

ARTS & LIFESTYLES

TIMES BEACON RECORD NEWS MEDIA
SEPTEMBER 5, 2024

Staller Center for the Arts announces **dazzling** Fall 2024 season

See story on page B13

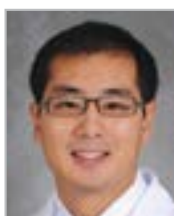
Record breaking artist Jackie
Evancho heads to Stony Brook
University on November 23.

Photo courtesy of Staller Center

ALSO: Dragon Boat Race Festival returns to Port Jeff B3 • 9/11 services on the North Shore B7 • SBU Sports B23

Living Your Best Life with Atrial Fibrillation (AFib)

OUR EXPERT ANSWERS YOUR QUESTIONS



Roger Fan, MD
Director,
Complex Arrhythmia Ablation Program
Heart Rhythm Center
Stony Brook Heart Institute

.....

September is Atrial Fibrillation Awareness Month and Stony Brook heart rhythm specialist Roger Fan, MD, offers a variety of tools here to help you live your best life with AFib — the most common heart rhythm disorder. And, looking beyond September, Stony Brook's compassionate and experienced AFib healthcare team is available year-round to help navigate through any uncertainty and answer any, and all, questions you may have.

What should I know about atrial fibrillation?

AFib explained. Atrial fibrillation or AFib is an irregular heartbeat (arrhythmia) that can lead to blood clots, stroke and heart failure. In fact, with AFib, there's a five times greater risk of suffering a stroke.

The symptoms. Symptoms often include palpitations (racing or fluttering heartbeat), shortness of breath, chest discomfort, lightheadedness and extreme fatigue. However, about 10 percent of patients with AFib experience no symptoms at all and are diagnosed only when the disorder is detected during an unrelated office visit.

The risk factors. Most at risk are those with an underlying heart condition, family history, high blood pressure, obesity or chronic condition such as thyroid disease, sleep apnea or diabetes. Add to the mix, also, being over 60 years old.

How do I lead a full and active life with AFib?

Eat heart healthy. When making out your grocery list, opt for a diet that includes a variety of fruits and vegetables, whole grains, low-fat dairy, skinless poultry and fish, nuts and legumes. Limit the usual suspects ... saturated and trans fats, sodium, red meats, and sugary foods and beverages. If you are obese, a weight loss of just 10 percent can decrease symptoms of AFib.

Channel your inner Rocky Balboa. Safe, effective and enjoyable exercise like walking and cycling can help you drop pounds, control cholesterol, reduce blood pressure, lift your spirits and make your heart stronger. If you aren't used to regular exercise or are over 60, talk to your doctor first.

Listen to your body. Know your "Big 3" numbers — cholesterol, blood pressure and blood sugar. Getting more active, losing weight and making smart food choices can help get your numbers into a healthy range. Tell your doctor or healthcare provider about any new symptoms or if your treatment isn't working for you.

Rein in stress. Anger and anxiety can cause an uptick in heart rate and make AFib worse. Look for ways to relax whether it's walking, spending time with friends and family, meditation or yoga. Sometimes hearing from others can be a good way to relieve stress. If you are feeling overwhelmed, you may want to consider joining a support group like the American Heart Association's My AFib Experience®.

Be smart about caffeine, alcohol and smoking. Cut back on or avoid alcohol, which is a very strong trigger for AFib. Researchers have not

clearly linked caffeine to AFib, but it's safest to be reasonable with the amount of caffeine you consume, regardless of the source. If you smoke, you know the drill by now ... quitting is one of the best things you can do for your health. If you need help quitting, talk to your healthcare team.

Get enough zzzzs. More than half of those with AFib don't sleep well due to sleep apnea — multiple mini-awakenings caused by irregular breathing. Signs of sleep apnea include loud snoring, irregular breathing at night, fatigue and the need to take naps during the day. If you have any of these symptoms, talk with your healthcare provider.

LEARN MORE

View a video on AFib:
Restoring Your Normal Rhythm



Take our free heart health
risk assessment at
stonybrookmedicine.edu/hearthealth

Make an appointment with a heart rhythm specialist.

If you're experiencing rhythm disorder symptoms, you likely have many questions. Our heart rhythm specialists work closely with your referring physician to ensure the quality, ease and safety of your Stony Brook experience. For an appointment call (631) 44-HEART (444-3278) or heart.stonybrookmedicine.edu.

This article is intended to be general and/or educational in nature. Always consult your healthcare professional for help, diagnosis, guidance and treatment. Stony Brook University/SUNY is an equal opportunity educator and employer. SBM-AD24070070



Port Jefferson Dragon Boat Race Festival celebrates a decade of tradition

Dragons will roar and lions will dance once again as the Greater Port Jefferson Chamber of Commerce hosts their annual Dragon Boat Race Festival on Saturday, Sept. 14 from 8:30 to 5 p.m. The free event will take place at Mayor Jeanne Garant Harborfront Park and the Port Jefferson Village Center, 101A E. Broadway, Port Jefferson and the village's inner harbor.

FEATURE STORY

The festival is the brainchild of Barbara Ransome, Director of Operations at the chamber, who attended a dragon boat race festival in Cape May, New Jersey, several years ago.

Opening ceremonies at 8:30 a.m. will include a Asian color guard, the blessing of the 'fleet' with the traditional "Eye Dotting" ceremony to awaken the dragon led by Buddhist monks. Attendees will include VIPs and elected officials.

With dragon boats and equipment provided by Great White North, the main attraction will feature three racing heats to include 20 teams competing in a 250 meter, 3 lane racing course. Each team is made up of 20 paddlers, one steersman and one drummer. The first race begins at 9 a.m. Spectators can easily view the race course from the park's edge.

Medals will be awarded in three divisions at an awards ceremony at the end of the day.

Sponsored by Taiko Tides, there will also be team contests for the best team T-shirt, best drumming performance and best costumed drummer.

All race teams will have their own "encampment" along Harborfront Park as they are queuing up for their races.

In addition to the races, there will be a day-long festival featuring numerous performances including the famous Lion Dance, Taiko and Korean Drum performances, Asian singing and dancing. Over 20 cultural and educational vendors and retailers will be on hand along with assorted food vendors including Naked Burger, The Poutinerie, Tea Brew (bubble tea and snacks), and Fern & Aurora (desserts with a Filipino flare).



Above and left, scenes from previous festivals. Photos courtesy of PJCC

This year is very exciting as it is the Year of the Dragon and the festivals' 10th year. To help celebrate this special occasion there will be some new activities that will include Land Dragon Races, a dancing dragon and a 9-foot one dimensional steel fabricated fire breathing dragon! Visit the Port Jefferson Chamber of Commerce table to take part in a dragon-themed basket raffle and join a Paint a Dragon class with Muse Paintbar (fee) on the first floor of the Port Jefferson Village Center from 2 to 3 p.m.

There will be also be crafts and activities for children and tug-a-war competitions.

Event sponsors include the Suffolk County Police Asian Jade Society; Sea Tow; Flushing Bank; Long Island Waste Services; ServPro of Port Jefferson; The Waterview; Danfords Hotel, Marina and Spa; The Gitto Group; The Northwind Group; The East End Shirt Company; M& T Bank; Nestle Health Science; TBR News Media; Island Federal Credit Union; New York Cancer & Blood Specialists and Kiddsmiles.

The event will be held rain or shine with free admission. Bring a blanket or lawn chair and come enjoy the festivities! 631-473-1414, portjeffdragonracefest.com



Super/Man: The Christopher Reeve Story heads to the big screen

Tickets are on sale now for Ian Bonhôte and Peter Ettedgui's acclaimed documentary *Super/Man: The Christopher Reeve Story*. Via a collaboration between DC Studios and Fathom Events, the film, which DC Studios, HBO Documentary Films and CNN Films acquired out of the Sundance Film Festival this year, the film will debut in select cinemas across the United States on Saturday, Sept. 21. There will be an encore presentation on Sept. 25, Reeve's birthday.

The story of Christopher Reeve is an astonishing rise from unknown actor to iconic movie star, and his definitive portrayal of Clark Kent/Superman set the benchmark for the superhero cinematic universes that dominate cinema today. Reeve portrayed the Man of Steel in four Superman films and played dozens of other roles that displayed his talent and range as an actor, before being injured in a near-fatal horse-riding accident in 1995 that left him paralyzed from the neck down.

After becoming a quadriplegic, he became a charismatic leader and activist in the quest to find a cure for spinal cord injuries, as well as a passionate advocate for disability rights and care — all while continuing his career in cinema in front of and behind the camera and dedicating himself to his beloved family before his death of heart failure in 2004 at the age of 52.

From the directors of *McQueen*, Ian Bonhôte and Peter Ettedgui, this film includes never-before-seen intimate home movies and an extraordinary trove of personal archive material, as well as the first extended interviews ever filmed with Reeve's three children about their father, and interviews with the A-list Hollywood actors who were Reeve's colleagues and friends. The film is a moving and vivid cinematic telling of Reeve's remarkable story.

Locally, the film will be screened at AMC Loews Stony Brook 17 in Stony Brook, Island 16 Cinema de Lux in Holtsville, and AMC Huntington Square 12 in East Northport. To order tickets in advance, visit www.fathomevents.com.

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The Port Jefferson Lions Club
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A closer look at New York's town and village justice courts

TRAFFIC COURT FORUM



BY SHANNON L. MALONE, ESQ.

In a recent report by the New York State Commission on Judicial Conduct, significant attention was directed toward the operation and oversight of the state's town and village justice courts. These local courts hear approximately two million cases annually, including traffic violations, misdemeanors, and small claims, making them unique. Notably, they are the only courts in New York where judges, known as justices, are not required to be lawyers. This feature, a relic of the colonial era, presents both strengths and challenges to the administration of justice across the state.

The lay justices:

Tradition meets modern challenges

Of the approximately 1,830 town and village justices currently in office, only about 700 are lawyers! Nonetheless, these justices, often referred to as "lay justices," are tasked with adjudicating cases that can significantly impact individuals and communities. Despite their lack of formal legal training, lay justices preside over the same cases as their attorney counterparts, including traffic cases, small claims, and misdemeanors. This has led to ongoing debates about the adequacy of the justice provided in these courts.

Suffolk County has five town courts: East Hampton Town Court, Riverhead Town Court, Shelter Island Town Court, Southampton Town Court, and Southold Town Court, and twenty-seven village courts. Our town and village courts handle a heavy volume of criminal and civil cases; fortunately, all of our town and village justices are admitted attorneys. This is not so in other parts of the state north of Rockland County.

The Commission's report highlights that while many lay justices perform their duties competently, there is a higher incidence of disciplinary issues among them compared to attorney justices. Specifically, lay justices account for 70% of the Commission's disciplines, a statistic that reflects concerns about their adherence to judicial ethics and legal procedures. Issues such as failing to inform defendants of their right to counsel, improperly handling eviction proceedings, and delays in

decision-making due to unfamiliarity with legal principles are among the recurring problems.

Enhanced training:

A possible path forward

In response to these challenges, a concerted effort has been to enhance the training and resources available to town and village justices. Since 2006, the Office of Court Administration (OCA) has implemented an Action Plan for the Justice Courts, which includes increased judicial education, the provision of laptops with audio recording capabilities for all courts, and the development of a comprehensive Justice Court Manual. These measures aim to bridge the gap in legal knowledge and procedural understanding between lay and law-trained justices.

Moreover, the Commission has expressed willingness to collaborate with the Legislature and the courts to improve lay justices' training further. This includes advocating for more rigorous courses in civil and criminal procedure, property law, and professional ethics—subjects that law-trained justices would have studied extensively in law school.

Bill introduced to require judges in high-volume New York Courts to be licensed attorneys

The town and village justice courts in New York play a crucial role in the state's legal system, especially in rural and less populated areas. A significant piece of legislation (S.139C) has been passed to reform the qualifications for justices in the state's busiest town and village courts. The new bill mandates that justices in the 100 highest-volume justice courts be licensed attorneys with at least five years of legal experience.

The move to require experienced attorneys as judges in high-stakes courts aims to protect defendants' rights and uphold public confidence in the judicial process. This legislation could lead to more consistent and legally sound outcomes in the state's busiest local courts, enhancing the integrity of the judicial system.

As the bill progresses, it will likely spark discussions about the balance between local autonomy and the need for uniform standards in the judiciary. In our next article, we will discuss the specific functions of Suffolk County's Town and Village Courts.

Shannon L. Malone, Esq. is an Associate Attorney at Glynn Mercep Purcell and Morrison LLP in Setauket. She graduated from Touro Law, where she wrote and served as an editor of the Touro Law Review. Ms. Malone is a proud Stony Brook University alumna.

Mather Hospital leadership gives back to community

Fifty members from Mather Hospital's leadership team in Port Jefferson recently took part in the hospital's second annual day of service to the community, volunteering with Coastal Steward Long Island (CSLI) at Cedar Beach in Mt. Sinai and at Bethel Hobbs Community Farm in Centereach.

"Our day of service is Mather's way of giving back to our community while engaging in activities that make us better leaders, team members, and neighbors," said Executive Director Kevn McGeachy, who was part of the team at Coastal Steward.

Volunteers with CSLI worked at the Mt. Sinai Harbor shellfish facility and cleaned up Cedar Beach. The Coastal Steward team cleaned 80,000 oysters and collected 120 pounds of garbage.

The Bethel Hobbs team from Mather harvested enough kale, collards, and onions to feed 100 families.

Last year's day of service was at a Habitat for Humanity home build in Mastic Beach and at Camp Pa-Qua-Tuck, a camp for individuals with disabilities, in Center Moriches.



Photos courtesy of Mather Hospital



Movers & Shakers



From left, **Lou Bove**, President & Chief Executive Officer at Bove Industries, Inc., and **Jeff Brett**, founder and Chief Executive Officer of King Quality Construction, Inc., have been named to the board of the JTM Foundation.

The JTM Foundation works to foster relationships with those individuals and organizations who have a like-minded vision and the desire to support exceptional health care at Mather Hospital in Port Jefferson for the benefit of the community.

Every donation to the JTM Foundation solely benefits Mather Hospital, its programs, services and growth initiatives. Currently the Foundation is focused on philanthropic support for a new Emergency Department, expanded surgery center and other hospital renovations.

Dr. Robyn Kreiner, physician partner for Allied's Strauss Allergy and Asthma in Commack and Westbury, has been appointed president of the Long Island Allergy and Asthma Society, a non-profit organization headed by a group of the New York Metro areas leading allergy and immunology specialists. The organization was founded over 40 years ago and is one of the most active local allergy societies in the country.

Rebecca Leone of St. James, a Regional Director of Administrative Services at The Bristol Assisted Living, has been recognized by WTWH Healthcare as a Future Leaders Class of 2024 honoree. The Future Leaders awards program recognizes dynamic leaders, age 40 and under, who are defining the future of aging across the behavioral health, complex rehab technology, and skilled nursing industries.

Stony Brook Small Business Development Center advisor **Willa Smith** has been awarded America's SBDC 2024 "State Star" Award for New York. This recognition highlights Smith's exemplary performance and significant contributions to the SBDC program and small business community. Since rejoining the team in 2020, she has assisted 467 clients.

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FALL 2024 AT-A-GLANCE



JOHN PIZZARELLI



ENCANTO



WANDA SYKES



MALEVO



CIRQUE
KALABANTÉ

EMERSON LEGACY CONCERT

Sun, Sept. 15 • 5pm

RENÉE ELISE GOLDSBERRY

Sat, Sept. 21 • 8pm

JOHN PIZZARELLI

Sat, Sept. 28 • 8pm

STONY BROOK SYMPHONY ORCHESTRA

Sat, Oct. 5 • 8 pm

ENCANTO - THE SING-ALONG FILM CONCERT

Mon, Oct. 14 • 4pm

WANDA SYKES

Fri, Oct. 18 • 8pm

MALEVO

Sat, Oct. 26 • 8pm

STONY BROOK SYMPHONY ORCHESTRA

Sat, Nov. 2 • 8pm

CIRQUE KALABANTÉ

Sat, Nov. 9 • 7pm

SOME ENCHANTED EVENING

Wed, Nov. 13 • 7pm

PERIDANCE CONTEMPORARY DANCE COMPANY

Sat, Nov. 16 • 8pm

STARRY NIGHTS

Thur, Nov. 21 • 7pm

JACKIE EVANCHO

Sat, Nov. 23 • 8pm

DON'T LET THE PIGEON DRIVE THE BUS

Sun, Nov. 24 • 3pm

ANTHONY NUNZIATA

Fri, Dec. 6 • 8pm

STONY BROOK SYMPHONY ORCHESTRA

Sat, Dec. 7 • 8pm

CAROLINE CAMPBELL

Sat, Dec. 14 • 8pm

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The original Angelica Schuyler from Broadway's *Hamilton* and current star of Netflix's "Girls4Eva" will sing favorites from *Hamilton*, *RENT*, *The Lion King*, and so much more!



Sat, Sept. 21

RENÉE ELISE GOLDSBERRY

NEVER FORGET: North Shore communities commemorate 9/11

Twenty-three years ago, the United States changed forever when hijacked jetliners crashed into the Twin Towers in New York City, the Pentagon in Washington, D.C., and a field outside Shanksville, Pennsylvania. At Ground Zero in New York City, the traditional reading of names of each victim will begin at 8:30 a.m. this year at the 9/11 Memorial and the following ceremonies will be held on the North Shore to honor the thousands of lives lost on Sept. 11, 2001, a day that will live forever in our hearts.

Centereach

The Centereach Fire Department, 9 South Washington Ave., Centereach invites the community to join them on Sept. 11 at 7 p.m. for its annual 9/11 Memorial Services and candle lighting ceremony. 631-588-8652

Commack

The Commack School District will present A Night of Reflection in remembrance of 9/11 at the Commack High School football field, 1 Scholar Lane, Commack on Sept. 11 at 6:30 p.m. Call 631-912-2000.

Coram

Join the Coram Fire Department, 202 Middle Country Road, Coram for a remembrance ceremony on Sept. 11 at 7 p.m. 631-732-5733.



East Northport

The East Northport Fire Department, 1 Ninth Ave., East Northport will host a 9/11 candlelight vigil memorial service with neighboring fire departments on Sept. 11 at 8 p.m. 631-261-0360

Hauppauge

The Hauppauge Fire Department, 855 Wheeler Road, Hauppauge will host a

Remembrance Ceremony at its 9/11 Memorial on Sept 11 at 7 p.m. featuring the Hauppauge High School choir. 631-265-2499

Huntington

Town of Huntington officials will host a ceremony at the 9/11 memorial at Heckscher Park at the corner of Prime Ave. and Main Street, Huntington on Sept. 7 at noon. 631-351-3012

Mount Sinai

The Mt. Sinai Fire Department will host a 9/11 memorial ceremony at its headquarters, 746 Mount Sinai-Coram Road, Mt. Sinai on Sept. 11 at 7:30 p.m. 631-473-2418

Nesconset

The 9/11 Responders Remembered Park, 316 Smithtown Blvd., Nesconset will host its annual memorial service and naming ceremony on Sept. 14 at 10 a.m. 631-724-3320

Port Jefferson

— The Order Sons and Daughters of Italy in America Vigiano Brothers Lodge 3436 invite the community to join them for a candlelight remembrance of 9/11 at Harborfront Park, 101-A East Broadway, Port Jefferson on Sept. 11 at 6 p.m. Candles and refreshments will be provided. 631-928-7489

— The Port Jefferson Fire Department, 115 Maple Ave., Port Jefferson will hold a 9/11 memorial service on Sept. 11 at 9 a.m. 631-473-8910

Rocky Point

The Rocky Point Fire Department will host a ceremony at the 9/11 Community Memorial, at the corner of Route 25A and Tesla Street in Shoreham, on Sept. 11 at 6:30 p.m. 631-744-4102

9/11 events continued on page B9

gallerynorth

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Female, age 53*

Weight Loss

*I am losing weight finally. I am seeing it in my clothes and the best part is that my kids are seeing it. At the gym, people are telling me that I look very good!!!! It has been hell for years, but now it is coming off and I am very excited.
Thank you.*

Female, age 50

Cholesterol

In my experience, physicians immediately zap you with statin when see total cholesterol above 200 but when we changed my diet my cholesterol dropped significantly below 200 and my bad cholesterol returned to normal, so why wouldn't doctors tell patients to change their diet first?

Female, age 77

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How can you reduce your risk of recurring kidney stones?

MEDICAL COMPASS

How do you know you have a kidney stone? Most often, you'll have classic symptoms of blood in the urine and pain. The pain can range from dull to extremely painful, described by some as being worse than giving birth, being shot or being burned, and it might radiate from the kidneys to the bladder and even to the groin in males, depending on the obstruction (1).

Stones are usually diagnosed by a physician through the symptoms, urine tests, and either an abdominal x-ray, a non-contrast CT scan, or an ultrasound.

Unfortunately, the first line treatment for passing kidney stones – at least small ones – involves supportive care. This means that patients are given pain medications and plenty of fluids until the stone passes. Usually stones that are smaller than four millimeters pass spontaneously. If they're close to the opening of the urethra, they are more likely to pass on their own (2).

In the case of a stone too large to pass naturally, a urologist may use surgery, ultrasound, or a combination of methods to break it into smaller pieces, so you can pass it naturally.

Unfortunately, once you've formed one stone, your likelihood of having more increases significantly over time. The good news is that there are lifestyle changes you can make to reduce your risk.

The number one cause of kidney stones is lifestyle factors, including excessive animal protein or salt intake or too little consumption of items like citrate, fiber, and alkali foods, such as leafy greens and other non-starchy vegetables (3).

Stay hydrated

First, it is crucial that you stay hydrated by drinking plenty of fluids (4). You can help yourself in this process by consuming plenty of fruits and vegetables that are moisture-filled.

Reduce calcium supplements

One of the simplest methods is to reduce your intake of calcium supplements, including foods fortified with calcium. There are several types of stones. Calcium oxalate stones are the most frequent type, occurring approximately 80 percent of the time (5). Calcium supplements, therefore, increase the risk of kidney stones.



BY DAVID M. DUNAIEF, MD



Drink plenty of water each day to prevent the reoccurrence of kidney stones. METRO photo

When physicians started treating women for osteoporosis with calcium supplements, the rate of kidney stones increased by 37 percent (6). According to findings from the Nurses' Health Study, those who consumed highest amount of supplemental calcium were 20 percent more likely to have kidney stones than those who consumed the lowest amount (7). It did not matter whether study participants were taking calcium citrate or calcium carbonate supplements.

Interestingly, calcium from dietary sources has the opposite effect, decreasing risk. In the same study, participants who consumed the highest amount of dietary calcium had a 35 percent reduction in risk, compared to those who were in the lowest consumption group. Paradoxically, calcium intake shouldn't be too low, either, since that also increases risk. Changing your source of calcium is an important key to preventing kidney stones.

Lower your sodium intake

Again, in the Nurses' Health Study, participants who consumed 4.5 grams of sodium per day had a 30 percent higher risk of kidney stones than those who consumed 1.5 grams per day (7). Why would that be? Increased sodium causes increased urinary excretion of calcium. When there is more calcium going through the kidneys, there is a higher risk of stones.

Reduce your animal protein consumption

Animal protein may play a role. In a five-year, randomized clinical trial of men with a history of kidney stones, men who reduced their consumption of animal protein to approximately two ounces per day, as well as lowering their sodium, were 51 percent less likely to experience a kidney stone than those who consumed a low-calcium diet (8).

The reason animal protein may increase the risk of calcium oxalate stones more than vegetable protein is that animal protein's higher sulfur content produces more acid. The acid is neutralized by release of calcium from the bone (9). That calcium then promotes kidney stones.

Manage your blood pressure

Some medical conditions may increase the likelihood of stone formation. For example, in a cross-sectional study with Italian men, those with high blood pressure had a two times greater risk of kidney stones than those who had a normal blood pressure (10). Amazingly, it did not matter whether or not the patients were treated for high blood pressure with medications; the risk remained. This is just one more reason to treat the underlying cause of blood pressure, not just the symptoms.

While the causes of kidney stones are complex, making relatively simple lifestyle changes is the most constructive way to avoid the potentially excruciating experience of kidney stones. The more that you implement, the lower your likelihood of stones.

References:

(1) *emedicine* January 1, 2008. (2) *J Urol.* 2006;175(2):575. (3) *Adv Urol.* 2018; 2018: 3068365. (4) *J Urol.* 1996;155(3):839. (5) *N Engl J Med.* 2004;350(7):684. (6) *Kidney Int* 2003;63:1817–23. (7) *Ann Intern Med.* 1997;126(7):497-504. (8) *N Engl J Med.* 2002 Jan 10;346(2):77-84. (9) *J Clin Endocrinol Metab.* 1988;66(1):140. (10) *BMJ.* 1990;300(6734):1234.

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

- » Twilight in the Wild fundraiser heads to Long Island Game Farm
- » Stony Brook Medicine nationally recognized for providing high quality stroke and cardiac care
- » Brookhaven Town Councilwoman Bonner visits new playground at Diamond in the Pines Park
- » SBU News: Ancient DNA sheds light on the genetic diversity of post-Roman elites
- » THRIVE Recovery Center holds International Overdose Awareness Day event and vigil



9/11 events on the North Shore

Continued from page B7

Selden

The Selden Fire Department, 44 Woodmere Place will host a 9/11 remembrance ceremony on Sept. 11 at 7 p.m. 631-732-1234

Setauket

The Setauket Fire Department will conduct a 9/11 memorial ceremony at the Hook and Ladder Company 1, Station 3, 394 Nicolls Road, Setauket on Sept. 11 at 7 p.m. followed by refreshments in the firehouse. Call 631-941-4900, ext. 1043

Smithtown

The Town of Smithtown will hold a Remembrance ceremony at 9/11 Memorial Park, located on Main Street (North Side) between Bank Street and Landing Avenue, Smithtown on Sept. 11 at 3 p.m. 631-360-7600

Stony Brook

To honor and remember the 21 Stony Brook University alumni who died on 9/11, all members of the community are invited to visit the Memorial Arch near the University's Humanities Building, 100 Nicolls Road, Stony Brook for quiet contemplation and reflection on Sept. 11 from 8:30 a.m. to 2 p.m. The campus chimes will ring 21 times at 8:46 am. 631-632-6330, communityrelations@stonybrook.edu

Sound Beach

The Sound Beach Fire Department, 152 Sound Beach Blvd., Sound Beach will hold its annual Service of Remembrance ceremony on Sept. 11 at 7 p.m. 631-744-4994

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MetroCreative
Connection
photo

Let's keep cell phones out of the classroom

PLAIN TALK

It's hard to believe that another school year has begun. I've started teaching again at Suffolk County Community College (SCCC). I have 35 extraordinary young men and women in my Introduction to Sociology class. That same week I started back at Fordham University's Graduate School of Social Service. I teach second-year students clinical practice. They inspire me to keep coming back because of their passion, compassion, and commitment to wanting to truly make a difference in the world. I've been taking the 6:09 a.m. train from Ronkonkoma every Tuesday morning for 21 years. I look forward to it.

In the first week of September, I return to St. Joseph's University in Patchogue. I will be teaching social science and social work to undergraduates.

Since the pandemic, I have observed a number of things with all of my students, no matter what the school or their level. In general, their capacity for concentration seems to be clearly impaired. I find a growing number of students more anxious and more distracted. The most disturbing observation is how many students are obsessed with their cell phones.

Recently, I asked my 35 college coeds at SCCC if they would be willing to freely surrender their cell phones at the beginning



BY FATHER FRANCIS
PIZZARELLI

of each class. There were three or four students who volunteered and said they would be willing. The request ended with a very powerful conversation regarding cell phones. Their self-awareness and their honesty were most impressive.

Many college coeds are beginning to see the damage that cell phone obsession and dependency is causing. I think we need to continue the conversation and confront this issue because of the tremendous impact it is having on the next generation of students.

It is no secret that mental health among our students is a real concern. Many school districts and our larger community have increased their social work and mental health staff. We need to continue to address with outrage that many still attack mental health and substance use disorders with disdain.

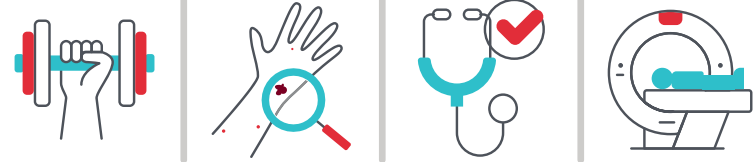
As the new school year begins, I would encourage all our local schools, pre-K through 12th grade, to prohibit cell phone possession and use on all school grounds. On the high school level, I think there are creative ways to keep cell phones out of instructional settings and allow students to have access to them at the end of the school day.

We no longer can ignore the evidence-based research that underscores how negatively cell phone access 24 hours a day is impacting on our youth. Hopefully, our school communities including parents, will have the courage to take this issue seriously and to acknowledge how this is impacting on our youth's mental health.

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

Education & Empowerment

CancerWise Café



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Saturday, Sept. 28

8:30 am to 4 pm

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stonybrook.info/cafe2024
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QUESTIONS?

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Stony Brook Cancer Center

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HOROSCOPES OF THE WEEK



VIRGO – Aug 24/Sept 22

Do you have an appetite for adventure this week, Virgo? You may not have to travel too far for all of the thrills and chills you desire. Look around for options close to home.

LIBRA – Sept 23/Oct 23

You may not be feeling like yourself, Libra. There's something rumbling beneath the surface that you don't want to share with others just yet. There's time to be patient.

SCORPIO – Oct 24/Nov 22

Scorpio, as you move through the week, a certain relationship could begin weighing heavily on you. You're not sure if you should commit further or move on.

SAGITTARIUS – Nov 23/Dec 21

Sagittarius, you're not just ready to hit the ground running, you have the stamina to sail through at a rocket's pace. This renewed sense of urgency can help you achieve great things.

CAPRICORN – Dec 22/Jan 20

Capricorn, the week may start off on a good note with plenty of entertaining distractions. Keep the fun going throughout the week.

AQUARIUS – Jan 21/Feb 18

Your attention span is limited this week, Aquarius. You may need to work from home or block out as many distractions as possible if you hope to get a single thing finished.

PISCES – Feb 19/Mar 20

Make a point of delegating if your to-do list gets a little long over the next few days, Pisces. Your phone will be pinging constantly with alerts, so a little help can go a long way.

ARIES – Mar 21/Apr 20

Aries, you are quick to spend money lately, and that can prove problematic in the long run. It may be a good idea to sit down with a financial planner and sort out spending and saving habits.

TAURUS – Apr 21/May 21

Taurus, this week you have free rein to follow your intuition and express your emotions to those around you. It's beneficial to get in touch with how you are feeling and explore things further.

GEMINI – May 22/June 21

There is some unfinished business you need to clear up before you can fully focus on the week or even month ahead, Gemini. It may be scary, but you need to put it behind you.

CANCER – June 22/July 22

Cancer, it is time to rally the troops, as many hands will make much faster work of something you need to get done. Ask your friends or family to pitch in as much as possible.

LEO – July 23/Aug 23

Leo, you're finally ready to take a sizeable step toward completing a goal that has been on your list for what seems like an eternity. It will feel so great when it is far behind you.

Solo exhibition by Lana Ballot heads to The Atelier at Flowerfield

No matter how many times you've walked along the water's edge, you'll find something new and exciting because it is never quite the same.

Professional artist and pastel painting instructor Lana Ballot has long been fascinated with the deep connection to the landscape, particularly, the coastal landscape where major forces of nature — water, air, land — come together.

Her most recent work, inspired by the Long Island and New England coastline, exploring the timeless relationship between these forces, the beauty and immense power of the water and the resilience and fragility of the land, will be showcased in a solo show at the Atelier at Flowerfield, 2 Flowerfield, Suites 6 & 9, in St. James.

Titled *At the Edge of the Ocean*, the show will open on Sept. 12 and run through Oct. 24.

According to Ballot, her goal is to make the viewer an active participant in the scene, make them feel the wind, the ocean spray, the brilliant sunlight, hear the sound of the waves, to feel that deep personal connection with nature. She wants each of her works to be a reminder that the big timeless world exists outside our everyday enclosed spaces, and that we are part of it.



'Evening Stroll' by Lana Ballot will be on view from Sept. 12 to Oct. 24.

Image courtesy of The Atelier at Flowerfield

The expressive character of pastel lets her capture the brilliant light and texture of the coastal landscape, its movement and energy.

Lana Ballot is a Signature Member of the Pastel Society of America, a member of the IAPS Master Circle and a Signature Member of the American Society of Marine Artists. She has been exhibiting and won awards in National and International Juried competitions, including the Pastel Society of

America's annual show Enduring Brilliance and the prestigious Pastel Journal's Pastel 100 competition.

The community is invited to an opening reception at Atelier Hall on Thursday, Sept. 12 at 5:30 p.m. For more information, call 631-250-9009 or go to theatelieratflowerfield.org.

To see Lana Ballot's work and her current teaching schedule, visit lanaballot.com.

'Our Relationship to the Land' opens at Mills Pond Gallery

Up next at the Mills Pond Gallery in St. James is the juried exhibit, *Our Relationship to the Land* — seeing the natural world through artistic inspiration. The show, presented by the Smithtown Township Arts Council, opens on Sept. 7 and runs through Oct. 11. Guest curator Steven Baroumis selected 84 works for the exhibition.

"We know that art has the potential to shape our world — art can be credited with creating social movements and even making revolutionary changes in society. In this exhibit the artwork gives a voice to those who created it to speak about the Land and their connection to it. We present this exhibition as an invitation to the public to connect with and appreciate the beauty of the land, recognize its fragility and work to protect it," said Allison Cruz, executive director of the Smithtown Township Arts Council and Mills Pond Gallery.

Exhibiting artists include Avrel Menkes, Barry Feuerstein, Bernice Corbin, Bob Stone, Cliff Miller, Daniel van Benthuisen, Diane Maniscalco, Diane Motroni, Dominique Treboux, Elizabeth Courtney, Felicia Montfort, Frederic Mendelsohn,



'Dream Scape' by Gisela Skoglund will be on view from Sept. 7 to Oct. 11. Image courtesy of STAC

George Junker, Gerry Hirschstein, Gisela Skoglund, Hillary Serota Needle, James Kelson, Jan Guarino, Jennifer DeMory, Jessica Rybak, Joan Branca, Joan Rockwell, Joan Schwartzman, John Mansueto, John Morris, John Taylor, Joseph Weinreb, Joyce Bressler, Judy Pagano, Judy Stone,

Karin Dutra, Kathee Shaff Kelson, Linda Hartman, Lyla Petroske, Lynn Kinsella, Lynn Staiano, Madeline Stare, Margaret Governale, Marianne Andresen-Magin, Mark Levine, Marsha Abrams, Mary Kiernan, Mary Waka, Mary Ann Vetter, Merle McGarrett, Michelle Kramer, Mike Stanko, Monica Rich, Myungja Anna Koh, Pat Forie, Patty Yantz, Paul Edelson, Renee Caine, Rhoda Angelier, Rita Broughton, Robert Roehrig, Robert Tuska, Robert Wallkam, Ron Becker, Sally Anne Keller, Samantha Kenny, Scott Hartman, Shain Bard, Susan Guihan Guasp, Syd Glasser, Terence McManus, Theresa Graff, Tyler Hughes, Valerie Farrugia, Victoria Beckert, Vivian Gattuso and Vivien Pollack.

The public is invited to an opening reception on Saturday, Sept. 7 from 1 to 4 p.m. to meet the exhibiting artists and view their work.

Mills Pond Gallery is located at 660 Route 25A in St. James. Regular gallery hours are Wednesdays to Fridays from 10 am. to 4 p.m., Saturdays and Sundays from noon to 4 p.m. Admission to the gallery is always free. For more information or directions, call 631-862-6575 or visit millspondgallery.org.



Staller Center prepared to present eclectic fall season

BY RITA J. EGAN

As the air begins to chill, Stony Brook University's Staller Center for the Arts is ready to warm up audiences with a variety of exciting performances with its Fall 2024 season.

Alan Inkles, Staller Center director, said planning a season is similar to putting together a puzzle when deciding who to include and working with the artists' schedules. He added he and his team like to create a season that is a mixture of newcomers and well-known names, which he feels both challenges and entertains audiences.

"What I've begun the last couple years is to mix the stars in with what I call discovery shows," he said. "We've got to keep going back to bringing in shows with great, talented people that maybe you might remember them from America's Got Talent or you may have seen them somewhere. That's the joy of going to an arts center."

Among those who have appeared on America's Got Talent scheduled to perform at the Staller Center are Malevo on Oct. 26 and Jackie Evancho on Nov. 23.

Inkles described Malevo's show as "high energy." The dance group from Argentina was a semi-finalist on AGT in 2016. The dancers will perform zapateo, similar to tap dancing, using a type of weapon called boleadora.

Evancho is known for competing as an opera singer and coming in second on AGT in 2010 at the age of 10. Inkles said the artist, now known for singing pop, has created a show that will include opera, pop and Broadway tunes.

"That will be a fun night," Inkles said. "That's something different that I like to bring in."

Among those appearing at the Staller Center this season will be comedian Wanda Sykes (sold out), Tony Award winner Renée Elise Goldsberry, musician John Pizzarelli and Cirque Kalabanté: Afrique en Cirque.

The season will kick off on Sept. 15 with the Emerson Legacy Concert Presents the Han-Setzer-Finckel Trio performing the music of Haydn, Beethoven and Dvorak. The trio continues the tradition of the Emerson String Quartet with former members Phil Setzer on violin and David Finckel playing cello, with the addition of pianist Wu Han.

Entertainers perform on the main stage or recital hall depending on the performance. Inkles said on Nov. 13, "It's going to be a really cool night at the recital hall." The night will feature viral star Stella Cole, Postmodern Jukebox's Benny Benack III and tap dancer Jabu Graybeal for Some Enchanted Evening with Stella Cole. The trio will perform Jazz-inspired selections of Broadway hits spanning the decades.

The Peridance Contemporary Dance Company will take on the Staller Main Stage on Nov. 16. "If you like modern dance ... if you want to see amazing movement, if you're taking dance class, there is ballet, there is tap dancing in it," Inkles said.

Last year, the Staller Center debuted a new concept showing a children's movie. At the same time, a live orchestra performed along to the songs with Disney's *Coco*. This year, the arts center will show Disney's *Encanto* on Oct. 14, with a Latin band playing the musical score. After the viewing, attendees can meet the band members.

"It gives the kids the opportunity to see a live band as well as a movie," he said.

Changes through the years

For this year's fall season, like most performance periods, Inkles and his team began planning two years ago when he started traveling around the country to attend shows featuring various artists to see who would be a good fit for the arts center.

Calendar of Events

- 9/15 — Emerson Legacy Concert at 5 p.m. (RH)
- 9/21 — Renée Elise Goldsberry at 8 p.m. (MS)
- 9/28 — John Pizzarelli: Stage & Screen at 8 p.m. (RH)
- 10/14 — Disney's 'Encanto' Sing-Along at 4 p.m. (MS)
- 10/18 — Wanda Sykes at 8 p.m. (MS) *Sold out
- 10/26 — Malevo at 8 p.m. (MS)
- 10/9 — Cirque Kalabanté: Afrique en Cirque at 7 p.m. (MS)
- 11/13 — Some Enchanted Evening with Stella Cole at 7 p.m. (RH)
- 11/16 — Peridance Contemporary Dance Company at 8 p.m. (MS)
- 11/21 — Starry Nights at 7 p.m. (RH)
- 11/23 — An Evening with Jackie Evancho at 8 p.m. (RH)
- 11/24 — 'Don't Let the Pigeon Drive the Bus' at 3 p.m. (MS)
- 12/6 — Anthony Nunziata: A Broadway Italian Christmas at 8 p.m. (RH)
- 12/14 — Caroline Campbell with guest Chloe Flower at 8 p.m. (RH)

RH: Recital Hall
MS: Main Stage

After the COVID-19 shutdowns and venues began to open again, Inkles said a decision was made to have a fall and spring season instead of one long performance period due to people tending to go out less after the pandemic. "People aren't buying in advance as much or as many shows," he said.

Regarding post-pandemic, Inkles said that out of the other State University of New York campuses with arts centers, the Staller Center is doing better than others audience-wise, and things are returning to normal. "We're thriving in a time when a lot of our centers have either closed their doors or are doing much, much less," he said.

Inkles said it's vital to have such an arts center on campus grounds. For every show, the center makes at least 100 free tickets available to SBU students who wish to attend a performance. "We want to give these students culture and entertainment that they've not seen before," he said. "It's growth of the future. If we don't do this, in 20 years there won't be art centers. People will just be watching on their phones."

Inkles added he and his team aim to create shows that are good not just for Long Island but also in general.

"When you come to see a show at the Staller Center, in my mind, it is as good, if not better, because the acoustics are great in the recital hall, or our sound system is better than most theaters on Broadway," he said. "You need to walk out thinking it's as good, if not better than something you could see in New York City, and that's sort of my rule of thumb. I'm not looking for something that is pretty good, I'm looking for something that's really great."

To order tickets, call the box office at 631-632-2787 or visit stallercenter.com.

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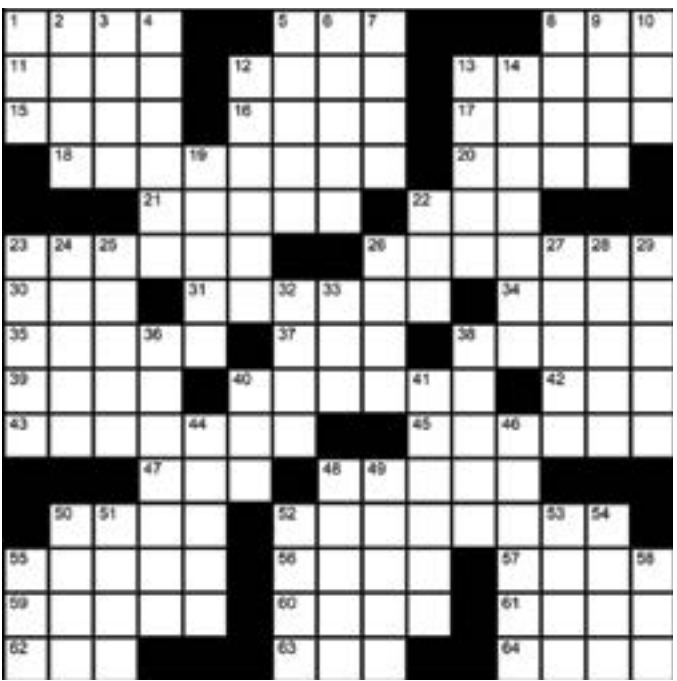
CROSSWORD PUZZLE

THEME: The 1930s



CLUES ACROSS

1. Doorframe part
5. *Swing Era or ____ Band Era
8. T-cell killer, acr.
11. Arabian chieftain
12. Actress Sorvino
13. Excessively fat
15. Chore list
16. Second word in fairytale?
17. Doled out cards
18. *1933 movie monster (2 words)
20. Eyeball
21. Golf aid
22. French vineyard
23. *Larry or Curly or Moe
26. Between delta and zeta
30. ____ B vaccine
31. Ciphering machine
34. Kind
35. Black and white cookies
37. ____ chi
38. Fender bender consequences
39. Light beige
40. *First white chocolate manufacturer
42. Grasp
43. Elbow room, to a ship (2 words)
45. Teenagers' emotions
47. Belly
48. East Indian pepper
50. Buzzing pest
52. *Prairie crisis (2 words)
55. Change, as in U.S. Constitution
56. "If all ____ fails..."
57. Solomon-like
59. Boatload
60. Lab gel
61. Enthusiasm
62. Finale
63. Grazing land
64. Blood vessel network



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CLUES DOWN

1. Blue Angel
2. In a frenzy
3. Calf-length skirt
4. Ford option
5. Two-footed mortar support
6. Shoemaker without shoes, e.g.
7. *Al Capone's Chicago Outfit, e.g.
8. Mend, healthwise
9. Small island
10. Doctor Dolittle, e.g.
12. *Shenyang (China) in 1931
13. O in B.O., pl.
14. *Cole Porter's "Begin the ____"
19. Dashboard windows
22. Accounting title
23. Oxfords and loafers
24. 9 a.m. prayer
25. *George Gershwin's "Porgy and Bess"
26. Discharge
27. Ding-a-____, pl.
28. Eightsome
29. Egg holders
32. Big-ticket ____
33. Tank filler
36. *a.k.a. The Little Rascals (2 words)
38. Brightest star in Cygnus
40. 1990s negation
41. Second of two
44. Beat the Joneses
46. Angry stare
48. Battle of the ____, a.k.a. Ardennes Offensive
49. Test format
50. *Bureau of Investigation agent, to "Machine Gun" Kelly
51. Smart but awkward one
52. *FDR's New ____
53. ____ E. Coyote
54. Law school test acronym
55. Expert
58. Compass point between NE and E

*THEME RELATED CLUE

Answers to last week's puzzle: Back to School



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

SUDOKU PUZZLE

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

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

Answers to last week's SUDOKU

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

It's never too early to savor the flavors of fall

BY HEIDI SUTTON

Apple picking season begins as early as the end of August at orchards on Long Island and continues through the end of October.

LET'S EAT Pie may be the first thing that comes to mind for an apple-infused dessert, but the versatility of this fleshy fruit means a world of sweets is at your fingertips.

These Apple Shortcake Squares offer a tasty twist on traditional treats, whether you're sharing with neighbors after a backyard barbecue or savoring an evening at home with your nearest and dearest while Baklava Bliss, a classic Greek dessert with an apple twist, will have you going back for seconds!

Apple Shortcake Squares

Recipe courtesy of Envy Apples

YIELD: Makes 12 squares

INGREDIENTS:

- 5 large apples
- 1/4 cup sugar
- 1/2 teaspoon vanilla extract
- 2 teaspoons finely grated lemon zest
- 1 tablespoon cornstarch + 2 tablespoons water
- 1/2 cup softened butter
- 1/2 cup sugar



- 1 egg
- 1/2 teaspoon cinnamon
- 1 1/2 cups self rising flour
- 1/4 cup cornstarch

DIRECTIONS:

Pre-heat the oven to 365 degrees F. Lightly grease the bottom of a 10 inch baking pan and also grease up the sides. Then line the pan with parchment paper both bottom and sides. Peel, core and dice apples into even pieces. Combine apple pieces in a saucepan with the 1/4 cup sugar, vanilla and lemon zest and simmer for 4-5 minutes or until just tender.

Combine the first measure of cornstarch and water and stir in the apples, continue stirring until thickened and syrupy, set aside to cool. Using an electric beater, cream the butter and sugar for 3-4 minutes until creamy and pale. Add the egg and beat well.

Sift over the flour and cinnamon and fold all together to create a soft dough. Divide the mixture in half and wrap in plastic wrap then chill in fridge for 30 minutes.

Press one half of the shortcake dough into the base of the greased pan, using the back of a spoon or damp finger tips to spread out evenly. Spoon over the cooled apple mixture. Using the remaining dough, break into small bite sized pieces and place the pieces over the top of the apples.

Bake for 30-40 minutes or until golden brown, allow to cool before lifting out of pan using the parchment paper sides and cut into portions, dust with powdered sugar.

Baklava Bliss

Recipe courtesy of Envy Apples

YIELD: Makes 8 servings

INGREDIENTS:

- 2 large apples
- 1 package of phyllo dough
- 1/2 cup butter, melted
- 1 cup chopped walnuts
- 1/2 cup sugar
- 1 tsp cinnamon, plus extra for garnish
- 1/2 cup honey
- 1/4 cup hot water

DIRECTIONS:

Preheat oven to 350 degrees.

Cut apples into thin slices. Cut the phyllo dough into circles twice as large as muffin tin rounds, press dough into cups, and brush with butter.

Mix walnuts, sugar, and cinnamon in a bowl and then spoon into dough cups until 1/3 full. Layer apple slices in an overlapping pattern like petals within each cup and press into nut mixture so slices remain stable. Bake 20-25 minutes until golden brown.

Combine honey and hot water until smooth, then immediately drizzle over baklava roses after removing them from the oven. Sprinkle with cinnamon and enjoy!

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SALE DATES - Wed. September 4 - Tue. September 10, 2024

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

Thursday 5

Volunteer Fair

Sachem Public Library, 150 Holbrook Road, Holbrook hosts a Volunteer Fair from 10:30 a.m. to 12:30 p.m. Meet with representatives from over 10 local organizations who are looking for assistance. 631-588-5024.

Purple Party

In recognition of the Town of Brookhaven going purple for National Recovery Month, the Port Jefferson Station/Terryville Chamber of Commerce will host a Purple Party at the Train Car, 1 Rose Ave., Port Jefferson Station at 7 p.m. Come help light the train car purple with snacks, guest speakers, Narcan training and more. Free. 631-821-1313, PJSTChamber.com

Friday 6

East Northport Festival

East Northport Chamber of Commerce presents the 29th annual East Northport Festival at John J. Walsh Memorial Park, 190 Larkfield Road, East Northport tonight from 6 to 11 p.m., Sept. 7 from 11 a.m. to 11 p.m. and Sept. 8 from 11 a.m. to 6 p.m. Featuring rides, games, live music, international food truck festival, craft vendors (on Sept. 7 and 8), beer garden and more. Free admission. 631-261-3573, eastnorthport.com

Psychic Night Fundraiser

Centereach Fire Department Ladies Auxiliary, 9 South Washington Ave., Centereach will host a Psychic Night with the Psychic Sisters Linda West and Joline Paterson at 6 p.m. \$45 includes light refreshments with basket raffles 50/50 and a door prize. For tickets, call 631-738-0722.

Saturday 7

East Northport Festival

See Sept. 6 listing.

Culper Spy Day

Three Village Historical Society and Tri-Spy Tours, in collaboration with local historical and cultural organizations, present the 10th annual Culper Spy Day from 10 a.m. to 4 p.m. Begin at the TVHS, 93 North Country Road, Setauket. Come learn about the Culper Spy Ring from costumed docents along with colonial cooking and invisible ink demonstrations, military encampment, historic house and church tours, and much more. Most activities free. 631-751-3730, tvhs.org


Village Cup Regatta

The 15th annual Village Cup Regatta, a fundraising sailing competition between teams from the Village of Port Jefferson and Mather Hospital, kicks off with festivities at Harborfront Park, 101-A E. Broadway, Port

Times

... and dates

Sept. 5 to Sept. 12, 2024



MUSIC FOR THE SOUL
Join All Souls Church in Stony Brook for an evening of classical guitar music with virtuoso Francisco Roldán on Sept. 7. Photo courtesy of All Souls Church

Jefferson at 10 a.m. and a Memorial Parade of Boats at 11 a.m. portjeffersonyachtclub.com

Friends of MCPL Garage Sale

Time to shop! Middle Country Public Library, 101 Eastwood Blvd., Centereach will host a Friends Garage Sale from 9:30 a.m. to 1:30 a.m. in the parking lot. Lots of bargains and treasures. Outdoor games for kids. Rain date is Sept. 14. 631-585-9393

Harbor Day 2024

The Village of Nissequoque and The Friends of Stony Brook Harbor will host a Harbor Day event to raise awareness of Stony Brook Harbor from 11 a.m. to 3 p.m. at the Long Beach Boat Launch, 555 Long Beach in Nissequoque. The day will include presentations by environmental and marine science experts, carnival games, face painting, bounce house, a beach cleanup, boat building craft, food trucks, and music. Kayak rentals will also be available. Rain date is Sept. 8. Free admission. 631-862-7400

Saturdays at Six Concert

All Souls Church, 61 Main Street, Stony Brook will feature classical Colombian guitarist Francisco Roldán in a free concert

at 6 p.m. Roldán has performed as a soloist and with chamber ensembles and orchestras in Portugal, Greece, Russia, Spain, Colombia, Argentina, the Dominican Republic, Lithuania, and Paraguay as well as throughout the U.S. Please bring a can of food to donate to a local food pantry. 631-655-7798

An Evening of Comedy

The Comedy Club @ Theatre Three, 412 Main St., Port Jefferson returns for another load of laughter tonight at 8 p.m. Comedic line-up includes Peter Bales, Scott Schendlinger and Matt Burke plus a surprise guest. Tickets are \$40. To order, call 631-928-9100 or visit theatrethree.com.

Sunday 8

East Northport Festival

See Sept. 6 listing.

Car Show and Swap Meet

Long Island Community Hospital Amphitheater at Bald Hill, 1 Ski Run Lane, Farmingville, hosts a Car Show and Swap Meet by Long Island Cars on from 8 a.m. to 4 p.m. Street rods, classics, muscle cars, antiques, exotics, imports and collectible

cars on display with vendors selling parts and accessories, food and entertainment. Admission is \$10, under 12 years are free. 631-567-5898, LongIslandCars.com

Fall Craft Fair

4 Corners Nursery, 284 Boyle Road, Port Jefferson Station will hold a Fall Craft Fair from 9 a.m. to 4 p.m. with fall decor, pumpkins and live country music by Casey Wayne from noon to 4 p.m. 631-331-2737

Dix Hills Car & Bike Show

Dix Hills Fire Department, 115 East Deer Park Road, Dix Hills presents its 10th annual Car and Motorcycle Show from 10 a.m. to 3 p.m. with raffles, live music, food. Free for spectators. 516-521-9145

Fiddle and Folk Festival

Three stages, great music, dance, food and fun awaits you at the 12th annual Fiddle and Folk Festival at Benner's Farm, 56 Gnarled Hollow Road, East Setauket from 11 a.m. to 6 p.m. Featuring performances by The Roger Street Friedman Band, Claudia Jacobs, Toby Tobias, Brian Chabza, Bill Ayasse, Suzanne Ernst, Jay Ungar and Molly Mason along with Pick of the Crop contestants, fiddle workshops, open mic and more. Tickets in advance are \$22 adults, \$18 seniors and \$10 for children; tickets at the door are \$25 adults, \$22 seniors and \$12 for children. Bring seating. 631-689-8172, fiddleandfolk.com,

James O'Malley in concert

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

Monday 9

Movie Trivia Night at the CAC

Join the Cinema Arts Centre, 423 Park Ave., Huntington for a Movie Trivia Night at 8 p.m. Try to answer 50 questions based all around film, actors and actresses, awards, and everything else associated with the world of film. Challenge like-minded film fans in a battle of wits for cash and other prizes. You can form teams, so bring some friends and work together. Feel free to come alone and play solo as well! Hosted by Dan French. Tickets are \$11 per person, \$7 members at cinemaartscentre.org. 631-423-7610.

Tuesday 10

NSJC Social Club event

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

Standard Flower Show

The Three Village Garden Club will hold a Standard Flower Show titled “Seasonal Wonders” at the Setauket Neighborhood House, 95 Main St., Setauket from 2 to 7 p.m. The juried show which will feature one of a kind artistic designs of floral arrangements created by Garden Club members and will also include horticulture and botanical arts including photography. Free to the public. threevillagegardenclub.org

Stand-up Comedy at the CAC

Cinema Arts Centre, 423 Park Ave., Huntington continues its Stand-Up/Sit-Down live comedy series with an appearance by Eddie Brill, who among other things, was the warm up comedian for the Late Show with David Letterman for 17 years, at 8 p.m. Brill will “Sit-Down” with host Steven Taub to share stories about his career and time on Letterman after the show. Tickets are \$35, \$25 members at cinemaartscentre.org.

Wednesday 11

Cruise Night at The Shoppes

The Shoppes at East Wind, 5720 Route 25A, Wading River hosts a Cruise Night Car Show every Wednesday through October from 5 to 9 p.m. Visit the Shoppes, enjoy a bite to eat and then check out the fine array of classic cars in the parking lot. 631-929-3500

Thursday 12

Goat & Alpaca Yoga

Join the Smithtown Historical Society, 211 E. Main St., Smithtown for a 45 minute session of yoga with friendly, interactive goats and alpaca from 5:30 to 6:30 p.m. and again from 6:45 to 7:45 p.m. courtesy of ‘by Steppin’ Out Ponies and Petting Zoo. Tickets are \$35 per person. Please bring a mat & towel. Registration required via Eventbrite. For more information, call 631-265-6768.

Summer Thursdays at the LIM

The Long Island Museum, 1200 Route 25A, Stony Brook continues its Summer Thursdays series at 5:30 p.m. with a free talk and performance by musicians Erik McIntyre and Jonathan Stout about the century-long history and acoustic aspects of the archtop guitar, like the ones crafted by John Monteleone in the LIM’s Musical Masterworks exhibition. Learn about the guitar’s importance in jazz, blues, and rockabilly. Includes free admission to the Musical Masterworks exhibition. 631-751-0066, longislandmuseum.org

Theater

‘King Lear’

The Carriage House Players at the Suffolk County Vanderbilt Museum in Centerport closes their 35th annual Shakespeare in the Courtyard Festival with *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 vanderbiltmuseum.org.

‘Clue’

Up next at the John W. Engeman Theater, 250 Main St., Northport is the hilarious musical *Clue* from Sept. 12 to Oct. 27. Based on the iconic 1985 Paramount movie inspired by the classic Hasbro board game, the farce-meets-murder mystery begins at a remote mansion, where six mysterious guests assemble for an unusual dinner party where murder and blackmail are on the menu. When their host turns up dead, they all become suspects. *Clue* is the comedy whodunit that will leave you in stitches as they try to figure out...who did it, where, and with what! Tickets range from \$85 to \$95. To order, call 631-261-2900 or visit engemantheater.com.

‘Matilda’

Theatre Three, 412 Main St., Port Jefferson kicks off its 54th season with Roald Dahl’s *Matilda* from Sept. 14 to Oct. 20. Matilda is a courageous little girl with astonishing wit, a vivid imagination, and psychokinetic powers. Packed with high-energy dance numbers and catchy songs, the unique and unforgettable *Matilda* is a joyous girl power romp. Children and adults alike will be thrilled and delighted by the story of the special little girl on an extraordinary journey! Tickets are \$40 adults, \$32 seniors and students, \$25 children ages 5 to 12, \$25 Wednesday matinees. To order, call 631-928-9100 or visit theatrethree.com.

‘(Mostly) True Things

(Mostly) True Things, a game wrapped in a storytelling show that features true stories and a game celebrates 10 years of performances at The Performing Arts Studio, 224 E. Main St. Port Jefferson on Sept. 21 at 7 p.m. with stories on the theme Trips — stories about experiences of being “tripped up” by life, tripping and falling, road trips and traveling. Featured performers include Marc L Abbott, Jean Candiotte, Nina Lesiga, Dawn Borchers and Jude Treder-Wolff, host and creator of the show. Tickets are \$20 online, \$25 at the door (cash only).

The Brothers Grimm Spectaculathon’

Suffolk County Community College, 533 College Road, Selden presents *The Brothers Grimm Spectaculathon*, a hilarious, crazy fairy-tale extravaganza, on Oct. 2, 3, 4, 5, 9, 10 at 7:30 p.m. and Oct. 6 and 13 at 2 p.m. in Theatre 119 in the Islip Arts Building. Two narrators attempt to recreate all 209 of the fairy tales of the Brothers Grimm in a wild, fast-paced extravaganza. To make it more difficult, they attempt to combine them into one gigantic fable using *Rapunzel*, *Rumpelstiltskin*, *Hansel and Gretel*, *Snow*

White, *Sleeping Beauty*, *Cinderella* and other more obscure stories like *Lean Lisa* and *The Devil’s Grandmother*. General admission is \$15, veterans and students 16 years of age or younger \$10. SCCC students with current ID get one free ticket. To order, call 631-451-4163

‘Night of the Living Dead’

Smithtown Performing Arts Center 2 East Main St., Smithtown presents *Night of the Living Dead* from Oct. 5 to 27. Fall out from a satellite probe shot to Venus returns to Earth carrying a mysterious radiation that transforms the unburied dead into flesh-eating zombies. Seven people trapped in an isolated farmhouse, held hostage by the ravenous ghouls, begin to turn on each other as the dead encroach. A gripping terror-filled monochromatic play that brings all the fright of the cult classic to life. *This production is recommended for audiences high school age and up. Tickets are \$35 adults, \$32 seniors and \$25 students. To order, visit smithtownpac.org.

Film

‘One Person, One Vote?’

The Port Jefferson Documentary Series continues its Fall 2024 season with a screening of *One Person, One Vote?* at the First United Methodist Church, 603 Main St., Port Jefferson on Sept. 12 at 7 p.m. At a time when many Americans question democratic institutions, the film unveils the complexities of the Electoral College, the uniquely American and often misunderstood mechanism for electing a president. Followed by a panel discussion with director Maximina Juson and Nancy Marr from the League of Women Voters. Tickets are \$10 adults, \$5 students. portjeffdocumentaryseries.com.

‘Invisible Threads’

Join the Cinema Arts Centre, 423 Park Ave., Huntington for a screening of *Invisible Threads - From Wireless to War* on Sept. 13 at 7 p.m. followed by a Q&A with filmmaker Joseph Sikorski and Marc Alessi, Executive Director of the Tesla Science Center in Shoreham. Tickets are \$25, \$20 members at cinemaartscentre.org.

Class Reunion

— **The 50s classes of Port Jefferson High School** will hold a gathering at Detmer Farm, Ridgeway Ave., Setauket on Sept. 21 at 2 p.m. BYOB. To RSVP, call 631-924-4817 or 631-941-4186.

— **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.

— **Ward Melville High School Class of 2014** will hold its 10 year reunion at The Waterview, 44 Fairway Drive, Port Jefferson on Nov. 30 from 6 p.m. to 11 p.m. Tickets are \$100 — plus ones allowed. Includes open bar, passed appetizers, and dinner. Please email wmhs2014info@gmail.com for the link to purchase tickets.

Vendors Wanted

♦ The Yaphank Historical Society seeks vendors for its annual **Fall Yard Sale** on Sept. 14 from 9 a.m. to 4 p.m. on the grounds of the Hawkins House, 4 Yaphank Avenue, Yaphank. (Rain date is Sept 15). Vendor fee only \$10 per spot. Call 631-924-4803.

♦ Smithtown Historical Society, 239 East main St., Smithtown seeks vendors for its annual **Heritage Country Fair** on Sept. 15 from noon to 4 p.m. Fee is \$75 for a 10’ X 10’ site. For more information, call 631-265-6768.

♦ Trinity Evangelical Lutheran Church, 716 Route 25A, Rocky Point welcomes craft vendors for its annual **Fall Festival** on Sept. 28 from 10 a.m. to 3 p.m. Call 631-744-9355 or 631-521-5770 for more information.

♦ Town of Huntington Councilwoman Theresa Mari is looking for vendors (essential breast cancer care items, jewelry, clothing, or other products) to participate in the **Pink in the Park Breast Cancer Prevention and Education Fair**, scheduled for Sunday, Sept. 29, at Heckscher Park, 2 Prime Ave., Huntington from 10 a.m. to 4 p.m. Also looking for vendors who can contribute to creating a fun and engaging environment for families, with activities for children to enjoy. For a vendor application, call 631-351-3173.

♦ Bethel Hobbs Community Farm, 178 Oxhead Road, Centereach is accepting vendors for its annual **Fall Harvest Fair** on Oct. 5 from 11 a.m. to 5 p.m. \$60 donation for a 10’ X 10’ spot. Email hobbsfarmevents@gmail.com for more information or an application.

♦ Art League of Long Island 107 East Deer Park Road Dix, Hills seeks artists and craftspeople to show and sell their original fine art and/or fine crafts at the **59th Holiday Fine Art & Craft Fair** on Dec. 7 and 8 from 10 a.m. to 5 p.m. Deadline to apply is Oct. 1. For an application, visit artleagueli.org.

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

Religious Directory



Catholic

**INFANT JESUS
ROMAN CATHOLIC CHURCH**
110 Myrtle Ave., Port Jefferson 631-473-0165
Fax 631-331-8094

email-rectory@infantjesus.org
www.infantjesus.org

REV. GREGORY RANNAZZISI,
PASTOR, ASSOCIATES:
REV. FRANCIS LASRADO

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,

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Saturday 9am

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nity of the Three Village area, formed as the

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

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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 Phone: 929-205-6099

Zoom Meeting ID: 962 2495 9131

Passcode: 12345

The science of Christianity as Jesus taught and
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Sunday Worship at 10am

Livestreaming on YouTube:

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Through our worship and by our actions
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to love one another

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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

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FATHER TOM REESE VICAR

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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.

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OF SETAUKET**

1 Dyke Road on the Village Green, Setauket

Web site: www.carolinechurch.net

email: office@carolinechurch.net

631-941-4245

REV NICKOLAS C. GRIFFITH-RECTOR

REV ELLIOT T. CONRAD-PRIEST

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5:00pm Saturdays - Holy Eucharist

8:00am Sundays - Holy Eucharist

9:30am Sundays - Holy Eucharist

w/ choir & Children's Chapel

12:30pm Weds. - Noonday Prayer

10:00am Thurs. - Healing Service

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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

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grow in our relationship with Jesus Christ and to
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Office phone: 631.744.7730

Office hours: **Mon - Fri 9 am to Noon and by**

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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

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Alex Pryodny, Music Director

Sunday Worship

8am Rite I Holy Eucharist

Religious Directory



Episcopal

10am Rite II Holy Choral Eucharist
Noonday Prayer
 12 noon - Wednesdays
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

Jewish

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 Other Fridays 7:30pm
 Saturday B'nai Mitzvah services 10am
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Kids' Club (ages 3-11)
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Teen Ministry (ages 11-15)
 Saturdays 6:00-7:30 p.m.
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 a.m.-noon or by making arrangements by leaving
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 church services and through our website's
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 516-848-5386

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pastor's cell phone voice or text 347-423-3623
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facebook.com/stpaulselca
Fall Service resumes on September 8th
8:30am and 10:30am
Wednesday Bible Study
 over Zoom at 9:30
 Friday Prayer Group at 10:30am
 in church or zoom
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 Tuesdays at 1:00pm

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 Adult Sunday School 9:30 Am
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 REV. EMILY FOWLER, PASTOR
 The First Presbyterian Church of Port Jefferson
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 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 Hospi-
 tal System in Dallas, TX. Emily has ministry
 experience as a palliative care and picu pediatric
 chaplain, and was faithful in her volunteer work,
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Please join Pastor Emily
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THIS WEEK:

9/11 comes up on its 23rd anniversary—and why the tragedy is just as relevant as ever, Port Jeff’s Board of Trustees discuss some contentious issues and a one-of-a-kind light show raises money for a 113 year old, Huntington Lighthouse!

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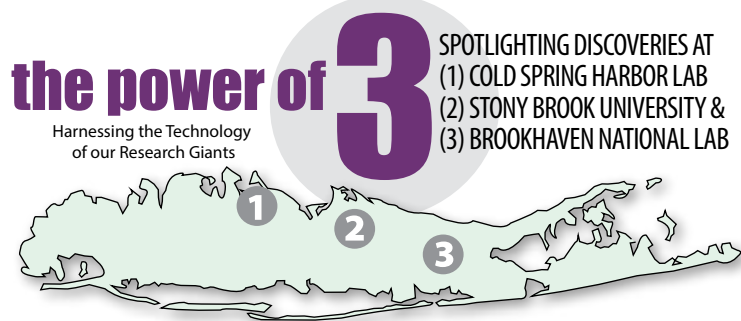
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CSHL's Lukey and Qiu make inroads in starving breast cancer



BY DANIEL DUNAIEF

Cancer is a dangerous and wily adversary. Just when researchers think they have come up with a plan to defeat a deadly disease

KNOWLEDGE SEEKERS

that takes many forms and that attacks different organs, cancer can figure out a way to persist.

Researchers have known that breast cancer uses the amino acid glutamine to power its high energy needs. To their disappointment, when they've blocked glutamine or reduced its availability, cancer somehow carries on.

An adaptable foe, cancer has figured out how to find an alternative metabolic pathway that can use the same energy or carbon source when its level gets low.

Cold Spring Harbor Laboratory Assistant Professor Michael Lukey and postdoctoral researcher Yijian "Evan" Qiu have discovered how a form of breast cancer has a back up plan, enabling it to survive despite glutamine deprivation.

"Analysis of tumor samples has revealed that glutamine is often depleted within the tumor microenvironment, so we were interested in understanding how seemingly 'glutamine addicted' cancer cells adapt to this challenge," Lukey explained.

In research published last week in the journal *Nature Metabolism*, the Cold Spring Harbor Laboratory researchers discovered and quieted a type of breast cancer's alternate energy source.

This form of breast cancer typically uses glutamine, which is one of the most common amino acids, to power its disease-driven machinery. When Qiu and Lukey blocked the formation of alpha-ketoglutarate, which is a

metabolite normally derived from glutamine and then glutamate, they significantly repressed the growth of tumors in animal models of the disease.

Cancer cells turn on this alternative pathway that can catalyze glutamate into alpha-ketoglutarate.

"Cancer is always evolving and adapting," said Qiu. "We need to stay ahead as scientists."

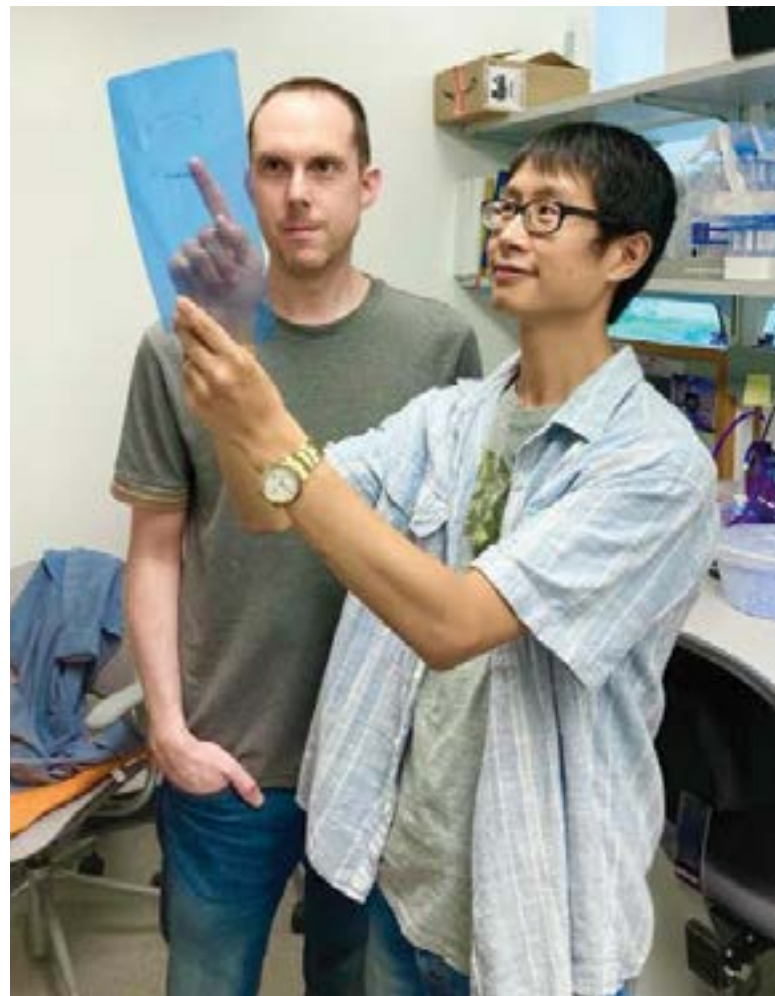
The results of this research suggest a possible approach to treating cancer, depriving the disease of ingredients it needs to feed the kind of runaway growth that threatens human health. Limiting key ingredients could come from applying specific inhibitors, extracellular enzymes or antimetabolites.

Their work could have implications and applications in other forms of cancer.

The time between observing a promising result in the lab and a new therapy typically takes years. In this case, however, treatments that use inhibitors of glutamine have been well-tolerated in animals and humans. Qiu also did not observe any side effects in animal models in his study, which could potentially accelerate the process of creating a new therapy.

To be sure, developing treatments that cut off cancer's primary and back up energy supply may not be sufficient, as cancer may have other metabolic moves up its figurative sleeves.

"Cancer cells typically exhibit metabolic flexibility, such that they can adapt to a variety of metabolic stresses," said Lukey. "It remains to be seen if they can ultimately adapt to long-term blockade of the axis that we identified, but so far we have not seen this happen."



Assistant Professor Michael Lukey and postdoctoral researcher Yijian 'Evan' Qiu. Photo courtesy of Michael Lukey lab

A search for the back up plan

Qiu and Lukey speculated at the beginning of Qiu's Cold Spring Harbor Laboratory experience in August of 2020 that cancer cells likely had another energy option.

"The fact that cancer cells that should be dependent on glutamine adapted in glutamine-free media in weeks made me believe that the cancer cells must have such a plan B," Qiu explained.

To figure out why glutamine inhibitors weren't shrinking tumors in animal models or humans, Qiu removed glutamine from cancer cells, causing over 99.9 percent of the cells to die. A few, however, survived and started proliferating in weeks.

Qiu used RNA-seq analysis to compare the parental and adaptive cells and found that the cells that are glutamine independent upregulated a serine synthesis pathway. These adaptive cells

used PSAT1, or phosphoserine aminotransferase 1, to produce alpha-ketoglutarate.

As for human patients, the scientists don't know what kind of stress is activating a Plan B for metabolism, which they are currently exploring.

A 'passion' for the field

Lukey and Qiu submitted the paper for publication about a year ago. After conducting additional experiments to verify their findings, including confirming that some of the metabolite entered the cell, these researchers received word that *Nature Metabolism* would publish the research.

Lukey appreciated Qiu's passion for science and suggested his postdoctoral researcher combines his technical proficiency with good ideas to generate promising results.

Lukey suggested that researchers in the field have

developed a growing consensus that effective strategies to target tumor metabolism will likely involve combination therapies that disrupt a critical metabolic pathway in cancer cells and simultaneously block the adaptive response to that intervention.

From China to Buffalo to LI

Born in Yiyang, Hunan province in China, Qiu moved several times during his childhood, to Sanya, Hainan and Changsha, Hunan.

Qiu knew he wanted to be a scientist when he was young. He enjoyed watching ants, observing the types of food they carried with them. He earned his PhD from Clemson University in South Carolina, where he built his knowledge about metabolism-related research and benefited from the guidance of his mentor James Morris.

Qiu and his wife Peipei Wu, who is a postdoctoral researcher in Chris Hammell's lab and focuses on epigenetic gene regulation in skin stem cell development, live in Oyster Bay.

The scientific couple don't have much overlap in their work, but they do get "lots of inspiration from each other, during our discussion outside of work," said Qiu.

Qiu enjoys fishing and caught and ate a catfish from the Hudson River. He appreciates drawing scenery, animals and a range of other visuals, including cartoon characters. He designed T-shirts for his department during his PhD.

As for his research, Qiu hopes the metabolism finding may lead to new treatments for cancer. He also suggested that this approach may help with other cancers.

"What I have found in my study can be applied for many other cancer types that are also dependent on glutamine, such as lung and kidney cancer," he said. He also can not rule out "the possibility that the treatment may help reduce metastasis."

An important topic for follow up studies, Lukey suggested, is to address how the metabolic interventions Qiu used might affect immune cells and the anticancer immune response.



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KIDZ KORNER

PROGRAMS

Dino Safari Festival

Walt Whitman Shops, 160 Walt Whitman Road, Huntington Station will host its 5th annual LuminoCity Dino Safari Festival, featuring exhibits, animatronics with light art, an interactive recreation zone and more, now through Sept. 22. Featuring more than 70 life-size dinosaur displays, food, and an educational area with a safari dig and dino fossil hunt. The show runs Monday through Thursday from 5 to 9:30 p.m. and Friday through Sunday from 5 to 10 p.m. For tickets, visit luminocityfestival.com or purchase onsite.

First Steps in Nature

Sweetbriar Nature Center, 62 Eckernkamp Drive, Smithtown continues its First Steps in Nature series for ages 2 to 4 on Sept. 6 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 sweetbriarnc.org. 631-979-6344

Art in the Barn

Walt Whitman Birthplace, 246 Old Walt Whitman Road, Huntington Station continues its Art in the Barn series for children in Pre-K to 3rd Grade and their parent/guardian with a family portrait workshop on Sept. 7 from 11 a.m. to 12:30 p.m. Taught by Lena Massari Sawyer. \$25 per child and guardian, \$20 second child. Pre-registration is required by visiting waltwhitman.org.

Sky Scavengers

As part of its Sunday Funday series, Sweetbriar Nature Center, 62 Eckernkamp Drive, Smithtown presents Sky Scavengers on Sept. 8 from 1 to 3 p.m. Come meet the Center's turkey vultures for Turkey Vulture awareness weekend. Participants will meet some of their friends and learn all about these local birds through games and activities. Create a cool turkey vulture craft to take home. \$15 per child, \$5 per adult. Register at sweetbriarnc.org. 631-979-6344

My Grown-Up & Me Tiny Explorers

Long Island Museum, 1200 Route 25A, Stony Brook presents an eight-week program, My Grown-up & Me Tiny Explorers for children 2-4 years old with a guardian on Mondays, Sept. 9, 16, 23, 30, Oct. 7, 21, 28, and Nov. 4 from 10:30 to 11:30 a.m. Spend the morning together encouraging curiosity and



PREHISTORIC FUN

Come see dinosaurs roar at the Dino Safari Festival in Huntington Station.

appreciation for nature. Through the fusion of science and art, children and their grown-ups will explore the world around them with instructors Elisavet Loukaidou and Katie Bloodgood. Fee is \$150. To register, visit longislandmuseum.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 Sept. 9 at 10:30 a.m. Free. No registration required. Appropriate for ages 0-4. 631-482-5008

THEATER

'Rapunzel'

Up next at the John W. Engeman Theater, 250 Main St., Northport is *Rapunzel: A Tangled Fairytale* from Sept. 28 to Oct. 27. Rapunzel's sixteenth birthday has come, meaning that she'll be able to see the outside world for the first time, just as her "mother" promised. Scared to let her go, though, the witch reneges. Lucky for Rapunzel a young Prince happens across her tower and calls out to her, as he's seen the witch do: "Rapunzel! Rapunzel! Let down your hair!" Before the Prince and Rapunzel have their inevitable "happily ever after," though, they're going to have to face the wrath of the witch and a few other hilarious obstacles. All seats are \$20. To order, call 631-261-2900 or visit engemantheater.com.

'Kooky Spooky Halloween'

Theatre Three, 412 Main St., Port Jefferson continues its children's theatre season with *A Kooky Spooky Halloween* from Oct. 5 to 19 with a sensory sensitive performance on Oct. 6 at 11 a.m. Recently graduated spirit Abner Perkins is assigned to the Aberdeen Boarding House — known for its spectral sightings and terrific toast. Here, Abner finds himself cast into a company of its wacky residents. When his secret is revealed, he is forced to leave his haunted home and set-off on a quest with his newly found friends. Hilarious hijinks and a message of cooperation highlight this Halloween-inspired musical for the entire family. All seats are \$12. To order, call 631-928-9100 or visit www.theatrethree.com.

Send your calendar events to leisure@tbrnewspapers.com



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STONY BROOK UNIVERSITY

Seawolves football falls in season opener at Marshall University

The Stony Brook football team opened up their 2024 season on Aug. 31 with FBS foe Marshall University, falling to the Herd 45-3 at Joan C. Edwards Stadium in West Virginia.

The Seawolves (0-1, 0-0 CAA) led the time of possession and ran more plays than the Herd, but were unable to capitalize as the Herd finished with a 549-252 advantage in total yards.

The quarterback duo of Tyler Knoop and Malachi Marshall made their first career appearances for Stony Brook and combined for 158 yards through the air. Knoop got the start for the Seawolves and went 8-of-13 with 62 passing yards, including a 32-yard highlight-play by Jayce Freeman. Marshall went 10-of-20 for 96 yards with an interception and 11 carries.

Freeman led the receiver room by tallying a team-high 52 yards on two catches. West Virginia native Chance Knox made his first career appearance with the Seawolves and had a team-best five receptions. RJ Lamarre and Cole Bunicci each had 25 receiving yards, respectively.

Roland Dempster and Brandon Boria split the majority of the carries, with Dempster



#2 Quarterback Malachi Marshall looks for a passing lane during Saturday's game.

Photo courtesy of Stony Brook Athletics

gaining 37 yards on 13 carries while Boria gained a career-best 22 yards on eight attempts on the ground. Anthony Ferrel finished with a career-high 14 tackles on the defensive side for Stony Brook, four of them solo, and Chayce Chalmers also tallied a career-best 10

tackles, four of them solo as well.

Rudy Silvera made his Stony Brook debut this evening and led the team with six solo tackles, finishing with 10 total. Clarens Legagneur recorded seven tackles, while AJ Roberts finished his night with six. Tyson

McCloud recorded the first sack of the season for the Seawolves.

On special teams, Clayton Taylor hit nine punts for 392 yards, averaging 43.6 yards per kick and putting two punts inside the 20. Enda Kirby gave the Seawolves three points with a 39-yard field goal in the third quarter.

"Overall I thought we started strong. I thought we came out with the right mindset. I thought we played hard, we played physical. I like the way our defense played, I thought they wore down as the game went. We were way better on defense than we have been in the past. They had some guys that can run and make plays, that showed up at times," head coach Billy Cosh said.

"Offensively, there were moments but we've got to be a little more consistent. I thought Malachi did a nice job bringing us a spark. He's young and he's going to be a really good player. I like our outfit, I like our team," he added.

Up next, the team returns home for its 2024 home opener against Stonehill on Saturday, Sept. 7 at 3:30 p.m. at LaValle Stadium. To purchase season, single game, mini plans or group tickets, call 631-632-9653.

Men's soccer drops home opener to Rider

A tally late in the game was the difference maker on Aug. 29 as the Stony Brook men's soccer team was defeated by the Rider Broncs, 1-0. The loss drops the Seawolves to 0-2-1 on the season.

Both Stony Brook and Rider kept each other off the scoreboard through the first half with a dominating display of defensive prowess. The Seawolves were able to fire off six shots through the opening 45 minutes on the back of Trevor Harrison.

Stony Brook was able to then tally another six shots in the second half and create a late flurry of possession and pressure, but a backwards pass wrangled by the Broncs' Bryan Akongo would become the deciding goal for Rider in the 87th minute.

One of Stony Brook's best chances of the night came in the 62nd minute, when Alex Fleury fired a shot from the top of the box that ultimately hit the crossbar.

"Overall, from a performance standpoint, I thought we started off a little slow in the first half through the first 10-15 minutes, but then I thought we were pretty good, creating some chances and moving the ball pretty well," head coach Ryan Anatol stated postgame.

"Second half, we were on top of them for large periods and created some good chances, one hit off the post. We got to score goals and put some of those away. We kept them in the game and then a mistake at this level, you get punished. I'm disappointed with the result, but I thought we defended well and were solid on both sides of the ball. We just have to finish our chances and can't give up the ball like that," he added.

The team was back on their home pitch looking for their first win of the season on September 3 as they took on George Washington. Results were not available as of press time.



#21 Alex Fleury during last Thursday's game.

Photo from Stony Brook Athletics

Seawolves Home Games

FOOTBALL

Sept. 7 vs. Stonehill 3:30 p.m.
 Sept. 28 vs. Morgan State 3:30 p.m.
 Oct. 5 vs. Villanova 3:30 p.m.
 Oct. 26 vs. William & Mary 3:30 p.m.

MEN'S SOCCER

Sept. 14 vs. Charleston 1 p.m.
 Sept. 27 vs. Northeastern 3 p.m.
 Oct. 1 vs. St. Joseph's Long Island 6:31 p.m.

WOMEN'S SOCCER

Sept. 9 vs. LeMoyné 3 p.m.
 Sept. 22 vs. Charleston 12 p.m.
 Oct. 3 vs. Monmouth 6 p.m.
 Oct. 10 vs. Hampton 6 p.m.

VOLLEYBALL

Sept. 20 vs. Hofstra 6:31 p.m.
 Sept. 21 vs. Hofstra 6:31 p.m.
 Oct. 4 vs. Charleston 5 p.m.

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

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