ARTS & LIFESTYLES

TIMES BEACON RECORD NEWS MEDIA **SEPTEMBER 12, 2024**

'Beetlejuice' sequel is a trip down memory lane

Image courtesy of



See review on

page B24

CELEBRATING 10 YEARS!

Saturday, September 14th, 2024 - 8:30am-5pm Harborfront Park - 101 East Broadway, Port Jefferson

Hosted by The Greater Port Jefferson Chamber of Commerce

PORTJEFFDRAGONBOATRACEFEST.COM - 631-473-1414





SIGN-UP TO LEARN MORE: PAINT A DRAGON







When spine surgery makes sense and when it doesn't

OUR EXPERT ANSWERS YOUR QUESTIONS



Harry Mushlin, MD Neurosurgeon Director, Complex Spine and Deformity Stony Brook Neurosurgery Spine Center Stony Brook Neurosciences Institute Stony Brook Medicine

Spine surgeons help patients with problems from their neck to their lower back. These conditions can include trauma, bone degeneration and cancer. Dr. Harry Mushlin, a fellowship-trained spine surgeon who specializes in complex spine conditions and deformities of the spine, explains why he and his colleagues take a conservative approach when it comes to recommending spine surgery to their patients.

When is spine surgery needed?

Spine surgery should be the last resort for a person with a neck or back condition, after they've undergone non-operative care including physical therapy and steroid shots. While surgery is a powerful tool, it's not always the first answer. Surgery is aimed at aligning and stabilizing the spine and decompressing nerves. Discussing your symptoms, lifestyle and expectations should be included in the decision-making process with your spine doctor to determine the cause of your problem and the best treatment plan. Determining the best course of action often means getting the proper imaging of your spine and undergoing a complete physical exam and thorough medical history.

What are common problems that require spine surgery?

The spine is made of lots of joints, bones, ligaments and soft tissue called discs. It's common to have to fuse joints of the spine, shave away bone and remove discs when necessary. For example, when someone has a "herniated disc" that can mean that the nerves in the back are being irritated and require removal of the "disc" to feel better. When the spine causes disabling pain and weakness, surgery can be an important tool to help lessen these symptoms.

What is complex and deformity spine surgery?

There are certain spine conditions that are difficult to manage and require additional expertise. My fellowship in complex spine and deformity prepared me to handle these kind of issues. I have expertise in dealing with unusual anatomy (body structure), revision spine surgery (to correct problems resulting from an earlier surgery), and fixing spines that have unusual curvatures and shapes. I often perform these surgeries using minimally invasive techniques.

What are the benefits of minimally invasive surgery?

Minimally invasive spine (MIS) surgery leads to smaller incisions, less muscle damage and less blood loss. We can use these techniques for more common procedures such as a removal of disc. I also have additional fellowship training in advanced MIS techniques in the treatment of scoliosis and spinal deformity. These can lead to improved outcomes and shorter hospital stays.

Why choose Stony Brook?

Whether your needs are complex or routine, our team of exceptional neurosurgeons, physiatrists and physician assistants at the Stony Brook Neurosurgery Spine Center work together from your initial consultation to surgery or non-surgical care and follow up — every step of the way of an optimal therapeutic plan.

We offer the following approaches to provide you with safe, proven care:

- Medical therapies
- Customized physical therapy programs
- Spinal injections
- Latest minimally invasive and open surgical techniques
- Other advanced surgical interventions

Our areas of specialty spine surgery include:

- Adult spine surgery
- Peripheral nerve disorders
- Pediatric neurosurgery

As an academic health center that offers advanced levels of medicine that are highly specialized and not widely accessible, it's also comforting to know that we serve as a referral hospital throughout the community for physicians whose patients have complicated spine conditions.



For an appointment or more information, call (631) 444-1213 or visit neuro.stonybrookmedicine.edu/spine.

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. 23090410H





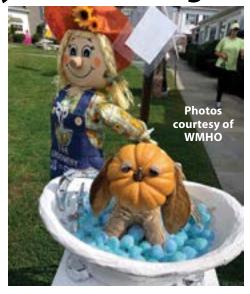
Take part in this year's scarecrow contest in Stony Brook Village

Fall is almost here, and so is the Ward Melville Heritage Organization's Annual Scarecrow Competition! This will be the 34th year that the spooky and silly sixfoot creations will adorn the pathways of picturesque Stony Brook Village Center for visitors to enjoy while they shop.

Registration is currently underway to craft and display a one-of-a-kind scarecrow masterpiece. The competition is open to everyone—whether you're part of a Girl or Boy Scout troop, a local business, a family, or an individual.

You can pick up a registration form at any of the shops in Stony Brook Village, or visit wmho.org or stonybrookvillage.com to download the form. Return the completed registration form with the entry fee of \$30 by Sept. 23.

The public will vote for their favorite scarecrows by picking up a ballot at any of the shops and restaurants at the Stony Brook Village Center from Sept. 30 to Oct. 25 with exciting cash prizes up for grabs. Winners



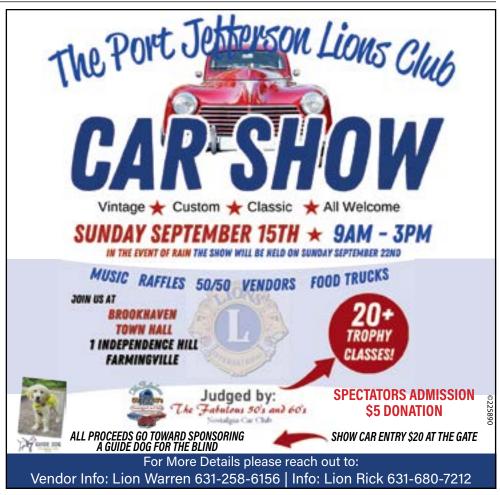
will be announced during the WMHO's Halloween Festival on Oct. 31.

For more information, please call the WMHO at 631-751-2244.

In this edition:

Art Exhibit	B16
Calendar	B18
Community News	B5
Crossword/Sudoku Puzzle	B8
Horoscopes	B20
Kids Korner	B26
Let's Eat	B17
Making Democracy Work	B10
Medical Compass	B7

Money Matters	B9
Movie Review	
News Around Town	B7
On the Web	B7
Power of 3	B23
Readers Choice	B14
Religious Directory	B21
SBU Sports	B27
Vendors Wanted	B17





> edwardjanes.com | Hombo (II)



Dreaming up the ideal retirement is your job. Helping you get there is ours.

We're excited to hear from you.

Michael Christodoulou, ChFC*, AAMS™, CRPC™ Financial Advisor

97 Main Street

SUITE F Story Brook, NY 11790 631-444-0179

IRT-1848J-A ACSPAC 22850417

WHEN YOU PREFER A

BOOKED & BUSY

Lily

Social Butterfly, and Jefferson's Ferry resident, visits with friends outside of The Market Place.

Jefferson's —Ferry

One Jefferson Ferry Drive South Setauket, NY 11720 Jeffersonsferry.org If you're looking forward to more laughter, more fun and more connection, you're in the right place. A full and satisfying social life at Jefferson's Ferry is a top priority. We take care of all the details while you're busy living life. Join clubs, volunteer and focus on wellness. Embrace the freedom to create not only your days but also a retirement lifestyle that's perfect for you. Find joy in the simple life-enriching pleasures, shared experiences and dinners with friends, and live it up at some of the best social events, festivals and concerts on the Island.

READY TO FILL YOUR SOCIAL CALENDAR? CALL TODAY! 631-257-0769

仚



Fall Community Health Fair

St. Catherine of Siena Hospital, 50 Route 25A, Smithtown will hold its annual Fall Community Health Fair on Saturday, Sept. 28 from 9 a.m. to noon. Meet with health care professionals from over 50 specialties and programs. The outdoor event will also feature free health screenings, free flu vaccinations, Narcan training, pet therapy, prescription drug take back, teddy bear clinic for children, ambulance tours and free face and pumpkin painting. Held rain or shine. To register for a flu vaccination or for more information, call 631-870-3444.

Voices wanted

The Northport Chorale will hold open auditions for all voice parts, especially basses and tenors at the East Northport Middle School, 1075 5th Avenue, East Northport on Wednesday, Sept. 18 at 7:30 p.m. Prior experience a plus, but not required.

Established in 1982 as a part of the Northport Continuing Education Department, the Northport Chorale has been bringing the gift of song to the area for over 40 years. A mixed-voice chorus of approximately thirty members, the Chorale attracts singers of varied ages, backgrounds, and levels of experience. Under the direction of Matthew Ho, the Chorale performs several times during the year, often with additional accompaniment, from guest soloists.

Regular rehearsals are held on Wednesday evenings at the East Northport Middle School from 7:30 to 9:30 p.m. For more information, visit www.northportchorale.org.

Veterans Resource Fair

Town of Brookhaven Department of General Services, Division of Veterans Services, and the Suffolk County Veterans Services Agency will host the first annual Veterans Resource Fair on Monday, September 16 from 4 p.m. to 7 p.m. The event will be held in the 2nd floor Media Room at Brookhaven Town Hall, One Independence Hill in Farmingville.

Representatives from the Brookhaven Town Veteran Services Division, Suffolk County Veteran Services Agency, "Healing Through Art," Joseph P. Dwyer Veterans Peer Support Project, Long Island Cares, The Long Island State Veterans Home, Economic Opportunity Council of Suffolk, Inc., Paws of War, Suffolk County Office of Emergency Management, and Suffolk County Community College Veterans Resource Center will be in attendance. For more information, call 631-451-6331.

Volunteers needed

The Smithtown Historical Society, 239 E. Main St., Smithtown seeks volunteers for its first-ever Spooky Woods and Trick O' Treat event on Oct. 25, 26, 27, 30, and 31 from 5:30 to 8:30 p.m. Visitors will take a spooktacular walk along a new haunted trail, guided by actors telling an interactive story. There will also be safe and family-friendly trick o' treating, craft and food vendors, and a hayride for an additional charge.

Actors are especially needed for the haunted Spooky Woods. Participants need to be 16 and older and be able to commit to volunteering from 4:30 to 8:30 p.m. on all 5 days, or to find a substitute. 25 hours of Community Service will be given to volunteers for their full 5-day-participation.

Please call 631-265-6768 or email info@smithtownhistorical.org for more information.

Register to Vote

Tuesday, Sept. 17 is National Voter Registration Day! Drop by Comsewogue Public Library, 170 Terryville Road, Port Jefferson Station between 1:30 and 3:30 p.m. to register to vote and participate in this year's election. Volunteers from the Brookhaven League of Women Voters will be available to assist with voter registration and provide information on absentee applications and early voting. Open to all. Call 631-928-1212 for more information.

Financial Education Program

Suffolk County Legislator Stephanie Bontempi and the Suffolk County District Attorney's office present Preventing Financial Exploitation, an education and training program, at Harborfields Public Library, 31 Broadway, Greenlawn on Monday, Sept. 16 at 10:30 a.m. and at East Northport Public Library, 185 Larkfield Road, East Northport on Thursday, Sept. 19 at 9:30 a.m. Learn out to protect yourself and loved ones from financial exploitation by learning how to recognize identity theft and fraud. Open to all. To RSVP, call 631-854-4501.

Opioid Overdose Prevention

East Northport Public Library, 185 Larkfield Road, East Northport hosts an Opioid Overdose Prevention training workshop on Wednesday, Sept. 18 at 7 p.m. Long Island Council on Alcoholism & Drug Dependence (LICADD) will conduct training for all interested adults, ages 16 and older, on how to recognize the signs of an opioid overdose and administer Naloxone. To register, call 631-261-2313.

Education & Empowerment

CancerWise Café









Join Us Saturday, Sept. 28

8:30 am to 4 pm

Charles B. Wang Center, Stony Brook University 100 Circle Road, Stony Brook

Presentations

Our Cancer Center experts discuss the latest advances in screening, prevention, diagnosis, management and treatment of several types of cancer.

Learn about clinical trials and how research positively impacts all aspects of cancer care.

Eat, Learn and Chat with Our Healthcare Staff

Free Lunch Included • Educational Displays Community Organization Resource Tables



ONLINE REGISTRATION stonybrook.info/cafe2024

Must register by Sept. 22

QUESTIONS?

COE@stonybrookmedicine.edu



If you need a disability-related accommodation, call (631) 444-4000. Stony Brook University/SUNY is an equal opportunity educator and employer. SBM-AD2408 0079

We Help You Navigate To Optimal Health

Look At What Patients Are Saying!

Athletic - Energy

Through the diet, I am gaining strength and I am able to do most of the yard work, which I could not do before, and that has made big difference. I also have the energy to go to the gym. Plus I love your explanations.

Female, age 70

Migraines

Migraines have not been a problem since changing my diet. I would get a migraine about every month and honestly, I think I had gone through life being dehydrated,

especially when teaching. The fluids and nutrients from fruits and veggies have made a big difference with my migraines and hydration.

Female, age 47

Heart Disease Arrhythmia Atrial Fibrillation (Afib)

The cardiologist really likes my diet and says that I am doing really well and I don't have to come back for 6 months. This is impressive, my afib usually requires that I see the cardiologist every month.

Male, age 76

What Do We Treat? Cholesterol • High Blood Pressure • Heart Disease • Diabetes • Obesity • Migraine • Arthritis • Osteoporosis • Autoimmune Disease (Multiple Sclerosis, Rheumatoid Arthritis, Lupus, Crohn's, Ulcerative Colitis, Psoriasis...) • Stomach Issues • Constipation • Diarrhea • Chronic Kidney Disease • Thyroid Issues • Asthma/Allergies • IBS • GERD (Reflux) • Cancer • Gout • Kidney Stones • Uveitis • Macular Degeneration • Sarcoidosis • Long Covid, and many more...

David Dunaief, M.D.

Functional Integrative Medicine

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

David Dunaief, M.D. Clinician, Researcher, Author and Speaker

The second secon

TWO LOCATIONS

SETAUKET

47 Route 25A, Setauket, NY

631.675.2888

BROOKLYN

41 Clark Street, Brooklyn, NY **718.924.2655**

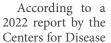
Visit our website www.medicalcompassmd.com

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

Reversing the nutrient deficit

MEDICAL COMPASS

What percent of U.S. adults do you think meet the daily requirements for vegetable intake? How about for fruit intake?





BY DAVID M. DUNAIEF, MD

Control and Prevention (CDC), an average of 10 percent of U.S. adults meet vegetable intake recommendations, and only 12.3 percent meet the daily requirements for fruit intake (1). That's abysmal. As you might expect, it follows that we are deficient in many key micronutrients (2).

Why should we care? Fruits and vegetables include fiber, along with critical nutrients and micronutrients that reduce our risks of developing chronic diseases.

Many chronic diseases can be prevented, modified and even reversed by focusing on increasing our nutrients.

Do you want another stunning statistic? More than 50 percent of American adults have one chronic disease, and 27 percent have more than one (3). This is a likely contributor to the slowing pace of life expectancy increases in the U.S., which have plateaued in the past decade.

How do you know if you're getting enough nutrients? One indicator that we can measure is carotenoid levels. Carotenoids are incredibly important for tissue and organ health. I measure my patients' levels regularly, because they give me a sense of whether the patient might be low in potentially disease-fighting nutrients. A high nutrient intake dietary approach can increase both carotenoid and other critical nutrient levels.

What is a high nutrient intake diet?

A high nutrient intake diet focuses on micronutrients, which literally means "small nutrients." Micronutrients are bioactive compounds found mostly in foods and in some supplements. They interact with each other in synergistic ways, meaning the sum of them is greater than their parts. Diets that are plant-rich can raise your micronutrient levels considerably.

While fiber is not considered a micronutrient, it also has significant disease modifying effects. A high nutrient intake diet will also increase your fiber intake, adding to the benefits.

A 2017 study included 73,700 men and women who were participants in the Nurses' Health Study and the Health Professionals

Can increasing your nutrient consumption improve your quality of life?

Follow-up Study. During the study, participants' diets were rated over a 12-year period using three established dietary scores: the Alternate Healthy Eating Index–2010 score, the Alternate Mediterranean Diet score, and the Dietary Approaches to Stop Hypertension (DASH) diet score (4).

A 20 percent increase in diet scores, which indicated improved diet quality, was significantly associated with reducing total mortality by 8 to 17 percent, depending on whether two or three scoring methods were used. Participants who maintained a high-quality diet over a 12-year period reduced their risk of death by 9 to 14 percent more than participants with consistently low diet scores. By contrast, worsening diet quality over 12 years was associated with an increase in mortality of 6 to 12 percent. As expected, longer periods of healthy eating had a greater effect than shorter periods.

This study reinforces the findings of the Greek EPIC trial, a large, prospective cohort study, where the Mediterranean-type diet decreased mortality significantly — the greater the participants' compliance, the greater the effect (5).

Can diet improve your quality of life?

Quality of life is as important as longevity. Let's examine some studies that consider the impact of diet on diseases that may reduce our quality of life as we age.

A study showed olive oil reduces the risk of stroke by 41 percent (6). The authors attribute this effect partially to oleic acid, a bioactive compound found in olive oil. While olive oil is important, I recommend limiting consumption to one tablespoon a day. If you eat too much of even good fat, it can be counterproductive. The authors commented that the Mediterranean-type diet had only recently been used in trials with neurologic diseases and results suggest benefits in several disorders, such as Alzheimer's disease.

In a case-control study that compared those with and without disease, high intake of antioxidants from food was associated with a significant decrease in the risk of early Agerelated Macular Degeneration (AMD), even when participants had a genetic predisposition for the disease (7). AMD is the leading cause of blindness in those over age 54 (7).

Of the 2,167 people enrolled in the study, representing several different genetic variations that made them high risk for AMD, those with the highest nutrient



METRO photo

intake, including B-carotene, zinc, lutein, zeaxanthin, EPA and DHA- substances found in fish, had an inverse relationship with risk of early AMD. Nutrients, thus, may play a role in modifying how their genes were expressed.

Though many Americans are malnourished, increasing our nutrient consumption can improve our outcomes. With a focus on a high nutrient intake diet, we can improve life expectancy and, on an individual level, improve our quality of life.

References:

(1) cdc.gov. Morb Mortal Wkly Rep 2022;71:1–9. (2) cdc.gov/nutritionreport (3) cdc.gov. (4) N Engl J Med 2017; 377:143-153. (5) BMJ. 2009;338:b2337. (6) Neurology June 15, 2011. (7) Arch Ophthalmol. 2011;129(6):758-766.

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

- » Robert David Lion Gardiner Foundation recognizes Honorable Peter Fox Cohalan for work on online County Legal History Project
- » Fall Festival heads to The Shoppes at East Wind Sept. 29
- » Lake Grove gets a fresh take on yoga with YogaSix
- » SBU recognized as leader in high school physics teacher preparation
- » Shelter Pet of the Week Houston from Little Shelter in Huntington

NEWS AROUND TOWN

Free lecture on acid reflux

St. Charles Hospital, 200 Belle Terre Road, Port Jefferson will host a free community lecture, "Permanent Solutions for Acid Reflux," in the St. Raphael Conference Room, 2nd Floor on Tuesday, Sept. 17 from 5:30 to 6:30 p.m. If you have acid reflux/GERD and want to reduce your dependency on medications, are concerned about their side effects and/or you continue to regurgitate despite PPIs, please join them to learn about permanent solutions with minimally invasive surgical procedures that will improve your quality of life. Followed by a Q&A with speaker Arif Ahmad, MD, Director, Acid Reflux and Hiatal Hernia Center of Excellence. Light food and refreshments will be served. To register, please call 631-474-6797.

Food pantry seeks volunteers

Island Heart Food Pantry, a 40-year mission of the Mt. Sinai Congregational Church, located at 643 Middle Country Rd, Middle Island, seeks volunteers to assist with their weekly food pick-up from LI Cares at 10 Davids Drive, Hauppauge, to the pantry in Middle Island on either Tuesday or Wednesday. A large vehicle/truck is needed. They are also in need of a Wednesday morning pick-up/delivery person around 10 a.m. from Trader Joes in Lake Grove to the pantry. Both positions can be on a weekly or an intermittent basis. For more information, please call 631-473-1582.

Health insurance assistance

Emma Clark Library, 120 Main St., Setauket will have a health insurance assistance table in its lobby on Tuesday, September 17 from 2 to 6 p.m. A certified Health Care Navigator from Health & Welfare Council of Long Island will be available to help you apply/or renew your health insurance plans through NYS of Health Marketplace such as Medicaid, Essential Plans, Child Health Plus and Qualified Health Plans. There is no registration required, and all are welcome to stop by for information. 631-941-4080

CancerWise Café returns to SBU

Stony Brook Cancer Center's CancerWise Café returns to SBU's Charles B. Wang Center, 100 Nicolls Road, Stony Brook on Saturday, Sept. 28 from 9:30 a.m. to 4 p.m. Cancer Center experts will discuss the latest advances in screening, prevention, diagnosis, management and treatment of several types of cancer, along with educational displays, community organization resource tables and lunch. The event including lunch is free but registration is required by Sept. 22. To RSVP, visit stonybrook.info/cafe2024.

You have IT needs.

Network Cabling Fiber Cabling **Cable Certification**

We can help.

Cabling is the backbone of your network.

If it isn't up to code or isn't installed properly,the network can consistently experience problems and never work at optimum throughput.

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

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

Stafford Associates has the expertise.





(631) 751-6620

www.staffordassociates.com

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

5 8 3 5 8 2 6 9 4 5 9 6 6 2

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**



CROSSWORD PUZZLE

THEME: At the Supermarket **CLUES ACROSS**

- 1. Marriott hotel chain 6. Lockheed Martin Corporation @NYSE
- 9. Desert in central Asia
- 13. Tinder user?
- 14. Distinctive period in history
- 15. Munchausen's title
- 16. Likewise
- 17. Campfire leftover
- 18. Jason Bateman/Laura Linney TV drama
- 19. *Traditionally clipped
- 21. *OS in POS at the supermarket
- 23. Bro's sibling
- there, done that"
- 25. T in Greek
- 28. FBI's cold one
- 30. Windshield
- 35. "The _____ for Red October"
- 37. Coach of Dallas Mavericks
- 39. Bow's partner
- 40. Black and white killer
- 41. Be in accord
- 43. First word in fairy tale
- 44. Formerly known as Pleasant Island
- 46. Long-lasting Steelers coach
- 47. TV's "man named Brady"
- 48. *GO in BOGO
- 50. French "place"
- 52. 6th sense
- 53. Adored one
- 55. What cruelty and crush have in common
- 57. *Dairy aisle package
- 60. *S&H Green
- 63. Non motorized vessel
- 64. I have
- 66. Nev.'s neighbor
- 68. Offspring, collectively
- 69. Rank above maj.
- 70. Visual
- 71. QBR in football, e.g.
- 72. Will Ferrell's Christmas classic
- 73. Like a gymnast

Answers to last week's puzzle: The 1930s



1	2	3	4	5		6	7	8			9	10	11	12
13	1	1		$^{+}$		14	\vdash	$^{-}$		15	T	†	†	t
13	$^{+}$	t	$^{+}$	$^{+}$	н	17	\vdash	t		18	1		$^{+}$	t
	19	t	t	t	20	Т	ь	21	22	r	t	t	t	ь
			23	t	\vdash		24		T	t			b	
25	26	27	ъ	28	\vdash	29	Т		30	T	31	32	33	34
35	$^{-}$	t	36	•	37	Т	\vdash	38	н	39		$^{+}$	†	t
40	1	t	†	н	41	T	t	t	42		43	1	1	t
48	1	t	-	45	ь	46	т	t	+		47	1	+	t
48	1	\vdash	1	+	49		60	1	+	51	ь	62	+	t
				53	\vdash	54	Н		55	1	56	٠		
	57	58	59	Т	\vdash	H		60	Т	t	t	61	62	1
53	Н	t	$^{+}$	$^{+}$		64	65	Н		66	1	†	$^{+}$	67
68	+	t	+	$^{+}$	Н	69	\vdash	t		70	†	$^{+}$	+	t
71	+	+	1			72	+	+	1	73	+	+	+-	✝

CLUES DOWN

©StatePoint Media

- 1. *What registers do
- 2. Nonclerical
- 3. Football legend Graham
- 4. Unborn vertebrate
- _ of Cancer
- 6. *Like freezer aisle "Cuisine"
- _ Robinson" by Simon & Garfunkel
- 8. California/Nevada lake
- 9. Mediterranean Strip
- 10. Not written
- 11. Dull one
- 12. Pen juice
- 15. Home to Sarajevo
- 20. Port city in Japan
- 22. Like marines in slogan
- 24. Cowboy's bedding
- 25. Flip-flop
- 26. Plural of aura
- 27. Adam Sandler's " Gems"
- 29. Manual communication gesture
- 31. High school ball
- 32. Bert's TV buddy
- 33. Ice in a cocktail
- 34. *TV's "Supermarket _
- 36. Tropical tuber
- 38. *Sliced items section
- 42. Choose a president
- ___ we stand, divided we fall"
- 49. Tokyo, once
- 51. Adenine's partner in RNA
- 54. Chilled (2 words)
- 56. Savory taste sensation
- 57. *Rolling supermarket carrier
- 58. Dwarf buffalo
- 59. Type of canal, in dentistry
- 60. Ego's main concern
- 61. Surveyor's map
- 62. Accompanies relief
- 63. "Big Three" TV network
- 65. Radio knob, abbr.
- 67. ATM extra

* THEME RELATED CLUE

Take advantage of benefits open enrollment

MONEY MATTERS

If you work for a midsize or large company, you may soon be able to review your employee benefits package, as we are entering the open enrollment season. So,



So, BY MICHAEL CHRISTODOULOU

options carefully, with an eye toward making changes appropriate for your needs. Here are some of the key areas to look at:

RETIREMENT PLAN

Depending on your employer, you could change your 401(k) or similar retirement plan at any time of the year, but you might want to use the open enrollment season to review your contribution amounts. If your salary has gone up over the past year, you might want to boost your pretax contributions (including catch-up contributions beginning at age 50). At a minimum, try to put in at least enough

HEALTH OLINSURANCE

to earn your employer's match, if one is offered. At the same time, look over how your contributions are allocated among the various investment options in your plan. You'll want your investment mix to reflect your goals, risk tolerance and time horizon.

LIFE INSURANCE

If your employer offers group life insurance at no cost as an employee benefit, you may want to take it — but be aware that it might not be enough to fully protect your family should anything happen to you. You

may have heard that you need about seven to 10 times your annual income as a life insurance death benefit, but there's really no one right answer for everyone. Instead, you should evaluate various factors — including your mortgage, your income, your spouse's income (if applicable), your liabilities, the number of years until your retirement, number of children and their future educational needs — to determine how much insurance you need. If your employer's group policy seems insufficient, you may want to consider adding some outside overage.

DISABILITY INSURANCE

Your employer may offer no-cost group disability insurance, but as is the case with life insurance, it might not be sufficient to adequately protect your income in case you become temporarily or permanently disabled. In fact, many employer-sponsored disability plans only cover a short period, such as five years, so to gain longer coverage up to age 65, you may want to look for a separate personal policy. Disability policies vary widely in premium costs and benefits, so you'll want to do some comparison shopping with several insurance companies.

FLEXIBLE SPENDING ACCOUNT

A flexible spending account (FSA) lets you contribute up to \$3,200 pre-tax dollars to pay for some out-of-pocket medical costs, such as prescriptions and insurance copayments and deductibles. You decide how much you want to put into your FSA, up to the 2025 limit. You generally must use up the funds in your FSA by the end of the calendar year, but your employer may grant you an extension of 2½ months or allow you to carry over up to \$640.

HEALTH SAVINGS ACCOUNT

Like an FSA, a health savings account (HSA) lets you use pre-tax dollars to pay out-of-pocket medical costs. Unlike an FSA, though, your unused HSA contributions will carry over to the next year. Also, an HSA allows you take withdrawals, though they may be assessed a 10% penalty. To contribute to an HSA, you need to participate in a high-deductible health insurance plan.

Make the most of your benefits package — it can be a big part of your overall financial picture.

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



THE JAZZ LOFT PRESENTS

SEPTEMBER 18-21, 2024



9/18 JAM SESSION with the KEENAN ZACH ORGAN TRIO 9/19 RICH IACONA & THE BAD LITTLE BIG BAND featuring JOE MAGNARELLI, trumpet and MADELINE KOLE, vocal 9/20 THE SINATRA PROJECT: PETE CALDERA, TOM MANUEL & SEXTET

9/21 VILLAGE GREEN STAGE **NOON: TRAD JAZZ PARADE with EQUITY BRASS BAND** 1PM: RAY ANDERSON GROUP **4PM: AKIKO TSURUGA ORGAN QUARTET 7PM: CARLOS JIMENEZ MAMBO DULCET**

> 9/21 JAZZ LOFT LAWN STAGE 3PM: BILL CROW TRIO **6PM: MALA WALDRON QUARTET**



FOR MORE INFORMATION CALL 631.751.1895 OR VISIT WWW.THEJAZZLOFT.ORG

THE JAZZ LOFT | STONY BROOK, NY

Election integrity in New York State

BY KAREN ANDERSON

Having worked for the Board of Elections on Election Day for almost 20 years, I have done the training and seen the efforts for keeping our elections safe and

MAKING **DEMOCRACY** needs to know **WORK**

secure. The general public what goes into making our

voting systems work to give them confidence in the system. All poll workers must go

through training each year. This refreshes memories and introduces any changes and new procedures for each election year. They work as a bipartisan team through every aspect of the election. There is a great deal of paperwork involved in opening and closing the polls.

All election equipment is tested by the Board of Elections before the election to be sure it meets security standards and that the machines are accurately counting ballots. There are security seals on all vulnerable parts of the machines that could be opened. These seals must be checked and recorded to prove that the machines were not compromised. An opening tape is printed to assure that no votes were cast before the polls opened. This tape must read zero votes ensuring that the machines are ready for the public to begin voting. All the paperwork must be signed or initialed by a bipartisan team.

If any voters are not found in the data base at check-in or another question comes up about their ability to vote they may not vote on the machines. They are not turned away. They may still vote. They are directed to the Coordinator to vote by affidavit. The Coordinator gives them a letter from the Board of Elections explaining why they are getting an affidavit ballot. They are given an envelope to fill out. It's similar to a voter registration form. Once it is completed, the information is checked on the poll pad. A receipt is generated and the voter receives an affidavit ballot to fill out by hand.

The completed ballot is put in the envelope by the voter. The voter seals the envelope and a bipartisan team initials the envelope. All affidavit ballot envelopes are sealed in a secure pouch which goes to the Board of Elections at the end of the night along with all the other ballots. The Board of Elections checks these ballots to ensure that the voter is eligible to cast a ballot in the election. The voter receives a letter from the Board stating whether or not the vote was considered valid and counted.



When the polls close, more paperwork needs to be done. Every ballot that was used that day must be accounted for. Sometimes voters make a mistake and ask for a new ballot. Voters get 3 chances to mark their ballot. Any ballot that is spoiled is put in another pouch to be turned in at the end of the day. Each election district must account for every ballot used that day by their district. Then the Coordinator does accounting for the ballots used in all districts at that polling location. Once again the seals on the machines must be checked and recorded. As with everything else, all paperwork is signed or initialed by a bipartisan team.

The closing poll process takes 30 minutes or more. Everything is packed securely, sealed and returned to the local Board of Elections. Everything is rechecked, reviewed and audited by the local Board of Elections, which then sends the results to the State Board of Elections. The State conducts another review before finally certifying the results. At all levels, a bipartisan panel does the work of certifying the election results. The State stores all paper ballots and other records for 2 years following the election. The ballot storage box is stored in a secure location.

Poll workers do their best to ensure that our elections are safe and secure. They take their responsibilities seriously, believe in our elections and cherish our democracy and the right to vote. They hope all eligible voters come out to make their voices heard. Voting is the right of every American. It is a privilege envied by many people over the world. And it is every citizen's responsibility.

Karen Anderson is a member of the leadership team of the League of Women Voters of Smithtown a nonprofit, nonpartisan organization that encourages the informed and active participation of citizens in government and influences public policy through education and advocacy. For more information, visit https://my.lwv.org/new-york/suffolk-county.

Actor Eric Roberts to hold book signing at the Cinema Arts Centre

BY JULIANNE MOSHER

cademy Award nominated actor Eric Roberts' first memoir is being released this month and he is kicking off his book tour on Long Island.

Part of the famous Roberts family (including his sister Julia and daughter Emma), the 68-year-old actor is publishing his first memoir, Runaway Train: or, The Story of My Life So Far next week. To celebrate, he has chosen the Cinema Arts Centre, 423 Park Ave., Huntington as his first stop on the tour.

"This is the first appearance that he's making as the book is being released so we're really honored and delighted he would choose us," said Jud Newborn, Emmy Award-winning producer of special programs at the Centre. "It's wonderful to be appreciated."

On Thursday, Sept. 19 at 7:30 p.m. the evening will start with a screening of the 1985 film Runaway Train followed by a discussion with the actor, audience Q&A, gala book singing and reception featuring food and live jazz music by New York Times-acclaimed guitarist Mike Soloway.

The film, which stars Roberts, Jon Voight, and Rebecca DeMornay, tells the story of two convicts who escape a prison



Eric Roberts will be in Huntington on Sept. 19. Photo courtesy of CAC

in snowy Alaska, battling the desolate landscape until they board an empty train — only to discover that the engineer has had a heart attack as the train accelerates out of control.

Roberts was nominated for an Oscar for his performance in the film and it is rarely screened in a live setting, Newborn said.

"Eric Roberts is actually one of the most prolific actors in the world," he added. "I was dumbfounded when I read that he was in more than 700 films."

Roberts grew up in Georgia, spending most of his teens away from his mother and sisters and instead stayed with his controlling father, a grifter jealous of his early success. At age 17, he moved to New York to pursue acting, where he worked and partied with future legends like Christopher Walken, Mickey Rourke, John Malkovich, Bruce Willis and Robin Williams.

His big break came when he was cast in "King of the Gypsies," becoming one of the hottest stars of the era. While his younger sister, Julia, has held a career based on her "squeaky clean, girl next door" persona, Roberts has had a life and career filled with ups and downs including arrests, drug addiction and a near-death car accident.

Newborn, who will be moderating the discussion, said that people are drawn to these events because the Centre brings in guests who can speak to the concerns and interests of people — and have been since it was opened in 1973.

"It's going to be a lovely evening and another special Cinema Arts Centre event which we're famous for," he said. "We bring

in such astounding artists, it's really mind boggling."

Roberts' memoir is said to show a candid look inside his life discussing the ups and downs of his career, his stormy relationship with Julia and how he confronted his demons with the help of his wife, Eliza. Written with New York Times bestselling author Sam Kashner, this memoir plans to have people talking.

"I think our guests are going to be surprised," Newborn said. "I've always found Eric Roberts to be compelling and conventional in a way that is so intriguing ... He has appeared in every kind of medium you can imagine; film, TV, music videos, voice over work and he's a character actor."

Tickets for the event are \$52 for the public and \$42 for members. It includes the film screening, a copy of the memoir that will be signed by Roberts in person, and the reception. To order, visit www. cinemaartscentre.org.

Other celebrity guests scheduled for appearances at the Cinema Arts Centre this fall include director Barry Sonnenfeld on Oct. 8, actor George Takei on Oct. 15; Moon Unit Zappa (daughter of Frank Zappa) on Oct. 27; and actor Tim Matheson on Nov. 12. For further information, call 631-423-7610.

Gallery North is pleased to announce the 59th Outdoor Art Show and Music Festival, a two-day event hosted every September. With over 100 exhibitors, you will find a variety of artisanal pieces, with something for everyone!

Festival is free to attend and open to the public Visit gallerynorth.org for more information.

Community Partner



Sponsored by

bld architecture













STALLER CENTER FOR THE ARTS













FALL 2024 AT-A-GLANCE

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

STALLER
CENTER FOR THE ARTS

stallercenter.com (631) 632-ARTS [2787]



SBU gifted with archive documenting the founding of Fire Island National Seashore

Gift is timed with the 60th anniversary establishment of FINS becoming a National Park

have received a donation of historic documents that outline the battle to stop the construction of a highway on Fire Island while fighting successfully to create the Fire Island National Seashore (FINS), New York. The documents reveal the efforts of the Citizen's Committee for a Fire Island National Seashore, the grassroots community campaign that prevented Robert Moses' plan in the 1960s. The collection was gifted by the Barbash family. Maurice Barbash, the father of Cathy, Susan, and Shepard Barbash, and their uncle Irving Like led the committee's efforts and organized it.

The collection has historical importance in the establishment of the Fire Island National Seashore (FINS) and includes committee meeting minutes, press releases, and correspondence with New York State Governor Nelson Rockefeller and Stuart Udall, Secretary of the Interior. The timing of the donation coincides with the upcoming 60th anniversary of the legislation that created FINS as a unit of the National Park Service (September 11, 1964).

"We are very excited to have the papers of the Citizen's Committee for a Fire Island National Seashore as a part of Stony Brook University Libraries' collections. With the upcoming 60th anniversary, preserving and providing access to this collection is of great importance," said Jamie Saragossi, Associate Dean of Content Services.

These items will become part of the University Libraries' Special Collections, which oversees and curates the university's rare books, maps, archival materials, manuscripts, and historical maps. Details about the collection will be accessible via a dedicated webpage, and the papers will be digitized and made freely available online.

"The papers offer first-hand, historical evidence of the remarkable grassroots efforts that protected the natural environments of both Long Island and Fire Island for future generations," said Kristen J. Nyitray, Director of Special Collections and University Archives, and University Archivist. "The papers are an important addition to Special Collections and highlight our commitment to collect, preserve, and provide access to diverse histories of Long Island."



From left, Stony Brook University Special Collections Director Kristen Nyitray; Assistant Head of Special Collections Lynn Toscano; Cathy Barbash; Associate Dean for Content Services at Stony Brook University Libraries Jamie Saragossi; and Susan Barbash. Photo by John Griffin/SBU

About the Campaign

The efforts of community citizen-activists on Fire Island were instrumental in the legislation that formally established the Fire Island National Seashore. President Lyndon B. Johnson signed the bill into law in 1964, preventing the construction of a proposed highway extending eastward from what is currently Robert Moses State Park.

Cathy Barbash reflected on the decision to donate the collection and its research significance. "We are honored that Stony Brook University has agreed to accept the original minutes of the Citizen's Committee for a Fire Island National Seashore and related research and correspondence. The Committee was founded on September 12, 1962, by fourteen volunteer citizens who worked tirelessly for two years to promote the creation of the National Seashore against steep odds. The Committee was founded and co-chaired by our father, Maurice Barbash, and our uncle, Irving Like."

She continued, "This collection is significant because the minutes and other materials document in great detail the strategies, organization, and actions of a group of concerned citizens who came together spontaneously, pooling their intellectual, professional, and social resources to create an effective grassroots movement to fight the destruction of a natural area by creating a common good. The research included in the collection also sheds light on the political backstory and maneuvering between powerful political figures in mid-century America that

shaped the overall battle and ultimate success of the campaign for the National Seashore."

In addition to the papers of the Citizen's Committee for a Fire Island National Seashore, the collection includes digital files used in the exhibition Protecting a Ribbon of Sand: The Creation of Fire Island National Seashore," curated by Susan and Cathy Barbash for the 50th anniversary of FINS at the Fire Island Lighthouse Fresnel Lens Building.

When asked about why the family chose Stony Brook to be the home for the collection, Cathy Barbash said, "We are donating the papers to Stony Brook University for two reasons. First, both Stony Brook University and the Fire Island National Seashore are located in Suffolk County, New York and we believe it is important that these materials are in the library of a major research university so close to their subject matter. Secondly, Irving Like's papers are already in Stony Brook's special collections. Because he and our father were the prime movers in this campaign and in other civic causes, we felt it appropriate that the collections belonged together to promote ease of research."

Susan Barbash added, "The epic battle against Robert Moses' plan to build a four-lane highway down the center of Fire Island took place in 1964, when my sister Cathy and I were children. Though we had many memories of the role our father Murray Barbash played in the fight against Moses, and subsequent fight for National Seashore designation, we had no idea that the victory over Moses was far from inevitable."

Focus On Health ATTENTION

MEDICAL COMMUNITY, HEALTH AND WELLNESS PROFESSIONALS AND RELATED FIELDS

TIMES BEACON RECORD NEWS MEDIA

Presents...
Our



Focus On Health



October 17

Deadline October 10

A Comprehensive Guide to Wellness

looking at all aspects of today's Family Health Issues

To be a part of this informative publication, reaching our audience in 45 communities on the North Shore.

Call your Sales Representative today at

631-751-7744

For Details & Rates
TIMES BEACON RECORD ON THE WEB
www.tbrnewsmedia.com

TBR NEWS MEDIA

Focus On Health



and be eligible to win a

\$100 GIFT CERTIFICATE \$50 GIFT CERTIFICATE **\$25** GIFT CERTIFICATE

to be used at your favorite business in the Best of the North Shore supplement in February 2025.

READERS' CHOICE:

Best of the North Shore Ballot

Times Beacon Record News Media readers will be voting for the Best of the Best in over 80 categories on the ballot below. Here's a chance to get your favorite North Shore businesses, currently operating, the recognition and fame they deserve!

Readers are asked to vote by November 27, 2024. Please print your choices and use complete names and **TOWN of business.** Winners will be announced in the Best of the North Shore publication, inserted in the full run of all six newspapers in February 2025.

Accountant	IOWN	Caterer	10WN	Film Festival	_ IOWN
Arborist/Tree Service	TOWN	Cesspool Service	TOWN	Flooring Store (carpet/tile)	TOWN
Art Gallery	TOWN	Clothing Store	TOWN	Florist	TOWN
Assisted Living/Nursing Home	TOWN	Coffee Shop	TOWN	Fuel Company	TOWN
Attorney/Lawyer	TOWN	College/University	TOWN	Funeral Home	TOWN
Audiologist/Hearing Specialist	TOWN	Computer Services	TOWN	Furniture Store	TOWN
Auto Body Shop	TOWN	Convenience Store	TOWN	Garden Center/Nursery	TOWN
Auto Dealer	TOWN	Dance School	TOWN	Golf Course	_ TOWN
Auto Repair Shop	TOWN	Daycare/Preschool	TOWN	Grocery Store	TOWN
Bagel Shop	TOWN	Deli/Sandwich Shop	TOWN	Gym/Fitness Center	TOWN
Bakery	TOWN	Dental		Hair Salon	_ TOWN
Bank	TOWN	Dentist	TOWN	Hardware Store	_ TOWN
Barber	TOWN	Cosmetic Dentistry	TOWN	Health Food Store	_ TOWN
Bike Shop	TOWN	Orthodontist	TOWN	Home Cleaning Service	TOWN
Bowling Lanes	TOWN	Pediatric Dentist	_ TOWN	Hotel/Motel	_ TOWN
Builder/Contractor	TOWN	Periodontist	_ TOWN	Ice Cream Stand/Store	_ TOWN
Building Supply/Lumber/Masonry	TOWN	Doctor/Physician/Internist (see Medical & Wellr	ness)		





Bus Company _

Car Wash _

Card/Gift Shop_

__ TOWN ______

_ TOWN _____

__ TOWN _____

_ TOWN ____

Dry Cleaner

Electrician _

Farm Stand _

Financial Planner _

Dramatic Theater (Playhouse) ______TOWN ___

Equipment Supply/Rental ______TOWN __



READERS' VOTE!!



Insurance Agency	TOWN	Orthopedics	TOWN	Real Estate Agency	TOWN
Insurance Agent	TOWN	Pediatrician	TOWN	Real Estate Agent	TOWN
Jewelry Shop	TOWN	Pharmacy	TOWN	Restaurants	, [
Kitchen/Bath Design	TOWN	Physical Therapy	TOWN	Chinese	TOWN
Landscaper	TOWN	Psychotherapist	TOWN	Diner	TOWN
Liquor/Wine Store	TOWN	Vascular/Vein	TOWN	French	TOWN
Local Brewery	TOWN	Mortgage Company	TOWN	Italian	TOWN
Medical & Wellness		Movie Theater	TOWN	Japanese	TOWN
Acupuncturist	TOWN	Museum	TOWN	Mexican	TOWN
Allergist	TOWN	Nursing Service	TOWN	Pizzeria	TOWN
Cardiologist	TOWN	Nail Salon	TOWN	Seafood	TOWN
Chiropractor	TOWN	Painter (Interior/Exterior)	TOWN	Steak House	TOWN
Cosmetic Surgeon	TOWN	Paint Store	TOWN	Thai	TOWN
Dermatology	TOWN	Pet Services		Seafood Store	TOWN
Family Doctor	TOWN	Animal Hospital	TOWN	Security Systems Service	TOWN
Gastroenterology	TOWN	Animal Shelter/Adoption	TOWN	Senior Housing Complex	TOWN
Hospital	TOWN	Pet Boarding/Sitting Service	TOWN	Sign Maker	TOWN
Internist	TOWN	Pet Grooming	TOWN	Spa	TOWN
Laser Treatment	TOWN	Pet Supply Store	TOWN	Tanning Salon	TOWN
Massage	TOWN	Veterinarian	TOWN	Tire Shop	TOWN
OBGYN/Obstetrics & Gynecology	TOWN	Photographer	TOWN	Trash Removal	TOWN
Ophthalmologist	TOWN	Piano Teacher	TOWN	Winery	TOWN
Optometrist	TOWN	Plumber	TOWN	Yoga Studio	TOWN
Eyewear	TOWN	Pool Store & Supply	TOWN	Other	TOWN
					,

Your Votes Can Be Hand Delivered to: TBR News Media, 185 Route 25A, Setauket, NY 11733 • 631-751-7744 OR Mailed to: PO Box 707, Setauket, NY 11733 Attn: READERS' CHOICE

OR

VOTE Online at tbrnewsmedia.com



Name: ______ Street Address: _____

Town: ______Phone: _____

Email Address:

RULES: Complete Business Names Required

- At least 10 nominations must be filled out to be eligible, more are welcome
- Employees of TBR News Media are not eligible to vote
- No photocopies accepted we want you to pick up and read our papers!
- Name, address, phone number & email address must be filled out
- 1 entry per person

Traveling exhibit ArtABILITY '24 makes stop at the LI Museum

The Long Island Museum (LIM), 1200 Route 25A, Stony Brook, has announced the opening of ArtABILITY '24, a traveling art exhibition organized by the Spirit of **ART EXHIBIT** Huntington Art Center that showcases the talents of individuals on Long Island and the surrounding area living with various physical and cognitive challenges.

Its purpose is to educate the community about the remarkable talents of people with diverse abilities, inspire people to reach beyond their limitations to explore their own creativity, and promote the inclusion of people with disabilities in the arts. This year's exhibition will be on view in the History Museum at the LIM from Sept. 19 through Oct. 13 with an Open House on Sept. 28 from noon to 1:30 p.m.

Ingrid Cuadra, the Spirit of Huntington Art Center's ArtABILITY Program Director and Art Shows/Events Coordinator, and Michael Kitakis, Executive Director, said, "We are honored and thrilled to have partnered with all of our partners to host this amazing tour. I know this is an incredible opportunity for our exhibition to be on view during significant events the Long Island Museum is hosting."

Spirit of Huntington offers art classes that provide a unique opportunity for



'Bridge Over Giverny' by Daniel Sgaraglio will be on view through October 13.

Image courtesy of the Long Island Museum

students to enjoy a stress free, therapeutic environment that fosters creativity and self-esteem. ArtABILITY '24 celebrates the accomplishments of the artists and the many non-profit partner organizations that support their day-to-day lives and who believe in the impact the arts can have on individuals with varying abilities.

"It has been a wonderful process partnering with the Spirit of Huntongton to bring the ArtAbility '24 exhibition to the Long Island Museum, said Kristin Cuomo, Senior Educator at the LIM. "We are thrilled to recognize the work that they do to make rich cultural and artistic experience accessible to all Long Islanders and look

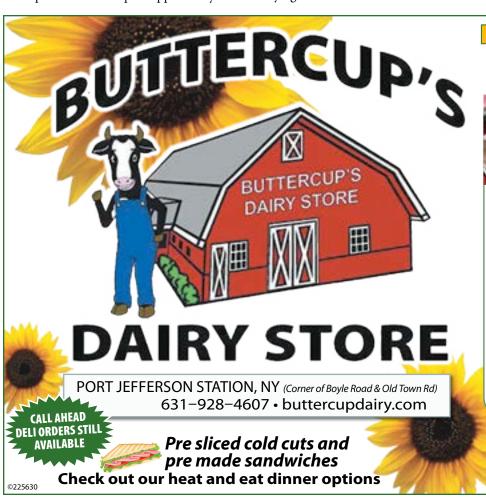
forward to sharing an exhibition that centers the stories of people with disabilities in our community."

Other partner organizations include: AHRC Suffolk, Cerebral Palsy Association of Nassau, FREE-Family Residences and Essential Enterprises, Life's WORC, RISE Life Services, South Huntington School District, Pal- O- Mine, TSINY - Transitional Services of New York, Winters Center for Autism, SYJCC-Butler Center, and the Mid-Island YJCC-Adler Center for Special Needs.

ArtABILITY is funded in part by Suffolk County Department of Economic Planning, Legislators Stephanie Bontempi, Tom Donnelly, and Rebecca Sanin, and made possible with the support of TD Charitable Foundation, AHRC Suffolk, RISE Life Services, Family Residences & Essential Enterprises, Life's WORC, and Winters Center for Autism.

This event is made possible with funds from the Statewide Community Regrant Program, a regrant program of the New York State Council on the Arts with the support of the Governor and the New York State Legislature, and administered by the Huntington Arts Council.

For more information, visit www. longislandmuseum.org.



Long Island Local Produce Is Here !

Beefsteak Tomatoes + Corn + Squash + Cucumbers String Beans + Sunflowers + Eggplant and More!

THIS WEEK'S SPECIALS

BUTTERCUP'S OWN FRESH BAKED STRAWBERRY RHUBARB PIE - \$4.99 8"PIE

BREAKSTONE'S 8 OZ. BUTTER - \$2.99

8 OZ. WHIPPED OR STICK – SALT OR SWEET

POLAND SPRING 24 PACK WATER

2/\$10 \$5.99 EACH - 24 - .5 LITER BOTTLES

TROPICANA PURE PREMIUM ORANGE JUICE

2/\$7 48 OZ. VARIETIES

ROLD GOLD
PRETZELS

\$2.99 9.25-16 OZ. BAGS

YELLOW ONIONS 2/\$3 2 LB BAGS

KRAFT
AMERICAN SINGLES
\$3.99 12 OZ. VARIETIES

SALE DATES - Wed. September 11 - Tue. September 17, 2024

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

Indulgence without the guilt

BY HEIDI SUTTON



The weather is starting to cool down and what better way to warm up than with a comforting homemade bread?

Apple Cinnamon Pull-Apart Bread

Recipe courtesy of Envy Apples

If you are looking for the perfect apple breakfast or dessert then you should try this apple pull apart bread. This version is gluten free, with less fat and calories than most of the other versions.

YIELD: Makes 8 servings

INGREDIENTS:

Dough

- 3 cups gluten free bread flour
- 1 1/4 cup whole milk or milk of choice
- 2 1/4 teaspoon rapid yeast 1 packet
- 1/4 cup water
- 3 teaspoons xanthan or guar gum
- 1/2 teaspoon salt
- 1/2 cup sugar
- 2 tablespoons softened coconut oil
- Olive oil spray

Filling

- 2 large apples cut into bite-size pieces
- 1/4 cup brown sugar
- 2 teaspoons cinnamon

Glaze (optional)

- 1/2 cup powdered sugar
- 2 teaspoons water

DIRECTIONS:

Heat ¼ cup of water to 100 degrees. Add yeast and set aside about 30 minutes until foaming. Mix all dry ingredients for the dough. Combine yeast, coconut oil and milk. Vigorously mix ingredients by hand for 10 minutes or stand mixer for 5 minutes to help activate gum. Cover bowl and let dough rest for 10 minutes.

Wash and dice apples. *peel if desired. Set aside until needed. Lightly spray a sheet of parchment paper the size of a baking sheet. Place dough on the parchment paper. Spray dough with olive oil spray. With greased hands, gently press out dough to form a rectangle approximately 12×16 inches. Sprinkle cinnamon and brown sugar over dough. Slice dough into 5-6 equal rows lengthwise (right to left) and 3-4 equal columns width wise (top to bottom).

Spray a 9 x 5 inch bread pan with olive oil spray. Carefully move a dough square into bread pan, filling the bottom of the pan. Sprinkle with apple bites. Make another layer. Take squares of dough and make another later. Sprinkle with apple bites. Continue until you have used all (or most of) the dough and as much apple pieces as you would like. *Don't over stuff though, the dough will need to rise. Cover with plastic and allow bread



to rest for 20 minutes. Bake at 375 degrees for 30-35 minutes or until top turns golden brown. Remove from oven and allow to sit in the pan to steam another 10 minutes.

Make glaze by mixing powdered sugar and water until desired consistency. Drizzle over bread before serving.

Healthier Pumpkin Banana Bread

Recipe courtesy of Cookin' Savvy

This recipe is sure to become a staple in your household this fall! Full of comforting, good-for-you ingredients and delicious fall flavors, serve warm and smother with nut butter for a tasty snack or breakfast! It's also freezer-friendly so you can pull out individual servings to reheat as needed for the future. Sprinkle some nuts and dark chocolate chips on top, and the whole family is sure to love it.

YIELD: Makes 8 servings **INGREDIENTS:**

- Nonstick cooking spray
- 2 ripe bananas, mashed,
- 1 cup pumpkin puree
- 1/4 cup Greek yogurt, plain or vanilla
- 2 eggs
- 1/2 cup unsweetened applesauce
- 2 cups whole-wheat flour
- 1/2 cup old-fashioned oats
- 1/4 cup granulated sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ginger
- 1 teaspoon cinnamon
- 1/4 cup dark chocolate chips, plus additional, for topping
- 1/4 cup chopped walnuts or nuts of choice, plus additional, for topping
- pumpkin spice granola, for topping



DIRECTIONS:

Preheat oven to 350 F. Spray loaf pan with nonstick cooking spray. In large bowl, whisk mashed bananas, pumpkin puree, Greek yogurt, eggs and applesauce. Set aside.

In medium bowl, use large spoon to stir flour, oats, sugar, baking powder, baking soda, salt, nutmeg, ginger and cinnamon. Add flour mixture to banana and pumpkin mixture; whisk until just moist. Stir in dark chocolate chips and walnuts, if desired.

Pour batter into loaf pan. Sprinkle granola and additional chocolate chips and walnuts on top, if desired. Bake 50-60 minutes, or until knife inserted comes out clean.

Vendors Wanted

- First Presbyterian Church, 497 Pulaski Road, Greenlawn seeks vendors for its annual Church Fair & Health Fair on Sept. 21 from 9 a.m. to 3 p.m. Rain date is Sept. 22. \$60 for a 10' by 10' space. For more information, call or text 516-313-9148.
- Ronkonkoma Middle School PTA, 501 Peconic Ave., Ronkonkoma is accepting vendors for its 2024 Car Show and Vendor Fair on Sept. 28 from 11 a.m. to 3 p.m. \$50 vendor table, \$100 food truck. Call 917-750-7628 for details.
- 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.
- Wading River Shoreham Chamber of Commerce seeks craft vendors for its annual Fall Festival at The Shoppes at East Wind, 5768 Route 25A, Wading River on Sept. 29 from 11 a.m. to 5 p.m. Must provide your own table. \$100 for a 10' by 10' spot. For an application, visit wadingrivershorehamchamber.com.
- 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 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.
- St. Anthony's High School Mothers' Guild, 275 Wolf Hill Road South Huntington has a few vendor spots left for its popular Christmas Fair on Nov. 2 from 10 a.m. to 4 p.m. For an application, visit www.stanthonyshs.org/mothersguild/
- Mt. Sinai Congregational Church, 233 North Country Road, Mt. Sinai seeks vendors for its annual Holiday Market on Saturday, Nov. 9 from 9 a.m. to 3 p.m. Only new or hand-crafted items or antiques; no rummage or corporate items please. Fee is \$60 for an 8' by 6' space; vendors must supply their own tables. Call 631-473-1582 or email mscc1@optonline. net for an application.

Send your vendors wanted listings to leisure@tbrnewspapers.com.

Ongoing 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 www. luminocityfestival.com or purchase onsite.

Stone Bridge Nighthawk Watch

Four Harbors Audubon Society invites the community to join them for their 8th annual Stone Bridge Nighthawk Watch at Frank Melville Memorial Park, 1 Old Field Road, Setauket every evening through Oct. 6, from 5:30 p.m. until dusk. The group will be tallying migrating Common Nighthawks to better understand nighthawk population trends. Join them at the Stone Bridge to witness nighthawks as they pass over during their migratory journey to their wintering grounds in Brazil and Argentina. Bring binoculars. Visit www.4has.org for further details.

Thursday 12

Thankful Thursday at the Vanderbilt

The Suffolk County Vanderbilt Planetarium, 180 Little Neck Road, Centerport will present a Thankful Thursday event starting at 7 p.m. The evening will include a free planetarium show and night-sky viewing in the Observatory presented by BAE Systems. After the show, they will open the observatory – weather permitting – to the public and an astronomy educator will invite you to look through a telescope at the night sky. Recommended for ages 7+. No registration required. www. vanderbiltmuseum.org

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

Times ... and dates

Sept.12 to Sept. 19, 2024



EQUESTRIAN CHOREOGRAPHY

The Islip Horseman's Association's 'Spirit of Long Island' Mounted Drill Team will be at the Smithtown Historical Society's Heritage Fair on Sept.15. Photo courtesy of Smithtown Historical Society

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, wwwlongislandmuseum.org

Friday 13

Greenlawn Greek Festival

St. Paraskevi Greek Orthodox Shrine Church, 1 Shrine Place, Greenlawn invites the community to its annual Greek Festival today from 4 p.m. to 11 p.m., Sept. 14 from 11 a.m. to 11 p.m. and Sept. 15 from noon to 8 p.m. Enjoy authentic Greek food and pastries, rides and games. 631-261-7272, www.stparaskevi.org

An Evening of Opera

Unitarian Universalist Fellowship, 109 Browns Road, Huntington will host a night of opera starting at 7:30 p.m. Program will feature excerpts from many popular operas such as Verdi's "Aida", Puccini's "La Boheme"," Gounod's "Romeo et Juliette", Bizet's "Carmen", Jules Massenet's "Manon" and Wagner's "Tannhauser." The highlighted musical theater selections include Andrew Lloyd Webber's "The Phantom of the Opera," and more. \$10 donation, free for students. www.operanight.org

Grounds & Sounds Concert

Unitarian Universalist Fellowship, 380 Nicolls Road, East Setauket hosts a Grounds and Sounds Cafe concert featuring Marci Geller at 8:15 p.m. preceded by an open mic at 7:30 p.m. Tickets are \$20 per person in advance at www.groundsandsounds.org or at the door. 631-751-0297

Saturday 14

Greenlawn Greek Festival

See Sept. 13 listing.

Dragon Boat Race Festival

The 10th annual Dragon Boat Race Festival heads to Harborfront Park, 101-A East Broadway, Port Jefferson from 8:30 a.m. to 5 p.m. Presented by the Greater Port Jefferson Chamber of Commerce, the event will showcase dragon boat races throughout the day with Asian-themed food, cultural crafts, traditional lion dance, vendors, children activities and much more. Held rain or shine. Free admission. 631-473-1414, www.portjeffdragonboatracefest.com

Lake Ronkonkoma Car Show

St. Elizabeth Ann Seton R.C. Church, 800 Portion Road, Lake Ronkonkoma presents its annual car show from 9 a.m. to 2 p.m. with trophies, prizes and raffles. Spectators free. Rain date is Sept. 21. 631-484-2807

Fall Yard Sale

Join the Yaphank Historical Society for its annual Fall Yard sale from 9 a.m. to 4 p.m. on the grounds of the Hawkins House, 4 Yaphank Avenue, Yaphank. Featuring a large variety of crafts, collectibles, and household items. Rain date is Sept. 15. 631-924-4803, www.yaphankhistorical.org.

West Meadow Beach Cleanup

In partnership with International Coastal Cleanup week, the Town of Brookhaven will host a beach cleanup at West Meadow Beach, West Meadow Beach Road, East Setauket at 10 a.m. Supplies will be provided. Meet at the pavillion. To register, email npocchiare@brookhavenny.gov.

Wellness Walk/Art Installation

Town of Huntington Opioid & Addiction Task Force presents a Wellness Walk and unveiling of The Hope and Healing art installation at Heckscher Park, 2 Prime Ave., Huntington from 11 a.m. to 2 p.m. with music, food and resources. 631-351-3175

Community Yard and Craft Sale

St Cuthbert's Episcopal Church, 18 Magnolia Place, Selden will host an outdoor yard and craft sale from 10 a.m. to 3 p.m. featuring antiques, basket raffles, clothing, crafts of all kinds, crystals, flea market items, gifts, Halloween decor, home decor, jewelry, leather goods, Mary Kay, Scentsy, yard sale items and more. Rain date is Sept. 28. 631-732-8773

Setauket Country Fair

Caroline Episcopal Church will host its annual Country Fair from 10 a.m. to 4 p.m. The event will be held on the Setauket Village Green and the Caroline Episcopal Church property (Main St & Dyke Rd, Setauket) and will feature over 70 arts, crafts and gifts vendors, a barn sale, food court, baked goods, basket raffle, and live music by Two for the Road. Free admission. Rain date Sept. 21. 631-941-4245

Treasures for Mission Sale

Setauket Presbyterian Church, 5 Caroline Ave., Setauket will host a Treasures for Mission Sale from 10 a.m. to 2 p.m. inside its Fellowship Hall behind the church. The event will feature gently used items for sale including toys, jewelry, household items and games along with a bake sale. 631-941-4271

All Souls Poetry Reading

The Second Saturdays poetry series will be returning to historic All Souls Church in Stony Brook continues its Second Saturdays poetry series from 11 a.m. to noon via

Zoom. Featured poet will be James Wagner followed by an open reading; all are welcome to read one of their own poems. Participants can access the program through the All Souls website https://www.allsouls-stonybrook.org/631-655-7798.

Victorian Tea

Join the Lake Ronkonkoma Historical Society for a Victorian Tea at the Fitz-Greene Hallock Homestead (1888), 2869 Pond Road, Lake Ronkonkoma with two seatings: 11:30 a.m. and 1:30 p.m. Enjoy a full Victorian Tea lunch, self-guided tour of the house and grounds and door prizes. \$30 per person. Reservations required. 631-588-7599

Albert Bouchard in concert

The Long Island Music and Entertainment Hall of Fame, 97 Main St., Stony Brook will be hosting a special 90 minute performance by LIMHOF inductee Albert Bouchard (Founding and former member of Blue Öyster Cult) from 4 to 5:30 p.m. The event is free with general admission ticket purchase. 631-689-5888, limusichalloffame.org.

Comedy Night Fundraiser

Get ready for a night of laughs and good times! Smithtown Performing Arts Center, 2 E. Main St., Smithtown will host a Comedy Night fundraiser from 7 to 9 p.m. Complimentary buffet of light fare, cash bar, live music by the Rich Adams Quartet, comedy by Richie Byrne and a special comedy roast of Sean King of King O'Rourke Auto Group of Smithtown. Tickets are \$25 per person. All proceeds will support the restoration of the theater. www. smithtownpac.org

Sunday 15

Greenlawn Greek Festival

See Sept. 13 listing.

Cars, Customs & Street Rods Show

Long Island Corvette Owners Association, Centurion Cruisers NCRS and Eastport American Legion present the 17th annual Cars, Customs & Street Rods show at the Northport VA, 79 Middleville Road, Northport from 8:30 a.m. to 3 p.m. Rain date is Sept. 22. 631-816-3942

Studebaker and Orphan Car Show

The Studebaker Driver's Club, Long Island Chapter, presents a Studebaker & Orphan Car Show at Centerport Beach, 236 Little Neck Road, Centerport from 9 a.m. to 2 p.m. Free for spectators. 631-834-6785

Lions Club Car Show

The Port Jefferson Lions Club invites the community to its annual judged Car Show at Brookhaven Town Hall, 1 Independence Hill, Farmingville from 9 a.m. to 3 p.m. Judged by The Fabulous 50s & 60s Nostalgia Car Club, the event will feature food trucks, music, raffles and vendors. Proceeds will sponsor

a guide dog for the blind. \$5 donation. Rain date is Sept. 22. 631-680-7212

Caumsett Hike

Caumsett State Historic Park Preserve, 25 Lloyd Harbor Road, Huntington hosts a serpentine hike from 9:45 a.m. to 12:45 p.m. The 6 mile, hilly, moderately paced walk will allow hikers to relax, socialize, and observe the park's beauty. Bring water. Dress for the possibility of long grass. Adults only. \$4 per person. Call for 631-423-1770 for reservations.

Italian Car Show

Stony Brook University's Center for Italian Studies hosts the 18th annual Robert D. Cess Concorso D'Eleganza, featuring Italian classic and vintage cars, at the West Campus, Parking Lot 1, Circle Road, Stony Brook (across from the Wang Center and Truman Hall) from 10 a.m. to 1 p.m. Rain date is Sept. 22. 631-632-7444

Heritage Country Fair

The Smithtown Historical Society, 211 E. Main St., Smithtown will hold its annual Heritage Country Fair from noon to 4 p.m. Activities include demonstrations by the IHA Spirit of LI Mounted Drill Team, historical reenactors, antique car and truck show, petting zoo and pony rides, craft and food vendors, traditional music and dance spinning and weaving, hayrides, children's activities and crafts. Rain date Sept. 22. Tickets are \$7 (children under 3 free). Held rain or shine. 631-265-6768

LITMA Contradance

Smithtown Historical Society's Frank Brush Barn, 215 Main St., Smithtown hosts a LITMA Contradance at 1 p.m. with basic instruction at 12:45 p.m. Ted Crane will call the dance with the LITMA Contraband. The event is part of the historical society's Heritage Day which is \$5 admission and includes the dance. 631-369-7854

Southbound in Concert

Celebrate St. James presents its final concert of the summer featuring Southbound (classic Rock, Country & Line Dancing) at Celebrate Park, 369 Lake Ave., St. James at 4 p.m. Free. Bring seating. 631-984-0201

Monday 16

No events listed for this day.

Tuesday 17 NSJC Social Club event

North Shore Jewish Center Social Club, 385 Old Town Road, Port Jefferson Station invites the community to a presentation on wills, trusts, and estates in the Social Hall at 11 a.m. Sponsored by M&T Bank. Bagels, cream cheese and coffee will be served. \$5 per person, \$4 members. 631-928-3737

Travel Presentation Club Meeting

Emma S. Clark Memorial Library, 120 Main St., Setauket will host a meeting by the Travel Presentation Club at 7 p.m. Thomas Wilson will make a presentation entitled "Travels and Travails in East Africa." Free. All are welcome. 3vtravel@gmail.com

Wednesday 18

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

Harbor Jazz Festival

Jazz lovers are invited to attend the 9th annual Harbor Jazz Festival at The Jazz Loft, 275 Christian Ave., Stony Brook from Sept. 18 to 21. Each day brings a line-up of jazz greats, including some of the top internationally and nationally recognized talents. All events on Sept. 21 are free and take place on the front lawn of the Jazz Loft and on the Stony Brook Village Green. 631-751-1895, www.thejazzloft.org

Light Up Main Street Fundraiser

Three Village Rotary will host a Light Up Main Street fundraiser at the Setauket Neighborhood House, 95 Main St., Setauket from 6 p.m. to 10 p.m. The evening will feature live music, food, drinks and raffles. All proceeds will go towards funding lighting up Main Street in Setauket for the holidays. Don't miss out on this fantastic opportunity to make a difference while having a great time! Ticket includes one complimentary drink, food, coffee and dessert. To purchase, visit threevillagerotary.eventbrite.com. For more information, call 631-988-9564.

An Evening of Comedy

John W. Engeman Theater, 250 Main St., Northport continues its special event series with a Comedy Night at 8 p.m. Come have some laughs, enjoy some cocktails, and listen to some very funny comedians! Tickets are \$45. To order, call 631-261-2900 or visit www.engemantheater.com.

Hard Luck Cafe Concert

Singer-songwrite Kirsten Maxwell returns to her hometown to kick-off the Folk Music Society of Huntington's 2024-2025 season of Hard Luck Café Concerts in the Sky Room of the Cinema Arts Centre, 423 Park Avenue, Huntington from 7 to 10 p.m. An open mic, for which signup begins at 6:30 p.m., precedes the 8 p.m. concert. Tickets are \$25, \$20 for Cinema Arts Centre/FMSH members at www.cinemaartscentre.org or at the box office.

Thursday 19

Harbor Jazz Festival

See Sept. 18 listing.

Vanderbilt Museum Lecture

Suffolk County Vanderbilt Museum's Reichert Planetarium will host a lecture by Ron Schaper on Vanderbilt's Whale Shark and the Island Life of the Last East Coast Ocean Pound Trap Fishermen from 7 to 8:30 p.m. Schaper, whose uncles caught the16,000-pound, 32-foot whale shark displayed in the Vanderbilt Museum's Habitat, will speak about his family and the hundreds of others that made their living as fishermen, and the fascinating history of commercial fishing on Long Island. Tickets are \$10, members free. To register, visit www.vanderbiltmuseum.org.

Music Under the Stars

The MCPL Music Under the Stars summer concert series will take its final bow when The Men of Soul take the stage tonight at 7:30 p.m., at Middle Country Public Library, 101 Eastwood Blvd. Centereach. The band will play renditions of classic hits from iconic soul bands of the 1970s, 1980s and 1990s. This outdoor concert is free and open to all. Bring seating. 631-585-9393.

Eric Roberts at the CAC

See page B5.

Theater

'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.

TIMES ... AND DATES continued on page B20

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





Times ... and dates

Continued from page B19

'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 flesheating 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.

'The Fall Guy'

Join Comsewogue Public Library, 170 Terryville Road, Port Jefferson Station for a screening of The Fall Guy starring Ryan Gosling and Emily Blunt on Sept. 17 from 2 to 4:30 p.m. Open to all. To reserve your seat, call 631-928-1212 or visit www.cplib.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.

Religious Directory

Catholic

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

Fax 631-331-8094 email-rectory@infantjesus.org

www.infantjesus.org

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

REV. SIJOMON VARGHESE Parish Outreach: 631-473-0165

Weekday Masses: 7:30am in the church and 12pm in the Chapel (Mon-Fri)

9am Mass in the Church on Saturdays Weekend Masses: Saturday at 4:30pm, Sunday 9:00am and 12:00pm in the Chapel.

7:30 am, 8:45am (Spanish), 10:30am, and 5pm in the Church Spanish Masses: Wednesdays 6:00pm

Sundays 8:45am in the church The Sacrament of Reconciliation remains

scheduled on Saturdays 12:30-1:15pm in the lower church

ST. GERARD MAJELLA ROMAN CATHOLIC CHURCH

300 Terryville Road, Port Jefferson Station 631-473-2900

email-office@stgmajella.org

www.stgmajella.org REV. GREGORY RANNAZZISI, PASTOR

Mass: Saturday 5pm Sunday 8am, 10am & 12pm

Weekday Mass: 9am Confessions: Saturday 3:45pm-4:45pm

Office Hours: Monday-Thursday 9am-4:30pm Thrift Shop: Monday-Thursday 10am - 4pm

and Friday 10am-2pm. Parish Outreach: Please call Office for information

Baptism and Wedding arrangements can be made by calling the Parish Office.

ST. JAMES ROMAN CATHOLIC CHURCH

429 Rt. 25A, Setauket

Phone: 631-941-4141 Fax: 631-751-6607 Parish Office email:

parish@stjamessetauket.org

www.stjamessetauket.org REV. ROBERT KUZNIK, PASTOR REV. ROBERT SCHECKENBACK,

ASSOCIATE PASTOR REV. MIKE S. EZEATU,

SBU HOSPITAL CHAPLAIN, IN RESIDENCE

Office Hours: Monday-Friday 9am to 4pm Saturday 9am

Our Daily Bread Sunday Soup Kitchen opened 2-3pm, serving hot meals To-Go and groceries

Food Pantry Open Open Every Wednesday from 12 Noon to 2pm Open Every Sunday from 2-3pm,

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

Catholic Traditional Latin Mass

ST. MICHAEL THE ARCHANGEL SOCIETY OF SAINT PIUS X

900 Horseblock Road, Farmingville 631-736-6515 sspxlongisland.com Sunday Masses at 7am and 9am

Please consult sspxlongisland.com for updates and current mass times.

Christian

CHRISTIAN SCIENCE SOCIETY Northport, NY

55 Laurel Ave, Northport, NY 11768 Phone: 631-261-6405

Website: www.christiansciencenorthport.com Services: in-person & online

Sunday Lesson Sermons 10:30 AM Wednesday Testimonial Meetings 7:15 PM Online Service Attendance (ALL services)

Zoom Phone: 929-205-6099 Zoom Meeting ID: 962 2495 9131 Passcode: 12345

The science of Christianity as Jesus taught and demonstrated reveals that God is Love. Our church seeks to promote a deeper understanding of divine Truth and Love, reinforcing that God created man in his image and likeness. The study of Christian Science reveals an inspired sense of Life, where man truly reflects God, and is capable of overcoming any discordant condition. All are warmly welcomed to attend our services.

ISLAND CHRISTIAN CHURCH 400 Elwood Road, East Northport

IslandChristian.com

631-822-3000 PASTOR CHRISTOPHER COATS

Services In-Person

+ Online Sunday Mornings

9 AM + 11 AM Fun religious education for kids

during each service Children and Youth programs during the week, check out our website for more details.

Congregational

MT. SINAI CONGREGATIONAL UNITED CHURCH OF CHRIST

233 North Country Road, Mt. Sinai 631-473-1582

www.msucc.org

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

made in the image of God Sunday Worship at 10am

Livestreaming on YouTube: @MtSinaiCongregationalChurchUCC

Sunday School at 10am

"No matter who you are or where you are on life's journey, you are welcome here." Through our worship and by our actions we strive to live out Christ's message to love one another

The Island Heart Food Pantry 643 Middle Country Road, Middle Island NY Wednesdays and Thursdays 2:15PM-4:15PM

MSCC Food Cupboard

233 N. Country Rd, Mt Sinai Every other Tuesday 9:15-11:45

Episcopal

ALL SOULS EPISCOPAL CHURCH

On the hill across from the Stony Brook Duck Pond 61 Main Street, Stony Brook FATHER TOM REESE VICAR www.allsoulsstonybrook.org or call 631-655-7798

Sunday: 8:00am Virtual Morning Prayer 9:30am Holy Eucharist with Organ music

Tuesday: 8:00am

Interdenominational Morning Prayer Wednesday: 12 noon

Interdenominational Rosary We are a friendly welcoming community for all people.

CAROLINE EPISCOPAL CHURCH OF SETAUKET

1 Dvke 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 300 years of community, fellowship & ministry!

Services:

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 Sunday School & Children's Chapel

Safe Church certified teachers, free nursery child-care, a well-supervised, joyous environment, fun workshops, themed events, and more!

Food Pantry

Open Wednesdays: 11:00am-12:00pm and 6:00-7:00pm. Entrance is located at the back of the Marco C. Smith building. All are welcome!

CHRIST EPISCOPAL CHURCH

127 Barnum Ave., Port Jefferson 631-473-0273

email: ccoffice@christchurchportjeff.org www.christchurchportjeff.org

Church office hours: Tues. - Fri. 9am - 12pm REV. NICKOLAS C. GRIFFITH PRIEST REV. ELLIOT T. CONRAD PRIEST

Services:

7:00am Sundays Holy Eucharist, said 11:00am Sundays Holy Eucharist, sung It is the mission the people of Christ Church to grow in our relationship with Jesus Christ and to make his love known to all through our lives and ministry. We at Christ church are a joyful, welcoming community. Wherever you are in your journey of life we want to be part of it.

ST. ANSELM'S EPISCOPAL CHURCH

4 Woodville Rd., Shoreham

A place where all people, wherever you are in your journey, can find love and respect while getting to know the God who already loves you.

THE REV. JENN PILAT, RECTOR email: revjenn@stanselmofshoreham.org Office phone: 631.744.7730

Office hours: Mon - Fri 9 am to Noon and by appointment www.stanselmsofshoreham.org https://www.facebook.com/ saintanselmsepiscopal/

Services

Saturday-5pm Eucharist Sunday-8am and 10am

Monday-9:30 am Morning Prayer Tuesday-8 pm Compline on Facebook Live Thursday-9:30 am Morning Prayer Friday-8 pm Compline on Facebook Live

Healing+ - Last weekend of each month Anselm's Attic - Thrift Shop (631) 744-2636 Wednesdays & Saturdays 10 a.m. to 2 p.m.

> **Food Pantry** Saturdays 10 a.m. to Noon

Saint Anselm's Academy New York State Licensed Childcare 8 weeks through Pre-K www.stanselmsacademy.org

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

Religious Directory

Episcopal

ST. JOHN'S EPISCOPAL CHURCH

'To know Christ and to make Him known' REV. DUNCAN A. BURNS, RECTOR REV. CLAIRE D. MIS, DEACON Alex Pryrodny, Music Director **Sunday Worship**

8am Rite I Holy Eucharist 10am Rite II Holy Choral Eucharist 9:40am-Sunday School

Noonday Prayer

12 noon - Wednesdays Harvest Fair

Saturday, October 19th 10am-4pm

Food, Crafts, Raffles, Silent Auction, Vendors, Live Music & amp; more! 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

Iewish

NORTH SHORE JEWISH CENTER

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

www.northshorejewishcenter.org RABBI AARON BENSON CANTOR DANIEL KRAMER EXECUTIVE DIRECTOR MARCIE PLATKIN PRINCIPAL HEATHER WELKES

YOUTH DIRECTOR JEN SCHWARTZ Services: Friday At 8 Pm; Saturday At 9:15 am Daily Morning And Evening Minyan Call For Times. Tot Shabbat Family Services

Sisterhood Men's Club Seniors' Club Youth Group Continuing Ed Adult Bar/Bat Mitzvah Judaica Shop Food Pantry Lecture Series Jewish Film Series

NSJC JEWISH LEARNING CENTER RELIGIOUS SCHOOL

Innovative Curriculum And Programming For Children Ages 5-13 Imagine A Synagogue That Feels Like Home! Come Connect With Us On Your Jewish Journey. Member United Synagogue Of Conservative Judaism.

TEMPLE ISAIAH

1404 Stony Brook Road, Stony Brook 631-751-8518 www.tisbny.org

Joyful Judaism in a warm, caring, musical, multigenerational community devoted to learning, prayer and friendship. Member Union for Reform Judaism RABBI/CANTOR/PRINCIPAL JOSHUA GRAY RABBIS EMERITI

ADAM D. FISHER, STEPHEN A. KAROL CANTOR EMERITUS

MICHAEL F. TRACHTENBERG Services:

1st Friday 6pm Family Service Other Fridays 7:30pm

Saturday B'nai Mitzvah services 10am Religious School Confirmation Class-Monthly Tot Shabbat-Torah Study-Adult Education-Adult Bar and Bat Mitzvah-

Brotherhood-Sisterhood Book Club-Social Action and much more!

Lutheran-ELCA

HOPE LUTHERAN CHURCH AND ANCHOR NURSERY SCHOOL

46 Dare Road, Selden 631-732-2511

Emergency Number 516-848-5386 Email: office@hopelutheran.com Website: www.hopeluth.com

REV. DR. RICHARD O. HILL and REV. DALE NEWTON, PASTOR

On Sundays the services are at 9 and 10:30 a.m.

A link for all these services is on the website: www.hopeluth.com.

Sunday School (ages 3-11)

Sundays at 9 a.m.

Kids' Club (ages 3-11)

Wednesdays from 4-5:30 p.m.

Teen Ministry (ages 11-15)

Saturdays 6:00-7:30 p.m. **Adult Study Groups**

on Tuesdays, Wednesdays, and Thursdays Our Food Pantry is open to everyone on Thursdays from 12:30-2:30 p.m. for picking up food. Also, donations can be made from 11 a.m.-noon or by making arrangements by leaving a message on the church answering service. Offerings to support our ministry can be made at

church services and through our website's "Share God's Mission" page.

In any emergency, call the pastor at 516-848-5386

ST. PAUL'S EVANGELICAL **LUTHERAN CHURCH**

309 Patchogue Road Port Jefferson Station 631-473-2236

e-mail PastorPaulDowning@yahoo.com pastor's cell phone voice or text 347-423-3623

www.StPaulsLCPJS.org facebook.com/stpaulselca Fall Services

8:30am and 10:30am Wednesday Bible Study

over Zoom at 9:30

Friday Prayer Group at 10:30am in church or zoom

WELCOME FRIENDS

Provides free lunch in parking lot on Tuesdays at 1:00pm

Methodist

BETHEL AFRICAN METHODIST EPISCOPAL CHURCH

33 Christian Ave/ PO 2117, E. Setauket 631-751-4140

REV. LISA WILLIAMS PASTOR

Sunday Worship: 10:30 Am Adult Sunday School 9:30 Am

Lectionary Reading And Prayer:

Wed 12 Noon Gospel Choir: Tues. 8 Pm

Praise Choir And Youth Choir 3rd And 4th Fri. 6:30 PM.

SETAUKET UNITED METHODIST **CHURCH**

160 Main Street, Corner of 25A and Main Street

East Setauket 631-941-4167, or email us at sumcny@aol.com

Rev. Steven Kim, PASTOR Sunday Worship Service and

Sunday School at 10am Services are streamed online

@ www.setauketumc.org and livestreamed on Facebook

Holy Communion 1st Sunday of Month Mary Martha Circle (Women's Ministry) meets every 2nd Tuesday each month at 1pm No Matter who you are or where you are on life's journey, you're welcome here!

Presbyterian

FIRST PRESBYTERIAN CHURCH OF PORT JEFFERSON

107 South/Main Streets 631-473-0147

We are an accepting and caring people who invite you

to share in the journey of faith with us.

Email: office@pjpres.org Website: www.pjpres.org REV. EMILY FOWLER, PASTOR

The First Presbyterian Church of Port Jefferson is a place that is open hearted and open minded; we welcome diversity. Come and explore how your spirituality can effect your life.

Our upcoming volunteer opportunities

include a beach cleanup on September 13th and a car wash on September 22nd. Please call the number above for more information.

Worship is every Sunday at 10am. Live streaming available on Facebook page. We also have a Bible study series

on Tuesdays at 2pm. Holy Communion 1st Sunday of the Month Hot meals, groceries & clothing provided on a

take out basis by Welcome Friends on Wednesday 5:00-6:00pm and Fridays 3:30-5:00 pm

Call the church office or visit our website for

current activities and events. NYS Certified Non Denominational

Preschool and Daycare

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

SETAUKET PRESBYTERIAN CHURCH

5 Caroline Avenue, On the Village Green 631-941-4271

> THE REV. DR. JOHANNA McCUNE WAGNER

Worship with us Sundays at 9:30AM

Contemporary Service once monthly on the second Sunday at 11am

Visit www.setauketpresbyterian.org for more information

There are a lot of reasons to join a church we're here for your why.

Life Celebrations, Support, Inclusion, Service Whatever life throws your way, we're here for you. Like our Facebook Page

Setauket Presbyterian Church, est 1660 Follow our Instagram - setauketpres

Quaker

CONSCIENCE BAY MEETING

Religious Society of Friends 4 Friends Way, St. James 11780

631-928-2768 www.consciencebayquakers.org We gather in silent worship seeking

God, the Inner Light/Spirit. We're guided by the Quaker testimonies of simplicity, peace, integrity, community, equality and stewardship. In-person worship blended with virtual worship.

Unitarian Universalist

UNITARIAN UNIVERSALIST FELLOWSHIP AT STONY BROOK

380 Nicolls Road, East Setauket 631-751-0297

uufsb.org office@uufsb.or

A spiritual home for individuals, couples, and families of diverse religious and social backgrounds.

A place to nurture your spirit and help heal our world.

Sunday Service: 10:30 a.m. Or visit uufsb.org to join us via live stream

on Sunday mornings.

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

SBU's Minghao Qiu studies intersection between air pollution, climate change and public health



BY DANIEL DUNAIEF

When Minghao Qiu woke up in Beijing on Jan. 12, 2013 during his freshman year

SEEKERS

KNOWLEDGE in college, he couldn't believe what he was

seeing or, more appropriately, not seeing. The worst air pollution day in the history of the city mostly blocked out the sun, making it appear to be closer to 8 p.m. than a typical morning.

While Qiu's life path includes numerous contributing factors, that unusual day altered by air pollution had a significant influence on his

An Assistant Professor at Stony Brook University, Qiu straddles two departments that encapsulate his scientific and public policy interests. A recent hire who started this fall, Oiu will divide his time equally between the School of Marine and Atmospheric Sciences and the Renaissance School of Medicine's Program in Public Health.

Qiu studies fundamental questions in atmospheric sciences as they influence human health.

He is part of several new hires who could contribute to the climate solutions center that Stony Brook is building on Governors Island and who could provide research that informs future policy decisions.

Noelle Ecklev Selin, who was Oiu's PhD advisor at the Massachusetts Institute of Technology and is Professor in the Institute for Data, Systems and Society and the Department of Earth, Atmospheric and Planetary Sciences, suggested Qiu is a valuable scientific, policy and educational asset.

"Stony Brook is doing a lot to address climate in a serious way with great research," Selin said. Qiu joining the institution "could really help out the university's broader climate efforts and make them more impactful."

Selin appreciated how Qiu was eager to dive deeper into questions, wanting to ensure that conclusions were valid and asking how to use data to test various ideas.

As a mentor, Qiu has proven inspirational.

A lot of my current students will go and talk to him and come back to me and say, '[Qiu] had five excellent ideas on my project," Selin said. "That's characteristic of how he works. He's really generous with his time and is always thinking about how to look at problems."

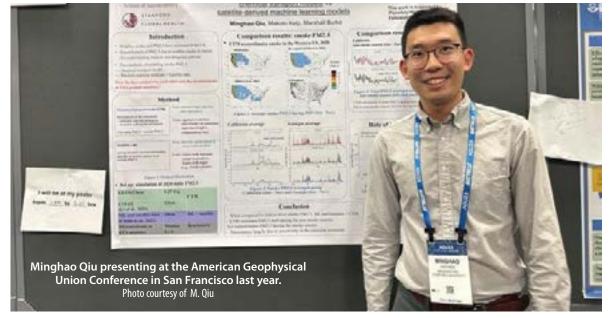
Policy focus

Using causal inference, machine learning, atmospheric chemistry modeling, and remote sensing, Oiu focuses on environmental and energy policies with a global focus on issues involving air pollution, climate change and energy

Oiu would like to address how climate change is influencing the air people breathe. Increasing heat waves and droughts cause people to use more energy, often through air conditioning. The energy for the electricity to power temperature controls comes from natural gas, coal, or fossil fuels, which creates a feedback loop that further increases pollution and greenhouse gases.

"Our work tries to quantify this,"

He also analyzes the impact of climate change on wildfires, which affects air quality.



In a research paper published last year, Qiu joined several other scientists to analyze the impact of wildfires on air quality.

The study, published in the journal Nature, found that since at least 2016, wildfire smoke eroded about a quarter of previous decades-long efforts to reduce the concentration of particulates above 2.5 microgram in several states.

Wildfire-driven increases in ambient particulates are unregulated under air pollution laws.

The authors showed that the contribution of wildfires to regional and national air quality trends is likely to grow amid a warming climate.

In his research, Qiu seeks to understand how to use energy and climate policy to address air pollution and greenhouse gases.

"Renewable energy and climate policy in general provides potential benefits," Qiu said.

He uses publicly available data in his models.

New York pivot

While wildfires have been, and likely will continue to be, an area of focus for his work, Qiu plans to shift his focus to the kind of pollution that is typically more prevalent in New York.

In large urban cities, pollution often comes from a concentration of traffic, as people commute to and from work and drive to the city for entertainment and cultural events.

"We are going to pivot a little bit, especially to factors that are more relevant" to the Empire State, he said.

While climate change is a broad category that affects patterns across the world, air pollution and its impacts are more regional.

"The biggest impact of air pollution happens locally" particularly in terms of health effects, Qiu said.

From Beijing to MIT

Born and raised in Beijing, Qiu began connecting how climate or energy policy influences air pollution at MIT.

"When I started my PhD, there was not much real world data analysis" that linked how much renewable energy helps air quality, Qiu said. "We have historical data to do that, but it's a lot more complex."

After he graduated from MIT, Qiu moved to Stanford, where he shifted his focus to climate change.

"There, I got to collaborate more directly with people in the public health domain," he said, as he focused on wildfires.

Personal choices

Despite studying air pollution and climate change, Qiu does not have HEPA filters in every room and, by his own admission, does not live a particularly green life. He does not have an electric car, although he plans to get one when he needs a new vehicle. He urges people not to sacrifice the living standards to which they are accustomed, which can include eating their preferred foods and traveling to distant points in the world.

Qiu believes there are choices individuals can make to help, but that the kind of decisions necessary to improve the outlook for climate change come from centralized government policy or large enterprises.

"I have great respect for people who change their personal behavior" but he recognizes that "this is not for everyone."

A resident of Hicksville, Qiu lives with his wife Mingyu Song, who is a software engineer. The couple met when they were in high school.

When he's not working on climate models, he enjoys playing basketball and, at just under six feet tall, typically plays shooting guard.

As for his research, Qiu does "rigorous scientific research" that draws from historical data.

"I feel a sense of urgency that we would like to get the answers to many of the scientific evidence as quickly as possible to communicate to policy makers," he said.

He wants his research to be impactful and to help policy makers take "appropriate measures."

'Beetlejuice' sequel is plain nostalgia

REVIEWED BY JEFFREY SANZEL

The concept of objectivity in a review is nearly, if not completely, impossible. Yet reviewers often avoid using "I" in their analyses. In this case, I am breaking the rule for context: I did not see *Beetlejuice* (1988) until last week. I knew that viewing the original was necessary, but also felt it only fair to be forthcoming of my lack of nostalgia in connection to a film that many

MOVIE REVIEW

hold with fond memories. So, I judged a film made over thirty years ago to evaluate its sequel. End of "I."

Beetlejuice (1988) garnered mostly positive reviews upon its release, receiving multiple nominations and a handful of awards. Tim Burton, whose previous film, Pee-Wee's Big Adventure, had become a cult favorite, directed a script by Michael McDowell and Warren Skaaren.

Over the years, it has been labeled a "comedy classic." Viewing it three and a half decades later, the film seems quaint and a bit creaky, not so much offbeat but slightly pressed zaniness, and almost reminiscent of *The Canterville Ghost*. Some design elements foreshadow Tim Burton's later and more mature, refined visions.

Michael Keaton, as the titular demon "bio-exorcist," Betelgeuse, appeared in a mere seventeen minutes. Beetlejuice possesses a sweetness and charm if a bit light on substance. Over the years, multiple sequel attempts (Beetlejuice in

The film's major bright

spot is [Jenna] Ortega.

... She is completely

sincere and wholly

watchable, elevating

the performances

around her.

Love, Beetlejuice Goes Hawaiian) were shelved for various reasons.

Tim Burton returns to the director's chair, this time with a screenplay by Alfred Gough and Miles Millar, and Keaton, Winona Ryder, and Catherine O'Hara reprise their original roles. The now

grown-up Goth daughter, Lydia (Ryder), returns to Winter River after the unexpected death of her father, Charles Deetz.

Lydia, now host of the talk show *Ghost House*, struggles with her rebellious teenage daughter, Astrid (Jenna Ortega). In the attic of the Deetz home, Astrid discovers the town model and accidentally opens the portal to the afterlife.

The film contains enough plot threads for half a dozen movies, but none are fully realized. At the center is the conflict between Lydia and Astrid over Lydia's failed marriage to Astrid's father, Richard (Santiago Cabrera), who died in South America after the divorce. Lydia struggles with her engagement to her television producer, Rory (Justin Theroux).



Wynona Ryder and Michael Keaton reprise their roles in the 'Beetlejuice' sequel.

Photo courtesy of Warner Bros.

Betelgeuse is hunted by his ex-wife, the soul-sucking witch, Delores (Monica Bellucci), who poisoned him before he murdered her with an axe. Another branch is Jeremy (Arthur Conti), Astrid's love interest, who is not quite what he seems. Add to these the ghost detective, Wolf Jackson (Willem Dafoe), a second-rate action star with a new career post-life.

While this promises a rich spectrum

of opportunities, the results are thin and underdeveloped. The movie oddly manages to be chaotically frenetic yet simultaneously turgid. The hundred-and-four minutes seem at least an hour longer.

There are funny spots and clever moments—an ode to the "Day-O" of the first movie,

a joke involving Richard Marx's "Right Here Waiting," a *Soul Train* bit (that stays too long in the station), and even a smart *Newhart* reference.

The Betelgeuse-Delores history plays perfectly as a subtitled Italian Art film by way of Mario Bava. But these moments get lost among jokes belabored to the point of losing any humor.

One senses that the script meetings were mutual admiration societies in which the writers and director greeted every idea with joy and no bit left behind.

Tonally, the film is all over the place. Winter River feels less like the idyllic Mayberry of the original and more like *Halloween*'s dread-steeped Haddonfield. The delightful Catherine O'Hara plays

a milder version of her genius *Schitt's Creek* creation, Moira Rose (including a sly parody of *The Crows Have Eyes 2*). Ryder seems uncomfortable in the role, not sure where the teen Lydia left off and the adult began. Keaton delivers an identical performance—logically, as the character is not about growth. But most of his jokes are either gross or ... well, gross.

With Sylvia Sidney's and Glen Shadix's passing, the film lost two of the original's most interesting characters—Juno and Otho Fenlock. The Maitland's—Alec Baldwin and Geena Davis—are also absent—dismissed in a single line about a loophole that freed them. While they killed off patriarch Charles Deetz (the disgraced Jeffrey Jones), his image and presence remain—first as a Claymation character, then as an image on his grave, and finally as a headless talking corpse.

The film's major bright spot is Ortega. With shades of her Wednesday Addams, she manages to avoid sulky teenager and creates the character's angst and frustration without losing the warmth. She is completely sincere and wholly watchable, elevating the performances around her.

Beetlejuice Beetlejuice is clearly a muchanticipated movie. Much like Barbie, many audience members wore t-shirts celebrating the "event-ness," with Keaton's image or catchphrases from the film or even shirts mimicking Betelgeuse's stripes. Unlike Barbie, in the end, Beetlejuice Beetlejuice contributes little to its own—or any cinematic—history.

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

HOROSCOPES OF THE WEEK

VIRGO - Aug 24/Sept 22

Virgo, someone close to you might be feeling under the weather and could use a little extra support right now. Perhaps you can make



LIBRA - Sept 23/Oct 23

Seek out quiet spots right now, Libra, as lately your life has been a bit of a whirlwind. Change is good, but so much change at one time can be exhausting.

SCORPIO – Oct 24/Nov 22

Scorpio, take a step back from all of your responsibilities. Things will not go haywire if you take a break for a few days or even a week. You can commit fully again after some rest.

SAGITTARIUS – Nov 23/Dec 21

There's no point getting into an argument over a situation beyond your control, Sagittarius. Instead, wait until the time is right to express your thoughts and work out a solution.

CAPRICORN - Dec 22/Jan 20

Capricorn, even though you may want to expand your friend network right now, you aren't sure how to begin. Social media can connect you with those nearby.

AQUARIUS – Jan 21/Feb 18

It is a good idea for you to have set deadlines for your goals, Aquarius; otherwise, you may keep putting things off. With dates on paper, you can check things as they get done.

PISCES - Feb 19/Mar 20

Pisces, you want to return to a relationship right where you left off, but the other person may not be on the same page right now. Give it a little more time.

ARIES - Mar 21/Apr 20

A disagreement may have you questioning a relationship this week, Aries. Do not get ahead of yourself, as you'll figure out that the turmoil will subside soon enough.

TAURUS – Apr 21/May 21

Group activities or time spent with a significant other may not go as well as usual this week, Taurus. With your mind elsewhere, it's hard to focus on having fun and others will catch on.

GEMINI – May 22/Jun 21

Do not believe everything you hear this week, Gemini. There are a lot of rumors floating around, and only a portion of what is being said is accurate. Get the facts first.

CANCER – Jun 22/Jul 22

Cancer, you are usually outgoing and easygoing, but this week you may be feeling more reserved and shy. Are you missing someone? If so, get in touch and you'll feel more like yourself.

LEO - Jul 23/Aug 23

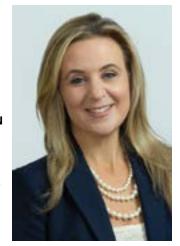
Friends or family members may be making more demands on your time, Leo. You want to go along with it, but be careful not to stretch yourself too thin.

Celebrating summer's harvest and building a meadow with Jefferson's Ferry

'The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul.'

— ALFRED AUSTIN

since it was founded in 2001, Jefferson's Ferry residents have enthusiastically gardened, whether in their apartments, their patios, in the yards of their cottages or in a number of garden beds provided by Jefferson's



BY ELISSA GARGONE

Ferry for resident use. Over the years, the demand for growing space has increased. Jefferson's Ferry President and CEO Bob Caulfield has worked with the resident Garden Committee to help bring their wishes to fruition. Today, 36 elevated beds tended by Independent Living residents overflow with a variety of flowers, vegetables and herbs. Elevated beds are easier on the gardeners' backs and knees, and are accessible to residents who use wheelchairs.

Additional gardens can be found within the interior gardens and greenspaces of Jefferson's Ferry Health Center residences. Of the dozen boxes within the interior garden, roughly half are used by residents as part of the recreational therapy program.

Each year, the raised-bed gardeners have an opportunity to display the fruits of their labor at a community gathering, and this year was no exception. A special Garden Showcase and Happy Hour celebration was held during the height of the harvest on August 16. Display tables were loaded with bumper crops of summer flowers, tomatoes, cucumbers, eggplant, basil, lavender and other herbs, as well as samples of Essie Freilach's homemade pickles and a Chinese-inspired eggplant dish prepared by Mark Saidens. House plants also got their moment in the sun. Blooming orchids and violets in a variety of colors were in abundance. Resident Laura Lesch displayed a 100-year-old Snake Plant that has been passed down through several generations of her family.

Anthropologist Margaret Mead famously said, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

A cadre of Jefferson's Ferry residents has taken that sentiment to heart, with a mission to give back to the environment what development has taken away. Since 2018, the Grounds Committee has spearheaded a project to protect the endangered Monarch Butterfly. When the project was proposed to the community, the response was overwhelmingly positive. Management has since expanded the Monarch project to restore native plants and trees to the 50 acre campus with pollinator, bird and aquifer-friendly native plants and trees, particularly in a meadow around its Melo Pond wetland.



Jefferson's Ferry resident and gardener Mark Saidens shared the bounty of his garden, offering samples of his famous eggplant dish to attendees during a Garden Showcase on Aug. 16. Photo courtesy of Jefferson's Ferry

Hoping to obtain outside funding for the expanded project, Grounds Committee member Dorothy Gilbert initiated a grant application to Suffolk County. She was able to involve a diverse group of resident educators, scientists, engineers, construction experts and grant writers to help shape the application. These included a geologist who provided valuable information about soil and the effects of fertilizing, an expert photographer who took pictures during the early work, a resident who was able to get an endorsement for the application from a local government official, and the support of the resident chairs of the Jefferson's Ferry's Grounds, Conservation, and Public Affairs committees and the Residents Council.

"We may be the old guard but we are setting an example by doing something that other Long Islanders can do as well — protecting the environment for future generations. We are not wasting our talents after retirement; we want to continue to make a contribution to our community and to society. The new meadowlands include plants vital to important pollinators, including the Monarch Butterfly and other insects and birds. We have planted a variety of native milkweed, which the Monarchs need to reproduce, creating

a way station for the them as they migrate south. The meadow provides food and shelter to other native creatures and thrives without the fertilizers and heavy irrigation required for lawns, which is very environmentally friendly to Long Island's water supply," said Dorothy Gilbert.

"The Jefferson's Ferry community, from our management team to our fellow residents, have been immensely supportive of our endeavors, encouraging us every step of the way. There are costs associated with our undertaking, so we have been building the garden beds and the meadows in steps as the budget allows," added Mark Saidens.

"One of the many things that has always made Jefferson's Ferry stand out as an extraordinary community is the people who live here," said Bob Caulfield. "They continue to be active and involved in important social activism. They are environmentally conscious and generous in their charitable donations and volunteerism. They embrace lifelong learning and new ideas and gladly share their talents and wisdom."

Elissa Gargone is Vice President of Sales and Marketing at Jefferson's Ferry Life Plan Community in South Setauket.







PROGRAMS

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. 13 at 9:30 a.m. with hands-on exciting activities, crafts, stories and much more. Children will gain a greater appreciation of nature and wildlife while having fun. \$20 per child. To register, visit www.sweetbriarnc.org. 631-979-6344

Bicycle Rodeo

Town of Brookhaven hosts a Bicycle Rodeo at Safety Town, 249 Buckley Road, Holbrook on Sept. 14 from 8 a.m. to noon. This event encourages children to learn how to safely ride their bikes on our roadways, while in a mock-roadway, kid-sized setting. Participants are required to bring their own helmets and bicycles; both will be inspected for safety. This event is by appointment only. Call 631-451-5335 to schedule your time slot.

Second Saturdays in the Studio

Long Island Museum, 1200 Route 25A, Stony Brook continues its Second Saturdays in the Studio and Gallery on Sept. 14 from 12:30 p.m. to 4 p.m. Families are invited to join educators in the studio and participate in a hands-on activity or art project inspired by exhibitions on view. No registration is required. All supplies provided. Children under 16 must have an adult with them. The event is free with admission. 631-751-0066

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 on Sept. 14 from 11:30 a.m. to 12:30 p.m. Bring your painting smock as you explore the color green! The group will paint, read the book Green and explore Vincent Van Gogh's painting "Madame Roulin Rocking the Cradle." \$25 per child and guardian, \$20 second child. Pre-registration is required by visiting www. waltwhitman.org.

BNL Open House

Brookhaven National Laboratory, 2 Center St., Upton continues its Summer Open House series with Fascinating Physics on Sept. 14 from 10 a.m. to 3 p.m. Enjoy a Fantastic Forces show, tour the Superconducting Magnet Division and Tandem Van de Graaf

facilities, meet BNL scientists and enjoy hands-on science activities in Berkner Hall. Free. No reservations required. www.bnl.gov

Crafternoon at the Library

Emma Clark Library, 120 Main St., Setauket invites children ages 3 to 12 with a parent/ caregiver to drop by for a Crafternoon on Sept. 14 from 2 to 4 p.m. Make a masterpiece out of recycled materials. No registration required. Questions? Email kids@ emmaclark.org

The Great Noisy Outdoors

Sunken Meadow State Park, Sunken Meadow Parkway, Kings Park presents a Tiny Tots program, The Great Noisy Outdoors, on Sept. 19 from 10:30 to 11:30 a.m. Enjoy short walks, story time, animal visitors, and crafts. For children ages 3 to 5. \$4 per child. Reservations taken on eventbrite.com.

FILM

'School of Rock'

Heritage Park, 633 Mount Sinai-Coram Road, Mount Sinai continues its Movies in the Moonlight series with a screening of School of Rock on Sept. 13; E.T. The Extra-Terrestrial on Sept. 20; and Hocus Pocus on Oct. 18. Movies begin at dusk 8:30 p.m. Bring seating. 631-403-4846

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. 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. Hilarious hijinks and a message of cooperation highlight this Halloweeninspired musical for the entire family. All seats are \$12. To order, call 631-928-9100 or visit www.theatrethree.com.



SBU SPORTSWEEK



SEPTEMBER 12 TO 19, 2024

TOMORROW IS FRIDAY - WEAR RED ON CAMPUS!

STONY BROOK UNIVERSITY

Football tops Stonehill Skyhawks in home opener

Cosh earns first career victory

The Stony Brook football team earned its first victory in nearly 700 days, defeating Stonehill 37-10 on Sept. 7 at LaValle Stadium.

The Seawolves were led by redshirt senior Roland Dempster, who helped the Seawolves score their most points since 2019. Dempster tallied a career-high three touchdowns and matched a career best with 160 yards on 19 carries. Dempster ignited the Stony Brook offense by tallying two of his three touchdowns in the first five minutes of the game on touchdown runs of 15 and 17 yards. He tallied his third score in the third quarter; his three-yard run put the Seawolves ahead 30-3.

Freshman Malachi Marshall made his first start for the Seawolves under center and shined, throwing for 161 yards (9-for-16 passing) with a touchdown. Marshall added 10 yards on six carries. The freshman from Rock Hill, South Carolina connected with redshirt senior Cole Bunicci on a 63-yard touchdown late in the second quarter. The score represented the first of Marshall and Bunicci's collegiate careers.

Stony Brook saw six different players record a reception, while eight different players tallied a carry in the victory. Bunicci paced the Seawolves' receivers with a teamhigh 63 yards. Graduate student RJ Lamarre finished with 30 yards and classmate Cal Redman secured a team-best three catches totaling 24 yards.

Dempster led the way in the backfield with his 160 yards. Redshirt sophomore Johnny Martin and sophomore Brandon Boria combined for 72 yards on 19 carries, while redshirt junior Shakhi Carson had 34 all-purpose yards (20 receiving and 14 rushing).

Stony Brook's defense was tenacious, forcing two interceptions, a fumble, eight punts and posting six points in the victory. Leading the way for the Stony Brook defense was seniors Rudy Silvera, AJ Roberts, Shamoun Duncan-Niusulu, redshirt junior Rodney Faulk as well as freshmen Jaxson Witherspoon and Sebastian Regis.

Silvera tallied his first interception as a Seawolf and added two pass breakups. Roberts and Duncan-Niusulu paced the team with nine and six tackles, respectively. Faulk wreaked havoc, recording six tackles and



Teammates celebrate their victory on Saturday. Photos courtesy of Stony Brook Athletics

a quarterback hit. Witherspoon ended the game with his first career interception as time expired. Regis, the East Islip product, scooped up a fumble and rumbled 69 yards down the field and into the endzone for Stony Brook's first defensive touchdown under defensive coordinator Scott Lewis.

Stony Brook's special teams unit continued to shine, seeing Enda Kirby knock through a career-best 40-yard field goal in the first quarter. Junior Clayton Taylor punted six times for 287 yards, downing two inside the 20-yard line and booming three that were 50 or more yards.

"Obviously proud of our players. They did a great job preparing. If you prepare right, you're going to play well. I'm excited for the team. They deserve all the credit," said head coach Billy Cosh after the game.

"The last two years have been hard. We were working but we weren't seeing results. We're just happy to have Coach Cosh here and we have a whole new energy," said Roland Dempster.

"The main focus going into this game was discipline. I think we executed that very well," added Rudy Silvera.

The team returns to the road on Sept. 14, heading to the Bronx to take on Fordham at 1 p.m. The game will stream live on ESPN+.

Seawolves Home Games

FOOTBALL

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.
Nov. 9 vs. UAlbany	1 p.m.
Nov. 23 vs. Monmouth	1 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 6:3	31	p.m

WOMEN'S SOCCER

Sept. 9 vs. LeMoyne	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.
Oct. 5 vs. Charleston	12	p.m

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



Women's soccer shuts out Le Moyne Dolphins

The Stony Brook University women's soccer team scored five goals en route to a shutout victory over Le Moyne on Sept. 9 at LaValle Stadium. Four different Seawolves tallied a goal, with Reilly Rich scoring twice to help Stony Brook improve to 3-0 this season at home.

Stony Brook opened the scoring when Rich scored her first goal of the season in the seventh minute, assisted by Sammy Hannwacker on a set-piece from the far corner. The Seawolves added another score on a goal from Luciana Setteducate in the 18th minute, assisted by Linn Beck and Mercy Sabuni Soderling. Stony Brook carried a 2-0 lead into the halftime break.

Stony Brook padded the lead to three goals on Beck's 58th-minute goal, her first of the season. Setteducate and Rich assisted the goal. The Seawolves added another tally on a 65th-minute goal from Rich, her second of the contest. Hannah Maracina got in on the action, adding a goal in the 76th minute with an assist from Leah Rifas. The goal was Stony Brook's fifth of the afternoon and the score would hold as the clock hit zeros at LaValle Stadium.

"The performance from the team today was very good, as I expected," head coach Tobias Bischof noted postgame. "Today was a game where we could show what we can do offensively, and we did that. I was happy with the overall performance, both offensively and defensively."

The team is back in action on Sept. 12 when they visit UMass Lowell. Yhe game will streamlive at 5 p.m. on ESPN+.

A Letter to the Community

From Stony Brook Interim President

RICHARD L. McCORMICK



Greetings from Stony Brook University! Since I arrived in August, faculty, staff and students have shared enthusiastic and proud stories about this wonderful community. Along with my family, I am pleased to call Stony Brook home and I look forward to meeting many Stony Brook-area neighbors. And with that, I would like to extend an invitation to you to visit the Stony Brook campus often — and soon!

On Saturday, September 28, Stony Brook will host CommUniversity Day, an annual campus festival that celebrates our special community network: neighbors, regional partners, alumni, employees, students, family and friends. From delicious food and mini lectures to the return of our popular teddy bear clinic, along with new happenings, like the inaugural Lego building block competition, there is something for everyone. The family-friendly event is free, and a lot of fun! Stony Brook University is at its best when it is experienced. Bring your youngest Long Islanders to a live Disney Encanto sing-along at the Staller Center in October. Take a "walk with a doc" while learning about health and wellness. Kick off your winter with our Starry Nights chamber music concert. Learn more about these and other events at stonybrook.edu.

Stony Brook University plays a leading role in the economic vitality of Long Island. The university has an annual economic impact of \$8.93 billion on the Long Island economy, adding \$3.42 billion to earnings and supporting just over 55,000 jobs. The university's economic impact accounts for 3% of all economic activity on Long Island and 8% of total jobs in Suffolk County.

A few weeks ago, Stony Brook welcomed its largest-ever first-year class. Our newest Seawolves participated in our annual Community Service Day that included learning about how they can give back to the community they will call home for the next several years. From teaching in high schools, participating in community cleanup projects or connecting with residents of local nursing homes — including the Long Island State Veterans Home on the Stony Brook campus — our students have always embraced the chance to make a difference.

As the year goes on, we will provide updates on the national search for Stony Brook's permanent president. As a public research institution, we wear many different hats. We are a state flagship, a leader in scientific innovation, a cultivator of artistic minds, the destination of choice for patient care and a convener of genuine community engagement on Long Island. And let us not forget the many opportunities for collaboration and community health with The New York Climate Exchange, which Stony Brook is honored to lead. Clearly, it is a momentous time for this institution and we are so glad that you are a part of it.

Sincerely,

Richard L. McCormich

Richard L. McCormick Interim President, Stony Brook University

