Elle-evate your summer with 'Legally Blonde' at the Engeman

See review on page B11

 ALSO: Stony Brook Film Festival returns B3 ❖ Calendar of Events B14 ❖ Review of 'A Quiet Place: Day One' B19

Photo courtesy of The John W. Engeman Theater
Are fibroids causing my heavy periods?

OUR EXPERT ANSWERS
YOUR QUESTIONS

Christine Conway, MD, FACOG
Clinical Associate Professor,
Obstetrics & Gynecology
Director, Gynecologic Ultrasound
Director, Ambulatory Services

Many women suffer from heavy periods, which can be caused by a range of hormonal or structural conditions. Uterine fibroids are also commonly determined to be the cause. As part of Fibroid Awareness Month, we’re taking a deeper look at this condition that affects millions of women.

What are fibroids?
Fibroids are noncancerous tumors that grow in the uterus. While some fibroids cause no trouble, others can lead to heavy periods, cramps, pelvic pain, or other conditions. The good news is you can find effective treatments for addressing fibroid complications at Stony Brook Medicine.

What are the symptoms of fibroids?
Fibroids may cause no symptoms at all. But for many women, they can bring on a range of uncomfortable or distressing symptoms. The most common signs are heavy or long periods, or a dull ache or pressure in your lower abdomen. You may also experience frequent urination and/or difficulty emptying your bladder. In some cases, sex can be painful or you may have difficulty getting pregnant.

Am I at risk for fibroids?
It's estimated that fibroids affect over 50 percent of women, so it is very likely that you may develop fibroids at some point in your life. Fibroids are most common between the ages of 30 and 50. Other factors that play a role in developing fibroids include obesity, family history, and hormonal factors, such as early menstruation and not having children. In addition, Black women are more likely to develop fibroids.

How do I know if I have fibroids?
If you’re experiencing heavy bleeding, or any of the symptoms mentioned above, speak with your gynecologist as soon as possible. Letting us know about your symptoms right away, instead of waiting until your annual exam, can make it easier to treat fibroids. At your appointment, we’ll schedule an ultrasound to determine if you have fibroids and to plan next steps.

What happens if I have fibroids?
Depending on the size and number of fibroids, as well as other factors, we’ll recommend one of three approaches to treat your growths. To control bleeding symptoms, we may recommend a medical management solution, such as birth control pills or an intrauterine device. In many cases your condition can be resolved with a minimally invasive procedure, which can be done in an outpatient setting or with a short hospital stay. The final and most traditional approach to remove fibroids is definitive surgery, such as a myomectomy or a hysterectomy.

Are there any other treatments?
Yes! Stony Brook Medicine is the only facility in Suffolk County offering the newest treatment for uterine fibroids: Sonata. This solution uses a technology called radiofrequency ablation to shrink fibroids. After the Sonata treatment, many women return to normal activities the next day. There are no incisions made on your body, and your uterus is preserved. We’ve seen exceptional results for over 90 percent of our patients who have undergone the Sonata procedure. At your initial appointment, we’ll let you know if Sonata can be effective for you.

Why Choose Stony Brook Medicine?
At Stony Brook Medicine, our care goes beyond cutting-edge fibroid treatments. Our entire staff of board-certified gynecologists not only has extensive experience in treating fibroids, but we also understand the effect fibroids can have on your life. When you see us, you’ll receive compassionate support throughout the treatment process. Our team is dedicated to providing you with personalized care that gets you back to feeling your best as quickly as possible.

LEARN MORE
To learn more about the Sonata system or for general questions about fibroid treatments, visit stonybrook.info/fibroids.

For an appointment, call (631)444-4686.
Offices are in Bohemia, Commack and East Setauket (soon relocating to Lake Grove).

This article is intended to be general and/or educational in nature. Always consult your healthcare professional for help, diagnosis, guidance and treatment. Stony Brook University/SUNY is an equal opportunity educator and employer. SBM-AD2406-0037
Stony Brook Film Festival kicks off July 18

S tony Brook University’s Staller Center for the Arts turns into a movie lover’s mecca when new independent films screen at the Stony Brook Film Festival from Thursday, July 18 to Saturday, July 27. The popular festival, now in its 29th year, will become a hub for some of the best filmmakers working today, a meeting ground for favorite actors and rising stars, and a showcase of new masterpieces as it pairs memorable short films with an array of features you won’t see anywhere else.

Presented by Island Federal, this year’s lineup boasts 36 films from 19 countries and kicks off with the U.S. Premiere of The Blond Boy from the Casbah, Alexandre Arcady’s semi-autobiographical dramedy about growing up in Algeria before emigrating to France as a teen. Festival Programmer Kent Marks describes the film as a “thought-provoking, unique journey through the past on the surprising path to self-discovery.”

Closing the festival is the U.S. Premiere of the German epic One Million Minutes, an inspiring true story that follows an over-worked family trying to find balance in their lives, starring festival-favorite Karoline Herfurth.

While the films are never chosen with an overall theme in mind, oftentimes, a theme seems to emerge, and 2024 is no exception. "While our goal is to always program the best films we can find, this year, we gave ourselves the added goal of keeping an eye out for films that appeared to be on the lighter side so we could give our audience some extra laughs in their lives — something that we felt many people could use," said SBFF & Staller Center Director, Alan Inkles.

As festival-goers have come to expect, the 2024 schedule is still peppered with hard-hitting films, compelling dramas, and some very unique science-fiction.

This year’s festival features nine films from Stony Brook Film Fest Alumni. "Filmmakers depend on these festivals to help them get their films distributed so as many people can see them as possible and to gauge how a live audience is responding to their work — Our alumni love returning because we have a large, engaged audience and ensure they get the best showing and hospitality possible," said Marks.

 Catch a screening of the ‘The Queen of My Dreams’ on July 19 at 7 p.m. Photo courtesy of Cineplex Pictures

See the full film schedule in ad on page B10.

One of the most exciting parts for me is seeing these films up on the big screen and watching how the audience reacts," added Outreach Director Paul Newland, “after spending so much time previewing these films, it's truly exciting to see them have their big premiere in the festival, and our filmmakers love it too.”

One of the key features of the Stony Brook Film Festival is that there is absolutely no other way to see these films. "Netflix and streaming services are easy and comfortable, and we get that, but these films are not offered on streaming services. They're films looking to get picked up for distribution in order to stream or play in theaters so this is the prime opportunity to be the first to know and to see some truly incredible films that you cannot see anywhere else,” explained Inkles.

This year’s festival boasts 17 world, U.S., East Coast, and U.S. premiers of features and shorts throughout the festival.

This year’s festival has a secret film—one that you will only know about if you come in person on July 21. The film, a major motion picture starring well-known Hollywood faces, was produced by a native Long Island filmmaker whose films have previously played the festival. It tells an inspirational true story with an amazing local hook. As with almost all films in the festival, a question-and-answer session between the filmmakers and the audience will follow the preview.

“We are very excited to have filmmakers from all over the world join us for their premiere screenings. Our audiences can gather in a huge theater with Long Island’s largest screen, to see movies the way they were meant to be seen,” said Inkles.

Additional sponsors for the Stony Brook Film Festival include Campolo, Middleton & McCormick, LLP; Suffolk County; Altice Media; and WLIW21.

Ticket information

All screenings are held at Stony Brook University’s Staller Center for the Arts, 100 Nicolls Road, Stony Brook in the 1,000-seat Main Stage theater.

Individual tickets are $15 per person, $13.50 seniors. There is also a Flex Pass ($75), Regular Pass ($100), and Gold Pass ($250). All festival pass types come with guaranteed priority seating, Q&As with filmmakers, discounts, and other perks at partner locations, as well as a festival gift. Tickets may be purchased at stonybrookfilmfestival.com/pass.

To learn more about the different Film Festival options and their benefits, call the box office at 631-632-2787 or visit www.stonybrookfilmfestival.com.

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Email your calendar listings to leisure@tbrnewspapers.com

'The NeverEnding Story' returns to the big screen

Fathom Events and Warner Bros. Pictures celebrate the 40th anniversary of the beloved 1984 fantasy epic The NeverEnding Story by bringing it back to select theaters nationwide on Saturday, July 21 and Sunday, July 22.

The film tells the story of a young boy named Bastian who, on his way to school one day, ducks into a bookstore to avoid bullies. Sneaking away with a book called “The NeverEnding Story,” Bastian begins reading it in the school attic. The novel is about Fantasia, a fantasy land threatened by “The Nothing,” a darkness that destroys everything it touches. The kingdom needs the help of a human child to survive.

When Bastian reads a description of himself in the book, he begins to wonder if Fantasia is real and needs him to survive.

Oscar®-nominated filmmaker Wolfgang Petersen directs this unforgettable adventure starring Barret Oliver, Gerald McRaney, Tami Stronach, Noah Hathaway, and Deep Roy, and boasting landmark practical creature effects and whimsical set designs.

Each screening will include an exclusive introduction by legendary film critic and historian Leonard Maltin, exploring the visionary tale’s enduring appeal that continues to captivate new generations of filmgoers.

Locally the film will be screened at AMC Loews Stony Brook 17, Island 16: Cinema de Lux in Holtsville, Showcase Cinema de Lux in Farmingdale, and Regal UA in Farmingdale.

To order tickets in advance, visit www.fathomevents.com.
BYE BYE BIRDIE

At Argyle Theatre now through September 1, 2024
Directed / Choreographer Jen Wineman - Musical Direction by Jonathan Brenner

Long Island’s ARGYLE THEATRE Announces the cast for

BYE BYE BIRDIE

At Argyle Theatre now through September 1, 2024

By Jen Wineman, associate director and choreographer Rebecca Fraizier, with musical direction by Jonathan Brenner. Performances began on July 11, 2024 and will run through September 1, 2024; the opening night was celebrated on Saturday, July 13, 2024.

A loving send-up of the 1950s, small-town America, teenagers, and rock & roll, Bye Bye Birdie remains as fresh and vibrant as ever. Teen heartthrob Conrad Birdie has been drafted, so he chooses All-American girl Kim MacAfee for a very public farewell kiss. Featuring a tuneful high-energy score, plenty of great parts for teens, and a hilarious script, Birdie continues to thrill audiences around the world.

The cast is led by Brian Owen* (Off-Broadway: Dog Man, The Musical) as Albert Peterson, Sonia Roman* (Off Broadway: Cat Kid Comic Club) as Rosie Alvarez, John Drinkwater (54 Below) as Conrad Birdie, Allen Lewis Rickman* (Broadway: Relatively Speaking) as Mr. McAllister, Deb Radloff* as Mrs. McAllister, Haley Root (Regional: Ragtime) as Haley McAllister, Bevin Bell-Hall (Off Broadway: Everyone’s A Hero …) as Mae Peterson, Jackson Parker Gill and Oliver Cirelli as Randolph, Randie Ford (Regional: Beautiful: The Carole King Story) as Hugo, With the ensemble Leah Cecilia Wilson (Regional: Once on This Island), Steven Klenk (National Tour: Euphoria), Amy Smith (National Tour: Anastasia), Jessie Grimaldo (Regional: R&H’s Cinderella), Ben Marshall, Abbas Lyman (Mudville), Kianna Kelly-Futch (Forget Me Not), Austin Wicke (Regional: Frozen), Mikey Evangelista (Regional: Titanic: The Musical), Mundo Ballejos (Regional: SpongeBob The Musical), and Madeline Falco (National Tour: Peter Cat).

NOW ON SALE, tickets for BYE BYE BIRDIE may be purchased online at www.argyletheatre.com or by calling (631) 230-3500. For group rates, please contact Marty Rubin, Director of Sales, at Marty@ArgyleTheatre.com.

The Jazz Loft acquires memorabilia from Larry Conley, composer of 'A Cottage for Sale'

The Jazz Loft, 275 Christian Ave., Stony Brook, recently acquired a vast collection of memorabilia from composer Larry Conley (November 29, 1895 - February 29, 1960), best known for his composition “A Cottage for Sale,” which has been recorded by more than 50 artists, including Frank Sinatra, Nat King Cole, Tony Bennett and others. Conley wrote the lyrics to the song and the music was composed by Willard Robison.

The acquisition, which was donated by Conley’s son-in-law and Jazz Loft patron Bob Lang, includes master acetates from original songs dating back to the 1920’s, original concert programs, letters, songwriting contracts, and a wealth of research material compiled over many decades by Bob. The acquisition also included funding for the care and maintenance of the collection.

“We are elated to get this collection and to honor Bob Lang in the process,” said The Jazz Loft Founder Tom Manuel. “Bob was a loyal patron and supporter of The Jazz Loft. He was one of those extra special people with an encyclopedic knowledge of the history of the music. Talking to Bob was like hanging with a star musician who had been around for it all. I’m especially honored that he so appreciated The Jazz Loft and especially honored to have had the opportunity to be his friend.”

A former resident of Port Jefferson, Bob Lang died in 2022.

The story of Bob’s fascination for all things Larry Conley has its roots in a sweet love story. Bob’s wife, Hope Conley, was Larry’s daughter. She was orphaned at the young age of 16. While Hope was left with royalties from her father’s work, she did not know much about his illustrious career as a songwriter and musician. But Bob changed all of that. After the couple was married in 1966, he launched his “detective career,” looking into “all things Larry Conley.”

“Bob helped Hope to uncover resources and family members that she did not know she had,” said Virginia Tanner, who knew Bob for many years prior to his death in 2022. “Bob helped her to retrace her father’s life. They visited the town where he was born, followed research trials throughout the mid-west and eventually to St. Louis. It was there that they discovered the venues where he played, from the steamboats to the night clubs, to the theaters, to the homes of his musical collaborators. They even struck up friendships with the remaining families, exchanging Christmas cards until Bob’s last days.”

In St. Louis, Bob and Hope visited the offices of the musician’s union and found Conley’s application for his union card. Conley had a nightclub that underwent many changes from the late 20’s to the 1990’s and beyond, according to Virginia. The couple joined the New York City Sheet Music Society where Hope got to meet contemporaries of her father.

“Singers and songwriters who had known and played with Conley told them story after story, lead after lead to chase down sheet music, old records, test pressings and more,” said Virginia. “Bob was an impeccable researcher who followed every lead until he could prove it or discard it.”

Hope passed away in 2001, but Bob never stopped working on Larry’s story. The Conley music rights are now in the hands of Hope’s half-sister, Joy’s family and Larry Conley’s great grandson, Ryan.

Throughout the years, Bob and Hope amassed a tremendous collection of Larry Conley memorabilia. After Bob’s death in 2022, the collection was given to The Jazz Loft, where he had spent many enjoyable evenings listening to music. The hit song “A Cottage for Sale” remains a favorite of musicians. Willie Nelson recorded it in 2021 for his Frank Sinatra tribute album “That’s Life.”

The Larry Conley collection will be on display in the Fall of 2024 at The Jazz Loft. For more information, visit www.thejazzloft.org.
New York Cancer & Blood Specialists opens new state-of-the-art facility in Port Jefferson Station

New York Cancer & Blood Specialists (NYCBS), recently opened a new state-of-the-art comprehensive cancer center at 1500 Route 112, Building 1. The center is approximately 18,000 square feet and just across the parking lot from its previous location in Building 1.

“Our new facility represents a significant step forward in our mission to deliver world-class cancer care,” said Dr. Jeff Vacirca, Chief Executive Officer of NYCBS. “With this new space, we can see even more patients, ensuring everyone receives the timely and comprehensive care they need. This move allows us to provide integrated, patient-centered care in a modern and comfortable setting, reflecting our dedication to improving patient outcomes and experiences.”

According to a press release, the new facility, equipped with cutting-edge technology and expanded services, is designed to enhance patient care and comfort. NYCBS’s experienced oncologists will continue to provide comprehensive cancer care using the latest advancements. The new facility increases capacity, with 33 infusion chairs and 26 exam rooms, ensuring reduced wait times for timely and efficient treatment.

The advanced radiology department offers precise diagnostic imaging, featuring a 64-slice EVO CT scanner and ultrasound capabilities. A unique and significant feature of the new facility is the dedicated wellness suite, established through a partnership with Mondays at Racine. This suite provides free services to patients, such as oncology massage, skincare, and beauty treatments, to support their overall well-being.

For more information, visit nycancer.com or call 631-751-3000.

Dr. Jahan Aghalar named among best prostate cancer Oncologists

New York Cancer & Blood Specialists has announced that Dr. Jahan Aghalar has been recognized as one of Newsweek’s America’s Best Prostate Cancer Oncologists for 2024. This prestigious honor is part of Newsweek’s first annual ranking of America’s Best Prostate Cancer Oncologists & Surgeons, conducted in partnership with Statista.

“We are incredibly proud to have some of the best physicians and disease-specific specialists in the Nation, dedicated to providing world-class cancer care,” said Dr. Jeff Vacirca, Chief Executive Officer of NYCBS. “Dr. Aghalar’s recognition is a reflection of our commitment to excellence and our relentless pursuit of advancing cancer treatment.”

“I am deeply honored to be named among America’s Best Prostate Cancer Oncologists by Newsweek,” said Dr. Aghalar. “This recognition is a testament to the collaborative efforts of my colleagues and the unwavering support from New York Cancer & Blood Specialists. Together, we strive to provide our patients the highest standard of care.”

Dr. Aghalar specializes in malignancies originating from the genitourinary tract, specifically prostate, bladder, kidney, and testicular cancers. For more information, visit nycancer.com or call 631-751-3000.

Mather Hospital opens Epilepsy Monitoring Unit (EMU)

Mather Hospital, 75 North Country Road, Port Jefferson has opened a special monitoring unit for individuals with epilepsy. Patients will come in for multi-day admission and will undergo continuous video electroencephalography (EEG), which will allow the healthcare team to make a more accurate diagnosis and treatment recommendations.

Consisting of four single beds in the hospital’s 3 North patient unit, the Epilepsy Monitoring Unit (EMU) is staffed by epileptologists, neurologists, nurses, hospitalists, and EEG technicians. The unit is headed by Usman Mirza, MD, who completed his residency in neurology and a fellowship in EEG/Epilepsy, both at Hofstra Northwell School of Medicine.

“The Epilepsy Monitoring Unit is very important in the optimal evaluation and management of patients living with epilepsy and suffering from seizure-like events,” Dr. Mirza said. “Studies show that longer video EEG recordings increase the chances of capturing brain wave abnormalities. Furthermore, the data obtained about their seizures/events can be a vital learning tool for patients and families to be better prepared and to play a stronger role in their treatment plans.”

Video EEG uses a video camera and recorder to track brain wave activity during and between seizures so doctors can review and analyze what happens when the patient has a seizure and determine the best course of treatment. Other times, patients who may be having seizure-like events benefit from being evaluated in the EMU to clarify diagnosis and guide management.

Referrals to the unit will be made by a neurologist or other healthcare providers in consultation with neurology.

“This new program is another example of how Mather Hospital embraces innovative ways to raise the health of the community and exceed expectations of what healthcare should be,” said Kevin McGeachy, Executive Director.

Comings and goings

Stop & Shop to close 4 locations on Long Island

Ahold Delhaize’s U.S. brand, Stop & Shop, has announced the next steps in its plans to position the company for growth in a July 12 press release.

“In addition to continuing to make investments in price and the customer experience as part of its growth strategy in its markets, Stop & Shop will close 32 underperforming stores by year-end. Following the closures, Stop & Shop will continue to have a strong presence across its five-state footprint with more than 350 stores. Stop & Shop associates at impacted locations will be offered other opportunities within the company,” read the release.

Stores slated for closure on Long Island include Coram, East Meadow, Greenvale and Hempstead. All impacted stores are anticipated to close on or before Nov. 2 of this year.

“Stop & Shop is proud of the deep roots and community ties we have developed as a neighborhood grocer of more than 100 years, and we remain committed to nourishing our associates, customers and communities,” said Gordon Reid, President, adding that the company will communicate specific store closing dates to local customers well in advance of any store closures.

Teachers Federal Credit Union heads to Holbrook

Teachers Federal Credit Union, has announced the upcoming opening of its newest branch in The Shops at SunVet, 5801 Sunrise Highway in Holbrook. Set to open in 2025 as part of the highly anticipated redevelopment of the existing SunVet Mall shopping center, this will be the newest branch Teachers Federal Credit Union will open since expanding its branch presence to Florida last year.

“Opening our next branch at The Shops at SunVet aligns with our commitment to enhancing the financial well-being of our members and supporting the communities we serve,” said Brad Calhoun, President and CEO. “We are excited to continue to share the value of a Teachers Federal Credit Union membership with more people in New York and across the country.”
We Help You Navigate To Optimal Health

Look At What Patients Are Saying!

Arthritis
I have no joint pain in my body anymore – what a huge difference!!! I can get up off the floor with no pain, walk up and down stairs with no pain and can do the leg press for 2 minutes at a time without pain. I am without pain!!!!
Female, age 86

Weight loss and Cravings
I was unaware of the amount of sugar I was consuming. Once it was brought to my attention, I was able to change. I knew your program was good and the suggestions were working for me. I am very happy not having as much added sugar and instead getting my sugars from unlimited amounts of fruits.
Male, age 69

Thyroid - Parathyroid
My PTH (parathyroid hormone) numbers dropped drastically. It was 162 in September, now it is 57, which is in the normal range. The endocrinologists wanted me to get surgery, but now they don’t!!! Thank you for guiding me and encouraging me to drink green smoothies daily and believing a change would come. Looks like it made a difference!!
My thyroid nodule decreased in size by half on ultrasound, and there was no enlargement of my parathyroid gland! Yayyy. No surgery for me!!!
Female, age 57

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Dr. Dunaief builds a customized plan for each patient - he knows that “no body is the same.”
Does light to moderate drinking protect women's health?

BY DAVID M. DUNAIEF, MD

It was also shown in the Nurses’ Health Study that drinking three to six glasses a week increased the risk of breast cancer modestly over a 28-year period (6). This study involved over 100,000 women. Even a half-glass of alcohol was associated with a 15 percent elevated risk of invasive breast cancer. The risk was dose-dependent, meaning the more participants drank in a day, the greater their risk increase. In this study, there was no difference in risk by type of alcohol consumed, whether wine, beer, or liquor.

Based on what we think we know, if you are going to drink, a drink a few times a week may have the least impact on breast cancer. According to an accompanying editorial, alcohol may work by increasing the levels of sex hormones, including estrogen, and we don’t know if stopping diminishes this effect (7).

Does alcohol affect stroke risk?

On the positive side, an analysis of over 83,000 women in the Nurses’ Health Study demonstrated a decrease in the risk of both ischemic (caused by clots) and hemorrhagic (caused by bleeding) strokes with low to moderate amounts of alcohol (8). Those who drank less than a half-glass of alcohol daily were 17 percent less likely than nondrinkers to experience a stroke. Those who consumed one-half to one-and-a-half glasses a day had a 23 percent decreased risk of stroke, compared to nondrinkers.

However, women who consumed more experienced a decline in benefits, and drinking three or more glasses daily resulted in a non-significant increased risk of stroke. The reasons for alcohol’s benefits in stroke have been postulated to involve an anti-platelet effect (preventing clots) and increasing HDL (“good”) cholesterol. Patients should not drink alcohol solely to get stroke protection benefits.

If you’re looking for another option to achieve the same benefits, an analysis of the Nurses’ Health Study recently showed that those who consumed more citrus fruits had approximately a 19 percent reduction in stroke risk (9). The citrus fruits used most often in this study were oranges and grapefruits. Note that grapefruit may interfere with medications such as Plavix (clopidogrel), a commonly used antiplatelet medication used to prevent strokes (10).

Where does this leave us?

Moderation is the key. It is important to remember that alcohol is a drug, and it does have side effects. The American Heart Association recommends that women drink no more than one glass of alcohol a day. Less is better.

For those at high risk of breast cancer, consider foregoing alcohol.

The stroke benefit is tiny, and in some studies, non-existent. Therefore, it’s better to err on the side of caution and minimize your intake.

If you choose to forgo alcohol, the good news is that there are many more appealing, non-alcoholic beverages on the market than there have been in the past.

References:


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

Church to host Chicken BBQ

Mt. Sinai Congregational Church, UCC, 233 North Country Road, Mt. Sinai will host a Chicken BBQ on Saturday July 27 from 3 to 6 p.m. Catered by Tuscany Market, the meal includes 1/2 chicken, corn salad, potato salad, and corn bread for $19.99. Popular, traditional, and some original music will be provided by Eddie & Bob, Bluegrass Buddies, and Hunter Ciazzo. Bring a chair, wear and enjoy vendors, raffles and more. For more information including being a vendor at this event, call 631-331-2535.

Greenway Trail Cleanup

Three Village Community Trust’s Friends of the Greenway will host its monthly cleanup of the Greenway Trail on Saturday, July 21 starting at 9 a.m. in the Port Jefferson Station trailhead parking lot off Route 112 next to Port Jeff Bowl. Come help keep our community gem clean for the summer. Questions? Email cfmcateer@gmail.com.

Goat & Alpaca Yoga Night

Join the Smithtown Historical Society, 211 E. Main St., Smithtown on Wednesday, July 24 for a 45 minute session of yoga with friendly, interactive goats and alpacas from 5:30 to 6:30 p.m. and again from 6:45 to 7:45 p.m. Tickets are $35 per person. Please bring a yoga mat. Registration required via Eventbrite. For more information, call 631-265-6768.

Chicken Hill BBQ Fundraiser

Tickets are now on sale for the Three Village Community Trust’s 9th annual Chicken Hill BBQ, a genuine old-fashioned country picnic to be held at the Bruce House, 148 Main St., Setauket on Saturday, Aug. 17 at 4 p.m. Titled Celebrating a Special Time and Place in Our Past, the event will feature delicious food, live music by the Rum Dogs, house tours, basket raffles, chicken races and more with special guests Hub and Nellie Edwards. Tickets are $30 adults in advance ($40 at the door); children ages 5 to 12 $10; children under the age of 5 are free. Rain date is Aug. 18. Proceeds benefit the Trust’s ongoing restoration projects. To order tickets, visit threevillagecommunitytrust.org. 631-689-0225

Volunteers wanted

The Smithtown Historical Society seeks volunteers ages 18 and older to assist with special events. Volunteering is a great way to get involved in your community while making new friends. For more information including being a vendor at this event, call 631-331-2535. See more calendar listings on page B14.
What does it mean to be rich?
Maybe it’s less about a magic number and more about discovering the magic in life.

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Famous Firsts

CLUES ACROSS
1. Croat or Moravian, e.g.
5. Paid player
8. Not Miss or Ms.
11. First-rate
12. Mattress with memory?
13. Be of use
15. "It's time!" signal
16. ____-de-camp
17. Like an unhealthy dog
18. *First one to circumnavigate globe, almost
20. March Madness org.
21. Bring upon
22. Orange Lavaburst drink
23. *Rita ____ first Latina to win Academy Award
26. Winter rides, in Russia
30. Brewery order
31. Unties or unbuttons
34. Nearly
35. One born to Japanese immigrants
37. Good times
38. Rheumy
39. Tel ____ Israel
40. Bequeath
41. Once known as
43. West African country
45. *Chuck ____ first to break speed of sound
47. Genetic info carrier, acr.
48. City near D sseldorf
50. Short for Dorothea
52. *First artificial satellite (2 words)
55. Clay and silt deposit
56. Marine eagle
57. Mercantile establishment
59. Singer Piaf
60. Concert series
61. Indian nursemaid
62. Craggy peak
63. Little troublemaker
64. Solitary

CLUES DOWN
1. Give in to gravity
2. Weaver’s apparatus
3. The “I” in “The King and I”
4. Carrots or peas, slangily
5. French soldier in WWI
6. Speed gun
7. *First horror film about Damien Thorn, with The
8. Supernatural life force
9. Capital of Latvia
10. Canny
12. Han Solo’s "Millennium ____"
13. Prenatal test, for short
14. *The first one helped combat smallpox
19. Tedium
22. 120 mins.
23. 8 Down, pl.
24. Martini garnish
25. Pine product
26. Midterm, e.g.
27. a.k.a. Tibetan wild ass
28. Feel the same
29. Timider
32. Deadly challenge
33. Military moves
36. *Mount first conquered by Hillary and Norgay
38. 10 to 12-year-old
40. Ewe’s cry
41. Half-shell delicacy
44. Grind with teeth
46. Fauna member
48. Erasable programmable read only memory
49. Break of day
50. List of chores
51. Prince of Wales to King
52. Searching for E.T. org.
53. Boxer’s last blow
54. Azerbaijan’s southern neighbor
55. " ____ the wild rumpus begin!"
58. " ____ one and only"

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

* THEME RELATED CLUE

SUDOKU PUZZLE

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

Answers to this week’s puzzles will appear in next week’s newspaper.
Have you ever thought about the ways that our country might change if everybody voted? If all the citizens, young and old, could register their opinions by going to the polls? Where could we start to make that happen?

It has been estimated that by February 2024 a total of 91,089 New York State teens have pre-registered to vote, an increase of 11.4% since February 2023. The Civics Center (www.thecivicscenter.org) pointed out that represents fewer than 20% of the state's age-eligible teens (New York State allows teens to pre-register at 16, although they do not vote until they are 18).

We commend NYS Senator Shelley Mayer from White Plains for writing legislation, New York State Election Law 5-507, signed by Governor Hochul, requiring NYS high schools and boards of education to adopt policies and procedures by July 1, 2024, to promote student registration. Schools are asked to provide registration access, information and assistance during the school year.

In school districts in New York State, students may work to earn a Seal of Civic Readiness. They learn how to identify and address problems in their community or school and earn at least two points in Civic Knowledge and two points in Civic Participation. Students may also earn points by completing a middle school Capstone project or a high school Capstone project.

What other methods have high schools and colleges found to be successful in increasing voter registration? In many schools a Civics Day in high schools and middle schools highlights the importance of voting and preparing to vote. In many schools, social studies teachers plan their curriculum around the importance of voting, and offer opportunities to register in school. Many college students arrive at their school already registered.

But for many students, voting is too abstract. They are more likely to register if they see evidence that their vote might address a problem that they know of. Generation Citizen, a nonprofit organization that works with schools, has been successful in leading student efforts to pinpoint problems in their school or community and find ways to correct them. The students research the source of the problem, and possible solutions, sharing their findings with the student body and faculty. Most often they learn which public officials could help them, and how to reach them.

They learn that they can contribute to a better environment for their school or community through their study and actions, and show other students that they can make a difference. The students in the Patchogue-Medford High School were successful in adding sidewalks in front of their high school.

Most important, perhaps, are efforts to involve young people in speaking up about issues that affect the residents in their community. For instance, a Youth Advisory Board was formed in Islip in 2022 to address the pressing issue of youth disengagement in Brentwood, Central Islip, and North Bay Shore.

Led by the board of their peers, they have held Youth Town Halls to address the issues of climate change and climate justice, and advocated for a local skate board park. Recently, knowing that many college students from families with low incomes rely on the New York State TAP (Tuition Assistance Program), they led, and won, a campaign to raise the TAP stipends each year.

Gathering support from other students by working through social media, they made contact with NYS Assemblymembers Phil Ramos and Patricia Fahy and NYS Senator Monica Martinez, convincing the state legislators to raise the family eligibility level for TAP from $80,000 to $125,000 and the amount of the awards to at least $1000. In May, the Youth Advisory Board partnered with the NYS Higher Education Services Corporation to present information on the TAP program at a Youth Town Hall meeting at Brentwood High School.

In each of our communities we need to reach out to the members of the Board of Education to remind them that we support more civic education in our schools, especially the New York State recommendation that schools find ways to encourage and provide registration opportunities for eligible students.

Nancy Marr is Vice-President of the League of Women Voters of Suffolk County. For more information, call 631-862-6860.

Let's find more ways to encourage our youth to vote
STALLER CENTER FOR THE ARTS 29TH ANNUAL

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- Todd Wider

“Stony Brook Film Festival is an incredibly well-curated and intelligent Festival. Supremely well-run and organized, each film is shown once in a giant, state-of-the-art theater to a routinely packed crowd... Don’t miss this festival!”
- Todd Wider

“You run a helluva festival at Stony Brook. When there is such a passion as you engender, you cannot but be affected by it.”
- Brian Cox

SCHEDULE JULY 18 - 27

THURS 7/18
OPENING NIGHT
7:00 pm
S) Chauncey (11)
F) The Blond Boy from the Casbah (126)
OPENING PARTY
For Gold passholders & filmmakers only.

SUN 7/21
7:00 pm
S) The Grievance (8)
F) SPECIAL SNEAK PREVIEW (116)
9:30 pm
S) Revived (16)
F) Month to Month (88)

MON 7/22
7:00 pm
S) Where We Belong (15)
F) Marguerite's Theorem (112)
9:30 pm
S) In the Night (13)
F) Excursion (93)

THURS 7/25
7:00 pm
S) Mimesis (20)
F) MasterGame (91)
9:30 pm
S) Bible Camp (13)
F) Daughter of the Sun (106)

FRI 7/26
7:00 pm
S) The Overlook (19)
F) After the Fire (98)
9:30 pm
S) On the paths awakened (13)
F) A Real Job (102)

SAT 7/27
CLOSING NIGHT
7:00 pm
S) If (26)
F) One Million Minutes (124)
9:30 pm
Closing Night Awards
CLOSING PARTY
For Gold passholders & filmmakers only.

FRI 7/19
7:00 pm
S) Iron Lung (12)
F) The Queen of My Dreams (97)
9:30 pm
S) Detox (9)
F) Humanist Vampire Seeking Consenting Suicidal Person (90)

SAT 7/20
7:00 pm
S) The Hope Chest Has a Secret Drawer (15)
F) The Strangers' Case (103)
9:30 pm
S) Two Cents & A Footlong (11)
F) Take a Chance on Me (104)

TUES 7/23
7:00 pm
S) xevia (12)
F) Medihia (90)
9:30 pm
S) [subtext] (11)
F) Running on Sand (104)

S) SHORT F) FEATURE
Shorts play first at screening times. Running times are in parentheses. Later movie start times are approximate as Q&A sessions may delay the start of the following films.

Many of these films have not yet been rated. All titles, dates, and times are subject to change. The Stony Brook Film Festival is produced by the Staller Center for the Arts at Stony Brook University.

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(631) 632-ARTS [2787]
'Legally Blonde' at the Engeman is a hit

BY JULIANNE MOSHER

Get your pink blazer on and swipe on some lip gloss for the John W. Engeman theater in Northport's latest production of Legally Blonde The Musical.

Based on the 2001 hit movie starring Reese Witherspoon, the 2007 Broadway musical, written by Heather Hach, hints to a lot of the famous movie moments and quotes, but certainly has its own identity and it's just as good at as the famous 00's comedy.

But it couldn't have gained the standing ovation it received on the theater's opening night if it weren't for the talented cast and crew who took on quite a challenge with Jay Gamboa's choreography and direction from Trey Compton.

The show starts out with a simple stage design, headed by Kyle Dixon, of a Delta Nu doorway at Elle Woods' (Emma Flynn Bespolka) UCLA sorority house. There, we meet her best friends and sorority sisters, Margot (Lara Hayhurst), Serena (Juliana Lamia) and Pilar (Bridgette Carey) who are writing out a congratulations card for Elle who thinks she's getting engaged to her boyfriend, Warner Huntington III (Nathan Haltiwanger).

The girls, dressed in their best 2000s-styled clothes (low rise jeans, a lot of color and bedazzles) learn from Elle's dog, Bruiser, (Little Ricky and Cha Cha), that the soon-to-be bride is at the mall finding the most perfect dress. Always on cue with his scripted barks, jumps and licks, Bruiser with his minimal appearances had the audience in awe at what a good boy he is under the stage lights.

After finding the perfect outfit, hair done and makeup on, Elle meets Warner at a restaurant where he tells her he wants to bring her sunny California personality to the gloomy New England university, while also trying to woo her ex back into her life (and dealing with his judgmental and jealous new girlfriend). The musical brings the iconic stage lights.

Throughout the rest of Act I, we see Elle struggle with acceptance as she tries to bring her sunny California personality to the gloomy New England university, while also trying to woo her ex back into her life (and dealing with his judgmental and jealous new girlfriend). The musical brings the iconic stage lights.

Two weeks of mourning of her idea of marriage falling apart, Elle decides to follow Warner to Harvard Law School. Although she has a degree in fashion merchandising from UCLA, with the financial help of her wealthy parents (Emily Bacino Althaus and Matt DeNoto), and a fantastic cheerleading-inspired live dance performance at Harvard clad in glitter and pink, she (shockingly) gets in and heads to the east coast. What, like it's hard?

At Harvard, she introduces herself to her classmates, Emmett (Quinn Corcoran), Aaron (Christian Melhuish), Sundeen (Yash Ramanujam) and Enid (Haley Izuirieta), as a Gemini who once told Beyonce that orange is definitely not the new pink. Everyone except for Emmett doesn't take her seriously and backs away, heading to the tough Professor Callahan's class (James D Sasser) where Elle learns Warner is dating a true "Jackie," Vivienne Kensington (Nicole Fragala).

So, don't object to this great opportunity and see for yourself what a great play this is.

The John W. Engeman Theater, 250 Main St., Northport presents Legally Blonde The Musical through August 25. The Main Stage season continues with the murder mystery Clue from Sept. 12 to Oct. 27. Tickets range from $80 to $95. To order, call 631-261-2900 or visit www.engemantheater.com.

HOROSCOPES OF THE WEEK

CANCER – Jun 22/Jul 22
Right now you have to take a leap of faith if you really want to grow, Cancer. Take a trip somewhere you’ve never visited, learn a new language, or make an effort to meet new people.

LEO – Jul 23/Aug 23
Leo, although you might want to keep your aspirations to yourself, it is helpful if you run your ideas past a few trusted people to see if their enthusiasm mirrors your own.

VIRGO – Aug 24/Sept 22
Virgo, you can certainly proceed according to logic, but you might be better off trusting your gut for the time being. It rarely steers you wrong with the bigger things in life.

LIBRA – Sept 23/Oct 23
Libra, people from all corners will come together to help you out, just when you need it most. Now you will get to realize those people who truly support you.

SCORPIO – Oct 24/Nov 22
Scorpio, you have been sitting on certain information for a while and are not sure when you will reveal it. You’ll know the right time when it comes around.

SAGITTARIUS – Nov 23/Dec 21
Sagittarius, even if your love life has been a little lackluster, you can rest assured that things will be flowing anew very soon. It’s time to rekindle those feelings of love and affection.

CAPRICORN – Dec 22/Jan 20
Now isn’t a good time to think you can fake your emotions, Capricorn. Others will see right through you and your mind quite easily. It’s better to be honest and open.

AQUARIUS – Jan 21/Feb 18
Someone you haven’t spoken to in a while might be on your mind, Aquarius. This might be the right time to bridge the gap and open lines of communication.

PISCES – Feb 19/Mar 20
Pisces, it can be difficult to delegate to others and not handle everything yourself. But you have to trust in others and support them if you want them to learn and grow.

ARIES – Mar 21/Apr 20
Aries, show off your true colors and let others see who you are and what makes you tick. You are given the spotlight right now to shine and get noticed even more.

TAURUS – Apr 21/May 21
The full equation may not be revealed this week until you start to unravel some of the pieces, Taurus. You will need to remain patient as the process plays out.

GEMINI – May 22/Jul 21
Gemini, you are discovering more people you can trust and who have your best interests at heart. Continue to surround yourself with these winning individuals.
Celebrate International Cake Day this weekend

BY HEIDI SUTTON

Citrus cakes are perfect for the summer and what better day to make one of the following recipes than on July 20, International Cake Day!

This Orange Butter Sponge Cake enhances every party’s dessert course with the sweet and tangy combination of citrus and bitters while this fragrant and moist Orange Juice Pound Cake flavored with freshly squeezed orange juice and orange zest is a proven winner!

**Orange Butter Sponge Cake**

*Recipe courtesy of Angostura Bitters*

**YIELD:** Makes 2 cakes

**INGREDIENTS:**
- 8 ounces butter, plus for buttering pan
- 2 cups cake flour, plus for flouring pan
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 2 cups granulated sugar
- 4 large eggs
- 1 teaspoon vanilla
- 1 tablespoon Angostura orange bitters
- 1 cup freshly squeezed orange juice
- powdered or extra-fine sugar, for dusting

**DIRECTIONS:**
Heat oven to 350° F. Butter and flour two 9-inch cake pans. Sift flour three times and add baking powder and salt. Set aside.

With electric mixer, cream butter and sugar until light and creamy, about 10 minutes. Add eggs one at a time, beating well between additions. Add vanilla and orange bitters.

Divide flour mixture into four portions. Set electric mixer on medium low and add flour alternately with orange juice, starting and ending with flour. Mix just until incorporated after each addition.

Divide batter evenly between cake pans and bake 35-40 minutes, or until cake pulls away from sides of pans. Remove from oven and cool 5 minutes in cake pans before turning out. Sprinkle with powdered sugar.

**Orange Juice Pound Cake**

**YIELD:** Makes 1 cake

**INGREDIENTS:**
- 1 cup (2 sticks) unsalted butter, softened
- 1 1/2 cups sugar
- 4 eggs
- 1 tablespoon orange zest
- 1 teaspoon vanilla extract
- 3 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup fresh orange juice
- Powdered sugar

**DIRECTIONS:**
Preheat oven to 350 F. Grease a 10-inch Bundt pan. Beat butter and sugar until fluffy. Add eggs, one at a time. Add orange zest and vanilla extract. In a medium bowl, combine flour, baking powder, baking soda and salt. Add to creamed mixture alternately with orange juice. Beat 2 more minutes. Spoon batter into pan. Bake for 55 minutes or until cake tester inserted near the center comes out clean. Cool in pan for 10 minutes, then remove cake from pan onto rack to cool completely. Sprinkle with powdered sugar just before serving.

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**STORE HOURS:** MON.-FRI. 8am-7pm • SAT.-SUN. 8am-6pm
By Daniel Dunaief

When he was young, Simon Birrer asked his parents for a telescope because he wanted to look at objects on mountains and hills.

Knowledge Seekers

While he was passionate about science and good at math, Birrer didn’t know at the time he’d set his sights much further away than nearby hills or mountains in his professional career.

An Assistant Professor in the department of Astronomy and Physics at Stony Brook University, Birrer uses telescopes that generate data from much further away than nearby hills as he studies the way light from distant galaxies bends through a process called gravitational lensing. He also works to refine a measure of the expansion of the universe.

“All matter (including stars in galaxies) are causing the bending of light,” Birrer explained in an email. “From our images, we can infer that a significant fraction of the lensing has to come from dark (or more accurately: transparent) matter.”

Dark matter describes how a substance of matter that does not interact with any known matter component through a collision or pressure or absorption of light is transparent.

While they can’t see this matter through various types of telescopes, cosmologists like Birrer know it’s there because when it gets massive enough, it creates what Albert Einstein predicted in his theory of relativity, altering spacetime. Dark matter is effectively interacting with visible matter only gravitationally.

Every massive object causes a gravitational effect, Birrer suggested.

When a single concentration of matter occurs, the light of a distant galaxy can produce numerous images of the same object. Scientists take several approaches to delens the data. They rely on computers to perform ray-tracing simulations to compare predictions with the astronomical images.

The degree of lensing is proportional to the mass of total matter.

Birrer uses statistics and helps draw conclusions about the fundamental nature of the dark matter that alters the trajectory of light as it travels towards Earth.

He conducts simulations and compares a range of data collected from NASA Hubble and the James Webb Space Telescope. Hubble constant

Beyond gravitational lensing, Birrer also studies and refines the Hubble constant, which describes the expansion rate of the universe. This constant that was first measured by Edwin Hubble in 1929.

An accurate and precise measurement of the Hubble constant will provide us empirical guidance to questions and answers about the fundamental composition and nature of the universe,” Birrer explained.

During his postdoctoral research at UCLA, Birrer helped develop a new “formalism to measure the expansion history of the universe accounting for all the uncertainty,” Tommaso Treu, a Vice Chair for Astronomy at UCLA and Birrer’s postdoctoral advisor. “These methodological breakthroughs lay the foundation for the work that is being done today to find out what is dark matter and what is dark energy,” which is a force that causes the universe to expand at an accelerating rate.

Treu, who described Birrer as “truly outstanding” and one of the best postdocs I have ever interacted with” in his 25-year career, suggested that his former student was relentless even after impressive work.

Soon after completing a measurement of the constant to two percent precision, Birrer started thinking of a “way to redo the experiment using much weaker theoretical assumptions,” Treu wrote in an email. “This was a very brave thing to do, as the dust had not settled yet on the first measurement and he questioned everything.

The new approach required considerable effort, patience and dedication.

Birrer was “motivated uniquely by his intellectual honesty and rigor,” Treu added. “He wanted to know the answer and he wanted to know if it was robust to this new approach.”

Indeed, researchers are still executing this new measurement, which means that Treu and others don’t know how the next chapter in this search. This approach will, however, lead to greater confidence in whatever figure they find.

Larger Collaborations

Birrer is part of numerous collaborations that involve scientists from Europe, Asia, and Middle and South America.

He contributes to the Legacy Survey of Space and Time (LSST). A planned 10-year survey of the southern sky, the Vera C. Rubin Observatory is under construction in northern Chile.

The Simonyi Survey Telescope (SST) at the observatory will survey half the sky every three nights. It will provide a movie of that part of the sky for a decade.

The telescope and camera are expected to produce over 5.2 million exposures in a decade. In fewer than two months, a smaller commissioning camera will start collecting the first light. The main camera will start collecting images within a year, while researchers anticipate gathering scientific data in late next year or early in 2026. The LSST is expected to find more strong gravitational lensing events, and in particular strongly lensed supernovae, than any prior survey.

Birrer is the co-chair of the LSST Strong Lensing Science Collaboration and serves on the Collaboration Council of the LSST Dark Energy Science Collaboration.

Birrer is also a part of the Dark Energy Survey, which was a predecessor to LSST. Researchers completed data taking a few years ago and are analyzing that information.

From mountains to the island

Born and raised in Lucerne, Switzerland, Birrer, who speaks German and the Swiss dialect, French and English, found physics and sociology appealing when he was younger.

“I was interested in how the world works,” he said.

While attending college at ETH Zurich in Switzerland, he became eager to address the numerous unknown questions in cosmology and astrophysics.

“How little we know about” these fields “dragged me in that direction,” said Birrer.

An avid skier, mountaineer and soccer player, Birrer bikes the five miles back and forth to work from Port Jefferson.

In addition to adding a talented scientist, Stony Brook also brought on board an effective educator.

Birrer is “knowledgeable and caring, patient and at the same time, he knows how to challenge people to achieve their best,” Treu explained. “I am sure he will be a wonderful addition to the faculty and he will play a leading role in training the next generation of scientists.”

In terms of the advice he found particularly helpful in his career, Birrer suggested he needed a nudge to combine his passion for theory with the growing trove of available data. His PhD advisor told him to “touch the data,” he said. The data keeps him humble and provides a reality check.

The friction between thought and data “leads to progress,” Birrer added. “You never know whether the thoughts are ahead of the experiments (data) or whether the experiments are ahead of the thoughts.”
Ongoing

Huntington Summer Arts Festival
The 59th annual Huntington Summer Arts Festival returns to Heckscher Park, 2 Prime Ave., Huntington from June 21 to Aug. 24, Wednesdays to Saturdays at 8 p.m., and Sundays at 7 p.m. The 10-week festival will feature over 40 live performances including dance, theater and music. Bring seating. Held rain or shine. Free. For a list of scheduled performers, visit www.huntingtonarts.org. 631-271-8423

Thursday 18

Huntington Manor Fireman’s Fair
Long Island’s largest Fireman’s Fair kicks off at the Henry L. Stimson Middle School, 401 Oakwood Rd., Huntington Station, and adjoining Peter Nelson Park continues tonight from 6 to 11 p.m., July 19 from 6 p.m. to midnight, and July 20 from 5 p.m. to midnight. Featuring amusement rides, games, live musical entertainment, food. Fireworks on July 19 and 20. P.O.P bracelets for the rides are $40. 631-427-1629, ext. 4.

Dennis Cannataro Concert Series
The Dennis Cannataro Family Summer Concert Series continues at the Smithtown Library, 1 North Country Road, Smithtown with Radio Active (80s/90s/2000s) tonight at 7:30 p.m. No registration required. 631-360-2480 ext. 150

Harborside Concerts
Harborside concerts continue at the Show Mobile at Harborfront Park, 101-A East Broadway, Port Jefferson tonight at 7 p.m. with the Ed Travers Band (Jimmy Buffet Tribute). Bring seating. 631-473-4724

Music in the Park
The Greater Middle Country Chamber of Commerce presents Music in the Park at Veterans Park, Boyle Road, Selden with live music by Foreign Journey (Foreigner/Journey tribute band) starting at 7 p.m. Bring seating. 631-681-8708

Community Band Concert
The Northport Community Band will host concerts at the Robert W. Krueger Bandshell in Northport Village Park tonight, July 25 from 6 to 11 p.m., July 19 from 6 p.m. to midnight, and July 20 from 5 p.m. to midnight. Featuring amusement rides, games, live musical entertainment, food. Fireworks on July 19 and 20. P.O.P bracelets for the rides are $40. 631-427-1629, ext. 4.

Friday 19

Huntington Manor Fireman’s Fair
See July 18 listing.

Anne Frank Memorial Ceremony
Huntington Town Supervisor Ed Smyth, in conjunction with the Suffolk Y JCC, will host the Town of Huntington’s 13th Annual Anne Frank Memorial Ceremony at Arboretum Park, 48 Threepence Drive, Melville, home of the Anne Frank Memorial Garden, from 10 a.m. to noon. This year’s event will feature Holocaust Survivor Rosalie Simon and students who participated in Suffolk Y JCC’s Names, Not Numbers program with music by Toby Tobias. Refreshments will be served. 631-351-3296.

Musical Moments
Musical Moments in Kings Park returns to Russ Savatt Park, 14 Main St., Kings Park from 7:30 to 9 p.m. with a concert by Day Trippers courtesy of the Kings Park Civic Association. Weather permitting. 516-509-7231

Happenings on Main Street
Northport Arts Coalition presents Happenings on Main Street, free concerts at the Northport Village Park Gazebo at the harbor Friday evenings at 7 p.m. through Aug. 30. Tonight’s performance will feature Annie Mark. Bring seating. Weather permitting. 631-261-1872

Heart Tribute Concert
Theatre Three, 412 Main St., Port Jefferson continues its summer concert series with Bad Animals — The Heart Tribute at 8 p.m. is the next best thing to the real thing. Lead vocalist Daena D delivers a stunningly accurate recreation of Ann Wilson’s soaring signatures, while Gina D successfully captures the charismatic guitar and trademark vocals of Nancy Wilson. Tickets are $55. To order, call 631-928-9100 or visit www.theatrethree.com.

Saturday 20

Huntington Manor Fireman’s Fair
See July 18 listing.

Deepwells Art & Craft Festival
Deepwells Farm, 2 Taylor Lane, St. James presents a Summer Art & Craft Festival today and July 21 from 10 a.m. to 6 p.m. with artisans featuring original art, pottery, jewelry, fiber, candles, handmade soap and lotions, gourmet food and more with kids activities, food and music. Free admission. 631-307-0477

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

Open Mic Day Concert
Port Jefferson Station/Terryville Chamber of Commerce will host an Open Mic Day Concert in the Train Car Park, corner of Route 112 and Nesconset Highway, Port Jefferson Station at 4 p.m. featuring performances by bands and singers. Bring seating. Rain date is July 21. 631-759-8850

Concert on the Lawn
As part of its annual Summer Concert Series, The North Shore Community Band will present an outdoor concert at Wading River Congregational Church, 2057 North Country Road, Wading River at 7 p.m. Enjoy an evening of patriotic favorites. www.northshorecommunityband.org

The Brooklyn Bridge in Concert
Theatre Three, 412 Main St., Port Jefferson welcomes The Brooklyn Bridge in concert at 8 p.m. Enjoy their greatest hits including “The Worst that Could Happen,” “Welcome Me Love,” “Blessed is the Rain,” “You’ll Never Walk Alone” and “Your Husband, My Wife.” Tickets are $65. To order, call 631-928-9100 or visit www.theatrethree.com.

Sunday 21

Deepwells Art & Craft Festival
See July 20 listing.

Sea Glass Festival
The Whaling Museum, 301 Main St., Cold Spring Harbor hosts its 2nd annual Seaglass Festival from 10 a.m. to 5 p.m. The indoor/outdoor event will feature a Sea Glass of the Year contest, glass artists, vendors and exhibitors, presentations on glass bottle history and sea glass identification as well as sea glass art workshops (extra fee). Admission fee is $15 is advance at cshwhalingmuseum.com, $20 at the door. 631-367-3418, www.cshwhalingmuseum.org

Huntington Independence Day
The Huntington Militia hosts a Huntington Independence Day event at the Arsenal 425 Park Ave., Huntington and Village Green from noon to 4 p.m., with events include musket and cannon drills, re-enactment of the news of the Declaration of Independence in 1776 at 1 p.m. Featured events include musket and cannon drills, practice musket drills for children, period craft, cooking demonstrations and tours of the Arsenal. Free. Rain date is August 4. 631-223-8017, www.huntingtonmilitia.com

Wind Down Sundays
The popular summer concert series returns to Hap’s historic Red Barn at Frank Melville Memorial Park, 1 Old Field Road, Setauket with a performance by Free Range featuring Cathy Rose Salit at 5:30 p.m. Bring seating. 631-689-6146, www.frankmelvillepark.org
Celebrate St. James Concert Series
Celebrate St. James continues its summer concert series at Celebrate Park, 369 Lake Ave., St. James with Fat Nicky & The Snacks from 6 p.m. to 9 p.m. The series continues every Sunday through Aug. 18. Free. Bring seating. 631-994-0201, www.celebratestjames.org

Harry Chapin Tribute Concert
Heckscher Park’s Chapin Rainbow Stage, 2 Prime Ave., Huntington hosts the annual “Just Wild About Harry” Chapin tribute concert at 7 p.m. Eighteen acts comprised of nearly three dozen of Long Island’s top musicians and songwriters will take to the stage that bears his name to honor the late Grammy Award-winning songwriter, humanitarian and anti-hunger activist. Free. Bring seating. 631-425-2925, 631-271-8423

Village Green Summer Concert
Summer concerts return to the Stony Brook Village Center every Sunday at 7 p.m. in front of the Stony Brook Post Office, 111 Main Street, Stony Brook through Aug. 18. Tonight’s performance will feature Common Ground. Bring seating. In the case of rain, the concerts will be cancelled. 631-751-2244, www.wmho.org

Monday 22
Outdoor Hula Hooping
Comsewogue Public Library, 170 Terryville Road, Port Jefferson Station hosts an evening of outdoor hula hooping from 6 to 7 p.m. Get a great workout while you hoop it up with instructor Jeannie Pendergrass on the library lawn. Open to all. To reserve your spot, call 631-928-1212 or visit www.cplib.org

Tuesday 23
NSJC Social Club event
North Shore Jewish Center Social Club, 385 Old Town Road, Port Jefferson Station invites the community to a concert titled The Golden Age of Song Writing with Marty Kuperberg and Thelma Grossman in the Social Hall at 11 a.m. Come hear the Club’s favorite crooner and his talented accompanist! Bagels, cream cheese and coffee will be served. $5 per person, $4 members. 631-928-3737

Watercolor Painting Workshop
Frank Melville Memorial Park, 0 Old Field Road, Setauket continues its free community summer programs with Watercolor Painting with Gretchen Smith at Hap’s Red Barn at 11 a.m. Amateurs and artists alike will be given the tools and instruction to create their own masterpieces. 631-689-6146

Northport Family Fun Night
The Northport Chamber of Commerce will host a Northport Family Fun Night from 6:30 to 9:30 p.m. The Village of Northport’s Main Street will be closed to traffic from Woodbine Avenue to Union Place. Enjoy live music, outdoor dining, vendor sidewalk sales and antique cars. 631-754-3905

Summer SWAP Concerts
The Jazz Loft, 275 Christian Ave., Stony Brook continues its “Summer Stage With a Purpose” (Summer SWAP) concerts on its front lawn from 6 to 8 p.m. with the Aubrey Johnson (vox) Quartet. Guests may purchase refreshments in the Basie Garden beside the venue. Free. www.thejazzloft.org

Sound Symphony Orchestra Concert
The Sound Symphony Orchestra, directed by Maestro Dorothy Savitch with vocal soloist Christine Cornell, will present a free outdoor concert at Comsewogue Public Library, 170 Terryville Road, Port Jefferson Station from 7 to 8:30 p.m. All are welcome, no registration is required. Bring seating. 631-928-1212

Summer Concert in the Courtyard
Northport Public Library, 151 Laurel Ave., Northport continues its Summer Concerts in the Library Courtyard series with The Dedications at 7 p.m. Led by singer John Zollo, this vocal group performs ’50’s and ’60’s harmony, rock and roll, and ballads, as well as classic rock of the ’70s and ’80s. Rain date is July 24. No registration required. 631-261-6930

Smithtown Community Band
The Smithtown Historical Society hosts the 38th annual Smithtown Community Band concert series, Starry Nights, on the grounds of the Frank Brush Barn, 211 E. Main St., Smithtown tonight and July 30. Concerts begin at 7:30 p.m. Free. Bring seating. 631-265-6768

An Evening of Comedy
Join the John W. Engeman Theater, 250 Main St., Northport for Comedy Night at 8 p.m. Come have some laughs, enjoy some cocktails, and listen to some very funny comedians! Tickets are $45. To order, call 631-261-2900 or visit www.engemantheater.com

Wednesday 24
Terryville Carnival
Terryville Fire Department, 19 Jayne Blvd., Port Jefferson Station invites the community to its annual family carnival tonight to July 27 from 6 p.m. to 11 p.m., and July 28 from 5 to 10 p.m. Enjoy rides, games and carnival food. $25 entry fee includes all rides. Fireworks on July 26. 631-473-1224

Port Jefferson Sunset Concert

Summer Concert Wednesdays
Port Jefferson Station-Terryville Chamber of Commerce continues its Summer Concert Wednesdays at the Train Car Park, 1 Rose Ave. (corner of Route 112 and Nesconset Highway), Port Jefferson Station with a performance by Decadia from 7 to 9 p.m. The free series continues every Wednesday through July 31. Bring seating. 631-821-1313, www.pjstchamber.com

Thursday 25
Community Band Concert
See July 18 listing.

Terryville Carnival
See July 24 listing.

Harborside Concerts
Harborside concerts continue at the Show Mobile at Harborfront Park, 101-A East Broadway, Port Jefferson tonight at 7 p.m. with the Elo Tribute Band. Bring seating. 631-473-4724, www.portjeff.com

LIM Summer Thursday
Join the Long Island Museum, 1200 Route 25A, Stony Brook for a special after hours screening Melissa Levine’s Babygirl followed by a performance by Rosie Kelly at 5:30 p.m. Then head over to the Art Museum to view Fire Island: The Art of Liberation. Free admission. 631-751-0066

Dennis Cannatara Concert Series
The Dennis Cannatara Family Summer Concert Series continues at the Smithtown Library, 1 North Country Road, Smithtown with Boardwalk Nights (Jersey Shore tribute) tonight at 7:30 p.m. No registration required. 631-560-2480 ext. 150

Film
Stony Brook Film Festival
Stony Brook University’s Staller Center for the Arts, 100 Nicolls Road, Stony Brook returns to its 29th year from July 18 to July 27. This year’s lineup boasts 36 full-length feature films and shorts from 19 countries. Tickets are $15 adults, $13.50 seniors. For more information, call 631-632-2787 or visit www.stonybrookfilmfestival.com. See more on page B3.

Theater
‘Newsies’
Stop the presses! This Disney film turned Tony-winning Broadway hit Newsies heads to the Smithtown Performing Arts Center, 2 E. Main St., Smithtown from July 13 to Aug. 18. Set in turn-of-the-century New York City, Newsies is the rousing tale of Jack Kelly, a charismatic newsboy and leader of a band of teenaged “newsies.” When titans of publishing raise distribution prices at the newsboys’ expense, Jack rallies newsies from across the city to strike against the unfair conditions and fight for what’s right! Tickets are $35 adults, $32 seniors, $25 students. To order, visit www.smithtownpac.org.

‘The Merry Wives of Windsor’
The Carriage House Players at the Suffolk County Vanderbilt Museum in Centerport continue their 35th annual Shakespeare in the Courtyard Festival with The Merry Wives of Windsor from July 12 to Aug. 9. Performances are held on the Vanderbilt mansion courtyard stage on Wednesdays and Fridays at 8 p.m. and Sundays at 7 p.m. Tickets are $20 adults, $15 seniors and children under age 12 at www.vanderbiltmuseum.org.

‘Legally Blonde The Musical’
The John W. Engeman Theater, 250 Main St., Northport presents Legally Blonde The Musical from July 11 to Aug. 25. An award-winning musical based on the adored movie, the show follows the transformation of Elle Woods as she tackles stereotypes and scandal in pursuit of her dreams. Tickets range from $80 to $95. To order, call 631-261-2900 or visit www.engemantheater.com. See review on page B11.

‘Once Upon a Mattress’
Community Playhouse of Northport presents a Bucket List Production of Once Upon A Mattress at Harborside High School, 98 Taylor Avenue, Greenlawn on July 18 and 19 at 7 p.m. Tickets are $20 adults, $15 for children. To order, visit https://communityplayhousenorthport.org/. For more information, call 631-683-8444.

‘Boeing Boeing’
The Minstrel Players, Houghton Hall, Trinity Episcopal Church, 130 Main St., Northport presents Boeing Boeing by Marc Camoletti on July 20 and 27 at 8 p.m. and July 21 and 28 at 3 p.m. Set in the 1960s, the play centers on bachelor Bernard, who has a flat in Paris and three airline stewardesses all engaged to him without knowing about each other. Bernard’s life gets bumpy, though, when his friend Robert comes to stay, and complications such as weather and a new, speedier Boeing jet disrupt his careful planning. Tickets $20 adults, $15 seniors and adults. To order, call 516-361-7232

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@tbnnewspapers.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.
Catholic

INFANT JESUS
ROMAN CATHOLIC CHURCH
110 Myrtle Ave., Port Jefferson 631-473-0165
Fax 631-331-8094
e-mail-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 8/4:30am 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 3pm
Sunday 8am, 10am & 12pm
Weekday Mass: 9am
Confessions: Saturday 3:45pm-4:45pm
Office Hours: Monday-Thursday 9am-4:30pm
Thrift Shop: Monday-Thursday 10am - 4pm and Friday 10am-2pm.
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 KUZNICK, PASTOR
REV ROBERT SCHECKENBACK, ASSOCIATE PASTOR
REV MIKE S. EZEATU,
SBU HOSPITAL CHAPLAIN, IN RESIDENCE
Office Hours: Monday-Friday 9am to 4pm Saturday 9am
Our Daily Bread Sunday Soup Kitchen
opened 2-3pm, serving hot meals
To-Go and groceries
Food Pantry Open
Open Every Wednesday from 12 Noon to 2pm
Open Every Sunday from 2-3pm,
Mission Statement: We, the Catholic community of the Three Village area, formed as the Body of Christ through the waters of Baptism, are a pilgrim community journeying toward the fullness of the Kingdom of God, guided by the Holy Spirit, nourished by the Eucharist and formed by the Gospel. We strive to respond to Jesus invitation: to be faithful and fruitful disciples; to be a Good Samaritan to our neighbor and enemy; to be stewards of and for God’s creation and to be living witness of Faith, Hope and Charity...so that in Jesus name, we may be a welcoming community, respectful of life in all its diversities.

Catholic Traditional Latin Mass

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

Christian

CHRISTIAN SCIENCE SOCIETY
Northport, NY
55 Laurel Ave, Northport, NY 11768
Phone: 631-261-6405
Website: www.christiansciencenorthport.com
Services: in-person & online
Sunday Lesson Sermons 10:30 AM
Wednesday Testimonial Meetings 7:15 PM
Online Service Attendance (ALL services)
Zoom Meeting ID: 962 2495 9131
Passcode: 12345
The science of Christianity as taught and demonstrated reveals that God is Love. Our church seeks to promote a deeper understanding of divine Truth and Love, reinforcing that God created man in his image and likeness. The study of Christian Science reveals an inspired sense of Life, where man truly reflects God, and is capable of overcoming any discordant condition. All are warmly welcomed to attend our services.

Episcopal

ALL SOULS EPISCOPAL CHURCH
On the hill across from the Stony Brook Duck Pond
61 Main Street, Stony Brook
FATHER TOM REESE VICAR
www.allsoilsstonybrook.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
We are a friendly welcoming community for all people.

ST. ANSELM’S
EPISCOPAL CHURCH
4 Woodville Rd., Shoreham
A place where all people, wherever you are in your journey, can find love and respect while getting to know the God who already loves you.
THE REV. JENN PILAT, RECTOR
Email: revjenn@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/saintanselsmeparish/
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
Services: Wednesdays & Saturdays 10 a.m. to 2 p.m.
Food Pantry
Saturdays 10 a.m. to Noon
Saint Anselm’s Academy
New York State Licensed Childcare
8 weeks through Pre-K
www.stanselmsacademy.org

CAROLINE EPISCOPAL CHURCH
OF SETAUKET
1 Dyke Road on the Village Green, Setauket
Website: www.carolinechurch.net
Email: office@carolinechurch.net
631-941-4245
REV NICKOLAS C. GRIFFITH-RECTOR
REV ELLIOT T. CONRAD PRIEST
REV NICKOLAS C. GRIFFITH-RECTOR
REV ELLIOT T. CONRAD PRIEST
REV ELLIOT T. CONRAD PRIEST
School seeks to promote a deeper understanding of divine Truth and Love, reinforcing that God created man in his image and likeness. The study of Christian Science reveals an inspired sense of Life, where man truly reflects God, and is capable of overcoming any discordant condition. All are warmly welcomed to attend our services.

ISLAND CHRISTIAN CHURCH
400 Elwood Road, East Northport
IslandChristian.com
631-822-3000
PASTOR CHRISTOPHER COATS
Services In-Person
+ Online Sunday Mornings
9 AM + 11 AM
Fun religious education for kids during each service
Children and Youth programs during the week, check out our website for more details.

MT. SINA1 CONGREGATIONAL
UNITED CHURCH OF CHRIST
233 North Country Road, Mt. Sinai
631-473-1582
www.msucc.org
We are a congregation committed to justice. All are welcome into our full life and ministry regardless of age, race, abilities, economic or marital status, gender, sexual orientation, or gender identification. We are a church that is open and affirming of all people, as we are each made in the image of God.
Sunday Worship at 10am
Livestreaming on YouTube: MtSina1CongregationalChurchUCC
For our hearing impaired community, the July 28 service will have an American Sign Language interpreter.
Sunday School at 10am
“The name of whatever you are or where you are is not on your own. Live out your faith by our actions.”
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
Wednesday and Thursdays 2:30PM-4:15PM
MSCC Food Cupboard
233 N. Country Rd, Mt Sinai
Every other Tuesday 9:15-11:45

To be listed in the Religious Directory please call 631-751-7663
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Religious Directory

Episcopal

ST. JOHN’S EPISCOPAL CHURCH
“To know Christ and to make Him known”
REV. DUNCAN A. BURNS, RECTOR
REV. ZACHARY D. BAKER, CURATE
REV. CLAIRE D. MIS, DEACON
Alex Pyrovez, Music Director
Sunday Worship
8am Rite I Holy Eucharist
10am Rite II Holy Choral Eucharist

ST. JOHN’S EPISCOPAL CHURCH
North Shore Jewish Center
Friday at 8pm; Saturday at 9:15am
Services:
ADAM D. FISHER, STEPHEN A. KAROL

“TO KNOW CHRIST AND TO MAKE HIM KNOWN”
JEWISH JOURNEY. MEMBER UNITED SYNAGOGUE
JOYFUL JUDAISM IN A WARM, Caring, Musical,
Learning, Prayer and Friendship.

Tuesdays, Thursdays, & Saturdays 12-3pm
REV. ZACHARY D. BAKER, CURATE
1404 Stony Brook Road, Stony Brook
12 PROSPECT ST, HUNTINGTON
631-727-1752

www.northshorejewishcenter.org

Lutheran-ELCA

HOPE LUTHERAN CHURCH AND ANCHOR NURSERY SCHOOL
46 Dare Road, Selden
631-732-2511
Emergency Number 516-848-5386
Email: office@hopelutheran.com
Website: www.hopeluth.com
REV. DR. RICHARD O. HILL and REV. DALE NEWTON, PASTOR
On Sundays the services are at 9 and 10:30am.
A link for all these services is on the website:

Sunday School (ages 3-11)
Sundays at 9am.
Kids’ Club (ages 3-11)
Wednesdays from 4:5-5:30pm.
Teen Ministry (ages 11-15)
Saturdays 6:00-7:30pm.

Adult Study Groups
on Tuesdays, Wednesdays, and Thursdays
Our Food Pantry is open to everyone on Thursdays from 12:30-2:30pm for picking up food. Also, donations can be made from 11am-noon or by making arrangements by leaving a message on the church answering service.
Offerings to support our ministry can be made at church services and through our website’s “Share God’s Mission” page.
In any emergency, call the pastor at 516-848-5386

ST. PAUL’S EVANGELICAL LUTHERAN CHURCH
309 Patchogue Road
Port Jefferson Station
631-473-2236
e-mail PastorPaulDowning@yahoo.com
pastor’s cell phone voice or text 347-423-3623
www.StPaulsLCPJS.org
facebook.com/stpaulselpca
Summer Schedule
One Service at 9:30am with fellowship coffee hour to follow.
Wednesday Bible Study over Zoom at 9:30
Friday Prayer Group at 10:30am in church or zoom
WELCOME FRIENDS
Provides free lunch in parking lot on Tuesdays at 1:00pm

Methodist

BETHEL AFRICAN METHODIST EPISCOPAL CHURCH
33 Christian Ave/ PO 2117, E. Setauket
631-751-4140
REV. LISA WILLIAMS PASTOR
Sunday Worship: 10:30 Am
Adult Sunday School 9:30 Am
Lectionary Reading And Prayer:
Wed. 12 Noon
Gospel Choir: Tues. 8 Pm
Praise Choir And Youth Choir 3rd And 4th Fri.
6:30 PM.

SETAUKET UNITED METHODIST CHURCH
160 Main Street, Corner of 25A and Main Street
East Setauket 631-941-4167, or email us at sumeny@aol.com
Rev. Steven Kim, PASTOR
Sunday Worship Service and Sunday School at 10am
Services are streamed online @ www.setauketumc.org
and livestreamed on Facebook
Holy Communion 1st Sunday of Month
Mary Martha Circle (Women’s Ministry) meets every 2nd Tuesday each month at 1pm
No Matter who you are or where you are on life’s journey, you’re welcome here!

SETAUKET PRESBYTERIAN CHURCH
5 Caroline Avenue, On the Village Green
631-941-4271
THE REV. DR. JOHANNA McCUNE WAGNER
Worship with us Saturdays at 9:30AM
Contemporary Service on monthly on the
second Sunday at 11am
Visit www.setauketpresbyterian.org
for more information
There are a lot of reasons to join a church
we’re here for your why.
Life Celebrations, Support, Inclusion, Service
Whatever life throws your way, we’re here for you.
Like our Facebook Page Setauket Presbyterian Church, est 1660
Follow our Instagram - setauketpres

Conscience Bay Meeting
Religious Society of Friends
4 Friends Way, St. James 11780
631-928-2768 www.consciencebayquakers.org
We gather in silent worship seeking God/the Inner Light/Spirit.
We’re guided by the Quaker testimonies of simplicity, peace, integrity, community, equality and stewardship. In-person worship blended with virtual worship.

UUF

SETAUKET UNITED METHODIST CHURCH
60 Main Street, Corner of 25A and Main Street
East Setauket 631-941-4167, or email us at sumeny@aol.com
Rev. Steven Kim, PASTOR
Sunday Worship Service and Sunday School at 10am
Services are streamed online @ www.setauketumc.org
and livestreamed on Facebook
Holy Communion 1st Sunday of Month
Mary Martha Circle (Women’s Ministry) meets every 2nd Tuesday each month at 1pm
No Matter who you are or where you are on life’s journey, you’re welcome here!

Presbyterian

FIRST PRESBYTERIAN CHURCH OF PORT JEFFERSON
107 South/Main Streets 631-473-0147
We are an accepting and caring people who invite you to share in the journey of faith with us.
Email: office@pjpres.org
Website: www.pjpres.org
REV. EMILY FOWLER, PASTOR
The First Presbyterian Church of Port Jefferson is delighted to welcome their new pastor, Rev Emily Fowler. Emily, a native Texan, received her Master’s of Divinity at Memphis Theological Seminary and then received 9 units of Clinical Pastoral Education at Parkland Health and Hospital System in Dallas, TX. Emily has ministry experience as a palliative care and PICU pediatric chaplain, and was faithful in her volunteer work, caring for those with Room in the Inn Ministries, Manna House Ministries, and Soles4Soul.
All are welcome to come to First Pres to meet our new pastor, her husband, and their 4-year-old son.
Worship is every Sunday at 10am.
Our Sunday summer sermon series is “The Fruits of the Spirit” based on Galatians 5:22-23.
We also have a summer bible study series, on Tuesdays at 2pm, on pivotal women of the Bible.
Live streaming available on Facebook page Holy Communion 1st Sunday of the Month

Quaker

CONSCIENCE BAY MEETING
Religious Society of Friends
4 Friends Way, St. James 11780
631-928-2768 www.consciencebayquakers.org
We gather in silent worship seeking God/the Inner Light/Spirit.
We’re guided by the Quaker testimonies of simplicity, peace, integrity, community, equality and stewardship. In-person worship blended with virtual worship.

Unitarian Universalist

UNITARIAN UNIVERSALIST FELLOWSHIP AT STONY BROOK
380 Nicolls Road, East Setauket
631-751-0297
uufsb.org office@uufsb.org
PASTOR MADELYN CAMPBELL
minister@uufsb.org
A spiritual home for individuals, couples, and families of diverse religious and social backgrounds.
A place to nurture your spirit and help heal our world.
Sunday Service: 10:30 a.m.
Or visit www.uufsb.org to join us via live stream on Sunday mornings.

Jewish

NORTH SHORE JEWISH CENTER
385 Old Town Rd., Port Jefferson Station
631-928-3737
www.northshorejewishcenter.org
RABBI AARON BENSON
CANTOR DANIEL KRAMER
EXECUTIVE DIRECTOR
MARCIE PLATKIN
PRINCIPAL HEATHER WELKES
YOUTH DIRECTOR JEN SCHWARTZ
Services: Friday at 8pm; Saturday at 9:15am
Daily Morning And Evening Minyan
Call For Times.
Tot Shabbat Family Services
Brotherhood-Sisterhood Book Club-Social Action and much more!

Anchor Nursery School
setauketpresbyterian.org

TEMPLE ISAIAH
1404 Stony Brook Road, Stony Brook
631-751-8518 www.tisbny.org
Joyful Judaism in a warm, caring, musical, multigenerational community devoted to learning, prayer and friendship.
Member Union for Reform Judaism
RABBI/CANTOR/PRINCIPAL
JOSHUA GRAY
RABBIS EMERITUS
ADAM D. FISHER, STEPHEN A. KAROL
CANTOR EMERITUS

Hot meals, groceries & clothing provided on a take out basis by Welcome Friends on Wednesday 5:00-6:00pm and Fridays 3:30-5:00 pm
Call the church office or visit our website for current activities and events.

NYC Certified Non Denominational Preschool and Daycare
The purpose of First Presbyterian Church of Port Jefferson is, with God’s help, to share the joy & good news of Jesus Christ with the congregation, visitors and the community at large; to provide comfort to those in need and hope to those in despair; and to seek justice for all God’s people.
You have IT needs.

Network Cabling
Fiber Cabling
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Cabling is the backbone of your network.
If it isn’t up to code or isn’t installed properly, the network can consistently experience problems and never work at optimum throughput.

Stafford Associates has the experience, certification and equipment necessary to test and install every kind of cabling option.

Whether it is copper CAT5e, CAT6 or Fiber connecting two distant locations to form one large network, indoor or outdoor we can help.

Stafford Associates has the expertise.

(631) 751-6620
www.staffordassociates.com

21 Bennetts Road, Suite 200, Setauket, New York 11733

Stafford Associates

PROGRAMS

Drop-In Art Workshops
Children ages five through ten are invited to the Heckscher Museum, 2 Prime Ave., Huntington to create fun works of art in a variety of materials inspired by artwork in the Museum’s exhibitions on July 18, July 25, Aug. 1 and Aug. 8 from 10 to 11 a.m. Each week’s project will be exciting and different! Programs will be held both in the Museum and in Heckscher Park, weather-permitting. $10 per child includes all art supplies and admission to the museum. No advance registration required. www.heckscher.org

Submarine Adventure
Join the Whaling Museum, 301 Main St., Cold Spring Harbor for a Submarine Adventure on July 18 at 1 p.m. and again at 3 p.m. Go on the greatest adventure of all — to the bottom of the sea! Discover the other worldly organisms that dwell in the depths of the ocean and learn about these crazy creatures in an exciting black light activity. Create a glow-in-the-dark anglerfish to take home. Admission fee + $10 participant. No registration required. 631-367-3418

Circus Variety Show
The Village of Port Jefferson presents a Circus Variety Show with Greg Milstein at the Jill Nees-Russell Performance Stage at Harborfront Park, 101-A East Broadway, Port Jefferson on July 18 at 6:30 p.m. Free. Bring seating. 631-473-4724

First Steps in Nature
Sweetbriar Nature Center, 62 Eckernkamp Drive, Smithtown continues its First Steps in Nature series for ages 2 to 4 on July 19 at 9:30 a.m. with hands-on exciting activities, crafts, stories and much more. Children will gain a greater appreciation of nature and wildlife while having fun. $20 per child. To register, visit www.sweetbriarnc.org. 631-979-6344

Luminous Lighthouses
Join the Whaling Museum, 301 Main St., Cold Spring Harbor for a drop-in program, Luminous Lighthouses, on July 19 and July 26 between 11 a.m. to 1 p.m. Explore the radiant world of lighthouses in this creative design workshop. Design and decorate a unique lighthouse of your own — complete with a battery-powered tea light! Admission + $10 participant. No registration required. 631-367-3418

BEACON OF LIGHT
Create a Luminous Lighthouse to take home at the Whaling Museum in Cold Spring Harbor on July 19 or July 26.

The Magic of Amore
Families with children up to Grade 6 are invited to a magic show at Emma Clark Library, 120 Main St., Setauket on July 19 from 6:30 to 7:30 p.m. Fast paced and original, this one-of-a-kind performance utilizes, magic, illusion, comedy, music, and audience participation on the Library’s front lawn. Please bring a blanket for seating. No registration required. 631-941-4080

Pop-Up Saturday
The Ward Melville Heritage Organization (WMHO) continues its Pop-Up Saturdays series at the Stony Brook Village Center’s Inner Court by Crazy Beans, 97 Main St., Stony Brook on July 20 with a “Tales & Tunes” with musician and storyteller Johnny Cuomo from 1:30 to 3:30 p.m. and an Animal Rescue Fund of the Hamptons (ARF) adoption event from 11 a.m. to 2 p.m., 631-751-2244

LIM Family Fun Day
Join the Long Island Museum, 1200 Route 25A, Stony Brook for a Family Fun Day on July 21 from 1 to 4 p.m. Sing and dance to a family-friendly music show from Squeaky Clean, make music with Samantha Monteleone, enjoy some hands-on musical fun with an Instrument Petting Zoo with School of Rock Port Jefferson, create exhibition-themed crafts, and explore the galleries and grounds! Free. 631-751-0066

BNL Open House
Brookhaven National Laboratory, 2 Center St., Upton continues its Summer Open House series with Dazzling Discoveries on July 21 from 10 a.m. to 3 p.m. Enjoy a Magic of Chemistry Show, tour the experimental floor at the National Synchrotron Light Source II (NSLS-II), meet BNL scientists and enjoy hands-on science activities in Berkner Hall. Free. 631-344-8000

Youth Programs
Sweetbriar Nature Center, 62 Eckernkamp Drive, Smithtown presents a variety of programs for children ages 3 to 9, including: Drop-in Art Workshops, July 18 at 10 a.m., Free, 631-271-2100; Drop-in Art Workshops, July 25 at 10 a.m., Free, 631-271-2100; First Steps in Nature, July 21 at 9:30 a.m., Free, 631-271-2100; Luminous Lighthouses, July 19 and July 26, 11 a.m., $10 per child, 631-367-3418; The Magic of Amore, July 19, 6:30 p.m., Free, 631-271-2100; Pop-Up Saturday, July 20, 1:30 to 3:30 p.m., $5 per person, 631-367-3418; LIM Family Fun Day, July 21, 1 to 4 p.m., Free, 631-751-0066; BNL Open House, July 21, 10 a.m. to 3 p.m., Free, 631-344-8000.

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Send your calendar events to leisure@tbrnewspapers.com
Silence means survival in A Quiet Place: Day One

REVIEWED BY JEFFREY SANZEL

The A Quiet Place franchise premiered in 2018. The well-received film followed parents (Emily Blunt and John Krasinski) attempting to protect their children in a post-apocalyptic world invaded by blind monsters with an acute sense of hearing. Krasinski directed and co-wrote the screenplay with Bryan Woods and Scott Beck.

The equally lauded A Quiet Place Part II (2020) gave slightly additional background of the invasion and continued the first film’s timeline, with Krasinski appearing, directing, and penning the screenplay solo. The series will (perhaps?) culminate with the Krasinski-helmed A Quiet Place Part III (scheduled for release in 2025).

In the meantime, the clock has been rolled back for the prequel A Quiet Place: Day One.

For A Quiet Place: Day One, Krasinski turned the reigns over to Michael Sarnoski (Pig), who directs his screenplay based on a story created in collaboration with Krasinski. The film opens at the Little Firs Hospice Center, where Reuben (Alex Wolff), a nurse, negotiates with Sam (Lupita Nyong’o), a terminally ill cancer patient connected only to her cat, Frodo, to go on a New York City outing. Reluctantly, she agrees, with the proviso that they have pizza afterward. Much to Sam’s annoyance, the field trip is a marionette show. Immediately following the performance, meteor-like objects fall from the sky, unleashing extraterrestrials that attack, murder, and destroy. Within minutes, the City is post-apocalyptic, with burning cars and hollowed-out buildings.

Sam takes shelter in the marionette theatre, along with a handful of survivors. The government bombs the bridges surrounding Manhattan to keep the aliens, who cannot swim, on the island. Since the beings are blind, they track odors, the sound turns the march into a bloodbath.

Soon, Sam meets Eric (Joseph Quinn), a law student from Kent, England. Though hesitant, Sam allows Eric to join her and Frodo as she works her way north to her Harlem home. A series of scenes follow in which the monsters almost catch them. The film relies almost exclusively on the tension built as they navigate any possible action that could create noise.

The plot is simple, and the result is a hybrid of traditional science fiction/creature feature with its requisite jump-out scares and action thriller, containing numerous explosions. The film calls to mind elements of I Am Legend and any number of alien and zombie movies.

Over the three entries, the filmmakers teased bits and pieces of the aliens’ background, but they remain mostly a mystery. (Krasinski has revealed more in interviews about the “Death Angels” than is covered in the films.)

The creature designers used various elements of prehistoric fish, black snakes, and bats to create the monsters. They also referenced “bog people”—cadavers mummified in peat, turning the skin black to create a sagging, leathery look. Somehow, they are more effective in close-up, with their moist gaping maws of sharp teeth, than in the CGI-swarming over buildings and streets.

Two aspects raise A Quiet Place: Day One above the predictable. The first is the extremely taut sound design. Whether it is the overwhelming chaos of New York City or a balloon that pops with the crack of gunshot, the sound—and its absence—is the driving design element. The opening of a tin can, feet on gravel, or the draging of a suitcase result in well-crafted moments of dread. The filmmakers made a less effective choice with a musical soundtrack that is more intrusive than supportive.

The second piece is the chemistry between the two leads. The film is basically a two-hander, with a handful of moments given to a few briefly seen characters. (As Henri, from A Quiet Place Part II, Dijmon Hounsou has a particularly powerful and brutal interaction with shades of the Warsaw Ghetto.)

Nyong’o first came to prominence with her brilliant, raw performance in 12 Years a Slave (2013). Again, she shows she is an actor of rich, resonant truth, who makes every situation visceral and real. Her Sam roils with fear, pain, frustration, and resolve. Glimpses of wry humor peek through her emotional wall. She is the rare actor who conveys a sense of the character’s thoughts, even in the stillest moments.

Quinn makes an excellent partner, a beta searching for guidance, with a kindness that plays underneath the terror. A highlight is the moment in which they share primal screams masked by thunder.

While A Quiet Place: Day One offers nothing new, the result is a mildly entertaining ninety minutes showcasing two strong performances in a world of heightened silence—where even a single breath or the slightest inhale means life and death.

Rated PG-13, the film is now playing in local theaters.
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Stony Brook is a supporter of Island Harvest. Bring along 2 non-perishable food items and receive a free cooler bag while supplies last.