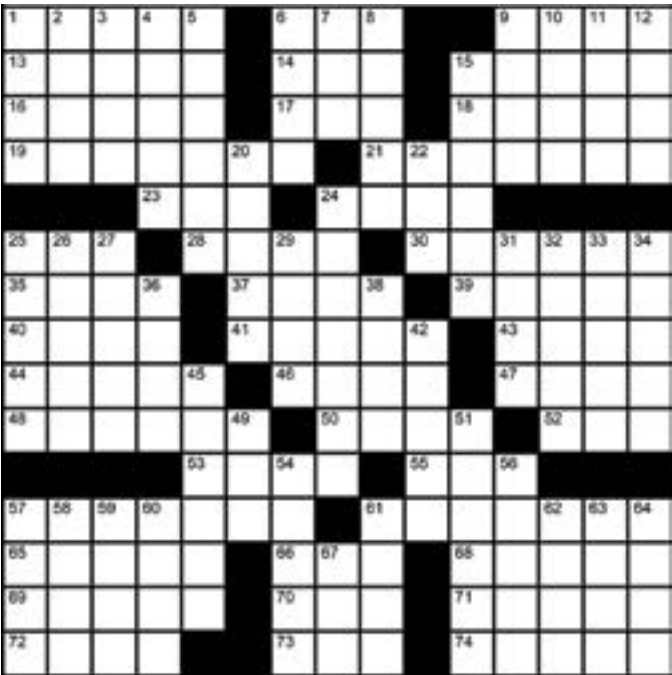




CROSSWORD PUZZLE

March Madness

- CLUES ACROSS**
- 1. Window addition?
 - 6. Huge software company
 - 9. Spill the beans
 - 13. Watcher
 - 14. Acronym, abbr.
 - 15. Words to live by
 - 16. Ocean-dwelling ____ ray
 - 17. Polynesian necklace
 - 18. "Once upon a midnight dreary" bird
 - 19. *Fill-in-the-blanks, March Madness style
 - 21. *"One ____ Moment"
 - 23. Like jalapeño
 - 24. Give off
 - 25. Bean counter?
 - 28. *Dominate opponent, slangily
 - 30. *____-elimination tournament
 - 35. Bricklayers' carrier
 - 37. Wood sorrels
 - 39. Jeweler's unit
 - 40. Alight, past tense
 - 41. Swings around
 - 43. Spice Girl
 - 44. Bubonic plague carriers
 - 46. Away from wind
 - 47. D'Artagnan's sword
 - 48. *Elite Eight, or the ____ round of tournament
 - 50. Bono's bandmate, with The
 - 52. Make a mistake
 - 53. Landlord's due
 - 55. Small lump
 - 57. *State Farm Stadium state
 - 61. *Not pro
 - 65. Chocolate substitute
 - 66. Hot temper
 - 68. Derived from oats
 - 69. Cuckoo
 - 70. Sir George Ivan Morrison's stage name
 - 71. Baby at a recital
 - 72. Have supper
 - 73. Young newt
 - 74. Many affirmatives



©StatePoint Media

- CLUES DOWN**
- 1. Brush alternative
 - 2. Culture-growing turf
 - 3. Long forearm bone
 - 4. Satyr
 - 5. City in Poland
 - 6. *Delta Center location: ____ Lake City
 - 7. Hole-in-one
 - 8. Type of polyhedron
 - 9. Raisin's breakfast companion
 - 10. Denim innovator
 - 11. Port in Yemen
 - 12. Toker's pipe
 - 15. Professional reviewer
 - 20. Not pathos
 - 22. Not hers
 - 24. Shoulder rank display
 - 25. Winnowing leftovers
 - 26. Chicken in Mexico
 - 27. Farewell in Paris
 - 29. *School with most NCAA basketball titles
 - 31. Back of the neck
 - 32. Search blindly
 - 33. Lightsaber beam
 - 34. Olden days anesthetic
 - 36. *____ player
 - 38. Garden starter
 - 42. D.S., in sheet music
 - 45. Dance club light
 - 49. Female chicken
 - 51. Speech at a funeral
 - 54. Lacking guile
 - 56. What speakers do
 - 57. LSD, e.g.
 - 58. Indian princess
 - 59. Turkmenistan's neighbor
 - 60. *Type of defense
 - 61. One tenth of a dime
 - 62. Airline postings, acr.
 - 63. Type of pool
 - 64. What means justify
 - 67. Churchill's "so few"



Answers to last week's puzzle: The Oscars



SUDOKU PUZZLE

3					4			8
	5		2			4	7	
				5		2		3
9					5		3	
		3				6		
	2		1					9
4		8		2				
	9	7			1		5	
6			3					4

© StatePoint Media

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

3	8	4	7	1	6	9	2	5
5	6	9	4	2	8	7	1	3
2	7	1	9	5	3	8	4	6
9	4	5	6	8	7	1	3	2
8	2	6	1	3	9	4	5	7
1	3	7	5	4	2	6	8	9
6	5	3	8	9	1	2	7	4
4	9	8	2	7	5	3	6	1
7	1	2	3	6	4	5	9	8

The skin of trees

BY JOHN L. TURNER

It's late morning on a deeply overcast day in early February and a uniform sky of pewter grey threatens rain but, so far, it's held out. So, wanting to get away from

NATURE MATTERS

yet another day of news as gloomy as the weather, I decide to do something that always works to pull me out of melancholy — a hike in nature's realm — knowing that at some point I'll connect with something seeing or feeling, something that ushers in elation.

Given the season, I won't gain this expected happiness from seeing colorful things — nature's color palette this time of year is too subdued, basically a mosaic of brown, black, and grey. Instead, my mind latches on to the concepts of textures and patterns and I'm quickly rewarded by focusing on the skin of trees, many of which possess bark patterns distinctive enough to identify to species. From decades of hiking the Island's forests they are like familiar friends.

The heavily wooded preserve doesn't disappoint as I immediately pass several black or sweet birch trees of varying age. Black birch is widespread in the richer soils of Long Island's north shore. When young, black birch has generally smooth reddish-grey bark with distinctive horizontally parallel rows that are slightly elevated. These rows are known as lenticels and are thought to help the tree "breathe" by allowing gas exchange through the bark. In older specimens the bark becomes more three dimensional with cracks and fissures that look as if a black bear (or mythical dragon) ran its sharp claws down the trunk.

A few of the larger trees are afflicted with the *Nectria* fungus, or black birch canker, a disfiguring condition that can damage the tree and kill it in severe cases. When growing on the main trunk and larger branches it can cause hollows — while hiking the Tiffany Creek Preserve in northern Nassau County several decades ago, I spied a screech owl sitting in just such a canker-created hollow. The tree's loss was the bird's gain.

Another well-known aspect of black birch is that it was once a critical source for a tasty flavoring — oil of wintergreen. Indigenous people used the oil to treat muscle aches and to "purge the body," while its oil was used in a wider variety of foods and medicines. If you come across a black birch and break off a twig and begin to chew on it, you'll immediately taste the refreshing flavor of wintergreen.

Moving further along the trail I pass by four of the ten or so oak species native to Long Island — white, black, scarlet, and red oaks. White oak, as its name suggests, has pleasant light-colored bark consisting of thin vertical plates. As the tree ages the bark gets a bit thicker (true for almost all trees) and more "sloughier" with the top and bottom of the bark plates curling a bit.

The other three are a tougher group to identify to species absent their leaves, especially distinguishing the bark of black oak from scarlet oak. Red oak can be distinguished from the other two by its longitudinal "ridges and valleys"; as one botanist has insightfully noted, the surface of red oak bark is reminiscent of what a ski course looks like from the air, the valleys serving as the ski courses while the ridges are the forests left intact in between.

Continuing the amble, I come to another medium sized tree standing alone although surrounded by oaks a little distance removed. I can tell from its somewhat smooth and attractive light grey bark with shallow fissures that I've not come across another oak but rather a pignut hickory, one of several hickories found on Long Island. The ridges diverge and blend in a random way creating an intriguing pattern that is fun to look at. This is the group of trees of barbecue fame, their wood imparting a distinctive smokiness to backyard barbecue fare.

While I don't see any on my walk through this Setauket forest, a cousin to the pignut hickory has among the most distinctive bark of any you'll see on Long Island — that of the shagbark hickory. If you see the tree you'll immediately know why it got its name with large patches of shaggy bark curling away from the trunk. It is uncommon on Long Island. A more common hickory which I didn't see on the hike is mockernut hickory, so named because the very small nut "mocks" the person making the effort to harvest it.

A bit further on and from some light tan leaves fluttering lightly in the understory I knew I had yet another tree species — an American Beech. The bark of beech is light grey and is smooth, making it often an unfortunate target of etched initialed inscriptions. It's hard to look at the bark and trunk of a large beech and not think of an elephant leg, especially if the wood beneath the bark has a little wrinkle as it often does. The elephant leg analogy is even stronger at the base where the roots flare, looking like elephant toes. Over the past few years many beech trees have been afflicted with beech



Clockwise from top left, the bark of a Red Oak tree; the bark of a Chestnut Oak, the bark of a Sassafras tree; and the bark of a Pignut Hickory tree. Photos by John L. Turner



leaf disease which can be fatal; fortunately this tree shows no signs of the affliction.

One of the main purposes of bark is, of course, to protect the living tissues just underneath from pathogens such as numerous fungal species. But it can also help to protect it from another force — wildfire. And nowhere can you see a better example of this than the bark of pitch pine, the dominant pine of the Long Island Pine Barrens. Pitch pine has very thick bark which provides an insulating layer to protect the living cambium tissue.

Near the end of the loop walk I hit a bunch of medium sized trees of another oak species — chestnut oak, including one multi-trunked specimen sending five, foot-thick trunks skyward. It's the largest tree in the preserve. Chestnut oak, common in rocky soils found on the Ronkonkoma Moraine, gets its name from the similarity of the leaves to those of the American chestnut, except in the oak the

marginal lobes are rounded rather than having little bristles. Its bark is dark grey and deeply furrowed.

At the end of this grouping is another smaller chestnut oak, or so I thought at first. Deeply furrowed bark with inch high ridges, it looks like chestnut oak but I realize the identification is wrong when I look up into the finer branches in the canopy and notice a few of them have smooth green bark (yet another function of bark is, in some trees, to photosynthesize). Suddenly it dawns on me I'm not looking at an oak but rather a mature Sassafras tree, a common species throughout Long Island. I realized I had been barking up the wrong tree ...

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

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PROGRAMS

Hatchery Egg Hunts

Cold Spring Harbor Fish Hatchery, 1660 Route 25A, Cold Spring Harbor will hold egg hunts on March 16, 17, 23, 24, 28, 29 and 30 between 10 a.m. and 5 p.m. Children up to 6 years of age can hunt for eggs during 20 minute sessions scheduled throughout the day. \$12 per child, \$5 helper siblings ages 7 to 12, \$7 adults, \$6 seniors. Registration is required at www.cshfishhatchery.org.

Leprechaun Trap Engineering

The Long Island Explorium, 101 E. Broadway, Port Jefferson invites children in grades 2 to 6 to engineer the ultimate leprechaun trap on either March 16 and March 17 between 1 p.m. and 5 p.m. Explore leprechaun lore and devise clever strategies to outsmart these elusive creatures. Each child's trap will be as unique as their imagination! Admission is \$8 adults, \$6 children. 631-331-3277

Luck of the Pirates

Join the Whaling Museum, 301 Main St., Cold Spring Harbor for a Luck of the Pirates program on March 16 at 2:30 p.m. Sail the Seven Seas and discover swashbuckling stories of Irish Pirates of yore! Find out pirate fact from fiction as you create your own eye patch and pirate hat. Decorate a glittering treasure chest to take home. No registration needed. Admission fee plus \$10 per participant.

Storytime Under Stars

Suffolk County Vanderbilt Planetarium, 180 Little Neck Road, Centerport continues its Storytime Under the Stars series on March 17 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.

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.

'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-kilter world of mock turtles, dancing flora, punctual rabbits, and mad tea parties. Will Alice be able to find her footing in this bizarre place? Will she ever figure out how to get home? All seats are \$20. To order, call 631-261-2900 or visit www.engemantheater.com.

FILM

'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 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.

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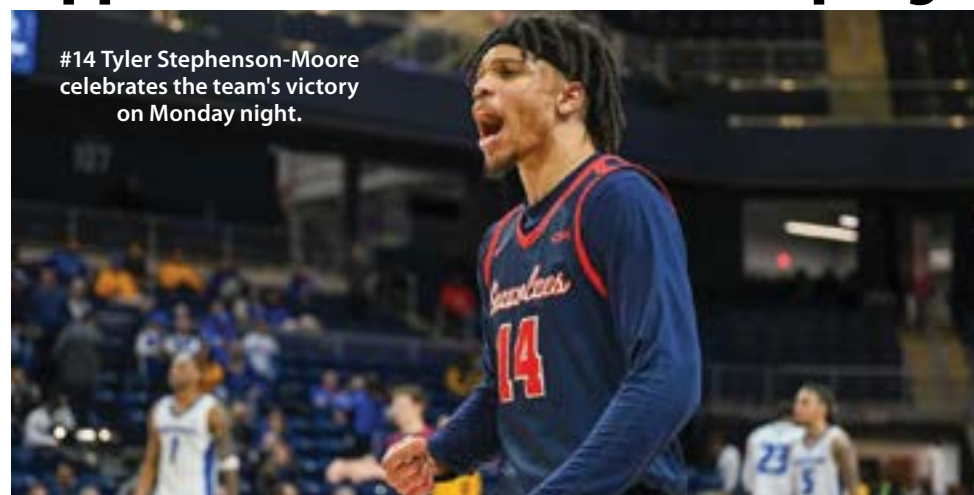
Men's basketball topples Hofstra, advances to program's first CAA final

Stony Brook men's basketball continued its storybook run in the 2024 CAA Men's Basketball Championship, defeating No. 3 seed Hofstra 63-59 on March 11 to earn its spot in the program's first-ever CAA Championship final.

With the win, the Seawolves advanced to the CAA finals in just their second season in the conference, where they faced No. 1 seed Charleston in the championship game on March 12 at 7 p.m. (Results were not available as of press time.)

Tyler Stephenson-Moore led the Seawolves offensive attack with 23 points on 7-of-14 shooting, while Chris Maidoh added 13 and Aaron Clarke contributed 12.

The Seawolves jumped out to an 8-3 lead on baskets with four different players hitting the scoring column before the under-16 media timeout. Hofstra then responded with an 8-0 run to grab the 11-8 lead at the 14:16



#14 Tyler Stephenson-Moore celebrates the team's victory on Monday night.

mark. Later in the half, Stony Brook went on a 12-1 run over 2:30, with the final eight points contributed by Stephenson-Moore, to take a 30-23 lead with 5:02 left to play.

Hofstra grabbed seven of the final nine points of the half, cutting the Seawolves' lead to 32-30 after the first 20 minutes. The Seawolves took a 36-32 lead early in the second half, but

Hofstra out-scored Stony Brook 12-5 over a span of 6:40 for a 44-41 Pride advantage with 11:19 to play. Stony Brook tied things three times in the following seven minutes, with Stephenson-Moore draining a three to knot the game at 51 with 4:37 left.

After a 2:03 scoreless stretch, back-to-back buckets by Maidoh and Stephenson-Moore followed by a three from Noll put Stony Brook ahead 58-51 with 57 seconds remaining. Clarke made three free throws to push the lead to 10 at 46 seconds. Hofstra made a late run to get within three at 62-59 with 6.7 seconds to play, but Keenan Fitzmorris split two free throws to ice the game.

"This was a great win for us," said head coach Geno Ford postgame. "Hofstra has pounded on us for years ... so to play them and beat them in such a meaningful game is huge to our players, the program, the community and the University."

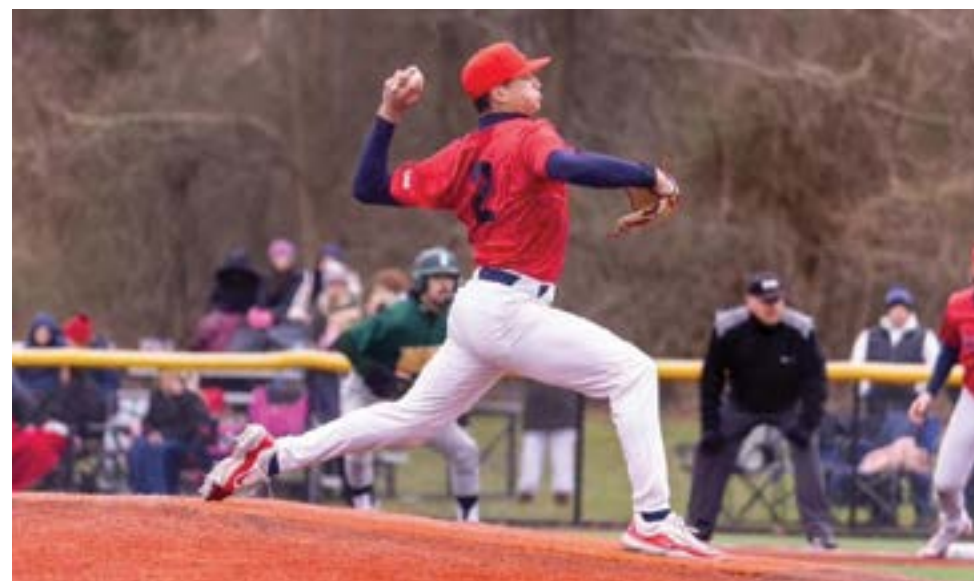
Men's baseball never trails in 4-3 win against Siena

The Stony Brook men's baseball took a 2-0 lead in the first inning and never surrendered the advantage on the way to a 4-3 victory against the Siena Saints on March 9.

Nick Rizzo (2-1) started on the mound and picked up the win for Stony Brook (7-7). The southpaw went seven shutout innings while giving up three hits, allowing one walk and striking out four.

Ty Stout also made an impact on the mound for the Seawolves, throwing 1.1 shutout innings while allowing one hit, with no walks and two strikeouts. Matt Brown-Eiring led the way offensively for the Seawolves, going 2-for-4 in the ballgame with a double and an RBI. Cam Santerre put together a noteworthy effort as well, going 2-for-4 with a double. Erik Paulsen also contributed, going 1-for-4 for Stony Brook with a double and an RBI.

The Seawolves got the scoring started early, putting one run on the board in the bottom the first inning with the game still scoreless. Stony Brook plated two runs off of Siena pitching, one of which was driven in on a run-scoring double off the bat of Paulsen.



#2 Nicholas Rizzo from East Islip struck out four players during Saturday's game.

The Seawolves then held the Saints scoreless before expanding their lead in the fifth inning. Santerre came across to score the lone run of the inning for Stony Brook, which brought the score to 3-0 in favor of SBU.

Stony Brook kept Siena without a run before building their lead to 4-0 in the seventh inning. Siena put three runs on the scoreboard before the game was over, but Stony Brook still held on for the 4-3 win.

"Anytime you can sweep a series, home or away, it's always fun," said Stony Brook head coach Matt Senk. "Despite it being early in the year and the temperatures and weather, we had some really good crowds which helped us get it done... It's good to see us play this well."

Up next, the team will return to the diamond on March 15 at Seton Hall in Orange, New Jersey.

Photos courtesy of Stony Brook Athletics

Seawolves Home Games

MENS LACROSSE

March 16 vs. North Carolina.12 p.m.
March 23 vs. Monmouth12 p.m.
April 6 vs. Drexel3:30 p.m.
April 27 vs. Hofstra 12 p.m.

WOMENS LACROSSE

March 22 vs. Elon6:31 p.m.
March 24 vs. Campbell12 p.m.
April 6 vs. Delaware 12 p.m.
April 9 vs. Rutgers6:31 p.m

BASEBALL

March 19 vs. Central CT 3 p.m.
March 26 vs. Iona3 p.m.
March 27 vs. Fordham3 p.m.

SOFTBALL

March 20 vs. Manhattan 2 p.m.
March 20 vs. Manhattan 4 p.m.
March 22 vs. Delaware 1 p.m.
March 23 vs. Delaware 1 p.m.
March 24 vs. Delaware 1 p.m.

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

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It is with gratitude that Stony Brook University and Stony Brook Medicine reflect on our historic achievements of 2023. We received our highest rankings ever from *U.S. News and World Report*: #1 public university in New York, #58 overall and #26 among public universities. We were selected as the anchor institution for a first-of-its kind climate solutions center on Governors Island. We received \$500 million from the Simons Foundation — the largest unrestricted academic gift in U.S. history. And Healthgrades® recognized Stony Brook University Hospital among the top 1 percent of hospitals in the country.

We’re poised to continue to help fuel our students’ passions and provide a home for research pioneers to unleash their greatest innovations. Through collaboration and commitment, we demonstrate how we are *Stronger Together*.



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