

ARTS & LIFESTYLES

TIMES BEACON RECORD NEWS MEDIA • APRIL 25, 2024

INSIDE:
Fiscally Responsible
Special Supplement

A WAKE-UP CALL



**Well-timed sequel
'Food, Inc. 2' is back
for seconds**

See review on page B3

Photo courtesy of Magnolia Pictures

ALSO: Actor Dave Morrissey Jr. reflects on his career B9 • Calendar of Events B19

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'Food, Inc. 2' gives us more to chew on

REVIEWED BY JEFFREY SANZEL

In 2008, Robert Kenner co-wrote and directed the documentary *Food, Inc.*, a searing indictment of the food industry that exposed many of the darkest elements of corporate America's stranglehold. The film laid bare the unhealthy practices and abuse of animals and industry employees. Additionally, it exposed the handful of companies that ruthlessly controlled the entire market.

MOVIE REVIEW The film mixed interviews with graphic imagery and segue animations. The brutal but eye-opening film received an Academy Award nomination for Best Documentary Feature.



Bren Smith, a fisherman turned kelp farmer, is featured in the documentary.

Photo courtesy of Magnolia Pictures

Now Kenner and producer Melissa Robledo have co-directed the sequel: *Food, Inc. 2*. The film opens with the impact of the pandemic: The consolidated food system revealed itself as too brittle to weather unpredictability. Further, a lack of protocols failed to protect workers from COVID-19 and the spread of contamination. This transitions into an exploration of immigrant workers manipulated by the system and treated as disposable.

Just as in *Food, Inc.*, the film targets the largest companies. In particular, the Tyson Waterloo meatpacking plant in Iowa comes under fire for refusal to contact trace, leading to 1,300 out of 2,500 employees contracting COVID. The illness seeped into the community, causing exponential deaths. Tyson used fear tactics to pressure Washington to enact the Defense Production Act to keep their slaughterhouses open. And perhaps it is this ongoing corruption that is the heart of the sequel—the blood money that keeps monopolies in power. The four largest meat companies control 85% of the market.

The film is a portrait of David and Goliath, with small farmers and small businesses crushed by the mega-conglomerates. In addition to dominating the markets, these companies drain water sources, destroy land, and raise animals in tortuous conditions. It is a story of nature vs. capitalism and profits vs. sustainability. Commodity crops—notably corn and soybean—are subsidized by the government. These two items are the pillars of the industrialized food system.

Food, Inc. 2 focuses a great deal on “ultra-processed food” that relies on chemical flavoring and novelty to create synthetic, ingestible products that lead to addiction, obesity, and other systemic health strains. This destructive food environment offers larger portions, obsession with constant eating, and the cry of “Eat more! Eat more! Eat more!”

The film touches on a workforce crushed by horrific working conditions, wage theft, and even forced labor. Kenner and Robledo address climate change and global warming. However, the film shows changes in the laws, citing the Fair Food Agreement. It offers the alternatives explored in the food sciences: meat without animals, milk without cows, honey without bees, kelp farming, etc. It highlights the closed loop of a sustainable system with a more natural approach to land and sea stewardship.

In all this is the haunting question of whether there has been any real change over the last sixteen years—or only the appearance of change.

Eric Schlosser (*Fast Food Nation*) and Michael Pollan (*The Omnivores Dilemma*) host the second film. Their incisive and eloquent presences are a welcome support to the narrative. There are interviews with farmers, fishermen, doctors, and scientists. An interesting thread deals with a scientist hired by PepsiCo to explore the relationship between sweetness and calories. When she reported her findings to the giant corporation, it cut off her funding.

One of the most effective testimonies is a fast-food worker who shares the plight of many Americans struggling to survive. She lived out

of her car for several years, trying to feed her two children. She has worked for McDonald's, Popeye's, and Taco Bell. She reminds us that the average fast-food worker is not a teenager looking to break into the job market, but a thirty-year-old woman with no health care or sick leave. “I'm tired, and nobody knows how tired I am except for the people who go through it like me.” Her story is one of the most powerful in the entire film.

Among the talking heads is New Jersey Senator Cory Booker, a member of the Agricultural Committee, who vocalizes his desire to fix the broken food system. Montana Senator Jon Tester, a farmer with a firsthand knowledge of the death of family agriculture and mass exodus off the land, complements him.

Food, Inc. 2 is an important film but not a great one. While it covers a certain amount of new ground and ends on a more hopeful note, its impact is “less than,” and its effect strangely tacit. The immediacy is not as present, giving the sequel a meandering feel. It is not that it lacks edge, but the blade is the same and slightly duller. Cinematically, it approaches the material in an almost identical fashion. A sense of visual repetition makes the film less surprising and ultimately less engaging. Repetitive footage of farms, labs, and grocery aisles becomes predictable.

But the final message is significant: Individuals can make a difference. “Use your fork, your vote, your voice.”

Food, Inc. 2 is now streaming on Apple TV, Amazon Prime and Vudu.

SUMMER TIMES

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Delicious coffee cake for Passover

BY HEIDI SUTTON

This Honey Pecan Swirled Coffee Cake is the perfect addition to your Passover table. Packed with pecans, dried cranberries and chocolate chips, you can enjoy a slice with coffee in the morning or warm with ice cream for dessert in the evening!

**LET'S
EAT**

Honey Pecan Swirled Coffee Cake

Recipe courtesy of National Honey Board

YIELD: Makes 8 servings

INGREDIENTS:

- 1 1/4 cups honey, divided
- 1 cup toasted pecans, chopped
- 1/2 cup dried cranberries
- 1/2 cup semi-sweet chocolate chips
- 2 tablespoons unsweetened cocoa powder
- 6 eggs, separated
- 3/4 cup matzo meal
- 6 tablespoons potato starch
- 1/2 teaspoon salt

DIRECTIONS:

In medium bowl, mix together 1/2 cup honey, pecans, cranberries, chocolate chips and cocoa powder.

In separate bowl, combine remaining 3/4 cup honey, egg yolks, matzo meal, potato starch and salt.

In small bowl, beat egg whites until soft peaks form. Fold 1/4 of whites into egg yolk mixture. Mix egg yolk mixture back into remaining egg whites.

Spread 1/3 of batter in greased 9-inch springform pan. Spoon half of pecan mixture on top. Repeat with remaining batter and pecan mixture. With spoon, gently swirl filling into batter.

Bake at 325°F for 45 minutes, or until cake starts to pull from sides of pan and toothpick inserted near center comes out clean. Cool 10 minutes; remove cake from pan and cool on wire rack. Serve warm or at room temperature.

TIP: Strictly kosher kitchens should be sure to use certified kosher for Passover products.



Honey Pecan Swirled Coffee Cake

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Autoimmune (Sjogren's), Hypothyroid-Hashimoto's Thyroiditis, Cholesterol

This is so much better than being pumped with medicines for Sjogrens! I am feeling a lot better since starting the diet. I'm eating more veggies, and I did incorporate juicing. Also, my cholesterol has dropped to the normal range and all I can say is WOW. It feels good to know that things are moving in the right direction. I'm very proud of the fact that I am working to change my lifestyle and seeing the results with lower inflammation, and better cholesterol and thyroid functioning. It is good to know that my immune system is under control.

Female, age 31

Diabetes, Weight loss, Arthritis

I feel so much better, my pants are no longer strangling my stomach - they are actually getting loose! I am going to have to buy new clothes. When we met, my waist was 50

inches. Now it is 42 inches, and people have noticed. I am thrilled with this, and I have more energy since committing to lifestyle changes. My HbA1C dropped has also dropped, and my glucose is now within range. You were right to push and prod me! My knees don't bother me anymore. I can walk a lot longer, and my legs don't get tired. It is amazing what food can do to your body. Thank you for helping me turn things around. I've learned a lot from you over the years.

Male, age 59

Diabetes Type 1, Energy

I have had Type 1 diabetes for years and have always been tired, but now I'm feeling more energetic. I'm able to skateboard with my kids. I love this way of eating and I find that I only have to use half as much insulin and I stay full much longer.

Male, age 46



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How can you reduce osteoarthritis pain?

MEDICAL COMPASS



BY DAVID M. DUNAIEF, MD

Osteoarthritis (OA) can make it difficult to perform daily activities and affect your quality of life. It affects the knees, hips and hands most often, and it can disturb your mobility, mood, and sleep quality.

First-line medications can help treat arthritis pain. Acetaminophen and nonsteroidal anti-inflammatory drugs, such as ibuprofen or naproxen are common. Unfortunately, they do have side effects, especially with long-term use. Also, while they might relieve your immediate symptoms of pain and inflammation, they don't slow osteoarthritis' progression.

However, you can ease your pain without reaching for medications. Some approaches might even help slow you OA's progression or reverse your symptoms.

Does losing weight really help with OA pain?

Weight management is a crucial component of any OA pain management strategy. In a study of 112 obese patients, those who lost weight reported that their knee symptoms improved (1). Even more exciting, the study authors observed disease modification, with a reduction in the loss of cartilage volume around the medial tibia. Those who gained weight saw the opposite effect.

The relationship was almost one-to-one; for every one percent of weight lost, there was a 1.2 mm³ preservation of medial tibial cartilage volume, while the opposite occurred when participants gained weight.

A reduction of tibial cartilage is often associated with the need for a knee replacement.

Does increasing vitamin D help reduce OA pain?

In a randomized controlled trial (RCT), vitamin D provided no OA symptom relief, nor any disease-modifying effects (2). This two-year study of almost 150 men and women raised blood levels of vitamin D on average to 36 ng/ml, which is considered respectable. Researchers used MRI and X-rays to track their results.

In another study of 769 participants, ages 50-80, researchers found that low vitamin D levels – below 25 nmol/l led to increased OA knee pain over the five-year study period and hip pain over 2.4 years (3). The

Exercise and diet are keys to improving discomfort

researchers postulate that supplementing vitamin D might reduce pain in those who are deficient, but that it will likely have no effect on others.

Does consuming dairy help with OA?

With dairy, specifically milk, there is conflicting information. Some studies show benefits, while others show that it might actually contribute to the inflammation that makes osteoarthritis pain feel worse.

In the Osteoarthritis Initiative study, researchers looked specifically at joint space narrowing that occurs in those with affected knee joints (4). Results showed that low-fat (1 percent) and nonfat milk may slow the progression of osteoarthritis in women. Compared to those who did not drink milk, patients who did saw significantly less narrowing of knee joint space over a 48-month period.

The result curve was interesting, however. For those who drank fewer than three glasses a week up to 10 glasses a week, the progression of joint space narrowing was slowed. However, for those who drank more than 10 glasses per week, there was less benefit. There was no benefit seen in men or with the consumption of higher fat products, such as cheese or yogurt.

However, the study was observational and had significant flaws. First, the 2100 patients were only asked about their milk intake at the study's start. Second, patients were asked to recall their weekly milk consumption for the previous 12 months before the study began – a challenging task.

On the flip side, a study of almost 39,000 participants from the Melbourne Collaborative Cohort Study found that increases in dairy consumption were associated with increased risk of total hip replacements for men with osteoarthritis (5).

What about yogurt? A published Framingham Offspring Study analysis found that those who consumed yogurt had statistically significant lower levels of interleukin-6 (IL-6), a marker for inflammation, than those who didn't eat yogurt, but that this was not true with milk or cheese consumption (6).

Would I recommend consuming low-fat or nonfat milk or yogurt? Not necessarily, but I might not dissuade osteoarthritis patients from yogurt.

Which is better, diet or exercise, for reducing OA pain?

Diet and exercise together actually trumped the effects of diet or exercise alone in a well-designed, 18-month study (7). Patients with osteoarthritis of the



knee who lost at least 10 percent of their body weight experienced significant functional improvements and a 50 percent pain reduction, as well as inflammation reduction. This was compared to those who lost a lower percent of their body weight.

Researchers used biomarker IL6 to measure inflammation. The diet and exercise group and the diet-only group lost significantly more weight than the exercise-only group, 23.3 pounds and 19.6 pounds versus 4 pounds. The diet portion consisted of a meal replacement shake for breakfast and lunch and then a vegetable-rich, low-fat dinner. Low-calorie meals replaced the shakes after six months. The exercise regimen included one hour of a combination of weight training and walking "with alacrity" three times a week.

To reduce pain and possibly improve your OA, focus on lifestyle modifications. The best effects shown are with weight loss – which is most easily achieved with a vegetable-rich diet and exercise. In terms of low-fat or nonfat milk, the results are controversial, at best. For yogurt, the results suggest it may be beneficial for osteoarthritis, but stay on the low end of consumption, since dairy can increase inflammation.

References:

- (1) Ann Rheum Dis. 2015 Jun;74(6):1024-9.
- (2) JAMA. 2013;309:155-162.
- (3) Ann. Rheum. Dis. 2014;73:697-703.
- (4) Arthritis Care Res online. 2014 April 6.
- (5) J Rheumatol. 2017 Jul;44(7):1066-1070.
- (6) Nutrients. 2021 Feb 4;13(2):506.
- (7) JAMA. 2013;310:1263-1273.

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.

NEWS AROUND TOWN

Train Station Beautification Project

The Three Village Community Trust invites the community to join them in The Stony Brook Train Station Beautification Project on Saturday, April 27 from 9 a.m. to 11 a.m. for Earth Day. The group will be weeding, clearing fallen branches, removing litter, de-vining trees, and other tasks to beautify the Station. Bring your gloves and garden tools and enjoy refreshments music and more. For more information, call 631-942-4558.

Greenway Trail Cleanup

Volunteers are wanted for a Friends of the Greenway trail clean-up at the Port Jefferson Station trailhead (parking lot by Rte. 112/Hallock Avenue) on Saturday, April 27 starting at 9 a.m. If you can not make the Saturday event, any time during that week if you can stop by your favorite Greenway spot and do a quick clean-up is appreciated.

Community Beach Cleanup

Gallery North in Setauket hosts a Community Beach Clean-Up at Flax Pond Tidal Wetland Area (15 Shore Drive, Old Field) on Saturday, April 27 and Smith Point Beach (1 William Floyd Parkway, Shirley) on Sunday, April 28. Each cleanup will be conducted in two shifts starting at 9 a.m. and 10:30 a.m. each day. Held rain or shine. Pre-registration is encouraged by visiting www.gallerynorth.org. 631-751-2676

SWR 2024 Earth Day Cleanup

The Wading River Shoreham Chamber of Commerce invites the community to participate in an Earth Day Clean-up event on Sunday, April 28 from 9 a.m. to noon. Meet at The Shoppes at East Wind, 5768 Route 25A, Wading River for a day of environmental stewardship. Supplies will be provided or feel free to bring you own. Community service credits available. This event is rain or shine. Sign up www.wadingrivershorehamchamber.com.

Volunteer Open House

Hallockville Museum Farm, 6038 Sound Ave., Riverhead will hold a Volunteer Recruitment and Orientation Day on Saturday, April 27 from 10 a.m. to 1 p.m. Volunteer roles include gardening, helping to organize and staff special events, maintaining the buildings and grounds, serving as tour docents, arranging and leading educational and children's activities and adult workshops and assisting with marketing and fundraising. To register, email asstdirector@hallockville.org.

Send your News Around Town to leisure@tbrnewspapers.com

New choices for business owners to consider

MONEY MATTERS



BY MICHAEL CHRISTODOULOU

If you own a business and you offer a 401(k) or similar retirement plan to your employees, you'll want to stay current on the various changes affecting these types of accounts. And in 2024, you may find some interesting new developments to consider.

These changes are part of the SECURE 2.0 Act, enacted at the end of 2022. And while some parts of the law went into effect in 2023 — such as the new tax credit for employer contributions to start-up retirement plans with 100 or fewer employees — others were only enacted this year.

Here are some of these changes that may interest you:

New “starter” 401(k)/403(b): If you haven't already established a retirement plan, you can now offer a “starter” 401(k) or “safe harbor” 403(b) plan to employees who meet age and service requirements. These plans have lower contribution limits (\$6,000 per year, or \$7,000 for those 50 or older) than a typical 401(k) or 403(b) and employers can't make matching or nonelective contributions. These plans are low-cost and easy to administer but the credit for employer contributions doesn't apply, as these contributions aren't allowed, and since start-up costs are low, the tax credit for these costs will be correspondingly lower than they'd be for a full-scale 401(k) plan.

Matches for student loan payments: It's not easy for young employees to save for retirement and pay back student loans. To help address this problem, Congress included a provision in Secure 2.0 that allows employers the option to provide

matching contributions to employees' retirement plans (401(k), 403(b), 457(b) and SIMPLE IRAs) when these employees make qualified student loan payments. Of course, if you offer this match for student loan payments, your costs will likely increase, although these matching contributions are tax deductible. In any case, you may want to balance any additional expense with the potential benefit of attracting and retaining employees, particularly those who have recently graduated from college.

401(k) eligibility for part-time employees: Part-time employees who are at least 21 years old and have at least 500 hours of service in three consecutive years must now be eligible to contribute to an existing 401(k) plan. The inclusion of part-time employees could lead to higher business expenses for you, depending on the amount of contributions you may make to employees' plans. Again, though, you'd be offering a benefit that could be attractive to quality part-time employees.

Emergency savings account: Many people, especially those who don't earn high incomes, have trouble building up emergency funds they can tap for unexpected costs, such as a major home or car repair or large medical expenses. Now, if you offer a 401(k), 403(b) or 457(b) plan, you can include a pension-linked emergency savings account (PLESA) that allows non-highly compensated employees to save up to \$2,500, a figure that will be indexed for inflation in the future. PLESA allows for tax-free monthly withdrawals without incurring a 10% tax penalty. PLESA contributions are made on an after-tax (Roth) basis and must be matched at the same rate as other employee contributions.

You may want to consult with your tax and financial professionals to determine how these changes may affect what you want to do with your retirement plan. The more you know, the better your decisions likely will be.

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

Why Planned Parenthood matters

BY LISA SCOTT

Nancy Marr's February 2, 2024 column in this newspaper, “Equal Rights Amendment... It's Time” explains that the proposed New York State ERA (which will be on the back of the November 2024 ballot) is not “a women's equality amendment” but seeks to protect women as a class and men as a class against discrimination under the law for any reason. The NYS ERA bill explicitly includes language to clarify that discrimination based on a person's pregnancy or pregnancy outcomes would be sex discrimination, protecting pregnant people from punishment. These protections will help to guarantee that all people have the right to bodily autonomy.

One organization that has continued to fight to ensure all people have access to the care and resources they need to make informed decisions about their bodies, their lives, and their futures is Planned Parenthood. Planned Parenthood started in 1916 in Brownsville (Brooklyn) New York. In 1933 and 1951, communities in Westchester and Suffolk counties, respectively, were providing health services, accurate information and education, and advocacy for reproductive rights and justice. Today, these counties (with a total population of close to 3 million residents) are now joined as Planned Parenthood Hudson Peconic (PPHP). (All data in this article are as of full-year 2022.)

PPHP now serves as a major provider of sexual and reproductive health care for the region and a leading public advocate in the suburban metro area. There are 10 health centers and 2 mobile health centers, which offer a wide range of sexual and reproductive health care services regardless of the individual's age, race, ethnicity, religion, gender, sexual orientation, gender identity, immigration status, or ability to pay. In 2022, PPHP provided 45,790 health care visits and served 27,017 patients throughout the 4 counties. Over half of PPHP's patients are on Medicaid and fall at or below the federal poverty line. Fees for many services are based on a sliding scale tied to income and family size.

PPHP has recently launched initiatives to bring the majority of their health services directly into communities through their mobile health centers, as well as offering expanded telehealth services as an outgrowth of challenges during the COVID pandemic. Reproductive health care cannot wait, so patients can access services such as birth control, emergency contraception, sexually transmitted infection (STI) testing and treatment, HIV testing and education, PrEP and PEP for HIV prevention, gender-affirming care, and more, and access these services with fewer visits or without needing to visit a health center at all.

Every person's personal decision about their pregnancy should be respected and valued. There is widespread disinformation on Planned Parenthood's services, in particular abortion services. Contrary to popular belief, abortion is common, nearly one in four women, and more gender expansive people in America will have an abortion by age 45. 6 out of 10 people who get abortions already have kids.

PPHP performed 1,993 procedure abortions and 6,238 medication abortions in 2022, but also vasectomies, colposcopies (cervical exams), HPV vaccinations, breast exams, and pap tests. STI tests (59,530) and contraception management visits (33,199) were by far the service most in demand/provided.

PPHP is one of eight Planned Parenthood affiliates to offer prenatal care. The organization recently launched Centering Pregnancy in two of its health centers, an innovative style of group prenatal care that empowers pregnant people to be actively involved in their own care and equips them to make healthy choices throughout their pregnancy and beyond. Numerous published studies show that Centering patients have healthier babies and that Centering nearly eliminates racial disparities in preterm birth. PPHP is committed to improving maternal health outcomes and reducing maternal mortality, particularly among people of color.

We should be empowering people to make their own health and reproductive care decisions, and remind them that there is a team of health professionals at PPHP that can answer questions and address concerns with understanding and respect. And voting yes in November for the NYS ERA will take a big step to protecting a person's right to make decisions about their own bodies. PPHP can be reached at 800-230-PLAN or visit pphp.org.

Lisa Scott is president of the League of Women Voters of Suffolk County a nonprofit, nonpartisan organization that encourages the informed and active participation of citizens in government and influences public policy through education and advocacy. For more information, visit <https://my.lww.org/new-york/suffolk-county>.

Vendors Wanted

◆ **Three Village Historical Society**, 93 North Country Road Setauket is now accepting vendors for the 10th annual Three Village Farmers & Artisans Market which will be held from May 3 to Oct. 25 (May to August from 3 to 7 p.m., September to October from 3 to 6 p.m. Fee is \$650 for full season (25 weeks), \$450 half season (12 weeks), \$50 pop up per week, food trucks \$50 per week. For an application, visit www.tvhs.org

◆ **Stony Brook Community Church**, 216 Christian Ave., Stony Brook will hold a Tag and Bake Sale on May 4 from 10 a.m. to 3 p.m. Reserve a table to sell your gently used, no longer needed items or your own handmade hobby items. Vendor fee is \$30; must provide own table. Email stonybrookcommunitychurch@gmail.com.

◆ **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

◆ **Long Island Game Farm**, 489 Chapman Blvd., Manorville seeks food and flea market vendors for its Wild Treasures Market on June 9, July 14, Aug. 11, Sept. 8 and Oct. 13 from 8 a.m. to 4 p.m. Visit www.wildlifesustainability.org/market for more information.

Send your Vendors Wanted listings to leisure@tbrnewspapers.com.

FROM HEROES TO VILLAINS: Actor Dave Morrissey Jr. embraces all roles

BY RITA J. EGAN

For nearly 15 years, Dave Morrissey Jr.'s career path has taken him from playing Revolutionary War hero Col. Benjamin Tallmadge in independent productions to taking on bad guy roles on television. In a recent phone interview, the actor said

FEATURE STORY

he credits his theatrical experiences on Long Island for helping him pursue his acting goals.

Currently living in Bushwick, Brooklyn, Morrissey was born in Port Jefferson and grew up in Selden and Miller Place. He said the seeds of his career were planted during his formative years studying at The Performing Arts Studio of New York in Port Jefferson, which his mother, Terri Morrissey, owns, along with Deborah and Michael Livering.

Playing a hero

A graduate of Suffolk County Community College and Fashion Institute of Technology, Morrissey first had the opportunity to play Tallmadge, who oversaw the Setauket spies during the Revolutionary War, in the independent film *The Culper Spy Adventure*. He became involved in the movie thanks to his connection with one of the directors, Michael Tessler, who had attended The Performing Arts Studio of New York. He would have the chance to play Tallmadge again for the TBR News Media-produced *One Life to Give* and its sequel, *Traitor: A Culper Spy Story*.

Morrissey said being part of the two films with local actors was a fun and "sweet experience." One of his favorite memories includes the night when the actors decided to sleep over at Benner's Farm in East Setauket, one of the film's locations, to get the feel of sleeping in a fort, which was constructed by the crew.

"That was a real fun method-acting experience because it was July Fourth weekend, and it was camping out with a bunch of reenactors," he said.

Regarding playing Tallmadge, Morrissey said he wished he could do it again. "I still get people reaching out to me, texting me or messaging me on social media saying, 'Oh, I saw you in *The Culper Spy Adventure*,'" he said.

One of the things the actor appreciated most about appearing in the independent films was that they weren't as dramatized as they were in *Turn: Washington's Spies*, the AMC series about the Culper Spy Ring.

"The thing that I liked about *One Life to Give* was that it had a certain level of authenticity," Morrissey said. "Everyone really loved that time period. Everyone really



Dave Morrissey Jr. as Col. Benjamin Tallmadge in a scene from 'One Life to Give.'

Michael Pawluk Photography

loved the experience. I don't know if I've ever really had a set that magical."

Taking on the bad guys

Since his time on the *One Life to Give* and *Traitor: A Culper Spy Story* sets, he has had roles on *Law and Order: Organized Crime*, *American Horror Story* and *FBI*, where he has been cast as bad guys.

"I quickly found that casting is going to like me if I play a bad guy, and I'm not a bad person," he said, adding the roles are fun to play. "It's a challenge, and it's complex."

Having varied experiences when starting a career in movies and television is essential as well as producing content, according to Morrissey. "When I got out of high school, it was right when content creation was kind of starting, and everyone was saying you have to make your own work," he said. "I really leaned into that."

It led to the creation of the former Bluebox Theatre Company with his friend Joe Rubino, where they produced what he called "dark" productions. Morrissey also produces, hosts and directs gaming technology and branded content.

In addition to playing Tallmadge and bad guys, Morrissey said one of his favorite performances has been in the movie *Our Lady of Queens*, which he produced and acted in along with prolific character actor Austin Pendleton. He described the film as a family drama that delves into the subject of dementia. He recently submitted *Our Lady of Queens* to film festivals along with a short film he narrated titled *Cowboy Killer*.

Currently, the actor said he's been busy completing a documentary series with the United States Space Force and Space.com and a short documentary, *Chasing Electric*, about the rise of electric motorcycles. Morrissey is also appearing in a play about artificial intelligence titled *A Groundbreaking Achievement of Outrageous Importance* at Theatrelab in New York City through May that is produced and directed by fellow Long Islander Andrew Beck.

Sharing advice

His advice for people interested in acting is that they can start at any age, and he said living on Long Island is a good place to start as the "industry is right here."

"When you really see what the industry is made of, you'll be less intimidated by it," he said. "So, you should just go for it 100 percent."

Among advice such as actors must know what type they are before getting headshots and having the pictures taken before trying to find a manager, Morrissey said it's important for aspiring actors to "spread yourself out and make your pond as big as possible."

The actor added that he believes the local Long Island theaters provide different perspectives essential for actors entering the entertainment industry.

"You'll see there are some people who come out of Long Island who are unbelievable and they succeed," Morrissey said. "I think it's because we have the opportunity to really have these different communities that are really so amazing — these theater communities on Long Island."



Photo courtesy of Heckscher Museum

Heckscher Museum of Art to continue to offer free admission courtesy of Bank of America

Continuing the legacy of founders August and Anna Heckscher, The Heckscher Museum of Art in Huntington has provided the community with free access to its exhibitions, with suggested donations, since reopening its doors after the peak of the pandemic. A \$25,000 grant from Bank of America will now allow the Museum to offer free admission into 2025, and welcome more visitors and families to enjoy art and community.

"We are grateful to Bank of America for its generosity and partnership," said Heather Arnet Executive Director & CEO. "Founders Anna and August Heckscher envisioned a thriving 'museum for all.' This grant will allow the Museum to continue that important mission and ensure that cost will not be a barrier for any individual or family to view the Museum's fine art collection and exhibitions."

The Heckscher Museum was founded in 1920 as a space for the people of Huntington, especially the children, to enjoy free access to world-class art. Throughout the last century, The Heckscher Museum has worked to maintain that legacy through key partnerships and fundraising efforts. These efforts have helped sustain the museum's quality arts education and outreach programs, caretaking of the permanent collection, and the organization and presentation of renowned art exhibitions.

"Making Long Island's flourishing arts community and cultural institutions accessible to locals and visitors alike has the power to create long-lasting, positive change in our communities," said Marc Perez, president, Bank of America Long Island. "In partnership with The Heckscher Museum of Art, we look forward to ensuring that access to the museum's dynamic exhibitions and permanent collection is free to the public."

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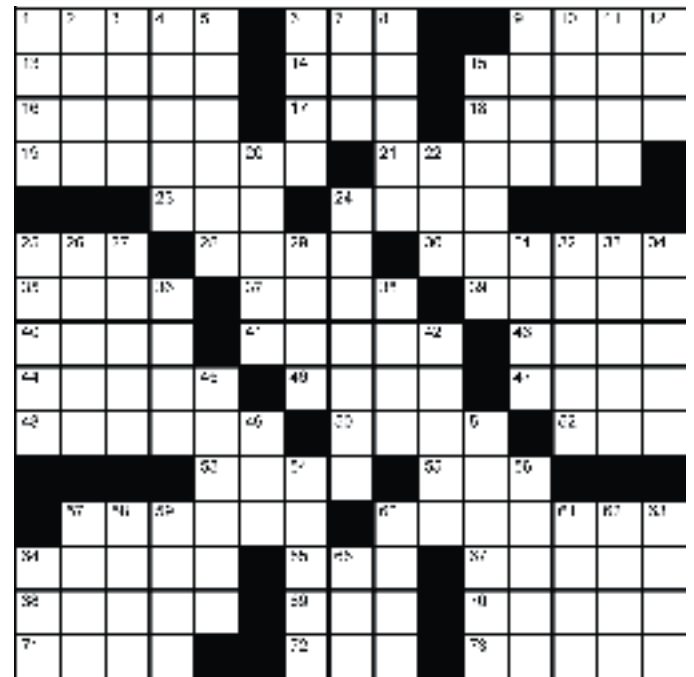
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CROSSWORD PUZZLE



Gardening 101 CLUES ACROSS

1. Torah expert
6. Chain letters
9. Barred bed
13. Shoelace tip
14. *First gardening mo.?
15. Unit of money in Poland
16. Abdul or Zahn
17. White House Dwight
18. Big dipper
19. *Climber support
21. *Tiny garden shovel
23. Afflict
24. Lick
25. "Be quiet!"
28. "Ta-ta!" in Italy
30. *Cross between varieties
35. Church sound
37. Mojito, ____ drink
39. Wintry mix
40. Norse capital
41. Brightest star in Cygnus
43. Approximately, two words
44. Japanese port
46. Slash mark
47. Drawn tight
48. House cat, e.g.
50. Greek H's
52. *Special Hawaiian flowers form this garland
53. Getting warm
55. "Street" in Italy
57. Hang a banner, e.g.
60. *Refuse turned fertilizer
64. Ancient assembly area
65. Unagi
67. Like outside-of-mainstream art
68. Relating to aquarium scum
69. Shag rug
70. "Spaghetti Western" maker Sergio ____
71. Short of "history"
72. Sophomore's grade
73. Dog-____ book



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CLUES DOWN

1. Feeling great delight
 2. Lab culture
 3. *Like many Gentians or Delphiniums
 4. Swan of "Twilight"
 5. Emphatic, in print
 6. Honoree's spot
 7. *Short for nitrogen, phosphorous, potassium
 8. Thin mountain ridge
 9. Old-fashioned bathtub foot
 10. *What gardener did to riding lawn mower
 11. It will, contraction
 12. "So long!"
 15. Plural of #15 Across
 20. Homeric epic
 22. Rally repeater
 24. Club enforcer
 25. Tina Fey/Amy Poehler schtick, e.g.
 26. "Siddhartha" author
 27. Conforming to dietary laws for Muslims
 29. Greek god of war
 31. Soak some ink
 32. Opposite of urban
 33. Question in dispute
 34. Hindu garment
 36. Mischievous Norse deity
 38. *What Venus Flytrap eats
 42. Opera house exclamation
 45. *One-time plant
 49. Poetic "always"
 51. "He fights like a lion," e.g.
 54. Warn or arouse
 56. Sleeper's woe
 57. Wrinkly fruit
 58. Wooden pegs
 59. Short for brotherhood
 60. Family group
 61. *The corpse flower is famous for its bad one
 62. Cosine's buddy
 63. ____ up a golf ball, past tense
 64. "I see!"
 66. *Potato bud
- * THEME RELATED CLUE

Answers to last week's puzzle: National Parks



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

SUDOKU PUZZLE



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Directions: Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Answers to last week's SUDOKU

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

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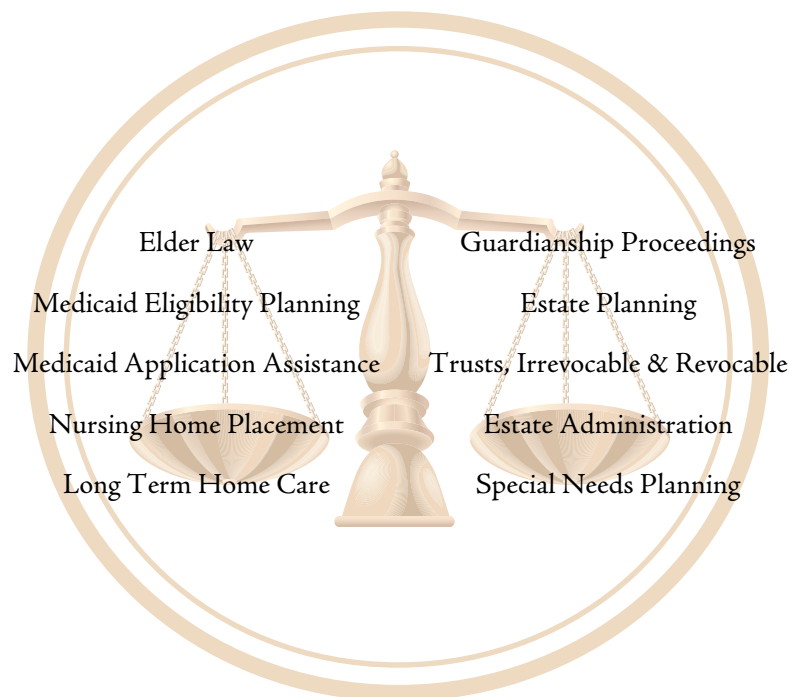
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A sizable nest egg can help anyone live comfortably in retirement.

Tips to build a **nest egg** in a time marked by a high cost of living

A rise in the cost of living has presented challenges to millions of households across the globe. As the cost of everything from food to natural gas to fuel for vehicles has risen, many people have struggled to find ways to save money, especially for their long-term goals like retirement.

The term “nest egg” has long been associated with long-term financial goals like retirement savings or college tuition. But what are individuals to do if short-term costs get in the way of their long-term goals? There’s no magic formula for building a nest egg, but these tips can help anyone grow their savings despite the high cost of living.

Identify a specific, achievable goal. Simply resolving to save “more” without attaching a figure that defines what “more” is can make it hard to build a substantial nest egg. Examine your finances, including what’s coming in each month (i.e., take-home wages) and what has to go out each month (i.e. housing and automotive costs, etc.). Document these expenses and then identify an achievable goal to build your nest egg. If necessary, trim some fat related to monthly expenses that are not necessities so you can redirect funds to your nest egg. Cancel streaming services or cut back on dining out so those funds can be redirected to building a nest egg.

Take advantage of pre-tax opportunities to save. Pre-tax opportunities to build a nest include retirement vehicles like a 401(k). With these plans, money is deducted from

a paycheck before taxes, thus lowering workers’ immediate tax burdens (taxes are paid when funds are withdrawn) and enabling them to save more now. Some employers even match contributions up to a predetermined percentage, so enrolling in plans that offer employer match contributions can be an especially effective way to build a nest egg.

Begin living on a budget, and stick to it. The idea of living on a budget may seem simple, but it’s less common than some may recognize. A 2023 survey from the online financial resource NerdWallet found that 83 percent of the more than 2,000 adults 18 and over who participated acknowledged they overspend. Perhaps more telling is that 84 percent of respondents indicate they have a monthly budget but exceed it anyway. Individuals who want to build a sizable nest egg are urged to work with a financial advisor to devise a monthly budget and then stick to it.

Save for emergencies. A lack of emergency funds can quickly jeopardize a nest egg. Without a somewhat sizable savings account, individuals could be forced to borrow from their retirement accounts in emergency situations. That strategy hurts in more ways than one, as it both reduces the amount in the nest egg and also affects how much the nest egg can grow, as gains are greater when balances are higher. The NerdWallet survey found that 48 percent of respondents want to prioritize emergency savings, and that strategy can be vital to building a nest egg.

Smart steps to economic empowerment in 2024



Now is the ideal time to set yourself up for professional success.

Despite today's challenging economic climate, the majority of Americans feel economically empowered and continue to strive for their professional goals, but there are generational differences, with Gen Z and millennials feeling more confident than Gen X and baby boomers.

According to a survey commissioned by Herbalife, 55% of Americans are currently

taking steps to feel more economically empowered. In fact, 73% of respondents said that starting their own business or partaking in freelance work feels like the only way to become economically empowered.

The study, which surveyed 2,000 Americans and 5,000 international respondents from 6 different countries, defined economic empowerment as providing people with the education, training and skills that they need to find a job, earn an income and become self-supporting.

ECONOMIC REALITIES

According to survey findings, 78% of Americans are more aware of their economic situation in the past five years, with almost half (47%) attributing it to the pandemic.

"In recent years, Americans have faced a number of barriers to achieving economic empowerment such as inflation, business closures and unfair lending processes. Providing more opportunities for economic empowerment is essential for all," said Humbi Calleja, vice president and general manager of Herbalife, North America.

Nevertheless, Americans are hopeful. In fact, 67% believe that they will be economically empowered in the future.

FINDING ECONOMIC OPPORTUNITIES

Now is the ideal time to embrace economic empowerment and set goals. Of those Americans taking steps to become more empowered, 40% are educating themselves about personal finance, budgeting, investing and managing debt.

The survey also revealed generational differences. For example, Gen Z and millennials are the most likely to currently feel economically empowered (66% and 70%, respectively) compared to 51% of Gen X and 52% of American baby boomers. Interestingly, over half of both Gen Z and millennials have a side hustle compared to 35% of Gen X and only 7% of baby boomers.

"There are many opportunities available for people looking to achieve economic empowerment by starting their own business," said Ibi Montesino, executive vice president, chief of staff, Herbalife. "For example, network marketing allows you to start a business at a manageable cost, plus receive ongoing training, resources and support." Calleja and Montesino suggest these tips to help people take steps toward economic empowerment:

Improve your financial literacy: Learn more about effectively managing, saving

and investing your money. This can include budgeting, eliminating debt, buying insurance, exploring investments and creating retirement savings plans.

Set clear financial goals: Goals should be specific, measurable and achievable for your short-term and long-term future, including saving money regularly and paying off debts. Creating goals can help you turn vision into reality.

Invest in education and skill development: By attending continued education like on-the-job training, online and certification courses, you are investing in yourself and your future. This demonstrates your commitment to your personal and professional growth, which can lead to better career prospects and financial rewards.

Start your own business or side hustle: Today, almost half of Americans have a side hustle outside of their day job to generate additional income. Consider your interests and options to set yourself up for success.

Work to build strong personal and professional networks: Having strong connections in your personal and professional life offers many benefits. You have access to support, mentors, opportunities and so much more.

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Young workers and retirement savings



Young workers need to start saving for retirement early on to be able to retire comfortably.

Young adults newly introduced to the professional arena may not immediately be thinking of the future when their careers will come to a close. Retirement may seem like a distant goal when it's 50 years or more away. However, pushing off retirement savings because it is not viewed as a necessity could turn out to be a significant mistake.

According to Mass Mutual, the economic disruption caused by the global pandemic pushed retirement to the bottom of many workers' lists of financial priorities. That was especially so among young professionals. A recent survey found roughly half of millennial and Generation Z professionals believe they are not saving enough for retirement. Student loan burdens are another reason why certain people may delay saving for retirement until they are older.

Young workers need to get the facts about retirement. For example, The U.S. Social Security Administration says that Social Security taxes that people now pay into the Social Security Trust funds that used to pay benefits to current beneficiaries, not future ones. The Board of Trustees estimates that, in 2041, and based on current law, the Trust Funds will be depleted since people are living longer and the birth rate is low. The taxes being paid now will not be enough to pay the full benefit amounts scheduled for future retirees.

Young people can no longer rely on Social Security benefits to finance their retirements in the United States. Rather, young workers need to be proactive and take control of their own retirement savings.

♦ Experts advise following the general rule of saving 10 percent to 12 percent

of your salary when you are in your 20s, including factoring in any employer match.

♦ Working for companies that offer defined-contribution plans like a 401(k) or 403(b) can make it easier for young professionals to begin saving for retirement.

♦ Setting aside a portion of your income early on in retirement savings ensures more years of savings and investments will benefit from decades of compounding.

♦ Those who contribute to a retirement plan may receive an immediate tax break because the contributions come out of paychecks before taxes are withheld. Many of these plans also offer the advantage of tax-deferred growth. This translates to not being required to pay taxes each year on capital gains, dividends or other yield distributions if the money is not withdrawn before age 59½. Speak with a financial advisor to learn more about tax-advantaged accounts.

♦ T. Rowe Price says there are certain benchmarks that can help people save enough money for retirement. By age 30, you should have .5 times the amount of your salary. At age 35, that amount should increase to 1.5 times your salary. These numbers are based on an assumed retirement age of 65 and with a household income growth of 5 percent until age 45 and 3 percent thereafter.

♦ According to research from Qualtrics, young workers don't plan on working until they can receive full benefits from Social Security. Twenty-four percent plan to retire early, and 41 percent want to do so by the time they turn 50. That could spark more ambition among younger generations to save for retirement and to save more aggressively.



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Individuals need to be diligent in safeguarding their information from cyber criminals.

Secure your financial privacy

Safeguarding personal financial data has never been more important, as an increasingly digital world has made online banking that much more prevalent. Cyber crimes are a significant concern. According to the Federal Bureau of Investigation, no less than 422 million individuals were impacted by cyber crime in 2022, and nearly 33 billion accounts are anticipated to be breached by the end of 2023. Cyber crimes are happening every day, even if the public only hears about the largest data breaches.

Financial institutions as well as retailers and other businesses that require the use of personal financial information are obligated to safeguard customer data. According to the Federal Trade Commission, financial institutions protect the privacy of consumers' finances under a federal law called the Financial Modernization Act of 1999, also known as the Gramm-Leach-Bliley Act. That law governs banks, securities firms, insurance companies, and companies providing many other types of products and services. The law dictates how financial institutions can collect and disclose customer's personal financial information.

Individuals also have key roles to play in protecting themselves. Though even the best precautions cannot completely secure your financial privacy, every little effort is worth it to reduce your risk of being victimized by data theft. These tips from the Financial Industry Regulatory Authority can help individuals safeguard their privacy.

You have the right to opt out of the sharing of some of your personal

information with affiliates and non-affiliates of a financial institution. For example, you can opt out of receiving prescreened credit offers by way of credit bureaus selling information about you to lenders or insurance.

Increase awareness of phishing scams. These often are emails that appear to come from legitimate firms or financial regulators asking for personal information. These entities would never ask for account numbers, passwords, credit card information, or Social Security numbers through email. Verify all communication with the financial institution by contacting that institution directly at the number listed on your account statement or bill.

Be aware of where you click online. Never click on a questionable link or download a suspicious email attachment.

Strong passwords can keep accounts more secure. Resist the urge to use the same password across many accounts. Once that password is compromised, the cyber criminal may be able to try it on your other accounts. Consider using a password manager to suggest and save strong and unique passwords for each account.

Utilize multifactor authentication whenever it is available. MFA adds an extra layer of protection by using a password as well as a unique code or biometric to unlock the account.

Conduct all financial business on a personal device on a secure network. Delete the cache and history frequently to avoid leaving a digital trace.

These steps can help protect financial security.

Learn how to **budget and save** for big-ticketed items

When faced with making a significant purchase, or even financing an unexpected emergency expense, consumers are tempted turn to credit to pay for the goods or services. While credit utilization maintains an important place in building a strong financial reputation, it can quickly put a person underwater financially, and interest fees can increase the price of big-ticket items by a significant amount.

The financial resource The Motley Fool says American households carried a total of \$17.1 trillion in debt as of the second quarter of 2023. Substantial consumer debt can limit financial flexibility, so individuals who are looking ahead to new vehicles or vacations or even home renovations can first try to save for such expenses in lieu of borrowing. Budgeting and saving may not lead to immediate gratification, but it can help consumers avoid debt and ultimately create more financial flexibility down the road.

- **Know exactly what you have.** Too often people take a casual approach to their finances. At any given time they may not know whether the money they're making is actually covering all of the bills, and how much money, if any, is left over.



Some simple financial planning can help people save and budget for big-ticket items more readily.

Spend a few months cataloguing all credits and debits to your accounts. Pay attention to times of year when income is higher or when spending increases.

- **Know your goal and price.** Rayhons Financial, a financial services company, suggests identifying exactly how much

you'll need for a purchase. Estimate on the high side of expenses so as not to go over budget. Treat a big-ticket item just like a utility bill.

- **Create a separate expense account.** When all of your funds are together in one bank account, it is easier to spend the

money on other purchases rather than the larger one in mind. Open a separate account and move your "extra" earnings into that account to save for your large expense. Automating the savings by setting up an automatic deduction deposited into this account on payday can make savings even easier.

- **Review your budget periodically.** Figure out if there are areas where you can cut back and allocate more money to your overall savings or the special savings for the big-ticket item. For example, you may be able to downgrade to a more manageable mobile phone plan or dine out less frequently.

- **Time the purchase right.** In addition to only buying when you have the money saved, you can look at the calendar to figure out the best time to make that purchase. Does your state or province offer a sales tax holiday? Some times of year you may get a bonus, tax refund or birthday gifts that can be earmarked for big-ticket items. Avoid purchasing big items during times when you must pay for other significant expenses, such as tuition, summer camp fees and insurance payments.

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Overspending when buying a home is a financial mistake that can prove costly over the long haul.

Financial mistakes anyone can avoid

Earnings go a long way toward determining an individual's financial security. However, high wages do not guarantee long-term financial security any more than lower wages ensure a future marked by a lack of financial flexibility. Individuals are a unique variable in any financial equation, and those who can exercise and maintain some fiscal discipline are more likely to secure long-term security than those who cannot.

One way anyone can improve their chances at a secure and flexible financial future is to identify and avoid some common mistakes. Avoiding the following mistakes can increase the chances individuals at various income levels enjoy a secure financial future.

- **Delay saving for retirement:** Conventional wisdom says it's never too early to begin saving for retirement. Despite that, surveys indicate many adults are behind on saving. A 2022 survey from Bankrate found that 55 percent of respondents indicated they were behind on their retirement savings, while 35 percent reported being "significantly behind." Though laws governing retirement contributions have made it easier for people to catch up, it's still better to begin saving once you enter the professional arena, which for most people is some time in their early to mid-twenties. The longer you delay saving for retirement, the more precarious your financial future becomes.

- **Spending beyond your means:** The post-pandemic increase in cost-of-living has garnered considerable attention in recent years, when inflation has driven up the cost of just about everything. There's little consumers can do about the rising cost of living, but making a concerted effort to curtail spending is one way to combat the spike. However, surveys indicate many people earning significant salaries are living paycheck-to-paycheck.

For example, a 2021 report from LendingClub Corporation found that nearly 40 percent of individuals with annual incomes greater than \$100,000 live paycheck to paycheck, with 12 percent reporting they are struggling to pay their bills. An assortment of variables undoubtedly contribute to that stark reality, and one might be a tendency for consumers to spend beyond their means. Individuals who are struggling to curtail their spending are urged to seek the help of a certified financial planner who can help them devise a budget and alleviate some of the stress and pressure associated with overspending or living paycheck to paycheck.

- **Poor use of credit:** Credit cards can be a financial safety blanket, but that blanket can soon smother consumers who don't know how and when to utilize credit. Reserve credit cards for emergency situations and resist the temptation to use them for daily expenses, such as groceries

and gas. Credit card interest rates tend to be in the double digits, so unless card holders can pay their balances in full each month, they're only exacerbating the already high cost of living by using credit for daily expenses.

- **Buying too much house:** Overspending on housing is another financial mistake, and arguably the one that's the most difficult to avoid. It can be hard to walk away from a dream home, but such a decision could secure your financial future. Unfortunately, data indicates far too many individuals are spending more on housing than conventional financial wisdom recommends.

The most recent Consumer Expenditure Survey from the U.S. Bureau of Labor Statistics found that spending on housing accounted for 33 percent of the average household's monthly expenses and that the average household spent 88 percent of its after-tax income each month. That latter figure is especially troubling, as conventional financial wisdom recommends a saving rate of 20 percent. Overspending on housing greatly affects a person's ability to save and invest, so resisting the temptation to buy that expensive dream home could be the difference between a secure or scary financial future.

Avoiding some common mistakes can help individuals be more financially flexible and secure over the long haul.

Thursday 25

Long Island Guitar Festival

The 32nd annual Long Island Guitar Festival at the Setauket Presbyterian Church, 5 Caroline Ave., Setauket continues today through April 28. The festival will feature guitarists: Ana Vidovic, Eden-Stell Guitar Duo, David Leisner, Huy Thanh Nguyen, Nicoletta Todesco, Harris Becker, Ana Marie Rosado, James Erickson, Laura Lessard and Owen Wang, winner of the 2023 LIGF High School Classical Guitar Competition. Tickets are available online at www.ligfest.net.

SBU Presidential lecture

Celebrated public health reporter, journalist, editor and Pulitzer Prize-nominated author Linda Villarosa, will join Stony Brook University President Maurie McInnis for the second Presidential Lecture entitled "A Conversation with Linda Villarosa: Answering the Call: A Special Series on Climate Change" in the Charles B. Wang Center Theatre, 100 Nicolls Road, Stony Brook at 5 p.m. In addition to the lecture, the event will include a Q&A, book signing, and reception to follow. RSVP at stonybrook.edu/presidentiallecture.

Native American Drumming

All Souls Parish House, 10 Mill Pond Road, Stony Brook, will host an evening of Native American Drumming Meditation from 7 to 8:45 p.m. Led by elder drummer, Ric Statler, drumming meditation seeks to integrate the physical, mental, emotional, and spiritual parts of the human self, creating a state of well-being. 631-655-7798

Friday 26

Long Island Guitar Festival

See April 25 listing.

Friday Food Truck Fest

Three Village Historical Society, 93 North County Road, Setauket hosts a Friday Food Truck Fest tonight from 4 to 7 p.m. Grab a delicious dinner, pull up a picnic table, and hang out with friends and neighbors. The historic house will be open for free tours during the event. 631-751-3730

Spring Football Showcase

The Stony Brook University football team will host the Frank Conti '11 Memorial Spring Showcase at Kenneth P. LaValle Stadium with kickoff at 6:10 p.m. The event, which is free and open to the public, will feature fast-paced football and a Fan Fest, an interactive on-field experience for fans along with a postgame BBQ (\$10 per person). For more information, call 631-632-7705.

Coffee House Concert

Celebrate St. James continues its Coffee House series at the St. James Community Cultural Arts Center, 176 Second St., St. James with a concert by John Zollo featuring

Times ... and dates

April 25 to May 2, 2024



CELTIC SPIRITS

The Tannahill Weavers, from left, Malcolm Busby, Phil Smillie, Roy Gullane, and Iain MacGillivray bring Scottish tunes to the Long Island Museum on April 28. Photo courtesy of Charles Backfish

the songs of Neil Diamond at 7 p.m. with special coffee beverages and tea along with dessert. Tickets are \$25 per person, \$20 members. For more info, visit www.celebratestjames.org.

Friday Night Face Off

Friday Night Face Off, Long Island's longest running Improv Comedy Show, returns to Theatre Three's Second Stage, 412 Main St., Port Jefferson tonight at 10:30 p.m. Using audience suggestions, FNFO pits two teams of improvisers against each other in an all-out championship! Recommended for ages 16 and up, due to adult content. Tickets are \$15 at the door – cash only. 631-928-9100

Saturday 27

Long Island Guitar Festival

See April 24 listing.

Earth Day Celebration

Suffolk County Farm, 350 Yaphank Road, Yaphank hosts an Earth Day Celebration event from 9 a.m. to 2 p.m. with a Master Gardener Plant Sale (8 a.m. to 3 p.m.), family fun, eco-friendly demonstrations, pollinator treasure hunt, face painting, rain barrel demonstration and wagon rides (fee). Free admission to the event. 631-852-4600

Antiques and Garden Weekend

Port Jefferson Village Center, 101A East Broadway, Port Jefferson hosts the annual Antiques and Garden Weekend today and April 28 from 10 a.m. to 5 p.m. Featuring over 20 quality antique dealers featuring estate and antique jewelry, vintage trains, folk art, furniture, vintage linens, artwork, depression glass, memorabilia, antiques, retro items, collectibles, vintage garden items and Suwassett Garden Club Plant Boutique. Admission is \$6. Sponsored by the Port Jefferson Historical Society and the Village of Port Jefferson. www.portjeff-antiques-garden.com

Arbor Day Walk

Town of Brookhaven hosts an Arbor Day Walk at West Meadow Beach, 100 Trustees Road, Stony Brook at 10 a.m. and Cedar Beach Nature Center, 244 Harbor Road, Mt. Sinai at 2 p.m. Come take a closer look at the trees that shape the landscape and support the ecosystem on these beautiful north shore peninsulas. Free but registration is required by emailing npocchiare@brookhavenny.gov.

Spring Village Craft Fair

Time to shop! Smithtown Historical Society, 239 Main St., Smithtown hosts a Spring Village Craft Fair from 10 a.m. to 4 p.m. The outdoor event will feature over 100

vendors with live music and food trucks. Free admission. Held rain or shine. For further details, call 631-846-1459.

Dairy Tour at Caumsett

Caumsett State Historic Park Preserve, 25 Lloyd Harbor Road, Huntington hosts a Historic Dairy Tour of Caumsett at 10 a.m. Come walk with author John Barone as he circles the Dairy Barn Complex as he talks about the history of the site. Get a chance to go inside and look at the amazing hay barn, milking barn and dry stock barn. \$8 per person. To sign up, visit www.caumsettfoundation.org/programs.

Community and Music Festival

Greater Middle County Chamber of Commerce hosts the 3rd annual Community and Music Festival at the Elks Lodge, 41 Horseblock Road, Centereach from 11 a.m. to 5:30 p.m. Featuring live music, food trucks, vendor booths, beer garden, kids activities and much more. Free admission.

Eid-al-Fitr Celebration

Town of Brookhaven Supervisor Dan Panico invites the community to the annual Eid-al-Fitr Celebration at Brookhaven Town Hall, 1 Independence Hill, Farmingville at 3 p.m. with guest speakers, presentations and food. Free. No registration needed. For more information, call 631-451-8696.

Chamber Choir Spring Concert

North Shore Chamber Choir invites the community to a spring concert at St. Paul's Lutheran Church, 309 Route 112, Port Jefferson Station tonight at 7 p.m. (\$20 admission); at St. John the Baptist R.C. Church, 1488 North Country Road in Wading River on April 28 at 5 p.m. (\$20 donation). Featuring the world premiere of David Voss's work, *The Resurrection Promise: A Cantata for Easter*. For more info, email president@northshorechamberchoir.org.

Baroque Concert

St. James Episcopal Church, 490 North Country Road, St. James hosts a spring concert by the Long Island Baroque Ensemble, *The Magic of Bach*, at 7 p.m. Tickets are \$35 adults, \$30 seniors, \$15 students, children free online at www.libaroque.org or at the door.

TIMES ... and dates continued on page B20

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.

HOROSCOPES OF THE WEEK



TAURUS – Apr 21/May 21

Taurus, the people around you may work more slowly than you, so you will likely need to be patient this week while working on a particular project. Eventually things will work out.

GEMINI – May 22/June 21

Gemini, exercise caution when dealing with people who promise big returns on your investments right now. Avoid financial dealings with anyone you have not fully vetted.

CANCER – June 22/July 22

Cancer, some people around you would like to use flattery to get you to do what they want. However, you are too savvy to fall for people who may be guiding you in the wrong direction.

LEO – July 23/Aug 23

Loved ones and friends in your life deserve your time and energy right now, Leo. Figure out a way to cut down on hours spent on the job this week.

VIRGO – Aug 24/Sept 22

Virgo, things going on in your life right now may be a bit more confusing than you anticipated. It can be stressful, but with some assistance from others you will get through the situation.

LIBRA – Sept 23/Oct 23

Someone in your life who has not always been on your side has been changing his or her ways lately, Libra. You may want to reevaluate the relationship in the near future.

SCORPIO – Oct 24/Nov 22

Scorpio, you have been working hard to avoid conflict with someone close to you, but it could start to feel like more effort than you can care to keep up.

SAGITTARIUS – Nov 23/Dec 21

An interesting travel opportunity is coming your way, Sagittarius. When the news arrives, take advantage of it and start planning your itinerary.

CAPRICORN – Dec 22/Jan 20

Capricorn, is your schedule flexible right now? Try to rearrange things to take advantage of some last-minute recreational opportunities. You deserve to have more fun.

AQUARIUS – Jan 21/Feb 18

Aquarius, you may be feeling moody and introspective right now. Take time to evaluate your dreams and the thoughts going through your head. There may be common threads.

PISCES – Feb 19/Mar 20

Don't let some ambiguous feedback adversely affect your mood, Pisces. You will never be able to please everyone, so focus on those people who are on your side.

ARIES – Mar 21/Apr 20

Aries, your friends have stepped up to support you, and it is time to get together and enjoy one another's company. Think about an activity that everyone can get behind.

Sunday 28

Long Island Guitar Festival

See April 25 listing.

Antiques and Garden Weekend

See April 27 listing.

Chamber Choir Spring Concert

See April 27 listing.

Caumsett Hike

Join the staff at Caumsett State Historic Park Preserve, 25 Lloyd Harbor Road, Huntington for a Nature on the Move hike from 9:45 a.m. to noon. The 4 mile hike will include observations of the fields and woods on the west side of Caumsett. Adults only. \$4 per person. Advance registration required by calling 631-423-1770.

Spring Craft & Vendor Fair

The Polish American Independent Club, 35 Jayne Blvd., Port Jefferson Station will host their annual Spring Craft & Vendor Fair from 10 a.m. to 4 p.m. The indoor/outdoor event will feature a variety of unique vendors and will be held rain or shine. Free admission. 516-383-3456

Spring Wellness Expo

Celebrate Business Community presents a Spring Wellness Expo at the St. James Community Cultural Arts Center, 176 2nd St., St. James from 10:30 a.m. to 4 p.m. Meet local businesses and services to keep you healthy and well with workshops scheduled throughout the day. Free admission. To RSVP, visit www.celebratestjames.org. 631-984-0201

The Band Easy Street in Concert

Comsewogue Public Library, 170 Terryville Road, Port Jefferson Station welcomes The Band Easy Street in concert from 1:30 to 3 p.m. Enjoy an eclectic mix of popular music from the Beatles to Billy Joel, Jimmy Buffet to Linda Ronstadt, Johnny Cash to Elvis, and more. Open to all. Call 631-928-1212 or visit www.cplib.org to reserve your seat.

Silver Chords Concert

The Bates House, 1 Bates Road, Setauket hosts a spring concert by the Silver Chords Chorus at 2 p.m. Titled "Old, New, Borrowed, and Blues," the afternoon will feature the classics and music from the archives, original compositions, multicultural works and jazz numbers plus gift basket raffles. Admission is free. 631-235-3593

Mountain Maidens in concert

The Long Island Music and Entertainment Hall of Fame, 97 Main St., Stony Brook presents a concert by Mountain Maidens from 3 to 4 p.m. The event is free with general admission ticket purchase. 631-689-5888, www.limusichalloffame.org.

Tannahill Weavers head to LIM

WUSB's Sunday Street Series continues at the Long Island Museum, 1200 Route 25A,

Stony Brook with a concert by the Tannahill Weavers in the Carriage Museum's Gillespie Room at 5 p.m. The "Tannies" have been trailblazers for Scottish music, and their tight harmonies and powerful, inventive arrangements have won them fans from beyond the folk and Celtic music scenes. From reflective ballads to foot stomping reels and jigs, the variety and range of the material they perform is matched only by their enthusiasm and lively Celtic spirits. Tickets are \$25 in advance at www.sundaystreet.org through April 26, \$30 cash at the door.

Monday 29

Food as Medicine

Mt. Sinai Congregational Church, 233 North Country Road, Mt. Sinai will host a lecture and cooking series on Food as Medicine, presented by dietitian Ian Marghoob MS, RD tonight from 7 to 8 p.m. \$20 per person. To register, call 631-473-1582 or email mccc1@optonline.net.

Tuesday 30

University Orchestra at SBU

Stony Brook University's Staller Center, 100 Nicolls Road, Stony Brook hosts a concert by the University Orchestra, a 70-member ensemble of undergraduate students, on the Main Stage at 7:30 p.m. Conducted by Susan Deaver, the University Orchestra will perform Lili Boulanger's "D'un matin de printemps" and Shostakovich Symphony No. 5. Featured violinist Sophie Bowden will perform the first movement of Erick Wolfgang Krongold's Violin Concerto in D Major. Tickets are \$15 adults, \$10 seniors, \$5 students at the box office or by calling 631-632-2787.

Wednesday 1

No events listed for this day.

Thursday 2

Crafts & Cocktails

Have you ever wondered how exactly a ship gets into a bottle? Join the Whaling Museum, 301 Main St., Cold Spring Harbor to uncork the secret behind this enduring folkcraft at its Crafts & Cocktails event from 6:30 to 8 p.m. Explore examples from the museum's Kappel Ship in a Bottle Collection up close. Then, sip a Dark & Stormy cocktail as you create your very own ship model in a jar. For adults 21+. Fee is \$30 per person, \$20 members. To register, visit www.cshwhalingmuseum.org. 631-367-3418

Vanderbilt Lecture

Suffolk County Vanderbilt Museum, 180 Little Neck Road, Centerport continues its lecture series at the Charles and Helen Reichert Planetarium Theater with Save the

Sound: A lecture on ecology and advocacy at 7 p.m. Conservationists Bill Lucey and Louise Harrison will give a presentation on protecting and improving the land, air, and water of the Long Island Sound region. Tickets are \$10 per person at www.vanderbiltmuseum.org.

Film

'The Bird Men'

Comsewogue Public Library, 170 Terryville Road, Port Jefferson Station will present a viewing of *The Bird Men* starring Tom Cavanagh, Fred Willard, and Graham Greene at 2 p.m. Open to all. Call 631-928-1212 to reserve your seat.

Theater

'Jersey Boys'

Extended! John W. Engeman Theater, 250 Main St. Northport presents *Jersey Boys*, the story of Franki Valli & The Four Seasons, from March 14 to June 16. 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.

'Murder on the Orient Express'

Theatre Three, 412 Main St., Port Jefferson continues its Mainstage season with *Murder on the Orient Express*, a thrilling mystery about the most infamous case of one of fiction's most famous detectives, from April 6 to May 4. Murder and mayhem await renowned investigator Hercule Poirot as he boards a train filled with treachery and intrigue. Featuring a shadowy American, a train full of suspects, a notebook's worth of alibis, and a singular Belgian sleuth whose mustache twitches at murder, all aboard the Orient Express! Tickets are \$40 adults, \$32 seniors and students, \$25 children ages 5 to 12. To order, call 631-928-9100 or visit www.theatrethree.com.

'(mostly) TRUE THINGS'

The Performing Arts Studio, 224 E. Main St, Port Jefferson hosts a performance of (mostly) TRUE THINGS, a game wrapped in a storytelling show that features stories related to the themes in Star Wars on May 4 at 7 p.m. The star-studded cast includes Lydia Franco-Hodges, Mindy Pfeiffer and Adam Grundfest. Tickets are \$20 online at www.eventbrite.com or \$25 at the door (cash only).

Religious Directory



Catholic

**INFANT JESUS
ROMAN CATHOLIC CHURCH**
110 Myrtle Ave., Port Jefferson 631-473-0165
Fax 631-331-8094
email-rectory@infantjesus.org
www.infantjesus.org
REV. GREGORY RANNAZZISI,
PASTOR, ASSOCIATES:
REV. FRANCIS LASRADO &
REV. ROLANDO TICLLASUCA
Parish Outreach: 631-473-0165
Weekday Masses: 7:30am in the church and
12pm in the Chapel (Mon-Fri)
9am Mass in the Church on Saturdays
Weekend Masses: Saturday at 4:30pm, Sunday
9:00am and 12:00pm in the Chapel.
7:30 am, 8:45am (Spanish), 10:30am,
and 5pm in the Church
Spanish Masses: Wednesdays 6:00pm
Sundays 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
email-office@stgmajella.org
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-Thirsdays 9am-4:30pm
Thrift Shop: Monday-Thursdays 10am - 4pm
and Friday 10am-2pm.
Parish Outreach: Please call Office
for information
Baptism and Wedding arrangements can be
made by calling the Parish Office.

**ST. JAMES ROMAN
CATHOLIC CHURCH**
429 Rt. 25A, Setauket
Phone: 631-941-4141 Fax: 631-751-6607
Parish Office email:
parish@stjamessetauket.org
www.stjamessetauket.org
REV. ROBERT KUZNIK, PASTOR
REV. ROBERT SCHECKENBACK,
ASSOCIATE PASTOR
REV. MIKE S. EZEATU,
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from 12 Noon to 2pm
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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
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Catholic Traditional Latin Mass

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Sunday Masses at 7am and 9am
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Christian

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Sunday Worship at 10am
Livestreaming on YouTube:
@MtSinaiCongregationalChurchUCC
Sunday School at 10am
"No matter who you are or where you are
on life's journey, you are welcome here."

Through our worship and by our actions
we strive to live out Christ's message
to love one another
The Island Heart Food Pantry
643 Middle Country Road, Middle Island NY
Wednesdays and Thursdays 2:15PM-4:15PM
MSSC Food Cupboard
233 N. Country Rd, Mt Sinai
Every other Tuesday 9:15-11:45

Episcopal

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the Stony Brook Duck Pond
61 Main Street, Stony Brook
FATHER TOM REESE VICAR
www.allsoulsstonybrook.org or call
631-655-7798
Sunday: 8:00am Virtual Morning Prayer
9:30am Holy Eucharist with Organ music
Tuesday: 8:00am
Interdenominational Morning Prayer
Wednesday: 12 noon
Interdenominational Rosary
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1 Dyke Road on the Village Green, Setauket
Web site: www.carolinechurch.net
email: office@carolinechurch.net
631-941-4245
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8:00am Sundays - Holy Eucharist
9:30am Sundays - Holy Eucharist
w/ choir & Children's Chapel
12:30pm Weds. - Noonday Prayer
10:00am Thurs. - Healing Service
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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
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grow in our relationship with Jesus Christ and to
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email: revjenn@stanselmofshoreham.org
Office phone: 631.744.7730
**Office hours: Mon - Fri 9 am to Noon and by
appointment www.stanselmofshoreham.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
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Food Pantry
Saturdays 10 a.m. to Noon
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Alex Pryrodny, Music Director
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10am Rite II Holy Choral Eucharist
9:40am Sunday School
Noonday Prayer
12 noon - Wednesdays
Jazz Connections
The Jazz Loft All Stars
Sunday, May 5th at 5pm
Thrift Shop
Tuesdays, Thursdays, & Saturdays 12-3pm
12 PROSPECT ST, HUNTINGTON



Religious Directory



Episcopal

(631) 427-1752

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

Jewish

NORTH SHORE JEWISH CENTER

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

www.northshorejewishcenter.org

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ADAM D. FISHER, STEPHEN A. KAROL

CANTOR EMERITUS

MICHAEL F. TRACHTENBERG

Services:

1st Friday 6pm Family Service

Other Fridays 7:30pm

Saturday B'nai Mitzvah services 10am

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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.

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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
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Offerings to support our ministry can be made at
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her Master's of Divinity at Memphis Theological
Seminary and then received 9 units of Clinical
Pastoral Education at Parkland Health and Hos-
pital System in Dallas, TX. Emily has ministry
experience as a palliative care and picu pediatric
chaplain, and was faithful in her volunteer work,
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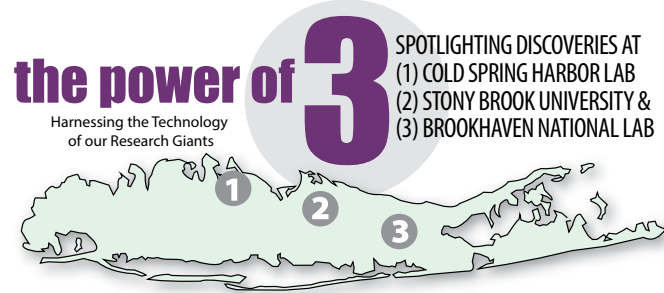
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SBU's Kenneth Lanzetta heads to Chile to build promising telescope



BY DANIEL DUNAIEF

Five years later, Kenneth Lanzetta is bringing a telescope to Chile.

In 2019, Lanzetta, who is a Professor in the Department of Physics and Astronomy at Stony Brook University, was planning to install a sophisticated state-of-the-

KNOWLEDGE SEEKERS art telescope in Chile that could look deep into the dark night

sky for low-surface brightness and point sources. The onset of Covid in early 2020, however, disrupted that plan, as Chile closed its borders, leaving him scrambling to find a new site.

"I looked for an alternative I could drive to," said Lanzetta, as flying was strongly discouraged.

He settled on the Dark Sky New Mexico observatory near Animas to set up a Condor Array Telescope.

Lanzetta had various manufacturers ship components to the site. At the end of 2020, he, his wife Robin Root, and his daughter Ciara drove across the country.

He had originally intended to spend about two weeks in the state. After many problems and delays, he and his wife stayed for more than four months, until early 2021. Ciara returned to college in London in the middle of January.

Lanzetta and Root moved every two weeks, expecting that they would be able to return to Long Island. Each time, delays in the project extended their stay. They figured they visited almost every Airbnb in the area.

"I spent Covid in a very isolated part of New Mexico and I didn't have to be back in Stony Brook," Lanzetta said. "I had the ability to teach online."

While the New Mexico site worked out better than he could have imagined, producing enough



Professor Kenneth Lanzetta, PhD
Photo courtesy SBU

information to leave him "awash in data" as he works to publish his findings, Lanzetta is planning to spend the next academic year in Chile. He will split his time between Concepción, Santiago, San Pedro and Cerro Taco, which is where he will install the new Condor telescope at an altitude of 5,200 meters, or 17,060 feet at Atacama National Park.

Lanzetta will serve as a Fulbright Scholar for the 2024-2025 academic year.

The Fulbright scholarship "recognizes the potential of the 'Condor Array Telescope' that is based on a possibly paradigm shifting astronomical telescope technology," Chang Kee Jung, Distinguished Professor and Chair of the Department of Physics and Astronomy, said in a statement. "Deploying Condor in Atacama, a premier site for telescopes, opens up a greater opportunity for discoveries."

That altitude and the expected clear skies in the South American nation will give Lanzetta and his colleagues an opportunity to study extremely faint images that would otherwise be more challenging or even impossible to see from other



Above, the Condor telescope in New Mexico (which is a model for a similar telescope Lanzetta will be building this year in Chile as a Fulbright Scholar.

Photo courtesy of Condor Team

locations. The good weather and dark conditions also help.

The park has a road for access and an optical fiber connection, which makes it possible for him to do what they want to do at the site.

The site is at a high enough altitude that Lanzetta will need to breathe bottled oxygen.

The Stony Brook scientist will build as much of the telescope as he can at a lower elevation, ship it to the site and bolt it in place.

The Condor telescope will use refracting optics from several smaller telescopes into the equivalent of one larger telescope that uses newer and faster complementary metal oxide semiconductor sensors.

Most, but not all, of the components of the telescope are off the shelf. The recent development of extremely capable CMOS sensors, which are used in cell phones, back up cameras for cars and in industry, were not available in an inexpensive commercial format as recently as five years ago.

What Lanzetta plans to do in Chile is replicate the successful effort in New Mexico to capture more light signals in space that are beyond the limits of what conventional telescopes can distinguish.

He plans to create a telescope that, when it functions as it should, can operate autonomously, allowing him to control it from anywhere in

the world as it transmits data back to his computers at Stony Brook.

New Mexico results

Lanzetta recently returned from an international conference in Aspen, Colorado, where he presented several results.

Condor revealed intergalactic filaments, which might provide glimpses of the cosmic web. He is actively working on this.

Computer simulations of structure formation in the universe has shown how structure came to be from a universe that was initially smooth.

The simulations suggest dark matter is distributed in a hierarchical fashion, with superclusters, clusters and groups of galaxies connected by filamentary structures that resemble a cosmic web.

Lanzetta has been working to see glowing gas of the cosmic web and he and his colleagues believe it is within reach of the current and the new Condor Atacama.

Higher than Chile?

With the increased visibility at the higher altitude site in Chile, researchers recognize that gathering information even further up in the atmosphere increases the likelihood of finding images from faint objects.

At the Aspen conference, scientists discussed the possibility of launching telescopes designed to study the extremely faint universe on balloons, which might be faster and cheaper than attempting to do this from space.

A resident of Smithtown, Lanzetta lives with his wife Root, who is planning to spend the year in Chile with him. Lanzetta's son Ryan is finishing his PhD in theoretical condensed matter physics at the University of Washington, while his daughter Ciara is finishing her master's degree in costume design at the University of Glasgow in Scotland.

Growing up in Warminster, Pennsylvania, Lanzetta and his father Anthony used to build things together. When he was 13, Lanzetta had an advanced class radio license. His father helped put together a radio transmitter and receiver and they installed various antennas on the roof.

His father had an undergraduate degree in physics and worked as an engineer. With Ryan's educational experience, the family has three generations of Lanzettas with degrees in physics.

Lanzetta's father had a telescope that they used to look at the moon and Saturn. In 1969, when astronauts Neil Armstrong and Buzz Aldrin were walking on the moon, he recalls his father telling him the astronauts were too small to see.

"This is what I was going to do from the time I was conscious," he said. "It was always the way it was going to be."

Indeed, Lanzetta realizes how "lucky I've been to be able to spend my entire life" doing this work.

ONLY ON THE WEB:

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

- » Head of the Harbor race raises 40K for Ronald McDonald House
- » Girl Scouts of Suffolk County honor Huntington woman for 50 years of service
- » East Northport florist/nursery acquires neighboring business to keep family ties in community
- » Austin Williams hosts 2nd annual spring clothing swap for Earth Day



Honoring Our Beloved Pets: Memorial Tribute Page

Celebrate the memories of your furry, finned, feathered and scaly companions who have crossed the Rainbow Bridge.

TBR News Media invites you to contribute to our Pet Memorial page, a tribute to the pets who have left paw prints on our hearts.

Your tributes will appear on a dedicated page published quarterly, creating a space to remember and celebrate the lives of our beloved pets.

How to Participate:

- Share a snapshot that captures the essence of your cherished pet.
- Craft a brief memorial message up to 50 words, expressing the love and joy your pet brought into your life. Feel free to share a funny anecdote or a special moment. Include your pet's year born or adopted and year passed.

Email your submissions to petmemorials@tbrnewsmedia.com



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MEET BUSTER

This week's featured shelter pet is Buster, a three-year-old chocolate lab up for adoption at the Smithtown Animal Shelter.

Handsome Buster arrived at the shelter last September. Young, energetic and a powerhouse of strength at 90 pounds, he loves all people, taking walks and, most of all, food! This guy is full of love and fun but he needs adjustment time to trust new people in the home. Buster is not your typical lab and needs to be in a home with no children, cats or dogs.

If you are interested in meeting Buster, please call ahead to schedule an hour to properly interact with him in a domestic setting.

The Town of Smithtown Animal & Adoption Shelter is located at 410 Middle Country Road, Smithtown. Visitor hours are Monday to Saturday from 10 a.m. to 3 p.m. (Sundays and Wednesday evenings by appointment only). For more information, call 631-360-7575 or visit www.townofsmithtownanimalshelter.com.



Photo courtesy of Smithtown Animal Shelter

HARBOR COUNTRY DAY SCHOOL 2023-2024 SCROLL OF HONOR

Harbor gratefully acknowledges our corporate event partners who supported the 2024 Spring Benefit.

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Harbor cherishes childhood, cultivates wonder and inspires confident learners and leaders.

KIDZ KORNER

PROGRAMS

Invisible Ink Workshop

Three Village Historical Society, 93 North Country Road, Setauket will host a STEM workshop for kids in grades 2 to 5 on April 25 from 10 a.m. to noon. The formula to create invisible ink has been lost! Seeking brave young spies, scientists, and historians to discover a new recipe for writing with invisible ink. Choose from top secret ingredients to find the combination for cracking the coded messages. Each session is \$5 per child, adults are free. Children get a full year complimentary museum membership following the program. To register, visit www.tvhs.org. 631-751-3730

Spring Break at the Hatchery

Enjoy spring break at the Cold Spring Harbor Fish Hatchery, 1660 Route 25A, Cold Spring Harbor with various craft programs, hatchery tours, live animal encounters and more on April 25, 26 and 29. Admission fee is \$7 adults, \$6 seniors, \$5 children ages 3 to 12. For a full schedule of events, visit www.cshfishhatchery.org. 516-692-6768



EARTH DAY FUN

Become a Water Warrior at the Whaling Museum in Cold Spring Harbor on April 25. Photo courtesy of Whaling Museum

Water Warriors

In honor of Earth Day, join the Whaling Museum, 301 Main St., Cold Spring Harbor for Water Warriors on April 25 at noon or 2 p.m. Explore the dangerous side effects of water run-off through a hands-on, educator-led watershed model activity. Then, bring the water cycle to life as you construct your very own terrarium to grow plants at home. Admission free + \$10 participant, \$5 members. No registration needed. 631-367-3418

Spring Festival

Join the Cold Spring Harbor Fish Hatchery, 1660 Route 25A, Cold Spring Harbor for

a Spring Festival on April 27 from 10 a.m. to 4 p.m. Enjoy kid's fishing, food, music, games, environmental exhibitors and live animal encounters. Admission fee is \$7 adults, \$6 seniors, \$5 children ages 3 to 12. 516-692-6768

Art in the Barn

Walt Whitman Birthplace Association, 246 Old Walt Whitman Road, Huntington Station presents Art in the Barn, storytime and hands-on art projects for pre-schoolers on April 27, May 4, 18, 25 and June 1 at 11 a.m. \$15 per child, \$13 members. To register, visit waltwhitman.org/events.

Visit with a School Marm

Step back in time with a visit with a School Marm at the Long Island Museum's 19th-century one-room Nassakeag Schoolhouse, 1200 Route 25A, Stony Brook on April 27 from 12:30 to 3:30 p.m. Learn about this historic building and try some school activities from long ago. Free with Museum admission. www.longislandmuseum.org

Storytime Under the Stars

Suffolk County Vanderbilt Planetarium, 180 Little Neck Road, Centerport continues its Storytime Under the Stars series on April 28 at 6 p.m. Your favorite bedtime storybooks come to life in the planetarium theater! Children are invited to wear their most comfy pajamas and bring their favorite stuffed animal. Tickets are \$8 per persons, \$6 for members at www.vanderbiltmuseum.org.

Kids Yoga on the Farm

New! Benner's Farm, 56 Gnarled Hollow Road, E. Setauket now offers Kids Yoga classes for ages 5 to 10. First session will be from 6:30 to 7:15 p.m. on April 29, May 6, 13 and 20. Classes will focus on easy yoga poses that improve strength and flexibility, breathing exercises, self-awareness, and kindness. Please bring a yoga mat with you to class. \$80 per child for 4-week session. Pre-registration is required by calling 631-689-8172 or visit www.bennersfarm.com.

KIDZ KORNER continued on page B26

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KIDZ KORNER

Continued from page B25

THEATER

'Alice in Wonderland'

John W. Engeman Theater, 250 Main St., Northport present's Lewis Carroll's *Alice in Wonderland* from March 23 to May 12. 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? More importantly, will she ever figure out how to get home? All seats are \$20. To order, call 631-261-2900 or visit www.engemantheater.com.

'The Adventures of Peter Rabbit'

Join Theatre Three, 412 Main St., Port Jefferson for a perennial favorite, *The Adventures of Peter Rabbit*, from April 13 to 27. "Over the hill and through the garden ..." That mischievous rabbit Peter just can't stay out of the McGregors' garden! But with help from his sisters—Flopsy, Mopsy, and Cotton-Tail—and his cousin, Benjamin Bunny, Peter learns the power of sharing and caring. Tickets are \$12. To order, call 631-928-9100 or visit www.theatrethree.com.

Disney's 'Finding Nemo Jr.'

Smithtown Center for the Performing Arts, 2 E. Main St., Smithtown presents Disney's *Finding Nemo* daily from April 20 to 28. Marlin, an anxious and over-protective clownfish, lives in the Great Barrier Reef with his kid Nemo, who longs to explore the world beyond their anemone home. But when Nemo is captured and taken to Sydney, Marlin faces his fears and sets off on an epic adventure across the ocean. Tickets are \$25 per person. Tickets are \$25 per person. To order, visit www.smithtownpac.org.



JUST KEEP SWIMMING

Catch a performance of 'Finding Nemo Jr.' at the Smithtown Performing Arts Center for Spring Break. Photo by Jackie St. Louis/SPAC

'Willy Wonka'

Community Playhouse of Northport presents Roald Dahl's *Willy Wonka* at The Brosnan Theater, 158 Laurel Ave., Northport on May 3, 4 and 10 at 7:30 p.m. and May 5 and 12 at 3 p.m. Character meet and greets will be from 2:15 to 2:45 p.m. at Sunday performances. Tickets are \$20 adults, \$15 students and seniors. To order, visit www.communityplayhousenorthport.org. 631-683-8444

'You're A Good Man, Charlie Brown'

Simple Gifts Productions presents *You're a Good Man, Charlie Brown* at 7:30 p.m. on May 3 and 4 at First United Methodist Church, 603 Main Street, Port Jefferson. This revised version is a fresh approach to the all-time 1967 classic, based on the beloved comic strip by Charles Schultz. Featuring all your favorite Peanuts characters, this charming revue of vignettes and songs is fun for the whole family (ages 4 and older). Tickets are \$15 at the door or at www.simplegiftsproductions.com.

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SBU SPORTSWEEK



APRIL 25 TO MAY 2, 2024

TOMORROW IS FRIDAY – WEAR RED ON CAMPUS!

STONY BROOK UNIVERSITY

Stony Brook tennis earns victory over Queens College 6-1

The Stony Brook tennis team ended the regular season with a bang on April 20, securing a 6-1 victory over Queens College. The home victory over the Knights marked head coach Thiago Dualiby's first career win at University Courts.

The Seawolves took two of three doubles games to record the point, with Mia Palladino and Elena Lobo-Corral teaming up for a win in game one. Cornelia Bruu-Syversen and Darian Perfiliev took game three to win the clinching point.

Stony Brook then took five of the six singles matches, with Palladino, Lobo-Corral, Bruu-Syversen, Sara Medved, and Debby Mastrodima winning their matches.

"We competed well and were able to handle difficult moments with poise today," said head coach Thiago Dualiby. "It was a positive way to end the regular season. To play at home and show grit with great support after being on the road the whole season was fantastic."

Up next, the team will travel to North Carolina for the CAA Championship Tournament, which will take place from April 24 to 28. The Seawolves' opening matchup is yet to be determined and will be announced at a later date.



SBU baseball secures sweep over Towson 4-3

Pitcher JT Raab fanned seven Towson hitters over nine innings of work to help lead the Stony Brook Seawolves over the Tigers 4-3 on April 21 at Joe Nathan Field, securing the weekend sweep over the Tigers.

In addition to his seven strikeouts, Raab (4-1) tossed nine innings, giving up three runs, two earned, on six hits and walking none for Stony Brook (20-17, 9-6).

On the offensive side, the Seawolves were paced by Johnny Pilla going 2-for-4 with an RBI and run scored. Also, Ryan Micheli, Cam Santerre, and Erik Paulsen all tallied an RBI in the victory.

Raab was dealing early this afternoon as he struck out three of the first four batters that he faced in the four inning. Following the 1-2-3 frame in the second for Raab and stranding a Tiger runner on-base in the third inning, the Tigers jumped out to an early 1-0 lead in the fourth.

However, Stony Brook responded right back with a run of their own to tie the

game at 1-1. Pilla started the rally with a double to the opposite field, and ultimately scored later in the inning from a sac-fly off the bat of Ryan Micheli.

The game remained tied until the very next inning, when the Seawolves got going again on offense. Stony Brook plated two runs off of Towson pitching, punctuated by a run-scoring double off the bat of E. Paulsen, which brought the score to 3-1 in favor of the home team.

Towson narrowed Stony Brook's lead to 3-2 before the Seawolves stretched the advantage to 4-2 in the seventh inning. With two outs in the inning, the Seawolves put together three consecutive walks from B. Paulsen, Micheli and Santerre that brought home E. Paulsen.

In the eighth inning, the right-hander for Stony Brook sat down all Tigers in-order and surrendered a run in the ninth but held on for the complete-game victory.



JT Raab struck out seven Tigers hitters and tossed his first career complete game on Sunday.

The team returned to the diamond on April 23 as they hosted Manhattan for a non-conference battle. Results were not available as of press time.

Seawolves Home Games

MENS LACROSSE

April 27 vs. Hofstra 12 p.m.

WOMENS LACROSSE

April 25 vs. Stanford 3 p.m.

BASEBALL

May 3 vs. Hofstra 2 p.m.

May 4 vs. Hofstra 1 p.m.

May 5 vs. Hofstra 12 p.m.

May 10 vs. Delaware 2 p.m.

May 11 vs. Delaware 1 p.m.

May 12 vs. Delaware 12 p.m.

SOFTBALL

April 26 vs. Elon 1 p.m.

April 27 vs. Elon 1 p.m.

April 28 vs. Elon 12 p.m.

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

Celebrating Our Wonderful Volunteers!

National Volunteer Week

April 21 to 27

This National Volunteer Week, join us in extending a heartfelt thank you to the extraordinary volunteers of Stony Brook University Hospital. Their unwavering dedication to serving our patients and supporting our staff is invaluable. They make a significant impact by helping to enhance the patient experience and contribute to the well-being of our hospital community.

Their compassion and commitment shine through, making our hospital a better place for everyone. We appreciate the welcoming smiles and caring touches they provide, enriching the lives of patients, families and staff.

If you would like to join these outstanding individuals, please consider volunteering at Stony Brook University Hospital. Call (631) 444-2610 or visit stonybrookmedicine.edu/volunteer to learn more.



Stony Brook University Hospital

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Use what you have.
Do what you can.”**

– Arthur Ashe



Thank you!