# ARTS & LIFESTYLES

TIMES BEACON RECORD NEWS MEDIA AUGUST 8, 2024

> **INSIDE:** Focus on Health Special Feature

## THROUGH THE CAMERA LENS

Spotlight on the Port Jefferson Photography Club - BII

'The Light' by Barry Bernstein

ALSO: Shelter Pet of the Week B5 • Review of 'Trap' B21 • 'Pinocchio' heads to Theatre Three B29

# Choosing where to have your baby is an important decision.



## Why Choose Stony Brook?

- Suffolk County's only Regional Perinatal Center (Level 4 – highest designation)
- Level III (highest level)
   Neonatal Intensive
   Care Unit
- Wide range of women's health services including wellness visits and specialized obstetric and gynecologic care

In Suffolk County, choosing to have your baby at Stony Brook Medicine is a decision you can make with confidence. We are here for you and your baby, offering the highest level of neonatal and obstetric care possible. From routine to high-risk pregnancies, we provide expert and compassionate care every step of the way.



Best Maternity Ward – 4 years in a row! Best Midwifery Practice – 2 years in a row! Best Hospital – Stony Brook University Hospital

## Learn More



stonybrook.info/woman-baby



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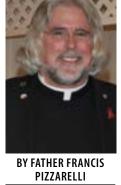
SPONSORED BY THE ROMMEL WILSON FUND

CAROLINE EPISCOPAL CHURCH

## The loss of a bridge builder

## **PLAIN TALK**

Our community has been blessed with so many extraordinary people who by the power of their example have inspired many of us to stay the course and continue to build bridges and not walls. One of those



One of those **PIZZARELLI** powerful bridge builders who touched so many of us died on July 19 of ALS, Lou Gehrig's disease, at the age

July 19 of ALS, Lou Gehrig's disease, at the age of 76. Father Gerald Fitzsimmons, known to most of us as Fr. Fitz was a powerful preacher and teacher.

In 1974, Fr. Fitz came as an ordained deacon for the Montfort Missionaries and was assigned to Infant Jesus Catholic Church in Port Jefferson Village. In 1975, he was ordained a Roman Catholic priest. He was young and filled with tremendous energy with a powerful voice.

In 1979, another young Montfort Missionary came to Port Jefferson's Infant Jesus Church to replace him. Yours truly was assigned as a parish priest. Fr. Fitz stayed an extra year. I learned so much from him about ministry, about priesthood and about basketball. We were both fierce competitors.

However, what impressed me most was his compassionate heart and his profound commitment to the most vulnerable and broken among us. After Infant Jesus, he served as the pastor of St. Mary Gate of Heaven church in Ozone Park, Queens. Also, during the years after he left Port Jefferson, he became known throughout the region as an extraordinary preacher and retreat master.

His ministry extended around the world. He became a real agent of compassion and justice for those who were victims of clergy sexual abuse. He became internationally



Father Gerald Fitzsimmons

known for his compassionate heart and his wisdom.

Hope House Ministries was founded in 1980. In the 1990s, as we were experiencing a lot of growing pains, he was elected Provincial Superior of the Montfort Missionaries in the United StatesDuring his tenure, he was extremely supportive of my ministry in Port Jefferson and supportive of me personally. He always urged me to stay the course and I have.

Having accompanied a number of people who died from ALS, I have always been amazed with their courage, kindness and wisdom.

During the two years with ALS, Father Fitz never stopped working, preaching and healing. Quickly the disease caused him to be confined to a wheelchair; then he became unable to use only a few fingers. However, he continued to use his powerful voice of compassion through Zoom meetings with the international community and celebrating mass regularly for the Sisters of St. Joseph up until a week before he died.

His voice and compassionate heart will always be remembered. I am grateful that I got to know him and was able to walk with him on part of his journey. I know I am richer for it.

Father Francis Pizzarelli, SMM, LCSW-R, ACSW, DCSW, is the director of Hope House Ministries in Port Jefferson.

## Focus on Health Special Supplement B13

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Email your calendar listings to leisure@tbrnewspapers.com

## AUG. 14 7:00PM SETAUKET VILLAGE GREEN

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## AN EVENING OF SUMMER POPS SOUND SYMPHONY ORCHESTRA

FREE ADMISSION BRING YOUR OWN SEATING

631-941-4245 WWW.CAROLINECHURCH.NET/UPCOMINGEVENTS

Iransform

## Into A Priva Retreat

LANDSCAPE DESIGN | WATERSCAPES LAWN & GARDEN | MASONRY







## 'Scott McIntire: Energyscapes' heads to Gallery North

Up next for Gallery North , 90 North Country Road, Setauket is a solo exhibit titled *Scott McIntire: Energyscapes.* The show opens on Aug. 15 and runs through Sept. 29. The exhibition features large, medium, and small paintings and sculptures.

McIntire constructs dynamic compositions in enamel which form a **ART** repository of information. **EXHIBIT** Each vessel of data includes the sounds, smells, forces, electromagnetic and thermal energies that make up the environment. Each space seamlessly merges natural and man-made artifacts.

McIntire uses his mastery of the optical properties of color to create the illusion of movement and vibration. Dazzling patterns and vivid concentric circles combine to form a dramatic Op Art world in which references to flora and fauna ground the work in a reality just out of sight from the human eye.

Born and raised in the fertile Willamette Valley in Oregon, McIntire's artistic perception is rooted in his love of nature. At the Art Center College of Design in Los Angeles, McIntire studied color under the master colorist Albert King, giving him a lifelong understanding and love of color. McIntire is currently based in Greenport. His work has been exhibited both nationally and regionally including the Nassau County Museum of Art.

The community is invited to an opening reception on Thursday, Aug. 15, from 6 p.m. to 8 p.m. As a complement to the exhibition, Gallery North will host an ArTalk on Sunday, August 25, from 3 p.m. to 5 p.m. The exhibition, reception, and ArTalk will be free and open to the public.

This exhibition is generously sponsored Jefferson's Ferry, and Suffolk County's Department of Economic Development and Planning.



Clockwise from top image, 'Soundscapes,' 'Sound of Red,' and 'Energy Fields' by Scott McIntire will be on view at Gallery North through Sept. 29.

Images courtesy of Gallery North



## MEET CHESTER

This week's featured shelter pet is Chester, a sweet 15-year-old black cat up for adoption at the Smithtown Animal Shelter.

This big boy is a loving lap cat that

SHELTER PET OF THE WEEK Just wants attention. He lost his home when his human dad became too ill to care for himself. Chester is accustomed to being in/ outdoor and will need a new home that can commit

to keeping him inside.

If you are interested in meeting Chester, please fill out an application online to schedule time to properly interact with your prospective soul mate in a domestic setting at www. townofsmithtownanimalshelter.com.

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



Photo courtesy of Smithtown Animal Shelter



## We Help You Navigate To Optimal Health

## Look At What Patients Are Saying!

## **GERD- Reflux- Indigestion**

I no longer have reflux. I used to have symptoms of burning that were intermittent but severe to the point where the symptoms would wake me up in the middle of the night on a daily basis. This is great. I don't have the symptoms of reflux; I was able to stop my medication and I don't not have any problems. Thank you!

Female, age 69

## IBS – irritable bowel syndrome and Weight loss

My stomach issues (IBS) seem to have calmed down. The diarrhea has gone away, no pain in the left side of my stomach and I have a lot more energy and sleeping better. Prior to making the changes, I was having diarrhea every day, multiple times a day and my stress levels have been a lot less since changing the diet. I also lost a lot of weight, dropped a jean size and people are telling me that I look healthier. Female, age 68

## Athletic – reduced soreness

I play ultimate frisbee and I used to be really sore the next day. That has all changed with Dr. Dunaief's help. I can get out of bed after playing sports or working out the previous day without pain. This is great!!!

Male, age 45

## What Do We Treat? Cholesterol • High Blood Pressure • Heart Disease • Diabetes • Obesity • Migraine • Arthritis

Osteoporosis
 Autoimmune Disease (Multiple Sclerosis, Rheumatoid Arthritis, Lupus, Crohn's, Ulcerative Colitis, Psoriasis...)
 Stomach Issues
 Constipation
 Diarrhea
 Chronic Kidney Disease
 Thyroid Issues
 Asthma/Allergies
 IBS
 GERD (Reflux)
 Cancer
 Gout
 Kidney Stones
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Macular Degeneration • Sarcoidosis • Long Covid, and many more...

## David Dunaief, M.D.

Functional Integrative Medicine Reversing, Preventing & Treating Chronic Diseases and Managing Weight by Connecting Conventional Medicine with Lifestyle Modifications

## **TWO LOCATIONS**

**SETAUKET** 47 Route 25A, Setauket, NY **631.675.2888**  BROOKLYN 41 Clark Street, Brooklyn, NY 718.924.2655

Visit our website www.medicalcompassmd.com

Dr. Dunaief builds a customized plan for each patient - he knows that *"no body is the same."* 

## Protect your kidneys from the sodium menace

## **MEDICAL COMPASS**

If you have high blood pressure, probably you've been told to reduce vour sodium. But what about the rest of us?

According to the Centers for Disease Control

BY DAVID M. DUNAIEF, MD and Prevention, about 90 percent of Americans consume too much sodium. This puts our

health at risk — and not just for high blood pressure (1).

## What are the effects of too much sodium?

In addition to increasing our risk of high blood pressure (hypertension), with consequences like stroke and heart disease, sodium can affect our kidney function, even without high blood pressure.

The Nurses' Health Study evaluated kidney function in approximately 3,200 women, assessing estimated glomerular filtration rate (GFR) as related to sodium intake (2). Over 14 years, those with a daily sodium intake of 2,300 mg had a much greater chance of a 30 percent or more reduction in kidney function when compared to those who consumed 1,700 mg per day.

Kidneys are an important part of our systems for removing toxins and waste. They are also where many hypertension medications work, including ACE inhibitors, ARBs, and diuretics (water pills). If kidney function declines, it can be harder to treat high blood pressure. Worse, it could lead to chronic kidney disease and dialysis. Once someone has reached dialysis, most blood pressure medications are not very effective.

### What are sodium recommendations?

Interestingly, the current recommended maximum sodium intake is 2,300 mg per day, or one teaspoon. If you've been paying attention, you've probably noticed that's the same level that led to negative effects in the study. However, Americans' average intake is 3,400 mg a day (1).

If we reduced our consumption by even a modest 20 percent, we could reduce the incidence of heart disease dramatically. Current recommendations from the FDA and the American Heart Association indicate an upper limit of 2,300 mg per day (3, 4). The American Heart Association goes further, suggestion an "ideal" limit of no more than 1,500 mg per day(3).



## Sauces and breads are among the sneakiest offenders



Pixabay photo

## What are the biggest sodium sources?

More than 70 percent of our sodium intake comes from processed and packaged foods and from restaurants, not the saltshaker. There is nothing wrong with eating out or ordering in on occasion, but you can't control how much salt goes into your food. Even when you request "no salt," many items are pre-seasoned, and sauces can contain excessive amounts of sodium.

One approach to reduce your sodium intake is to choose products that have 200 mg or fewer per serving indicated on the label. Foods labeled "low sodium" have fewer than 140 mg of sodium. This is not the same as foods labeled "reduced sodium." These have 25 percent less than the full-sodium version, which doesn't mean much. For example, soy sauce has about 1,000 mg of sodium per tablespoon, but low-sodium soy sauce still has about 600 mg per tablespoon.

Salad dressings, sauces and other condiments, where serving sizes are small, add up quickly. Mustard has about 120 mg per teaspoon. Most of us use more than one teaspoon. Make sure to read the labels on all packaged foods and sauces very carefully, checking for sodium and for serving size. In restaurants, ask for sauces on the side and use them sparingly, if at all.

Bread products are another hidden source. Most contain a decent amount of sodium. I have seen a single slice of whole wheat bread include up to 200 mg. of sodium. That's one slice. Make a sandwich with four ounces of lower sodium deli meat and mustard, and you could easily consume 1240 mg in a single sandwich.

Soups and canned goods are notoriously high in sodium. There are a few on the market that have no sodium. Look for these and add your own seasonings. Restaurant soups are a definite "no."

Become an avid label reader. Sodium hides in all kinds of foods that don't necessarily taste salty, such as cheeses, sweet sauces and salad dressings. Put all sauces and dressings on the side, so you can control how much — if any — you choose to use.

## Is sea salt better than table salt?

Are sea salts better for you than table salt? Not really. They can have a slightly lower level of sodium, but that's because their crystal shape means fewer granules fit in a teaspoon. I recommend not using either. In addition to causing health issues, salt dampens your taste buds, masking other flavors.

As you reduce your sodium intake, you might be surprised at how quickly your taste buds adjust. In just a few weeks, foods you previously thought didn't taste salty will seem overwhelmingly so, and you will notice new flavors in unsalted foods.

When seasoning your food at home, use salt-free seasonings, like Trader Joe's 21 Seasoning Salute or, if you prefer a salty taste, consider a salt substitute, like Benson's Table Tasty.

### **References:**

(1) cdc.gov. (2) Clin J Am Soc Nephrol. 2010;5:836-843. (3) heart.org. (4) fda.gov.

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

## **ONLY ON THE WEB:** The following articles can be found

at www.tbrnewsmedia.com

» District Attorney Tierney, Senator Murray, and Sheriff Toulon announce release of public safety announcements » Legend Ray Anderson goes solo at

The Jazz Loft on August 9

» Film composer Alan Howarth to perform live in Huntington Aug. 30

»TBR Celebrity Spotlight: Interview with Brandt Andersen

» August 11 is National 811 Day

## **NEWS AROUND TOWN** Shed the Meds event heads to Emma Clark Library

Emma Clark Library, 120 Main St., Setauket hosts a Shed the Meds event on Tuesday, August 13 from 4 p.m. to 7 p.m. Members of the Suffolk County Sheriff's Office will be on hand to properly dispose of unused medications. Proper disposal is essential to protect the environment and ensure that old drugs don't end up in the wrong hands. There is no registration required and all are welcome.

Please note: The Suffolk County Sheriff's Office cannot accept any liquids, needles, creams, or ointments of any kind. They are only accepting unused or expired medications from individuals (not large quantities from a doctor's office or health care facility). For more information, call 631-941-4080.

## **Open auditions for 'A Christmas Carol'**

Theatre Three, 412 Main St., Port Jefferson will hold Young People's auditions (ages 8-17) for its 40th annual production of the holiday classic Charles Dickens' A Christmas Carol on Tuesday, Sept. 17, at 7 p.m. They will be doublecasting nine roles (for a total of eighteen young people). Readings are provided. A Christmas carol ("Christmas Is Coming") will be taught.

Rehearsals begin late September and are weeknights (beginning at 7 p.m.); Saturdays (mornings or afternoons); and Sundays (mornings, afternoons, or evenings). Young people must appear in half of the performances, including the student matinees. Performances will be held from Nov. 9 to Dec. 28, 2024.

For full details visit http:// theatrethree.com/acc-auditions/. For more information, call 631-928-9100.

## NYS Safe Boating Course

The Whaling Museum, 301 Main St., Cold Spring Harbor hosts a New York State Safe Boating Course for adults and children age 10 and up on Saturday, Aug. 17 from 8:30 a.m. to 4:30 p.m. Join them to receive your NYS Safe Boating Certificate. Learn the essentials of safe boat operation, regulations, and responsibilities of boat ownership. This course meets the NYS education requirement for the Personal Water Craft Operation Permit, Youth and Adult Boating Certificate. Fee is \$35 per person. To register, visit www. cshwhalingmuseum.org. For more information, call 631-367-3418.

## **COMMUNITY NEWS**

Book signing with Lidia Bastianich

Uncle Giusseppe's Marketplace, 1108 Route 112, Port Jefferson Station welcomes Emmy award-winning television host, bestselling cookbook author, and restaurateur Lidia Bastianich on Sunday, Aug. 11



from 1 p.m. to 3 p.m. Bastianich will be meeting fans and signing copies of her newest cookbook, *Lidia's From Our Family to Yours*. For more information, call the store at 631-331-1706.

#### Join a beach cleanup

New York Marine Rescue Center seeks volunteers to join them for a beach cleanup at Cedar Beach, 223 Harbor Road, Mt. Sinai on Sunday, Aug. 11 from 6 to 8 p.m.; and at Crab Meadow Beach, 90 Waterview St., Fort Salonga on Sunday, Aug. 25 from 6 to 8 p.m. Come join them in their effort to eradicate marine debris from our local beaches and help save our wildlife! To sign up, visit nymarinerescue.org.

## Shibori Indigo workshop

Huntington Historical Society will host a Shibori Indigo workshop with Oksana Danziger at the Conklin Barn 2 High St., Huntington on Tuesday, Aug. 13 from 6 to 8:30 p.m. Experience the magic of indigo dye firsthand in a two and a half hour workshop using freshly harvested Japanese Indigo. You will be dyeing silk scarves with nothing but fresh leaves and a sprinkle of table salt. The dye is permanent without any further processing. After dyeing, you can add some pattern using indigo pigment and stencils. Fee is \$55 per person, \$50 members. To register, visit www. huntingtonhistoricalsociety.org.

### Book signing with Karin Slaughter

The Next Chapter, 204 New York Ave., Huntington will host a book signing with mystery writer Karin Slaughter on Monday, Aug. 19 at 7 p.m. Slaughter will be reading and signing copies of her crime thriller, *This is Why We Lied*, and participating in a Q&A session. The book can be ordered via The Next Chapter's website (thenextchapterli.com), in person in the store, or by calling and reserving a copy over the phone, 631-482-5008.



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> Answers to last week's SUDOKU

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## CROSSWORD PUZZLE THEME: Things with buttons **CLUES ACROSS** 1. Genoa or storm jib 5. Pouch 8. Support for #1 Across 12. Gaelic language 13. Big-ticket 14. Flowerbed cover 15. Western Samoan money 16. Agrippina's slayer 17. Literature class homework 18. \*"The Curious Case of Button" 20. God of thunder 21. Tight or rigid 22. Blunder 23. \* \_\_\_\_ control 26. \*Alarm clock delay 29. Edible tuber 30. Racecourses 33. Crew propellers 35. Often follows dark or back 37. \_\_\_\_-Town, or Chicago 38. Friend, south of the border 39. Singular of #25 Down 40. Containing uranium 42. Rip off 43. Sleeping sickness vector 45. Che Guevara's hat, pl. 47. Roman road 48. "And Then Were None" 50. Hillside, in Scotland 52. \*Home ringer 55. Raccoon's South American co 56. Debate side 57. Spring in a mattress 59. Ar, atomic number 18 60. Black-tie occasion 61. Golfer's aim 62. Group with pressure 63. Stallone 64. Semiprecious variety of agate Answers to last week Weather 101 ARENA

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\* THEME RELATED CLUE

## Port Jefferson Village Cup Regatta sets sail Sept. 7

## View Memorial Parade of Boats at Harborfront Park prior to race

It's time once again to sail for a cure as the 15th annual Village Cup Regatta, a friendly competition between Mather Hospital and the Village of Port Jefferson, returns on Saturday, Sept. 7.

Presented by the Port Jefferson Yacht Club in partnership with the Village of Port Jefferson, the Regatta raises funds for Mather Hospital's Palliative Medicine Program and the Lustgarten Foundation, the largest private funder of pancreatic cancer research in the world. Last year's Regatta raised more than \$100,000, which was divided between Mather Hospital and the Lustgarten Foundation. The event has raised almost \$960,000 over 14 years and is poised to reach \$1 million in donations this year.

The Regatta consists of Yacht Clubskippered sailboats divided into two teams representing Mather Hospital and the Village of Port Jefferson. Employees from the Hospital and Village, along with village residents, help crew the boats, which race in one of three classes based on boat size.



The Memorial Parade of Boats can be viewed from Harborfront Park in Port Jefferson. File photo by Bob Savage

The festivities begin in Harborfront Park in Port Jefferson Village at 10 a.m., where you can purchase shirts, commemorative hats, nautical bags and mugs. The Memorial Parade of Boats begins at 11 a.m. at the Port Jefferson Village dock. All sailboats participating in the Regatta will pass by the park dressed in banners and nautical flags on their way out to the racecourse on Long Island Sound. Actor, director and local resident Ralph Macchio will once again serve as Village Cup Regatta Celebrity Ambassador for the event. Macchio has helped to publicize the important work of the two programs funded by the Regatta for the past 11 years. Macchio's wife, Phyllis, is a nurse practitioner in Mather Hospital's Palliative Medicine Program.

Following the Regatta, a celebratory Skipper's Reception and presentation of the Village Cup will take place in a restored 1917 shipyard building that today serves as the Port Jefferson Village Center.

To sign up as a crew member for the Mather Hospital team, contact Cindy Court at 631-476-2723 or ccourt1@northwell.edu

To sign up as a crew member for the Port Jefferson Village team, contact Sylvia at 631-473-4724, ext. 219 or email clerk@ portjeff.com.

Businesses, organizations and individuals can support the Regatta and the programs it funds by sponsoring, donating, or purchasing tickets to attend the Skipper's Reception or view the Regatta on a spectator boat. For more information and to purchase tickets please visit http://portjeffersonyachtclub. com/community/village-cup/ or www. facebook.com/villagecupregatta.

## **REVOLUTIONIZING FISHING:** Cornell Cooperative Extension of Suffolk County brings modern data tech to Long Island's fleet

The Cornell Cooperative Extension of Suffolk County (CCE) Marine Program has launched an initiative designed to modernize data collection systems used by more than 240 for-hire marine fishing permit holders across Long Island.

This program, known as the eVTR (Electronic Vessel Trip Reporting) project, will reduce data collection burdens on fishermen by simplifying the mandatory reporting process. Moreover, the program will enhance the quality, timeliness and accessibility of fisheries data for use by fleet managers and policymakers.

For-hire fishermen operate vessels that are hired by individuals or groups for recreational fishing trips. This includes party boats and charter boats. They primarily catch fluke, scup, black sea bass, striped bass, blackfish, and bluefish in New York State waters within three miles of shore.

The modernization project is funded through a \$300,000 grant from the National Fish and Wildlife Foundation. The foundation was chartered by Congress in 1984 to increase resources available for the conservation of the country's fish, wildlife, plants, and habitats.

"Recreational fishing has long played an important role in the history, culture, and economy of Long Island," said Vanessa Lockel, Executive Director of CCE Suffolk. "But to remain competitive, our fishermen need to adopt modern technologies. By helping to update their data collection systems, CCE Suffolk will play a hand in building a more secure and efficient future for our fishing sector."



Marine recreational fishing trips supported 5,739 full- or part-time jobs and contributed \$473 million in sales, \$209 million in income, and \$363 million in gross domestic income to the New York State economy in 2017, the last year for which figures are available.

The state's for-hire sector faces many challenges, including strict regulations in respect to fish size, bag limits, and seasonal restrictions. The fleets' profit margins are also being squeezed by increased costs associated with fuel, maintenance and repair, and fishing gear. In addition, patronage has been declining due to necessary fare increases.

State-licensed party and charter permit holders, as well as commercial harvesters, are required to submit monthly vessel trip reports of all fishing activities to the state Department of Environmental Conservation as well as federal agencies. Data include information on catch, trip length, dealers, and other items. While this data have traditionally been recorded and submitted on paper, the state is presently transitioning to electronic reporting. The eVTR project will equip fishermen to successfully make this significant change.

The CCE Marine staff will primarily provide technology, training and technical support for an electronic reporting system called the Atlantic Coastal Cooperative Statistics Program's eTrips program. Through a series of outreach and training events, CCE staff will guide fishermen on the use, adoption and registration of the system. Participants will also receive ongoing technical support as needed. To further ease the burden of electronic reporting, CCE will distribute 150 iPads to participating fishermen.

The CCE team will also be assisting New York State food fish license holders who wish to voluntarily report electronically.

For more information about the eVTR program or to sign up for a training session with CCE Suffolk, call 631-727-7850 x317.

## Driving While Ability Impaired (DWAI) by Drugs vs DWAI by Alcohol

## **TRAFFIC COURT** FORUM

Historically, the news predominantly focused on driving while impaired by the consumption of alcohol. However, driving while a person's ability to do so is impaired by drugs, including <u>BY A. CRAIG PURCELL, ESQ.</u>



marijuana, is equally dangerous and critical. This is especially so in light of marijuana being legalized for recreational use in New York. This month we will delve into the distinctions between driving while ability impaired by alcohol and drugs, specifically marijuana, under New York State law.

We all know that it is illegal to drive a vehicle while your ability to do so is impaired by drugs, including marijuana, as stated in the Vehicle and Traffic Law (VTL) § 1192(4). Even for a first-time offense, the penalties for violating this law can be severe. Below is a helpful comparison of the penalties for driving while impaired by alcohol versus drugs.

It should be noted that a significant difference between these two offenses is the

<u>Offense</u>	DWAI by Drugs (Marijuana)	DWAI by Alcohol
First Offense	Misdemeanor	Traffic Infraction
	Fine: \$500 - \$1,000	Fine: \$300 - \$500
	Jail: Up to 1 year	Jail: Up to 15 days
	License Revocation: Minimum 6 months	License Suspension: 90 days
Second Offense	Class E Felony (within ten years)	Misdemeanor (within five years)
	Fine: \$1,000 - \$5,000	Fine: \$500 - \$750
	Jail: Up to 4 years (or probation)	Jail: Up to 30 days
	License Revocation: Minimum 1 year	License Revocation: Minimum 6 months
Third Offense	Class D Felony (within ten years)	Misdemeanor (within ten years)
	Fine: \$2,000 - \$10,000	Fine: \$750 - \$1,500
	Jail: Up to 7 years	Jail: Up to 180 days
	License Revocation: Minimum 1 year	License Revocation: Minimum 6 months

severity of the above consequences. A DWAI by marijuana conviction results in a criminal record from the first offense, whereas a firsttime DWAI by alcohol does not. However, proving impairment due to marijuana can be more complex. Unlike alcohol, where Blood Alcohol Content (BAC) levels provide a straightforward measure of impairment, the presence of drugs like marijuana does not necessarily indicate impairment. The prosecution must demonstrate that the driver's ability to operate the vehicle was actually impaired. However, there is a movement underfoot to lower the legal BAC limit, which would seriously affect the enforcement, prosecution, and defense of Driving While Intoxicated (DWI) cases. More will be written about this in future articles.

Currently, there is not a universally accepted test equivalent to the breathalyzer for marijuana. This makes it more challenging for prosecutors to prove impairment beyond a reasonable doubt. Therefore, individuals charged with DWAI by drugs may have a stronger defense so long as they are prepared to challenge the prosecution's evidence, including the legitimacy of the traffic stop.

However, let us remind you that while both substances can impair driving abilities, it is crucial to remember that smoking marijuana or drinking alcohol before driving isn't illegal per se-impairment is the key factor. The law requires proof of impairment, not just consumption. As laws evolve, especially with the increasing legalization of marijuana, understanding these nuances becomes even more critical. If you're facing charges related to impaired driving, it's advisable to seek experienced legal counsel to navigate the complexities of the law.

A. Craig Purcell, Esq. is a partner at the law firm of Glynn Mercep Purcell and Morrison LLP in Setauket and is a former President of the Suffolk County Bar Association and Vice President of the New York State Bar Association.



## Suffolk Credit Union donates pet supplies to Paws of War

Suffolk Credit Union recently delivered more than 250 member-donated items to Paws of War headquarters in Nesconset. The donation to the facility, including dog and cat food, blankets, bowls, cleaning supplies and treats, will go towards the care of Paws of War's rescue and service animals. Pictured from left, Robert Misseri, co-founder, Paws of War; Greg Ackerman, Director of Marketing, Suffolk Credit Union; Matt Schettino, SVP Marketing, Suffolk Credit Union; Laura Racioppi, VP Corporate & Community Partnerships, Suffolk Credit Union; Miranda Cagliano, Marketing & Events Assistant, Suffolk Credit Union; Gail Holt, Director of Veteran Advocacy, Paws of War; and Ray Meyer, volunteer & veteran advocate, Paws of War. Photo courtesy of Suffolk Credit Union

## Mather Hospital earns top CMS 5-star rating for patient care

Mather Hospital in Port Jefferson has announced that it has received five stars from the Centers for Medicare & Medicaid Services (CMS) for the second consecutive year, the highest rating possible using data that evaluates outcomes, patient experience and process. Mather was one of only three Northwell hospitals and 381 hospitals nationwide to earn the top rating.

Northern Westchester and Glen Cove were the other fivestar Northwell hospitals. Northwell achieved four-star ratings at Huntington Hospital, Lenox Hill Hospital in Manhattan, North Shore University Hospital in Manhasset and South Shore University Hospital in Bay Shore.

CMS assigns star ratings to U.S. hospitals based on 46 hospital quality measures, which are divided into five quality categories: safety of care, mortality, patient experience, readmission rates, and timely and effective care

"I am exceptionally proud of the entire Mather team for this rating that reflects our culture of providing high-quality patient care and exceptional patient experience," said Executive Director Kevin McGeachy. "By maintaining a five-star rating for a second time, Mather is distinguished in the minds of our patients and the community as the place to go for consistently providing the highest levels of care. We are committed to continuous improvement in safety and patient satisfaction and will continue to invest in resources and initiatives that enhance the care we provide to our community."

To learn more about the CMS ratings and the hospital rating data base, go to https://www.medicare.gov/care-compare/

## New exhibit at Emma Clark Library spotlights the Port Jefferson Photography Club

#### **BY TARA MAE**

Behold the beauty as seen through another's eyes with the Port Jefferson Photography Club's (PJPC) exhibit, *Through the Camera Lens*, at Emma Clark Library, 120 Main Street in Setauket.

On view through the month of August, the exhibit features approximately 30 photos by club members Ralph Baldasarra, Barry Bernstein, Wendy Beaton, Michael Boren, William Hammer, Terry Murphy, Kathy Pisculli, Darlene Prowse, Anneliese Scheef, Irene Stern, C. Visconti, and Peter Willstein.

Housed on the walls of the library's new Level Up Kitchen Library Café on the first floor next to the reference desk, all images in *Through the Camera Lens* have a card that lists the title of the photo, the photographer's name, and contact information. Many of these photos are for sale; visitors are encouraged to contact the photographer if interested in purchasing a photo.

The images illuminate a spectrum of perspectives and personalities, taking the viewer on a tour of instances and ideas.

"We have such a diverse, well-traveled membership that we ask members to display what they would like to share with the audience. Travel, black & white, landscape, architecture, animals, portraits, etc," said Prowse.

A variety of outlook and style enables attendees to see the world from individual points of view: common sights may reveal uncommon insights and fleeting moments are made forever spellbinding.

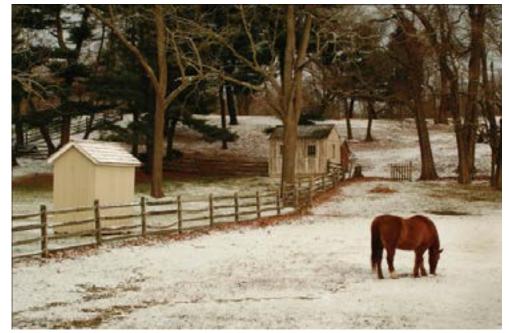
"It gives us an opportunity to share with others the places we have been, the way we see the world and our creativity in unusual and artful creations," Prowse added. "It is like sharing a family photo album with someone who is really interested in what you are showing them. It is also an affirmation of the work we have put into creating an image."

Satisfaction comes from sharing their passion not only with each other, but the public. To this endeavor, the PJPC seeks to exhibit its work in community spaces as a means of connection.

Now in its 12th year, the club has an ongoing installation at Port Jefferson's Pasta Pasta restaurant which changes seasonally. Among other accolades, its booth won first place at a recent St. James Art Walk. And PJPC has also displayed work at Gallery North's Outdoor Art Show in Setauket, Watermark Galleries in St. James, and Bayport-Blue Point Public Library in Blue Point.



'Mystical' by Barry Bernstein, above, and 'Sherwood-Jayne Farm' by William Hammer, below, will be on view through Aug. 31.



August's show at Emma Clark Library follows July's exhibit at the Port Jefferson Village Center. Having both personal and pragmatic benefits — friendships, greater exposure, and refinement of craft — the library exhibit is the members' latest foray into artistic communication with an audience and one another.

"...it shows that our area has an interest in the arts and appreciates local clubs and organization involvement. Hopefully, this will encourage others to show an interest in the PJPC," Prowse said.

In addition to its community involvement, PJPC cultivates its artistic presence in part by facilitating its social network. The club hosts monthly lectures and goes on monthly field trips, visiting museums, beaches, New York City, etc. for group bonding, motivation, and inspiration.

"Photography gives me a chance to be creative and I love to show off my work...I love the social aspect of it," said the Club's Vice President Barry Bernstein. 'What I think is most rewarding about photography is the ability to capture a moment in time.'

#### - ANNE DEPIETRI

Participating in the organization allows its members to focus the poetic precision of photography while benefiting from the camaraderie of a shared passion. It galvanizes participants to hone their craft and nurture their artistry.

"What I think is most rewarding about photography is the ability to capture a moment in time; to be able to freeze a moment of a bald eagle flying, to capture the colorful sunrises or sunsets, and to add my own creativity to what I photograph. It can be done anywhere, at anytime, with a group of people or by myself," said PJPC President Anne DePietri.

The PJPC is committed to nurturing the creative nature of its members. Its outreach endeavors are part of a diligent effort to foster imaginative understanding and entice an engaged network.

"Belonging to a group is so inspiring. There might be a day that is gloomy and I'm not motivated to go out and find something interesting to shoot. It helps to know that my fellow members are expecting me to present something I looked at in a different way and made an interesting photo," Prowse said

From those presentations, PJPC expands dialogue to move behind the club: its exhibit at Emma Clark Library is broadening the conversation between artists and audience, inviting individuals not only to observe but to partake in the process.

Photographers of any level are invited to join PJPC, which meets on the second Tuesday of the month at Port Jefferson Free Library and on the fourth Tuesday of the month over Zoom.

"We welcome new members who want to explore photography or enhance their skills," Prowse said. "Belonging to a group is so inspiring."

For members of PJPC, getting to show their work with their community is as gratifying and a source of continuous encouragement.

"I think one of the most rewarding parts of being a member of the Port Jefferson Photography Club is the non-judgemental support of everyone and the eagerness to share and learn from each other," DePietri said.

To learn more about the PJPC, visit portjeffphotoclub.org or email portjeffphotoclub@gmail.com.

## Bruschetta two ways for lazy summer days

#### **BY HEIDI SUTTON**

Homemade bruschetta comes together in no time if you have the key ingredients — high quality balsamic vinegar, sun-ripened tomatoes, and fresh basil.

Take this delicious appetizer one step further by turning it into a delicious and hearty meal with a bruschetta chicken bake.

## Fresh Tomato Bruschetta

YIELD: Makes 4 servings INGREDIENTS:

- 1 pound tomatoes, diced
- 1/2 cup packed fresh basil leaves, minced
- 5 tablespoons extra virgin olive oil, divided
- 2 large cloves garlic, minced
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 16 slices Italian bread

#### DIRECTIONS:

Combine fresh tomatoes, basil, 3 tablespoons oil, garlic, salt, and pepper in a large bowl; mix well. Let stand at room temperature 1 hour to blend flavors. Preheat oven to 375 F. Place bread on baking sheet. Brush remaining oil over one side of each bread slice. Bake 6 to 8 minutes, or until toasted. Top with tomato mixture.



### Fresh Tomato Bruschetta Chicken

YIELD: Makes 6 servings INGREDIENTS:

• 1/3 cup extra-virgin olive oil

- 3 tablespoons finely chopped fresh basil, plus additional, for garnish
- 3 cloves garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

- 1/2 teaspoon dried oregano
- 6 thinly sliced boneless, skinless chicken breast cutlets (about 1 1/2 pounds)
- 1 large onion, thinly sliced
- 1 large jar marinara sauce
- 2 cups multi-colored grape tomatoes, halved
- 2 stems cherry tomatoes on the vine
- 1/2 cup shredded Parmesan cheese
- 2 tablespoons balsamic glaze DIRECTIONS:

Preheat oven to 400 F. In small bowl, whisk olive oil, basil, garlic, salt, pepper and oregano until combined. Combine 2 tablespoons oil mixture and chicken in resealable plastic bag. Let stand 5-10 minutes at room temperature to marinate.

In medium skillet, heat 2 tablespoons oil mixture over medium heat. Add onions; cook 3-4 minutes, or until crisp-tender. Stir in marinara sauce. Pour mixture into lightly greased 13-by-9-inch baking dish. Arrange chicken breasts in dish, overlapping if necessary. Top with grape tomatoes and cherry tomato stems. Spoon remaining oil mixture over tomatoes.

Bake, covered, 25 minutes, or until chicken is done (165 F) and tomatoes start to burst. Sprinkle with Parmesan, drizzle with balsamic glaze and garnish with fresh basil leaves before serving.



# Focus om Health

## Inside:

Walk your way to better health 5 nutrition tips to power your next workout Is it tiredness or fatigue? Sleep apnea is more than a snore

Choosing the right hospital Sun safety word search

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## Choosing the right hospital

When Judie Burrows, an adventurous, retired teacher, broke her hip during a bicycle accident, her family trusted the doctors and the hospital. They were not worried about a routine hip surgery.

"I didn't realize at the time that we should have worried, even though this was a routine procedure," said her son, Steve Burrows. "We thought all hospitals were basically the same."

Burrows, who produced the awardwinning HBO documentary *Bleed Out* recounting his mother's story, points to an option like the Leapfrog Hospital Safety Grade as how his family might have compared hospital safety.

Five month's later, with her first hip surgery failing, Judie Burrows fell and broke her hip again and spent eight days in the hospital in excruciating pain with no plan of care. She had a second hip surgery, despite the doctor knowing she was still on three different prescription blood thinners, and lost half the blood in her body.

After surgery, Judie Burrows slipped into a coma. For a day and a half, no one noticed.

"When my mother emerged from her coma after two weeks, her cognitive abilities were equal to that of an 8-yearold," Steve Burrows said. "She survived, but lost her fierce independence, her home and all her life savings, which were used to pay for the injuries she suffered."

## One easy way to judge hospitals

"At first, I thought my family was just unlucky," Steve Burrows said. "However, after the release of our HBO documentary, *Bleed Out*, I received thousands of messages from people across the country who recounted their own stories of loss and suffering related to medical errors." Research confirms the problem is significant. A study in *The BMJ* found upward of 250,000 people in the United States die of preventable medical errors each year, equal to more than 600 people per day.

To assist people like the Burrows family, nonprofit watchdog organization The Leapfrog Group grades hospitals with an A, B, C, D or F based on measures that protect patients from preventable errors, injuries and infections.

The grades look at up to 27 measures of hospital safety, like infection rates, surgical errors and standards for intensive care unit (ICU) physician staffing.

## 'Shopping' for care is crucial

"Health care is too important not to shop for it," said Leah Binder, president and CEO of The Leapfrog Group.

Binder suggests a safety-first research strategy that begins with the Hospital Safety Grade, the only resource entirely devoted to errors, injuries and infections, followed by research from other sources into the quality of the surgery or treatment a patient needs.

The hospital grades are free to the public, updated twice a year, independently assessed, peer-reviewed and fully transparent. People can search for hospitals in any region of the United States.

Judie Burrows passed away after enduring more than a decade of health struggles following her first hip surgery. The hospital and doctors never claimed any responsibility for the emotional and financial costs.

"Do not be afraid to shop like your life depends on it," Steve Burrows said. "It does depend on it. My family found out the hard way."

Look up grades for your local hospitals at HospitalSafetyGrade.org. (FAMILYFEATURES)

## Start with a step and walk your way to better health

ne of the common complaints among people who want to be more active is that they can't seem to fit exercise in when work, school or family responsibilities get top billing.

A walk is not just good for your body, it's also good for your soul. Physical activity, like walking, is one of the best ways to reduce stress and boost your mood. However, reports show walking rates are declining steadily in the United States.

On average, 1 out of every 4 U.S. adults sits for longer than eight hours each day, per research from the Centers of Disease Control and Prevention, which can have negative consequences on physical and mental health. Regular exercise improves mood, boosts energy and can even help you sleep better. Staying active is one of the best ways to keep your mind and body healthy.

Consider this advice from the American Heart Association, which has worked for decades to promote policies and strategies that make it easier for communities to get and stay active. One example is National Walking Day, established by the organization to encourage people to move more throughout the day so they can feel, think, sleep and live better.



Indeed, adding more movement can benefit your body and mind in numerous ways, such as:

**Lowering disease risk.** Getting the recommended amount of physical activity (at least 150 minutes of moderate, 75

minutes of vigorous or a combination of those activities per week) is linked to lower risk of diseases, stronger bones and muscles, improved mental health and cognitive function and lower risk of depression. **Increasing sunlight exposure.** Outdoor exercise is an easy way to get moving and take in the sunlight, which can improve mood, boost immunity and help you get some vitamin D. Spending time outdoors is a no-cost option and has been shown to reduce stress, promote a sense of belonging and improve mood.

Improving cognitive and mental function. Physical activity keeps your mind sharp now and later. Studies show higher fitness levels are linked to better attention, learning, working memory and problem solving. What's more, a study published in the *British Journal of Sports Medicine* shows people who get the recommended amount of physical activity are less likely to develop depression.

**Living longer.** Healthy life expectancy can be positively impacted by increasing activity. According to research published in the *American Journal of Epidemiology*, swapping just 30 minutes of sitting with low-intensity physical activity reduced risk of death by 17%.

Get moving to reduce your stress and step into better health. Learn more at heart.org/movemore. (FAMILYFEATURES)



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### Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

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COVER UP	MORNING	SHADE	SUNGLASSES
DERMATOLOGIST	PROTECT	SKIN	SUNLIGHT
HEAT	RADIATION	SPOTS	ULTRAVIOLET
INDEX	RASH	SUNBLOCK	UMBRELLA
INDOORS			WIDE-BRIMMED



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## Sleep apnea is more than a snore

S noring throughout the night. Gasping for air suddenly while sleeping. Feeling tired after a night of rest. These aren't just signs of a poor night's sleep — they could be symptoms of obstructive sleep apnea (OSA).

Sleep apnea is a serious sleep disorder characterized by a repetitive collapse of the airway during sleep. Most people with sleep apnea don't even know they have it — in fact, 80% of people with sleep apnea in the United States are undiagnosed, according to research published in the "American Journal of Epidemiology."

Experts from the American Academy of Sleep Medicine (AASM) recommend most adults get at least seven hours of sleep each night without waking frequently. If you have untreated sleep apnea, healthy, uninterrupted sleep can be hard to achieve. When the airway collapses or becomes blocked while you sleep, it causes you to wake briefly - maybe with a snore or gasp for air - to unblock the airway.

Untreated sleep apnea can contribute to long-term health problems, including hypertension (high blood pressure), heart disease, stroke, Type 2 diabetes and depression. Overall quality of life can also suffer. It can lead to a decline in mood, lower work productivity, difficulty concentrating and making decisions and an increased likelihood of getting into a traffic accident due to sleepiness.

The disorder may even affect your family and relationships; snoring or poor sleep due to sleep apnea can keep your family members up at night, affect your mood with others and impact your general decision-making. Consider this additional information about sleep apnea from Count on Sleep, a collaborative awareness program led by the AASM.

#### SIGNS AND SYMPTOMS OF OSA

- \* Snoring or noisy breathing
- \* Stopping breathing while asleep
- \* Waking up gasping or choking
- \* Restless sleep or waking up tired and groggy after a full night's sleep
- \* Insomnia
- \* Waking up frequently to use the bathroom
- \* Having headaches in the morning
- \* Feeling sleepy during the day
- \* Having difficulty with memory or concentrating
- \* Mood changes or irritability

## \* Drowsy driving

## **RISK FACTORS FOR OSA**

- \* Overweight or obesity (BMI of more than 30)
- \* High blood pressure
- \* Neck size of more than 17 inches for men; 16 inches for women
- \* Coronary artery disease (a type of heart disease) or heart attack
- \* Atrial fibrillation or other heart rhythm problems
- \* Congestive heart failure
- \* Type 2 diabetes
- \* Stroke
- \* Daytime sleepiness

If you think you may have undiagnosed sleep apnea, talk to your doctor about your signs, symptoms, risk factors and concerns. If friends or family members exhibit these symptoms, urge them to talk to a doctor.

Your doctor may screen or test you for sleep apnea, which could include an at-home sleep test or sleep study at an accredited sleep center. If diagnosed, treatment options include continuous positive airway pressure (CPAP) therapy, oral appliance, surgery or lifestyle changes.

Learn more about how sleep apnea affects health at countonsleep.org. (FAMILY FEATURES)

## 5 nutrition tips to power your next workout

W atching the Paris Summer Olympics may motivate many to slip into their sneakers and head outside for a run. A good run enhances strength, contributes to cardiovascular fitness, builds muscle endurance and is a great way to shed pounds. It's also a boost for your mental health.

A recent study in *Neuroscience News* found aerobic exercise like running leads to an increase in levels of serotonin, dopamine and norepinephrine — chemicals that regulate your mood. It also helps promote better sleep, relaxes stress hormones and increases brain function.

So, take this as your sign to get out there! But, in addition to the right footwear, a killer playlist and an interesting route for your workout, it's vital to focus on nutrition. Regardless of the distance or duration of your run, sports nutrition is an important key to your performance.

Most runners know they should get some carbs, protein, and stay hydrated. But how much, and when? Before, during or after your run? Dana Ryan, Ph.D., MA, MBA, director of Sports Performance, Nutrition and Education and Chair of the Fitness Advisory Board at Herbalife, offers these tips to get moving with good nutrition. **Start with the basics.** Whether you're a distance runner or a new jogger working up to your first mile, a good basic diet is the building block for great performance. Fruits, veggies, lean protein, healthy fats and good carbohydrates are a must.

**Pre-workout boost.** As you near your run, you want to focus on liquids. One to two hours before your workout, drink a protein shake that includes carbohydrates. Protein helps your brain and body function and gives you an energy boost, and those carbs keep you going. Within 30 minutes of your run, a pre-workout drink that contains caffeine and nitric oxide precursors is a good option. The two things you want to avoid pre workout are fiber and fat as they are hard for the body to digest.

**Hydrate!** This is vital before, during and after your workout. Proper hydration is essential not only for general body functions, but also boosts performance and mitigates dehydration during running. Runners need to maintain body water balance, because water provides nourishment that the body needs for almost every single function. It also helps limit changes in body temperature. For hydration, water alone is great. Water with electrolytes kicks it up a notch. **Carb it up.** For many dieters, carbs are taboo. But for runners, or people who do other high-intensity workouts, carbs are key to performance. If you've ever run out of steam or hit a wall during a workout, it could be because you're low on carbs. While running, it's crucial to replace what the body is losing, namely carbohydrates and electrolytes. One's body fatigues because of the depletion of carbohydrate reserves and dehydration due to loss of water and electrolytes in sweat, both of which hinder sports performance.

**Finish with protein.** Immediately following the completion of a run, make sure to get some protein in. Within 30 minutes of finishing your workout, consume 20 to 40 grams of high-quality protein, no matter how long the run was. And for those longer runs, add in some carbohydrates to be closer to a 3:1 carbohydrate-to-protein ratio. Why? Protein after a run helps your muscles repair and recover. The amino acids in protein help build lean muscle, which is exactly what you want.

No matter your fitness level, nutrition is an important part of getting the most out of your workout. Now, get out there and move! (BRANDPOINT)



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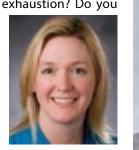
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## The difference between tiredness and fatigue

ave you ever felt like no amount of coffee or rest can shake off your lingering exhaustion? Do you wake up from a full night's sleep and still find yourself dragging? If so, you might be dealing with more than just tiredness; you could experiencing be fatique.



Fatigue is not just a fleeting

Dr. Maggie Williams

feeling of sleepiness — it's a deep-seated exhaustion that can impact your daily life and point to more serious health conditions. However, these feelings are often dismissed as simply needing more sleep or seen as a normal part of a busy lifestyle. According to recent research by MD Live, many aren't aware of what fatigue is despite experiencing symptoms and 35% rarely think about the reasons behind their tiredness.

"While we often use words like 'tired' and 'exhausted' interchangeably, there are distinct and clinical differences between tiredness and fatigue," explains Dr. Maggie Williams, medical director for MD Live Primary Care. "Occasional tiredness can often be managed with better sleep habits or lifestyle changes, but fatigue is a persistent exhaustion that could signal underlying health issues that should be discussed with a doctor."

Dr. Williams shares telltale ways to determine whether you may be experiencing simple tiredness or if your symptoms might point to something more serious.

#### SCRUTINIZE YOUR SLEEP

First, look at your sleep patterns. Tiredness generally improves with a good night's sleep or a short nap, whereas fatique persists even after adequate rest. Try keeping a sleep diary for a week, noting when you go to bed, when vou wake up, and how you feel upon waking and throughout the day. If you consistently wake up feeling unrefreshed or have difficulty staving asleep, it might indicate something more serious. Pay attention to other signs like frequent waking during the night or difficulty falling asleep despite feeling tired.

#### **TRACK YOUR TIREDNESS**

Consider how long and how often you feel exhausted. Tiredness is typically temporary and linked to specific activities or lack of sleep, such as staying up late to finish a project or getting a poor night's



sleep. Fatigue is long-lasting and occurs frequently, often without a clear cause. Ask yourself whether exhaustion is a constant presence in your life, lingering for weeks or months. If symptoms persist and you cannot pinpoint a specific reason, it's more likely to be fatigue.

#### **BE ON THE LOOKOUT FOR OTHER SYMPTOMS**

Fatigue often accompanies broader and more severe symptoms, such as muscle weakness, joint pain, headaches, and a lack of motivation. Mentally, fatigue can lead to prolonged mood swings, depression, anxiety, and severe cognitive impairment, making it difficult to concentrate or remember things. Keep track of any additional symptoms you experience, noting their severity and duration.

#### **GAUGE THE IMPACT ON DAILY LIFE**

Reflect on how your tiredness affects your daily activities. Tiredness might cause a temporary decrease in productivity and social interactions. Fatigue has a significant and prolonged impact on your ability to perform daily tasks, work, and maintain social relationships. For example, you may find it increasingly difficult to keep up with work responsibilities, household chores, or social commitments. Evaluate how often you find yourself canceling plans, avoiding activities, or struggling to keep up with everyday demands.

### **REVAMP YOUR REST ROUTINE**

To assess whether you may be dealing with fatigue, address sleep-related issues, including irregular sleep schedules, screen time before bed, and an uncomfortable sleep environment. Establish a regular and consistent sleep routine, even on the weekends. Avoid alcohol consumption, limit exposure to screens at least an hour before bedtime and create a comfortable sleep environment by ensuring your bedroom is dark, guiet and cool. If these changes don't help, it could point to fatigue — persistent problems despite good sleep hygiene warrant further investigation.

#### THE CHRONIC CONDITION CONNECTION

Fatique is often linked to chronic conditions such as diabetes, heart disease, depression and thyroid disorders. These illnesses significantly impact the body's ability to maintain energy levels, resulting in persistent exhaustion that can negatively affect quality of life. According to the survey, one-third of respondents with chronic diseases experienced extreme tiredness but didn't recognize it was a symptom before their diagnosis. Identifying and managing these conditions properly can help alleviate some of the overwhelming feelings of exhaustion.

#### WHEN TO CONSULT A DOCTOR

While you might be inclined to dismiss or brush off tiredness as not a priority, persistent problems are not something you have to live with. If sleep-related issues or extreme tiredness begin to affect your everyday life, you should schedule a visit with your primary doctor. Remember, understanding and addressing the root causes of your tiredness can pave the way for improved well-being and a more energetic life. (BRANDPOINT)

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**Times Beacon Record Newspapers** are published every Thursday. Address: P.O. Box 707, Setauket, NY 11733; telephone: 631-751-7744; email address: desk@tbrnewsmedia. com; fax: 631-751-4165; website: www.tbrnewsmedia.com. Entire contents copyright 2024.



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## M. Night Shyamalan's concert thriller 'Trap' fails to spring

#### **REVIEWED BY JEFFREY SANZEL**

Will it have the craft of *The Sixth Sense*? The clumsy mess that was *Lady in the Water*? Or the true horror of the disastrous *Old*? Few directors inspire the puzzling mix of

**MOVIE REVIEW** hope, disappointment, and divisiveness than M. Night Shyamalan. As the director, producer, and screenwriter, the king of the "twist" must take complete responsibility for his work.

His newest film, *Trap*, focuses on firefighter Cooper Adams (Josh Hartnett), who happens to be a serial killer dubbed "The Butcher." Cooper takes his daughter, Riley (Ariel Donoghue), to a Lady Raven (Saleka Shyamalan) concert as a reward for her stellar report card. With a massive police presence, Cooper quickly learns that, somehow, law enforcement knows he is attending the concert. Under the guidance of Dr. Josephine Grant (Hayley Mills), an FBI profiler, every man of a certain age and type will be checked before they can leave the arena.

The premise is simplistic but not without interest. A concert setting is naturally charged—a closed universe of organized chaos—screaming teen fans, food counters, and a warren of dressing rooms, storerooms, and connecting doors. The scenario and location open a world of possibilities. Unfortunately, *Trap* fails to spring, plodding and creaking as the resourceful Cooper evades capture in a series of "close calls."

Eventually, *Trap* builds to a half dozen false endings, one more predictable than the last. The film's minimal tension escapes



Josh Hartnett and Ariel Donoghue star in 'Trap.' Photo courtesy of Warner Bros. Studio

like the air from a bicycle tire (a specifically selected metaphor). The Oedipal layer to the killer's motivation has played in myriad films since the 1970s, and the revelation lands with a thud.

Hartnett (exceptional in last year's *Oppenheimer*) seems to be vying for the Most Excruciatingly Goofy Dad Award in a performance of painful grimaces, pasted grins, and "gosh-heck" incredulity. He punctuates every line with a waggle of the eyebrows that would make Groucho blush. In the opening moments, his daughter urges him to drive faster so they do not miss the opportunity to glimpse Lady Raven leaving her tour bus. He responds that they do

not want to break any laws: "Trust me." The aggressive lack of subtlety is almost impressive. Riley comments more than once, "You're acting strange, Dad." Strange acting, indeed.

Hartnett and company are failed by a script composed solely of cliches. A subplot about a mean girl, Jody, who has been freezing out Riley, amounts to several shrill exchanges between Cooper and the girl's mother (Marnie McPhail). After Cooper manipulates Lady Raven's uncle and promoter (M. Night Shyamalan), Riley goes onstage as Lady Raven's "Dream Girl." Outraged by her peer's opportunity, we glimpse Jody throwing a cup of soda in her mother's face.

Alison Pill is a strong actor but does not appear until the final act when she takes the mantle of clueless wife. Even with the character's few extra shades, she cannot rescue the absence of surprise and dimension.

The concert portions are grating. In another film, the director might comment on pop culture's empty self-indulgence and repetitive nature. However, one suspects Shyamalan is showcasing his daughter's singing career. (Social media also helps to save the day.) As an actor, Saleka is decent, but like Pill, given few notes to play. As for Jonathan Langdon's duped t-shirt seller, Jamie—the stereotype borders on offensive, especially in the film's tag. Hayley Mills' Dr. Grant amounts to an extended cameo, but she lends a hint of gravitas with her rich voice and regal bearing.

Shyamalan populates the world with enough police and SWAT extras to fill a Batman franchise. Visually, the shots are strangely static, often screaming, "Look here—he's going to do something clever." He liberally "borrowed" elements from The Hitcher, Silence of the Lambs, Dressed to Kill, Dexter, and even A Clockwork Orange.

In particular, he saddled Hartnett with elements of these famous psychopaths but then directed him to play Cooper with the vigor of a middle school Thanksgiving pageant. *Trap* is less Hitchcock and more *Parent Trap*.

Fool me once, shame on you; fool me twice, shame on me. Fool the moviegoing public repeatedly—Shyamalan on all of us.

Rated PG-13, the film is now playing in local theaters.



Peter O'Toole stars in 'Lawrence of Arabia.' Photo courtesy of Fathom Events

## 'Lawrence of Arabia' returns to the big screen Aug. 11 & 12

Fathom Events and Columbia Pictures celebrate the studio's 100th anniversary with select screenings nationwide of the groundbreaking adventure epic *Lawrence Of Arabia*, on Sunday, Aug 11 and Monday, Aug. 12.

The screenings will include the exclusive "Columbia 100 Celebration" featurette, putting the spotlight on a century of world-class cinema spanning across the industry powerhouse's illustrious past to its promising present.

Heralded as Columbia Pictures' mostcelebrated film, *Lawrence Of Arabia* is the winner of seven Academy Awards<sup>\*</sup> including Best Picture of 1962—and remains one of the most timeless and essential motion picture masterpieces. Considered the greatest achievement of its Oscar<sup>®</sup>-winning auteur director, David Lean (*The Bridge on the River Kwai*), the film introduced Peter O'Toole in his career-making performance as T.E. Lawrence, the audacious World War I British army officer who heroically united rival Arab desert tribes and led them to war against the mighty Turkish Empire.

The film also took home Oscars<sup>®</sup> for Best Cinematography and Best Score, among others, and boasts the talented ensemble of Alec Guinness, Anthony Quinn, Jack Hawkins, Jose Ferrer, Anthony Quayle, Claude Rains, Arthur Kennedy with Omar Sharif as "Ali". Produced by the legendary Sam Spiegel, the film's screenplay is by Robert Bolt and Michael Wilson. Each Fathom screening of the film will be presented in the acclaimed 2012 version, brilliantly restored in 4K to its complete 224-minute version.

Exclusive to the Fathom screenings will be the special feature "Peter O'Toole Revisits Lawrence Of Arabia," an intimate retrospective that finds the esteemed leading man reflecting not only on the role that would leave an indelible mark on his life and career, but on the history of film, itself.

Locally the film will be screened at AMC Loews Stony Brook 17, Island 16 Cinema de Lux in Holtsville and Showcase Cinema de Lux in Farmingdale. To view times and to purchase tickets in advance, visit www.fathomevents.com.

## **THIS WEEK:**

Ed Romaine Outlines Suffolk County's Needs, Drunk Driving Cases Sound Alarm & Quality of Sleep We Are Not Getting, Plus SBU introduces a New Head Coach Just In Time For Football Season & More!

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Finally, experience the charm and wit of Broadway star **Laura Benanti** as she shares her journey from stage to screen.

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## 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 8

## **Kings Park Rocks**

Kings Park Chamber of Commerce presents a Kings Park Rocks summer concert featuring Southbound at Russ Savatt Park, 14 Main Street, Kings Park from 6 to 10 p.m. 631-269-7678

## **East Northport Fire Dept. Fair**

The East Northport Fire Department, 19th Ave., East Northport will host its annual Fair tonight through Aug. 10 from 7 to 11 p.m. with carnival rides, games of chance and skill, live music, large selection of food and more. Parade kicks off tonight on Larkfield Road at 7 p.m. Free admission. POP ride bracelets. 631-261-0360, ext. 110

## **Adventure Trivia**

Join Comsewogue Public Library, 170 Terryville Road, Port Jefferson Station for Adventure Trivia from 4 to 5 p.m. or from 7 to 8 p.m. Test your knowledge of music, movies, history and more with a chance to win prizes with Theresa Maritato. Adults only. To register, call 631-928-1212.

## **Harborside Concerts**

Harborside concerts continue at the Show Mobile at Harborfront Park, 101-A East Broadway, Port Jefferson tonight at 7 p.m. with Drive (Cars tribute band). Bring seating. 631-473-4724, www.portjeff.com

## 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 Milagro (Santana tribute band) starting at 7 p.m. Rain date is Aug. 28. Bring seating. 631-681-8708

## **Dennis Cannataro Concert Series**

The Dennis Cannataro Family Summer Concert Series continues at the Smithtown Library, 1 North Country Road, Smithtown with Penny Lane (Beatles tribute) tonight at 7:30 p.m. No registration required. Bring seating. 631-360-2480 ext. 150

## Friday 9 **East Northport Fire Dept. Fair** See Aug. 8 listing.



## August 8 to August 15, 2024



AHOY MATEYS! Pirates will take over Port Jefferson Village for the 4th annual Sea Shanty and Maritime Musical Festival this weekend. Photo by Aidan Johnson/TBR News Media

## 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 Izzy Potter. Bring seating. 631-261-1872

## **British Rock Legends Tribute**

Theatre Three, 412 Main St., Port Jefferson continues its summer concert series with The British Legends of Rock Show at 8 p.m. Spend an evening with ALL of your favorite 60s & 70s British rock legends A-Z. The Animals to Led Zeppelin and everything in between. Tickets are \$55. To order, call 631-928-9100 or visit www.theatrethree.com.

## Peterson & Cowsill in Concert

The Long Island Music and Entertainment Hall of Fame, 97 Main St., Stony Brook presents Vicki Peterson (The Bangles) and John Cowsill (The Cowsills, The Beach Boys) in concert at 8 p.m. Tickets are \$25 at www.limehof.org.

Saturday 10 East Northport Fire Dept. Fair See Aug. 8 listing.

## Run the Farm

Friends of Hobbs Farm and Town of Brookhaven Councilman Neil Manzella and Brookhaven Town Clerk Kevin LaValle invite you to take part in the 10th annual ShopRite Run the Farm 4-mile run/walk. Fun Run for children begins at 8:30 a.m., and the 4-mile challenge starts at 9 a.m. \$30 in advance; \$35 the day of the race; \$5 for children under the age of 10. The challenge starts at Oxhead Elementary School, 144 Oxhead Road, Centereach, and ends at Bethel Hobbs Community Farm, 178 Oxhead Road, Centereach. Proceeds benefit Hobbs Farm's mission of feeding the hungry. To register in advance, visit events.elitefeats. com/24runthefarm.

## LISEC Sikaflex Boat Build

LISEC and the Bayles Boat Shop will sponsor the 12th annual Sikaflex "Quick & Dirty" Boat Building Competition at Harborfront Park, 101-A E. Broadway, Port Jefferson today and Aug. 11 from 9 a.m. to 4 p.m. Up to 12 two-person teams will construct a boat in four hours on Saturday and return on Sunday to decorate their boats and prepare to race them at 3 p.m. Prizes are awarded after the races for design, decoration, first built and race winners. 631-689-8293, www. lisec.org

## **Tri-Spy Walking Tours**

Hike your way through the history of the Revolutionary War's Culper Spy Ring with local historian Margo Arceri of Tri-Spy Tours at 9 a.m. Participants follow in the actual footsteps of the Culper Spy Ring, and, along the way, historical places of interest are pointed out and discussed. Tours start at the entrance of Frank Melville Memorial Park, 1 Old Field Road, Setauket. \$25 per person. 631-751-3730, www.tvhs.org

## **The I Love Bacon Fest**

Walt Whitman Shops, 160 Walt Whitman Road, Huntington Station hosts The I Love Bacon, Butter, Beer and Bourbon Fest, a twoday celebration of bacon prepared every way imaginable, today and Aug. 11 from 10 a.m. to 6 p.m. The outdoor event will feature live music all day, food trucks, craft vendors and line dancing lessons by Long Island's country band Audawind. Admission is \$10 adults, \$5 children ages 4 to 12, kids 3 and under are free. For tickets, visit lovebaconfest.com/ tickets/

## **Saturdays Poetry Reading**

All Souls Church in Stony Brook continues its Saturdays poetry series via Zoom from 11 a.m. to noon. Featured poet will be Hiram Larew. An open-reading will follow; all are welcome to read one of their own poems. For more information, call 631-655-7798. Participants can access the program through the All Souls website https://www.allsoulsstonybrook.org/

## Sea Shanty/Maritime Music Fest

In conjunction with the LISEC Sikaflex Boat Build, the annual Port Jefferson Sea Shanty and Maritime Musical Festival will be held at Harborfront Park, 101 E. Broadway, Port Jefferson today and Aug. 11 from noon to dusk featuring authentic sea shanties, a pirate camp, street singers and more. Free. portjeffersonseamusicfestival.com

## **One Hit Wonderers Concert**

Theatre Three, 412 Main St., Port Jefferson continues its summer concert series with One Hit Wonderers at 8 p.m. Each and every song you will hear was, you guessed it...a number 1 hit of the '60s, '70s, and '80s. Tickets are \$55. To order, call 631-928-9100 or visit www.theatrethree.com.

TIMES ... AND DATES continued on page B24

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

## TIMES ... and dates

Continued from page B23

LISEC Sikaflex Boat Build See Aug. 10 listing.

## The I Love Bacon Fest See Aug. 10 listing.

Sea Shanty/ Maritime Music Fest See Aug. 10 listing.

## Big Rig & Antique Truck Show

The Long Island Chapter of the American Truck Historical Society will host the 6th annual Big Rig & Antique Truck Show at the LIAPA Show Grounds, 5951 Sound Ave., Riverhead from 8 a.m. to 2 p.m. featuring antique trucks and modern straight jobs to semis. Admission is \$5. 631-339-3065

## **Car Show Fundraiser**

Sawmill Intermediate School, 103 New Highway, Commack hosts a Commack Fire Department Engine 3 Car Show fundraiser from 10 a.m. to 2 p.m. with food trucks, raffles and more.

## **The Spirit of Summer Art Festival**

The Spirit of Huntington, 2 Melville Road, Huntington Station presents a Spirit of Summer Art Festival, a day of fine art, community networking, games and activities, food trucks, raffles and music/ dance performances, from 11 a.m. to 4 p.m. Rain date is Aug. 18. 631-520-1147

## Frank Latorre in concert

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

## 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 The Toby Tobias Ensemble 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 the Lisa Polizzi Band from 6 p.m. to 9 p.m. The series continues every Sunday through Aug. 18. Free. Bring seating. 631-984-0201

### 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 The Precisions. Bring seating. 631-751-2244, www.wmho.org

## Monday 12 Sound Beach Civic Meeting

Sound Beach Firehouse, 152 Sound Beach Blvd., Sound Beach hosts a Sound Beach Civic Association meeting at 7:30 p.m. Guest Speaker will be Kevin LaValle, Town of Brookhaven Clerk. All are welcome. For more information call 631-744-6952.

## Tuesday 13

## Concerts at The Gazebo

Enjoy Tuesday night concerts at The Gazebo, 127 Smithtown Blvd., Nesconset at 7 p.m. through Aug. 27. Tonight's performance will feature Rusty Spur. Rain date is Aug. 14. 631-672-5197, www.nesconsetchamber.org

### **Music Under the Stars**

Middle Country Public Library, 101 Eastwood Blvd., Centereach celebrates summer with its Music Under the Stars concert series in its parking lot featuring Men of Soul (Soul and R&B) at 7 p.m. Bring seating. 631-585-9393

## A Night of Comedy

The John W. Engeman Theater, 250 Main St., Northport continues its Special Event Series with 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 14

## St. James Summer Nights

St. James Elementary School, 580 Lake Ave., St. James hosts a St. James Summer Nights event from 5 to 9:30 p.m. featuring live music, crafts and vendors under the summer stars. Rain date is Aug. 21. 516-220-8217

### Historic Walking Tour/Pub Crawl

The Huntington Historical Society offers a Historic Walking Tour and Pub Crawl tonight throughout Huntington Village from 6:30 to 9 p.m. Town of Huntington Historian, Robert C. Hughes, will guide you through the notable buildings and events in the history of Huntington. Along the way participants will stop at local establishments to enjoy some refreshment before continuing the tour. Tickets are \$25, \$20 members (drinks not included). Tours will begin at the Soldiers & Sailors Memorial Building, 228 Main Street, Huntington. Reservations are required. 631-427-7045, www.huntingtonhistorical.org

### **Summer Sips Trivia Night**

Join the Whaling Museum, 301 Main St. Cold Spring Harbor for a Summer Sips Trivia Night from 6:30 p.m to 8 p.m. General trivia questions are tied to the fun-in-thesun beach season and will have something for everyone, including film, music, logos, history, geography, art, and nature. Enjoy appetizers from Grasso's Restaurant and a refreshing Dirty Dolphin cocktail or mocktail. Prizes and bragging rights for winners of trivia rounds. Adults 21+. \$30 per person. Advance registration required by visiting cshwhalingmuseum.org.

## **Port Jefferson Sunset Concert**

Port Jefferson Arts Council continues its Sunset Concerts at Harborfront Park, 101-A East Broadway, Port Jefferson with a performance by the Dave Christian Project from 6:30 to 8 p.m. Free. Bring seating. Held rain or shine. 631-473-5220, www.gpjac.org

## An Evening of Summer Pops

Caroline Episcopal Church will host a free concert by the Sound Symphony Orchestra on the Setauket Village Green at 7 p.m. Directed by Maestro Dorothy Savitch with vocal soloist Christine Cornell, the program will include "Over the Rainbow," "My Fair Lady," a salute to the Big Bands, "The Magnifecent Seven," and more. Bring seating. Free. www.carolinechurch.net/ upcomingevents.

## Summerfest Concert

The Northport Chamber of Commerce continues its Summerfest Concert series on Wednesday nights at the Robert Krueger Bandshell in Northport Village Park with the Little Wilson Band from 7:30 to 9 p.m.. Bring seating. 631-754-3905

## Thursday 15 Summer Thursday at the LIM

The Long Island Museum, 1200 Route 25A, Stony Brook continues its after hours Summer Thursdays series from 5:30 to 7:30 p.m. with a family-friendly Performance from the School of Rock Band outside the Carriage Museum, playing family friendly tunes while Art Across Ages offers music-themed crafts. The Carriage Museum will be open for self-guided tours. Free. 631-751-0066

## St. Joseph's Family Festival

St. Joseph's Church, 59 Church St., Kings Park hosts a Family Festival tonight from 6 to 10 p.m., Aug. 16 and 17 from 6 to 11 and Aug. 18 from 6 to 10 p.m. with carnival rides, games and food. Fireworks on Aug. 16. Free admission. Pay-one-price rides. 631-499-6824

### **Dennis Cannataro Concert Series** The Dennis Cannataro Family Summer

Concert Series continues at the Smithtown Library, 1 North Country Road, Smithtown with Don't Stop (Journey tribute) tonight at 7:30 p.m. No registration required. Bring seating. 631-360-2480 ext. 150

## Theater

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 followed by *King Lear* from Aug. 16 to Sept. 8. 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'

*Extended!* The John W. Engeman Theater, 250 Main St., Northport presents *Legally Blonde The Musical* from July 11 to Sept 1. Elle Woods appears to have it all until her life is turned upside down when her boyfriend dumps her to attend Harvard. Determined to get him back, Elle charms her way into the prestigious law school. 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.

### 'Guys and Dolls'

Celebrate St. James presents a production of the musical *Guys and Dolls* at St. James Episcopal Church (Mills Hall), 490 North Country Road, St. James on Aug. 23 and 24 at 8 p.m. The show takes us from the bustle of Times Square to the dance clubs of Havana to the sewers of New York City as it demonstrates the great lengths to which a guy will go when he truly falls in love with a "doll." Tickets, which include refreshments and dessert, are \$35 adults, \$30 seniors. To order, call 516-272-6597 or visit www. celebratestjames.org.

## **Class Reunion**

**Port Jefferson High School Class of 1964** will hold its 60th reunion at the Meadow Club, 1147 Route 112, Port Jefferson Station on Oct. 17. Members of the Class of 1963 are invited to join them. For more information, email Mike Whelen at Mikarlwhe@comcast.net



## Catholic

**INFANT JESUS ROMAN CATHOLIC CHURCH** 110 Myrtle Ave., Port Jefferson 631-473-0165 Fax 631-331-8094 email-rectory@infantjesus.org www.infantjesus.org **REV. GREGORY RANNAZZISI,** PASTOR, ASSOCIATES: REV. FRANCIS LASRADO & **REV. ROLANDO TICLLASUCA** Parish Outreach: 631-473-0165 Weekday Masses: 7:30am in the church and 12pm in the Chapel (Mon-Fri) 9am Mass in the Church on Saturdays Weekend Masses: Saturday at 4:30pm, Sunday 9:00am and 12:00pm in the Chapel. 7:30 am, 8:45am (Spanish), 10:30am, and 5pm in the Church Spanish Masses: Wednesdays 6:00pm Sundays 8:45am in the church The Sacrament of Reconciliation remains scheduled on Saturdays 12:30-1:15pm in the lower church.

ST. GERARD MAJELLA **ROMAN CATHOLIC CHURCH** 300 Terryville Road, Port Jefferson Station 631-473-2900 email-office@stgmajella.org www.stgmajella.org REV. GREGORY RANNAZZISI, PASTOR Mass: Saturday 5pm Sunday 8am, 10am & 12pm Weekday Mass: 9am Confessions: Saturday 3:45pm-4:45pm Office Hours: Monday-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 KUZNIK, PASTOR REV. ROBERT SCHECKENBACK, ASSOCIATE PASTOR REV. MIKE S. EZEATU, SBU HOSPITAL CHAPLAIN, IN RESIDENCE Office Hours: Monday-Friday 9am to 4pm Saturday 9am Our Daily Bread Sunday Soup Kitchen opened 2-3pm, serving hot meals To-Go and groceries Food Pantry Open Open Every Wednesday from 12 Noon to 2pm

Open Every Sunday from 2-3pm,

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

## Catholic Traditional Latin Mass

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

## Christian

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 Jesus 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.

## Congregational

#### MT. SINAI CONGREGATIONAL UNITED CHURCH OF CHRIST 233 North Country Road, Mt. Sinai 631-473-1582

www.msucc.org We are a congregation committed to justice. All are welcome into our full life and ministry regardless of age, race, abilities, economic or marital status, gender, sexual orientation, or gender identification. We are a church that is open and affirming of all people, as we are each

made in the image of God Sunday Worship at 10am Livestreaming on YouTube: @MtSinaiCongregationalChurchUCC Sunday School at 10am "No matter who you are or where you are on life's journey, you are welcome here." Through our worship and by our actions we strive to live out Christ's message

to love one another **The Island Heart Food Pantry** 643 Middle Country Road, Middle Island NY Wednesdays and Thursdays 2:15PM-4:15PM **MSCC Food Cupboard** 233 N. Country Rd, Mt Sinai Every other Tuesday 9:15-11:45

## Episcopal

#### ALL SOULS EPISCOPAL CHURCH

On the hill across from the Stony Brook Duck Pond **61 Main Street, Stony Brook** FATHER TOM REESE VICAR www.allsoulsstonybrook.org or call 631-655-7798 **Sunday: 8:00am** Virtual Morning Prayer 9:30am Holy Eucharist with Organ music **Tuesday: 8:00am** Interdenominational Morning Prayer **Wednesday: 12 noon** Interdenominational Rosary We are a friendly welcoming community for all people.

#### CAROLINE EPISCOPAL CHURCH OF SETAUKET

 1 Dyke Road on the Village Green, Setauket Web site: www.carolinechurch.net
 e mail: office@carolinechurch.net 631-941-4245
 REV NICKOLAS C. GRIFFITH-RECTOR REV ELLIOT T. CONRAD-PRIEST
 300 years of community, fellowship & ministry! Services:
 5:00pm Saturdays - Holy Eucharist
 8:00am Sundays - Holy Eucharist
 9:30am Sundays - Holy Eucharist
 9:30am Sundays - Holy Eucharist
 w/ choir & Children's Chapel
 12:30pm Weds. - Noonday Prayer
 10:00am Thurs. - Healing Service
 Sunday School & Children's Chapel

Safe Church certified teachers,

free nursery child-care, a well-supervised, joyous environment, fun workshops, themed events, and more! Food Pantry Open Wednesdays: 11:00am-12:00pm and 6:00-7:00pm. Entrance is located at the back of the Marco C. Smith building. All are welcome!

#### **CHRIST EPISCOPAL CHURCH**

127 Barnum Ave., Port Jefferson 631-473-0273 email: ccoffice@christchurchportjeff.org www.christchurchportjeff.org Church office hours: Tues. - Fri. 9am - 12pm REV. NICKOLAS C. GRIFFITH PRIEST REV. ELLIOT T. CONRAD PRIEST Services: 7:00am Sundays Holy Eucharist, said

11:00am Sundays Holy Eucharist, sung It is the mission the people of Christ Church to grow in our relationship with Jesus Christ and to make his love known to all through our lives and ministry. We at Christ church are a joyful, welcoming community. Wherever you are in your journey of life we want to be part of it.

#### 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.stanselmsofshoreham.org https://www.facebook.com/ saintanselmsepiscopal/ Services Saturday-5pm Eucharist Sunday-8am and 10am Monday-9:30 am Morning Prayer Tuesday-8 pm Compline on Facebook Live Thursday-9:30 am Morning Prayer Friday-8 pm Compline on Facebook Live Healing+ - Last weekend of each month Anselm's Attic - Thrift Shop (631) 744-2636 Wednesdays & Saturdays 10 a.m. to 2 p.m. **Food Pantry** Saturdays 10 a.m. to Noon Saint Anselm's Academy New York State Licensed Childcare 8 weeks through Pre-K www.stanselmsacademy.org

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

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.

## Religious Directory

## Episcopal

#### ST. JOHN'S EPISCOPAL CHURCH Religious School Confirmation Class-Monthly

'To know Christ and to make Him known' REV. DUNCAN A. BURNS, RECTOR REV. ZACHARY D. BAKER, CURATE REV. CLAIRE D. MIS, DEACON Alex Pryrodny, Music Director Sunday Worship 8am Rite I Holy Eucharist 10am Rite II Holy Choral Eucharist **Noonday Prayer** 12 noon - Wednesdays Vacation Bible School August 12 16 & 19 23 Thrift Shop Tuesdays, Thursdays, & Saturdays 12-3pm **12 PROSPECT ST, HUNTINGTON** (631) 427-1752 On Main St. next to the library info@stjohns1745.org (631) 427-1752 Facebook.com/stjohns1745

#### lewish

## NORTH SHORE JEWISH CENTER

385 Old Town Rd.. **Port Jefferson Station** 631-928-3737 www.northshorejewishcenter.org RABBI AARÓN BENSON CANTOR DANIEL KRAMER EXECUTIVE DIRECTOR MARCIE PLATKIN PRINCIPAL HEATHER WELKES YOUTH DIRECTOR JEN SCHWARTZ Services: Friday At 8 Pm; Saturday At 9:15 am Daily Morning And Evening Minyan Call For Times. Tot Shabbat Family Services Sisterhood Men's Club Seniors' Club Youth Group Continuing Ed Adult Bar/Bat Mitzvah Judaica Shop Food Pantry Lecture Series Jewish Film Series NSJC JEWISH LEARNING CENTER RELIGIOUS SCHOOL Innovative Curriculum And Programming For Children Ages 5-13 Imagine A Synagogue That Feels Like Home! Come Connect With Us On Your Jewish Journey. Member United Synagogue Of Conservative Judaism.

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 EMERITI ADAM D. FISHER, STEPHEN A. KAROL CANTOR EMERITUS MICHAEL F. TRACHTENBERG Services: 1st Friday 6pm Family Service Other Fridays 7:30pm Saturday B'nai Mitzvah services 10am Religious School Confirmation Class-Monthly Tot Shabbat-Torah Study-Adult Education-Adult Bar and Bat Mitzvah-Brotherhood-Sisterhood Book Club-Social Action and much more!

## Lutheran-ELCA

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 10:30 a.m. A link for all these services is on the website: www.hopeluth.com. Sunday School (ages 3-11) Sundays at 9 a.m. Kids' Club (ages 3-11) Wednesdays from 4-5:30 p.m. Teen Ministry (ages 11-15) Saturdays 6:00-7:30 p.m. **Adult Study Groups** on Tuesdays, Wednesdays, and Thursdays Our Food Pantry is open to everyone on Thursdays from 12:30-2:30 p.m. for picking up food. Also, donations can be made from 11 a.m.-noon or by making arrangements by leaving a message on the church answering service. Offerings to support our ministry can be made at

church services and through our website's "Share God's Mission" page. In any emergency, call the pastor at

516-848-5386

#### ST. PAUL'S EVANGELICAL LUTHERAN CHURCH 309 Patchogue Road Port Jefferson Station

631-473-2236 e-mail PastorPaulDowning@yahoo.com pastor's cell phone voice or text 347-423-3623 www.StPaulsLCPJS.org facebook.com/stpaulselca Summer Schedule One Service at 9:30am with fellowiship 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 1:00 pm

## **Methodist**

### BETHEL AFRICAN METHODIST EPISCOPAL CHURCH

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

#### SETAUKET UNITED METHODIST CHURCH

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

## Presbyterian

#### FIRST PRESBYTERIAN CHURCH OF PORT JEFFERSON

107 South/Main Streets 631-473-0147 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 Soles4Souls.
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 Hot meals, groceries & clothing provided on a take out basis by Welcome Friends on Wednesday 5:00-6:00pm and Fridays 3:30-5:00 pm

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

## NYS Certified Non Denominational Preschool and Daycare

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

#### SETAUKET PRESBYTERIAN CHURCH

5 Caroline Avenue, On the Village Green 631-941-4271 THE REV. DR. JOHANNA McCUNE WAGNER Worship with us Sundays at 9:30AM Contemporary Service once 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

## 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.

## SBU's Jesús Pérez Ríos applies physics focus to chemistry conundrum



#### BY DANIEL DUNAIEF

When he's looking to relax, he builds and rebuilds some of the LEGO sets in his house in East Setauket. One of the things he likes best about being on Long Island, where he's lived

#### **KNOWLEDGE SEEKERS** where hes lived for the last two years, is that he can be alone to

can be alone to think and develop new ideas.

To hear Jesús Pérez Ríos describe himself, he is "just a kid having fun." An Assistant Professor in the Department of Physics and Astronomy at Stony Brook University, Pérez Ríos enjoys bridging scientific knowledge, applying his physics background to questions, problems and puzzles in other fields.

Recently, the Stony Brook physicist, who is also an affiliated faculty member at the Institute for Advanced Computational Sciences, collaborated with Stefan Willitsch, Professor in the Department of Chemistry at the University of Basel in Switzerland, to explore the forces that might be inhibiting the reaction between hydroquinone and neon.

In a paper published in the journal *Nature Chemistry*, Pérez Ríos, Willitsch and members of their teams described in detail several potentially opposing forces that affect the reactivity in the experiment.

"I started collaborating with [Willitsch] because he had accurate results, and it was hard to explain the observations," said Pérez Ríos. "We had a hypothesis but needed to develop models to test it."

Pérez Ríos described two interactions in detail. One is due to the long range atom-molecule interactions and the other comes from internal rotational dynamics. With the experiments in Willitsch's lab and the theory developed by Pérez Ríos and his colleagues, they highlighted the role of rotational quantum states in a hydroquinone-neon chemiionization reaction. A similar mechanism and approach may be suitable for other reactions as well, such as molecular ion-atom reactions.

These molecules are akin to puzzle pieces coming together. Instead of a two-dimensional alignment where pieces find each other and lock together in their complementary parts, these pieces also have rotational effects that can cause a misalignment.

"That is one of our key findings," Pérez Ríos explained. "It is like the shape of the puzzle piece evolves depending on the molecule's collision energy and internal state."

The results presented in the scientific paper are in the realm of fundamental research, with no "immediate practical application in synthesis or catalysis," explained Willitsch.

Nonetheless, the insights gained through this collaboration "leads to a better understanding of the relevant reaction mechanisms and thus enables a more efficient design of future chemical reactions."

At this point, Willitsch has presented the work at several conferences, where he has found a receptive audience and expects it will "foreseeably stimulate further work in the field."

#### A search for answers

Pérez Ríos explained that Willitsch had some possible explanations for his data, but he did not have a mathematical model to test his hypothesis.

"He mentioned the experimental details to me and we discussed the



Jesús Pérez Ríos at the New York Public Library in 2023. Photo by Anne Martinez Hoth

data," said Pérez Ríos, who has known Willitsch for about 12 years. "Then, we started to do calculations from our side."

Pérez Ríos has a team of 7 PhD students, one postdoctoral researcher, one Master's candidate and three undergraduates.

Members of his lab work on simulations of physical phenomena regarding atomic and molecular processes. Additionally, they work on machine learning applications to atomic and molecular physics, exploring ways to teach a machine classical mechanics or quantum mechanics through chemical reactions.

In the reaction he was studying, Willitsch was working with hydroquinone, which has two conformers. These are two molecules with the same chemical formula that have two different structures.

Willitsch was able to select for a particular type of conformer in its reaction with neon.

Pérez Ríos considered many possibilities and models, none of which was fully satisfactory.

#### An insight at a conference

When he was at an Air Force Office of Scientific Research review program in Washington DC, Pérez Ríos was considering the problem from numerous perspectives.

He had tried many possibilities, but none were convincing. He needed something new.

"I had the physical picture of the model during a conference: in a break, I started to work on the code, and, in a few hours, I had something ready to get some very preliminary results," Pérez Ríos recalled.

Willitsch enthusiastically embraced the preliminary results and the group decided to make it more realistic, developing the version of the code to explain Willitsch's data.

The dynamics simulations were ready in a month, with extra checks conducted for another month to ensure everything was correct. The joint effort took over a year and a half to produce a fulfilling explanation.

Many of Pérez Ríos's collaborators come from different disciplines, which gives the Stony Brook Assistant Professor an opportunity to learn about a variety of topics. He has worked with particle, atmospheric, atomic and plasma physicists and spectroscopists and chemists. Pérez Ríos suggested that a physics perspective can help in a variety of settings, even including household problems and daily challenges.

Echoing a theme from the main character Jason Nesmith (played by Tim Allen) in the movie *Galaxy Quest*, Pérez Ríos said, "you can never surrender."

Pérez Ríos added that you "are the only one putting limits on yourself. However, you need to pick the battles worth fighting, which is a very difficult matter."

#### More American than Americans

A resident of East Setauket where he lives with his wife Anne Martinez Hoth, Pérez Ríos grew up in Guardamar del Segura, a small town in Alicante, Spain.

The son of restaurant owners, Pérez Ríos said he didn't travel during summers to the beach, the way many of his friends did.

When he wasn't helping in the restaurant, he used his free time to learn about math, zoology, genetics, chemistry and physics.

He enjoys living on Long Island and in the United States. His wife suggests he is "more American than the Americans" because he likes the American job philosophy and the freedom.

At Stony Brook, Pérez Ríos teaches quantum mechanics to undergrads, some of whom say he is strict.

"I have a very particular approach focusing on learning to think rather than knowing how to solve a problem," he said.

As a research partner, Pérez Ríos is an unusual find, bringing constructive and valuable insights to discussions.

"I have rarely collaborated with someone so energetic and broadly interested" as Pérez Ríos, Willitsch said. "I particularly value his pragmatic approach and that he is not afraid to leave his comfort zone to delve into totally new classes of problems, which have not been tackled before either by himself or others."

Willitsch added that few scientists have the same broad knowledge of physics and chemistry, which is "vital to push this interdisciplinary frontier."

## HOROSCOPES OF THE WEEK



## LEO – Jul 23/Aug 23

An important relationship could be coming to an end for you, Leo. You could try to salvage things, but you have to look at the bigger picture and determine if it is good to move on.

### VIRGO – Aug 24/Sept 22

Virgo, you have been coasting along without a firm direction for too long at this point. While it may have been working for you, you will soon fare better with a more concrete plan.

#### LIBRA – Sept 23/Oct 23

Be mindful of other people's situations before you engage with them, Libra. What may be a good time for you will not necessarily be ideal for those around you. **SCORPIO – Oct 24/Nov 22** 

## Scorpio, someone in your life has proven worthy of

more attention. Give this person a little extra love in the days to come, and direct your focus to having a good time.

### SAGITTARIUS – Nov 23/Dec 21

Social activities seemingly bloom around you this week, Sagittarius. There could be so much going on that you don't know where to get started. Perhaps let friends lead the festivities.

### CAPRICORN – Dec 22/Jan 20

Remember, Capricorn, others are not just listening to what you say, they are reading into your actions. Make sure you are genuine in both your words and gestures this week.

### AQUARIUS – Jan 21/Feb 18

This week you may have to take the first step in rekindling an important relationship, Aquarius. Are you ready to be the catalyst?

#### PISCES – Feb 19/Mar 20

There is not much you can do about financial issues, Pisces. Make an effort to start spending less, which may be the catalyst for a real examination of your budget.

### ARIES – Mar 21/Apr 20

Aries, you hold the key to success right now, so everyone wants to be in your corner. Take things in stride and maintain your focus while accepting all the support.

#### TAURUS – Apr 21/May 21

Taurus, it is important that you streamline your workflow this week; otherwise, you may not meet the deadlines imposed upon you. Start implementing a new strategy.

### GEMINI – May 22/Jun 21

This is the week to take the road less traveled, Gemini. Blaze your own trail, get out into the wilderness and possibly expand your horizons. A spontaneous idea like this can pay dividends.

### CANCER – Jun 22/Jul 22

Cancer, someone in your social circle could be shielding the truth and it may frustrate you. But you can't come out and accuse this person without proof. Step back for the time being.



## Daughters of Gurwin Healthcare System staff compete in Paris Olympics

## Onetime Gurwin volunteers, now Olympic hopefuls, set their eyes on gold

A ll eyes are trained on Paris and the athletes competing in the Olympic Games, and two young women from Long Island have their moms to thank for getting them there.

Halle Hazzard of Commack and Brianna Jones of North Babylon are each first-time

**COMMUNITY NEWS** and Jones is representing Grenada and competing in the 100-meter dash, and Jones is representing Puerto Rico in Women's Basketball. Watching their children live out their dreams are Pauline Hazzard and Christina Jones, mothers of Hale and Brianna, both long-time employees of Gurwin Jewish Nursing & Rehabilitation Center in Commack.

Halle began running at 14 years old and went on to compete in meets across Long Island and New York State while attending high school at St. Anthony's. She attended the University of Virginia and received her master's degree at the University of Southern California in journalism, documentary and film.

Pauline, a Certified Nursing Assistant and Program Assistant in Gurwin's Social Adult Day Care Program, was happy to sacrifice to ensure Halle achieved her dreams. "Our weekend road trips started in high school to various meets across NY State and beyond," she said. "It continued through college with track meets worldwide. As parents, we are very proud of keeping her grounded and helping her pursue her goals; we are even more proud of her staying humble while chasing her



#### Brianna Jones Photos courtesy of Gurwin Jewish Olympic dream."

Brianna began playing basketball in the second grade and attended North Babylon High School. She then went on to graduate from Georgetown with a bachelor's degree in accounting and a master's in sports industry management. "It is a moment of immense pride and joy for our family to see Brianna playing for the Puerto Rican Women's National Basketball team in the Olympics. The years of training, early morning workouts, long road trips to tournaments and sacrifices she has made have culminated in this remarkable achievement," said Christina, RN, Director of Nursing at Gurwin's nursing and rehabilitation center.

"As a parent, there is no greater feeling than seeing your child realize her dreams. She is a source of inspiration for others and to young Puerto Rican women. Her journey serves as a reminder that with passion, dedication and determination, anything is possible," she added.

In addition to having mothers as fulltime employees at Gurwin, Halle and Brianna each volunteered at Gurwin while juggling their busy athletic schedules. Halle began volunteering at Gurwin in the sixth grade and would frequently visit Gurwin throughout college. Brianna volunteered in Gurwin's therapeutic recreation department throughout high school, helping with programs for the elderly residents in the nursing home.

"Here at Gurwin, we celebrate the incredible achievements of our team members and their families. We are exceptionally proud of Halle and Brianna as they chase their Olympic dreams," said Stuart B. Almer, President and CEO, Gurwin Healthcare System. "Their dedication, hard work and excellence inspire us all. We are certainly watching and cheering Halle and Brianna on!"

## The classic tale of 'Pinocchio' returns to Theatre Three

heatre Three's Children's Theatre closes its summer season with *Pinocchio*, a musical for the entire family.

Based on Carolo Collodi's late nineteenth century Italian novel, *The Adventures of Pinocchio*, the story has been seen on stage and screen, both in animated and live action versions. As with all Theatre Three children's theatre, the company creates its own musical based on the original material. *Pinocchio* has a book by Jeffrey Sanzel, with new songs by Jeffrey Hoffman and Douglas J. Quattrock.

Anabelle (Emilia Guzzetta), underling apprentice fairy—third class, is assigned by Ondine, Queen of the Fairies (Ginger Dalton), to help an angry and withdrawn woodcarver, Geppetto (Steven Uihlein).

After failing to change the recluse through song, the nervous fairy teams with the energetic and outgoing Cassandra, the Enchanted Cricket (Michelle LaBozzetta). Together, they enchant a stick of wood. Hearing the wood speak, Geppetto fashions it into a wooden companion, Pinocchio (Kiernan Urso). When they realize that the puppet



The main cast of 'Pinocchio'. Photo by Peter Lanscombe/Theatre Three Productions, Inc.

is alive but lacks a sense of right and wrong, they cast a spell on his nose to grow when he does not tell the truth.

Meanwhile, two wily crooks— Carpacious Cat (Gina Lardi) and Ferdinand Fox (Ryan Van Nostrand) set up their scam "Festival El Grande" to fleece the villagers. When they discover the magic wooden boy, the pair embark on yet another scheme.

Along with the professional acting company, *Pinocchio* features two dozen students from Theatre Three's Summer Dramatic Academy. The score features the original songs "Lovely Thoughts," "Bad Harmony," "You Can Count on Me," "Taran-Tella Da Truth," "Put Tomorrow in Your Hands," "Keep Your Chin Up and Smile," and the calypso "Festival El Grande."

The production is directed by Sanzel while Quattrock and Hoffman, who musically directed, form the twokeyboard combo. Choreography is by Kiernan Urso, costume design is by Jason Allyn and Melissa Troxler is the production stage manager.

Theatre Three, 412 Main St., Port Jefferson presents *Pinocchio* through Aug. 10. Running time is one hour with a 15 minute intermission. Photos with the cast are available in the lobby after the show. Final performances are Friday, August 9, at 11 a.m., and Saturday, August 10, at 11 a.m. and 2 p.m.

Children's theater continues with Theatre Three's annual productions of *A Kooky Spooky Halloween* from Oct. 5 to 19, and and *Barnaby Saves Christmas* from Nov. 23 to Dec. 28.

All seats are \$12. Call the box office at 631-928-9100 or visit theatrethree.com for tickets and information.



## **SEND IN YOUR PHOTOS!**

Celebrate connecting generations with TBR News Media's

## Love Our Grandparents

Grandparents Day, celebrated September 8, is designated to honor grandparents and to help children become aware of the strength, information, and guidance older people can offer. The passing of knowledge is one of the greatest gifts we can give to future generations.

*Love Our Grandparents* is the perfect opportunity to show your love and support to our grandparents and remind them just how important they are to you, your family and our community.

## Celebrate...

Send in your favorite grandparents photo, could be a photo of just the grandparents, or a group family photo or of the grandparents and grandchildren, your choice! *Photos must be received by 5:00pm on Thursday, August 22.* Include names in photo, town and name of relative submitting the photo and email to **loveourphotos@tbrnewsmedia.com** with **Grandparents** in the subject line and we will publish it for FREE! This special issue will be inserted into all six TBR Newspapers, from Cold Spring Harbor to Wading River.

Special advertising opportunities available.

For Details Call 631-751-7744

## Published August 29th







TIMES BEACON RECORD NEWS MEDIA 185 Route 25A, Setauket, NY 11733 tbrnewsmedia.com



## PROGRAMS

## Harry Potter Scavenger Hunt

The Whaling Museum, 301 Main St., Cold Spring Harbor hosts a Harry Potter Scavenger Hunt and Craft now through Aug. 11 from 11 a.m. to 4 p.m. In honor of Harry's birthday, muggles & wizards alike can enjoy a magical scavenger hunt throughout the museum's galleries. Then design and decorate your very own wand craft to take home. Free with admission. No registration required. 631-367-3418

## **Power of Poseidon**

Join the Whaling Museum, 301 Main St., Cold Spring Harbor for a Power of Poseidon workshop on Aug. 8 at 1 p.m. and 3 p.m. Can't get enough of Greek myths and legends? Neither could mariners! Discover how sailors would dress up as Poseidon during a special festival when they crossed the Equator. Explore some famous maritime myths then decorate your own terracotta "amphora" pot with mythical designs. Admission + \$10 participant. No registration required. 631-367-3418

## Adventures in Painting

Time to paint outside the box! Families with children up to Grade 6 are invited to drop by Emma Clark Library, 120 Main St., Setauket for an Adventures in Painting class on Aug. 8 from 2:30 to 4:30 p.m. to But you won't find any paintbrushes here — you'll be painting using various tools you may have never thought of. Leave with as many masterpieces as you can make! No registration required. Open to all. 631-941-4080

## First Steps in Nature

Sweetbriar Nature Center, 62 Eckernkamp Drive, Smithtown continues its First Steps in Nature series for ages 2 to 4 on Aug. 9 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

## **Build-A-Boat**

Join the Whaling Museum, 301 Main St., Cold Spring Harbor on Aug. 9 and 16 from 11 a.m. to 1 p.m. for an open-ended workshop where adults and kids alike can let their creativity soar, crafting unique vessels using a range of wooden materials and plenty of imagination. Take your masterpiece home with you! Admission + \$10 participant. No registration required. 631-367-3418



Take part in a Harry Potter Scavenger Hunt at the Whaling Museum this weekend.

## **National Book Lovers Day**

In honor of National Book Lovers Day, the Long Island Museum, 1200 Route 25A, Stony Brook will give a themed exploration of carriage galleries inspired by the book *Wheels of Change* on Aug. 9 from 10 a.m. to 11:30 a.m. Author Darlene Beck Jacobson will join the group live via Zoom to discuss her book, craft, and research process. For children in 3rd to 6th grade (must be accompanied by an adult).Free but registration is required by visiting www.longislandmuseum.org.

## Art in the Barn

Walt Whitman Birthplace, 246 Old Walt Whitman Road, Huntington Station continues its Art in the Barn series on Aug. 10 at 11 a.m. Participants will paint their own birdhouse. Birdhouse and seed will be provided. \$40 per child and parent. To register, call 631-427-5240 or visit www. waltwhitman.org/product/artinthebarn/.

## **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 Aug. 10 with caricature artist Marty Macaluso from 1:30 to 3:30 p.m. Drop by for a free caricature drawing! 631-751-2244

## **Crafternoon at the Library**

Children ages 3 to 12 with a parent or caregiver are invited to stop by Emma Clark Library, 120 Main St., Setauket on Aug. 10 anytime between 2 and 4 p.m. to get creative with recycled materials. No registration required. Open to all. Questions? Email kids@emmaclark.org

## Story & Craft with Nana Carol

The Next Chapter bookstore, 204 New York Ave., Huntington hosts a Story and Craft event with Nana Carol on Aug. 12 at 10:30 a.m. No registration required. Appropriate for ages 0-4. 631-482-5008

KIDS KORNER continued on page B31

## **KIDS KORNER**

Continued from page B30

#### **Meet the Farm Animals**

(*Rescheduled from July 12*) Children in grades pre-K to 6 are invited to stop by Emma Clark Library, 120 Main St., Setauket on Aug. 12 between 10:30 a.m. and 12:30 p.m. to have fun with some hands-on interaction with animals. Presented by Cornell Cooperative Extension on the library's front lawn. Open to all. No registration required. Questions? Email kids@emmaclark.org.

## **Backyard Wildlife**

Frank Melville Memorial Park, 1 Old Field Road, Setauket continues its free summer programs with a Backyard Wildlife encounter on Aug. 13 at 11 a.m. Sweetbriar Nature Center will give a hands on experience with the many animals they rescue. Meet at Hap's Red Barn. Bring seating. Free. No registration required. 631-689-6146

#### **Submarine Adventure**

The Whaling Museum, 301 Main St., Cold Spring Harbor invites you to a Submarine Adventure on Aug. 15 at 1 p.m. and 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 + \$10 participant; \$5 Members. No registration required. 631-367-3418



#### **MOVIE UNDER THE STARS**

Catch a screening of 'Wish' at Harborfront Park in Port Jefferson on Aug. 13.

## THEATER

## 'Pinocchio'

Theatre Three, 412 Main St., Port Jefferson presents *Pinocchio*, an original musical of the puppet who dreams of becoming a real boy, from Aug. 2 to 10. In a joyous and hilarious retelling of the famous tale, Pinocchio discovers the challenges and rewards of being truly human. Along the way, he befriends a sassy cricket and a bumbling fairy and is challenged by a sly fox, a wily cat, and a sneaky rat who tempt him off the path! Come follow Pinocchio as he journeys down the road of misadventure and learns the importance of telling the truth! All seats are \$12. To order, call 631-928-9100 or visit www.theatrethree.com.

## 'Finding Nemo Jr.'

Summer fun continues at the John W. Engeman Theater, 250 Main St., Northport with *Finding Nemo Jr.* from July 20 to Aug. 25. In this musical adaptation of the beloved 2003 Pixar movie, Nemo is captured and taken to Sydney, Marlin faces his fears and sets off on an epic adventure across the ocean. With the help of lovable characters such as Dory, Crush, and the Tank Gang, Marlin, and Nemo both overcome challenges on their journey to find each other and themselves. All seats are \$20. To order, call 631-261-2900 or visit www.engemantheater.com.

## FILM

## 'Cars'

Heritage Park, 633 Mount Sinai-Coram Road, Mount Sinai continues its Movies in the Moonlight series with a screening of *Cars* on Aug. 9 at dusk (8:30 p.m.) Bring seating. Presented by the North Shore Youth Council and Suffolk County Legislator Chad Lennon. 631-403-4846

## 'Wish'

Village of Port Jefferson continues its Movies on the Harbor series at Harborfront Park, 101-A East Broadway, Port Jefferson with a screening of Disney's *Wish* on Aug. 13 at dusk. Rain date is the next evening. Bring seating. 631-473-4724

## 'Elemental'

St. James Chamber of Commerce invites the community to Deepwells Farm County Park, 497 Route 25A, St. James for a screening of Disney/Pixar's *Elemental* on Aug. 14 (rain date Aug. 21) at dusk. Bring seating. 631-584-8510



### LEMONADE FOR A GREAT CAUSE

The Riley family from the Stony Brook School recently ran a successful lemonade stand and bake sale at Frank Melville Memorial Park in Setauket to help support the beautiful private park and refresh its visitors. The children earned community service hours for their efforts.

If you know of a child that needs community service hours and would like to help raise money for the park by holding a traditional lemonade stand, bake sale, etc., email kgb2035@ hotmail.com. All children must be accompanied by an adult.

## THE STAGE AWAITS!

The annual Huntington Kids Got Talent Show will be held at Heckscher Park, 2 Prime Ave., Huntington on Sunday, Aug. 25 at 7 p.m. Kids who are interested in sharing their talents are encouraged sign up. For more information, please email chapinstagehuntington@gmail. com. The stage is waiting for you!



## SATURDAY \* SEPTEMBER 28 \* 2024 12 pm to 4 pm \* FREE

Stony Brook University Academic Mall \* Rain Location: IFCU Arena \* ALL WELCOME

## Explore all Stony Brook has to offer through fun, interactive activities and entertainment

Rubber Duck Race • Ice Cream Social • Health Screenings • Teddy Bear Clinic STEM Discovery Tent • Appliance Autopsy Tent

LEGO

Register for our inaugural LEGO<sup>®</sup> competition. Creations should illustrate a vision of community. Learn more on our website.



For more details about the event including participants, the event schedule, and events requiring pre-registration please visit stonybrook.edu/ CommUniversity



Stony Brook is a supporter of Island Harvest. Bring along 2 non-perishable food items and receive a free cooler bag while supplies last.







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