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JANUARY 16, 2025

STAR POWER

Staller Center
announces season
line-up featuring
world-class
entertainment ♦ B11

Two-time Tony® Award-winner
Sutton Foster returns to the
Staller Center on February 1.
Photo courtesy of Staller Center

ALSO: Review of Netflix documentary 'Don't Die' B12 • Weekly Calendar B14 • SBU Sports B19

The Benefits of Robotic-Assisted Lung Cancer Surgery

OUR EXPERTS ANSWER YOUR QUESTIONS



Ankit Dhamija, MD
Cardiothoracic Surgeon and
Director of Robotic Thoracic Surgery,
Stony Brook Heart Institute
and
Lung Cancer and
Chest Disease Program,
Stony Brook Cancer Center



Allison J. McLarty, MD
Cardiothoracic Surgeon,
Stony Brook Heart Institute
and
Director, Lung Cancer and
Chest Disease Program,
Stony Brook Cancer Center

Stony Brook Cancer Center continues to expand its minimally invasive procedures, such as robotic-assisted surgery, for patients with cancer.

Cardiothoracic surgeons, Drs. Ankit Dhamija and Allison McLarty, are using the robotic approach to treat lung cancer. These highly trained surgeons explain how this procedure offers patients a more precise surgery that can lead to better outcomes.

What is robotic-assisted surgery?

The way we perform surgery keeps evolving and improving, especially when new technology is introduced. When we first started using the da Vinci® Xi™ robotic system, we mastered the new technique of using this tool as an extension of our hands and magnification of our vision. When performing robotic-assisted surgery, we dock the robot and are right next to you

as we perform the surgery. The incisions are similar in size to thoracoscopic (video-assisted thoracic surgery or VATS) surgery, which uses a handheld camera and instruments through small holes in the body.

How is this used to treat lung cancer?

When an early-stage lung cancer is diagnosed and it's only in one lung, we are using this surgical technique for anatomic lung resection (removal). A lobectomy — considered the gold standard for lung cancer treatment — is the surgical removal of one of the lobes in the lung. The right lung has three lobes, and the left lung has two. Additionally, these lobes are broken down into segments, which allows us to perform smaller anatomic resections. We are also using robotic-assisted surgery for an esophagectomy, which is the removal of and reconstruction of the esophagus, when cancer is found. In addition, we are using this approach for tracheal disease, mediastinal masses and chest wall disease, such as thoracic outlet syndrome.

What are the advantages?

We've found there are a few advantages with this type of surgery. One is that we don't have to spread the ribs as we do in open or traditional surgery, because we are using smaller incisions to access the tumor. This results in a faster recovery, which allows you to return to work or your normal activities sooner. Another advantage is that we can remove the lymph node packet — the area around the tumor — more precisely. This is partially due to the ten times magnification of the robot in conjunction to the benefit of the wrist articulation.

How do I qualify for this approach?

You're a candidate if you have an early-stage cancer and have had minimal operations in your chest. Ideally, you wouldn't have received preoperative cancer therapy, such as chemotherapy, radiation or immunotherapy.

Even in a percent of these cases, there are modifications that can be done during surgery, so we can use the robotic system for part of the procedure. For late-stage cancer, it can be used to evaluate for lymph node invasion and palliation.

What would my recovery be like?

With the robotic technique we have found that there is a shorter hospital stay when comparing it to an open surgery. Bleeding is a risk, but not any higher than it is in any of the other approaches. For the lung resections, you're likely to go home anywhere between day one and five. Pain substantially decreases upon discharge and removal of the chest tube. The time frame to go back to your normal function, work and activities is usually between one to two weeks, except for exercising and lifting heavy objects. Those take a little longer.

What's the Stony Brook difference?

We have immediate access to our colleagues who have expertise in a range of specialties. Collaborating with them in our multidisciplinary tumor board meeting, and when needed, is an asset that is unique to an academic health center where the depth of knowledge is abundant. Also, there is strong administrative support to expand the robotic surgical program, so we can keep adding to our array of techniques that will benefit patients.

For information or to make an appointment, call (631) SB-CANCER (722-2623) or (631) 444-2981.

This article is intended to be general and/or educational in nature. Always consult your healthcare professional for help, diagnosis, guidance and treatment. Stony Brook University/SUNY is an equal opportunity educator and employer. SBM-AD2412 0273



Elvis is in the building

Gurwin seniors celebrate Elvis Presley's 90th birthday

COMMUNITY NEWS

Seniors from the Gurwin Jewish-Fay J. Lindner Residences assisted living community in Commack celebrated what would have been the 90th birthday of Elvis Presley with a “Viva Las Vegas” themed celebration and concert on January 8, featuring acclaimed Long Island-based Elvis impersonator Lamar Peters in the headlining role.

“This is a great day that our residents will be talking about for weeks,” said Joel Gali, Vice President and Administrator for Gurwin’s assisted living community. “Seeing them up and dancing with smiles on their faces is priceless.”

To complete the “Viva Las Vegas” theme, Gurwin residents played casino-style games at green felt-topped gaming tables, staffed by Gurwin team members dressed as dealers. They also dined on Elvis-inspired snacks, including peanut butter and banana sandwiches and ice cream floats, and sipped on sparkly “pink Cadillacs,” the event’s signature drink. Gurwin also offered special photo station for pictures with Elvis plus his classes sunglasses and scarves to complete the experience.

Residents remembered the days of Elvis at the peak of his popularity.

“I liked his music a lot,” said Hedda Pessin, a Gurwin assisted living resident. “When my husband and I used to drive in



Gurwin resident Doreen Scott poses for a photo with Elvis impersonator Lamar Peters. Photo courtesy of Gurwin

the car we would hear him on the radio. Usually I didn’t like rock and roll, but I liked Elvis.”

“He was very young, very sexy, and very alive,” said Gurwin resident Judy Gottesman.

“I remember him on the Ed Sullivan Show,” gushed Millie Frankel, another Gurwin resident who attended the concert. “And it was the first time I saw someone on television who wiggled and did his thing”

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The journey to becoming a U.S. citizen involves several key steps

BY KAREN ANDERSON

The journey to become an American citizen begins by meeting general requirements. You must be 18 or older to file Form N-400, Application for Naturalization, and be a lawful permanent resident (have a “Green Card”). You must prove continuous permanent residence in the U.S. for at least 5 years, or 3 years if married to a U.S. citizen, and have lived at least 3 months in your state of residence.

MAKING DEMOCRACY WORK

The general filing fee is \$765. There can be other fees depending on the applicants situation. Applicants who have served in the military can have the fee waived. The U.S. Citizenship and Immigration Services (www.uscis.gov) has more information on other requirements and documentation needed.

This can be a difficult process to wade through and sometimes requires the services of an immigration lawyer, which can add an enormous expense and burden.

USCIS officers interview applicants to test their ability to read, write, speak and understand English. During the interview the applicants are asked personal questions

about their background. The speaking test consists of photographs of everyday activities. The applicant must explain what is happening in the photos. Their knowledge of U.S. history and government is also tested. USCIS provides materials to study and prepare for the test. There are vocabulary lists focusing on history and civics topics. The civics test will have 10 questions taken from the list of 100 study questions, such as: What is the supreme law of the land?, or Who wrote The Declaration of Independence? The applicant must answer six out of 10 questions correctly.

The Naturalization Ceremony is the last joyous step. It's the culmination of a long and difficult process filled with red tape, bureaucracy, hard work and determination. The pandemic caused a backlog of applications with the shutdowns and shuttered immigration offices. But now large ceremonies at parks, arenas and courthouses are making a comeback. Each month hundreds of immigrants from many countries across the world take the Oath of Allegiance — giving up allegiance to their country of origin, promising to defend and protect the United States and its Constitution against all enemies, bear arms on behalf

of the U.S. and perform work of national importance under civilian direction when required by law.

Most immigrants come to America with the hope of achieving the American dream for themselves and their families. The judges presiding over the ceremonies often relate stories of immigrant ancestors who took a similar journey and made it possible for them to attain their own dreams. All Americans can relate to this and understand how challenging and life changing an experience that is.

The applicants are reminded that once they take the oath they are American citizens with all the rights, responsibilities, freedoms and privileges of every American. The happy smiles of the new citizens, and the friends and family members there to support and celebrate with them, makes it an inspiring occasion.

The League of Women Voters often attends these ceremonies to welcome the new citizens and assist them in registering to vote. This is a privilege and responsibility the new citizens cherish, as all Americans should. The League works diligently to register all eligible citizens and provides information to educate voters. Getting out the vote is

a priority as the League believes everyone should make their voice heard. Voting is an American right (and responsibility) envied around the world. The League works to help voters understand and make an informed choice in the voting booth.

Last September 17 was Constitution Day, Citizenship Day and National Voter Registration Day. The Smithtown League and Five Towns College collaborated to register students. All students were quizzed about the Constitution and tried to answer basic civics questions that aspiring citizens are asked (and could win food or candy for participating!). The League also provided information about early voting and propositions appearing on the ballot. It was a great day to celebrate our democracy with enthusiastic young people who we hope will be responsible voters and civically engaged as adults.

Karen Anderson is a member of the leadership team of the Smithtown League of Women Voters, 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>.



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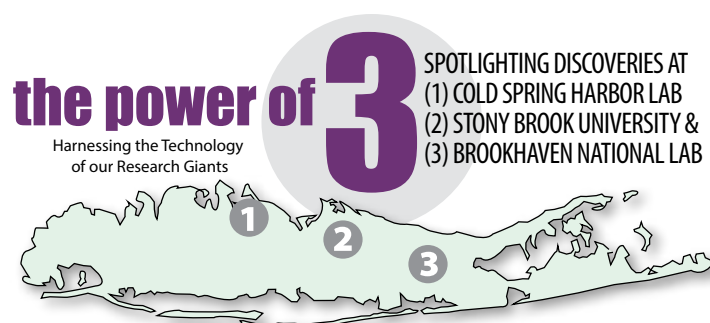









SBU's Maurizio Del Poeta, Iwao Ojima, Ashna Garg and others use antifungal drug to treat cats in Brazil



BY DANIEL DUNAIEF

It worked for mice and now, several years later, has shown promise for cats.

Researchers from Maurizio Del Poeta's lab, working closely with those from Iwao Ojima's team at Stony Brook University, have demonstrated that an experimental treatment against a fungus resistant

KNOWLEDGE SEEKERS

to the current standard of care can work with cats battling a ferocious infection, albeit on a small sample size.

The Stony Brook team, along with scientists and veterinarians in Brazil, used a drug they created in 2018 called D13 to treat 10 cats with severe forms of a fungus that affects cats and humans called sporotrichosis.

With this treatment, which the researchers introduced as a powder into the cat's food, half of the 10 felines whose skin was under insidious attack from the fungus staged remarkable recoveries, offering a potentially promising development that could one day also offer an alternative care for cats and for people.

"The prevalence in South America is 25 to 20 cases per 100,000 people, which is not low," explained Del Poeta, Distinguished Professor of Microbiology and Immunology. "It affects mostly immunocompromised people and particularly people who have cats or people taking care of infected cats."

Typically, people get superficial infections, but a person who is severely immunocompromised could have an infection that spreads and becomes fatal.

The work taps into the expertise of Ojima, a Distinguished Professor in the Department of Chemistry. Ojima worked on the structure elucidation, the structure activity relationship and development of efficient synthetic methods for large scale synthesis of the drug.

Recent Stony Brook PhD graduate Ashna Garg contributed to this ongoing effort.

Ojima described the work as "solidly encouraging" and added that the scientists have "even better compounds in the same series for human use" that are more potent and more selective to fungi compared to humans which makes systemic toxicity "very low."

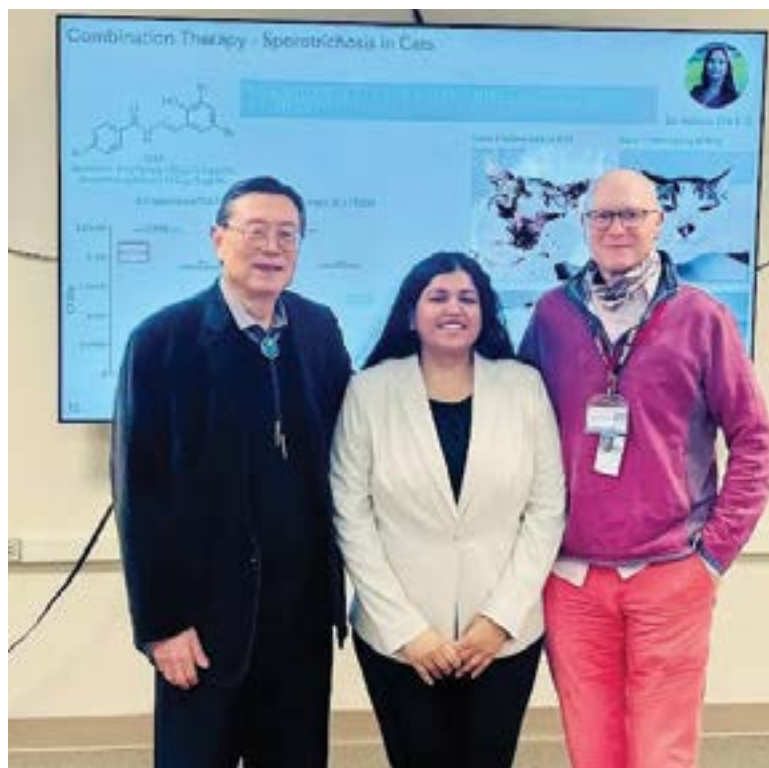
Del Poeta's lab has been studying sphingolipids metabolism and signaling in fungal and mammals cells to identify new markers for early diagnosis and microbial enzymes/ molecules essential to cause infections in the attempt to develop new antifungal targets.

To be sure, in the cat research, five out of the 10 cats didn't complete the study. One of them died, although the cause of death was unknown, and four of the other cats abandoned the study.

Additionally, one of the cats for whom the drug worked showed an elevated level of a liver enzyme, which returned to normal within weeks of the conclusion of the study.

Still, the results were promising and provided encouraging improvements for cats battling an infection that threatened their health.

"I am very pleased with the efficacy of D13 on cats in Brazil," explained Ojima, adding that it is "a compelling result."



From left, Iwao Ojima, Ashna Garg and Maurizio Del Poeta.

Photo by Kathryn Takemura

Additionally, in other preliminary studies, D13 works against various fungal infections, including cryptococcosis, aspergillosis and candidiasis. A new derivative of D13 is more effective for those other infections, the scientists said.

Del Poeta explained that the scientists chose to do the research in Brazil because of the prevalence of sporotrichosis in the area and because he had established collaborations in the country in earlier research.

'Proud and grateful'

For her part, Garg was thrilled to contribute to research that provided a remedy to a deteriorating condition in an animal some of her friends own as pets.

Cat owners often reacted emotionally when she told them about her work, appreciating the significance of the results.

"I am deeply proud and grateful to have contributed to this work," said Garg. "Its remarkable effectiveness continues to inspire and motivate me."

A significant part of her PhD revolved around taking the initial

eradication on one of the three fungal strains," Garg added.

While promising, this study does not indicate a new human treatment will be on the market in the short term.

The scientists are doing toxicology studies and hope a new therapeutic option might be available as soon as five years, Del Poeta estimated.

From Delhi to Stony Brook

Garg, who defended her thesis in December, grew up in Delhi, India, where she pursued her undergraduate studies in Chemistry at Delhi University.

After that, she earned her Master's in Chemistry at Vellore Institute of Technology in Tamil Nadu, India.

Garg arrived at Stony Brook in 2019 and joined Ojima's lab in early 2020, just at the start of the pandemic.

"It was indeed a challenging time to start a new position," Garg acknowledged.

Currently a resident of Poquott, Garg enjoys living on Long Island, where she visits beaches, drives around the area and cooks.

Garg, who attended meetings in the labs of both Professors Ojima and Del Poeta, is grateful for the support of these senior scientists, who were also part of her thesis committee.

Del Poeta described Garg as a "dedicated scientist" with an "impeccable" work ethic.

"Drug synthesis can be very challenging," Del Poeta described. "She is tirelessly resilient."

Garg is staying at Stony Brook for another year as a post-doctoral researcher.

Del Poeta is pleased with the productive collaboration he's had with Ojima, whom he described as "passionate, intellectually stimulating, dedicating, inspiring and hard working."

If Del Poeta sends an email on Saturday night, Ojima typically replies by Sunday morning.

"It is an honor to collaborate with him," Del Poeta explained. Ojima's work "makes these impressive results possible."

lead compounds and developing second and third generation compounds to enhance their effectiveness and bioavailability.

With three bromine atoms, D13 is an unusual therapeutic treatment.

Bromine is "relatively rare among the top 200 pharmaceuticals," Garg explained. "Bromine can be toxic or can act as an irritant. Part of my work involved exploring ways to reduce the bromine content" to make the treatment more viable in drug development. The scientists are working to understand why and how this treatment works.

"The exact mechanism of action of D13 is not fully understood yet but we are getting very close," Garg explained.

With the third generation of D13, the team identified compounds that are highly fungal specific with broad spectrum activity, effectively eradicating 100 percent of the three malignant type of fungi.

"It's important to note that some first and second generation compounds also demonstrated excellent antifungal activity at very low drug concentrations, even if they did not achieve complete

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Proactive Medicine Prevention/ Anti-aging

I am very happy to see you because my father, who was a physician many years ago, said that doctors do not prevent but only treat maladies and illness, but after working with Dr. Dunaief, I realize that is not true! You are helping me with prevention, and I am most appreciative. I don't want to wait until I get another kidney stone. You also have pointed out that age is not what makes you tired, but many risk factors for disease are, such as dehydration and high salt.

Age 61

Cardiology/Heart and Eyes

Mom went to the cardiologist last week as well as the eye doctor and both doctors confirmed that she's in better health than she was last time they saw her. So clearly your plan is helping her. Thank you.

Age 83

Sugar Addiction

The smoothie helped me quit soda – I was drinking Coca Cola on a daily basis. I must say, the smoothie has the sweetness of everything that was in Coke and that is satisfying!!

Age 43

Weight Loss

When not eating your diet, I felt nauseous on the weight loss drugs (Ozempic or Zepbound). In other words, I felt the typical side effects from the drugs. But when on your diet in combination with Zepbound (a weight loss drug), I now can run 6 miles and feel great. I don't have the side effects and lost a lot of weight and body fat. This is very exciting.

Age 54

Thyroid and Cholesterol and Inflammation

Dr. Dunaief is wonderful! For the first time in decades, I'm off thyroid medication. My labs have improved--from cholesterol to inflammatory markers--and my kidney function is that of a person less than half my age. He's personable, takes his time to answer questions, can be directly reached between visits, and truly cares about his patients.

I can't recommend him highly enough!

Age 67

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Managing cold symptoms

Home remedies may be more helpful than supplements

MEDICAL COMPASS



BY DAVID M. DUNAIEF, MD

These past few weeks, I've been hearing a lot more sniffing, sneezing and coughing. Cold season is here. A cold's effects can range from mild annoyance

to more serious symptoms that put us out of commission for weeks.

First, you might be able to prevent catching a cold with some common-sense tactics: wash your hands frequently and avoid touching your face to help minimize your exposure. Frankly, this is good practice to avoid many of the viruses circulating at this time of year.

If you do catch a common cold, you might be able to reduce your symptoms or the cold's duration with some simple homestyle remedies and a few dietary supplements.

How do you relieve cold symptoms?

Congestion or coughing symptoms can be eased by sitting in a steamy bathroom. This simulates a medical mist tent, moisturizing your nasal and bronchial passages.

You might also try nasal irrigation, which uses a saline rinse or spray to flush your sinuses. This can help clear immediate congestion and thin secretions (1). There are pre-filled versions on the market, which make them easier to use. If you mix your own, the Cleveland Clinic's website has detailed instructions and guidance (2). A few key points: do not share equipment, clean your equipment properly, and do not use tap water without boiling it.

Dry heat is your enemy when you're experiencing cold symptoms. If your home or office is dry, use a cool mist humidifier to put some humidity back in the air. Take care to clean your humidifier to avoid mildew and mold buildup.

You can eat salt-free soups loaded with vegetables to increase your nutrient intake and loosen congestion. I start with a sodium-free soup base and add spices, onions, spinach, broccoli, and other greens until it's stew-like. High levels of sodium can dehydrate you and make you feel worse. Caffeine-free hot teas will also help loosen congestion and keep you hydrated.



METRO photo

Does Zinc reduce a cold's duration?

According to a meta-analysis that included 13 trials, zinc in any form taken within 24 hours of your first symptoms may reduce the duration of a cold by at least one day (3). Even more importantly, zinc may significantly reduce the severity of your symptoms throughout, improving your quality of life. This may be due to an anti-inflammatory effect.

One of the studies found that zinc reduced the duration of the common cold by almost 50 percent from seven days to four days, cough symptoms were reduced by greater than 60 percent, and nasal discharge was reduced by 33 percent (4). Researchers used 13 grams of zinc acetate per lozenge taken three-to-four times daily for four days. This translates into 50-65 mg per day.

There are a few serious concerns with zinc. First, the dose researchers used was well above the maximum recommended intake is 40 mg per day for adults (5). Also, the FDA has warned against nasal zinc administration with sprays, which can result in permanent loss of smell.

Studies that showed a benefit have used different formulations, delivery systems and dosages, and there is no current recommendation or consensus on what is optimal.

Does vitamin C or echinacea help?

According to a review of 29 trials, vitamin C did not show any significant benefit in preventing or reducing cold symptoms or duration for the general population (6). However, a sub-group of serious marathon runners and other athletes who took vitamin C prophylactically caught 50 percent fewer colds.

The jury is still out on the effectiveness of echinacea for treatment of duration and symptoms, but the results are inconsistent and disappointing (7). In a randomized controlled trial with 719 patients, echinacea was no better than placebo for the treatment of common cold symptoms (8). There are ongoing studies to determine whether prophylactic use helps prevent colds (9).

Should you exercise or not?

A study published in the British Journal of Sports Medicine may challenge your perceptions about exercising when you have a cold. Participants who did aerobic exercise at least five days per week, versus one or fewer days per week, had a 43 percent reduction in the number of days with colds over two 12-week periods during the fall and winter months (10). Even more interesting is that those who reported themselves as being highly fit had 46 percent fewer days with colds compared to those who perceived themselves as having low fitness. Their cold symptoms were reduced significantly as well.

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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.

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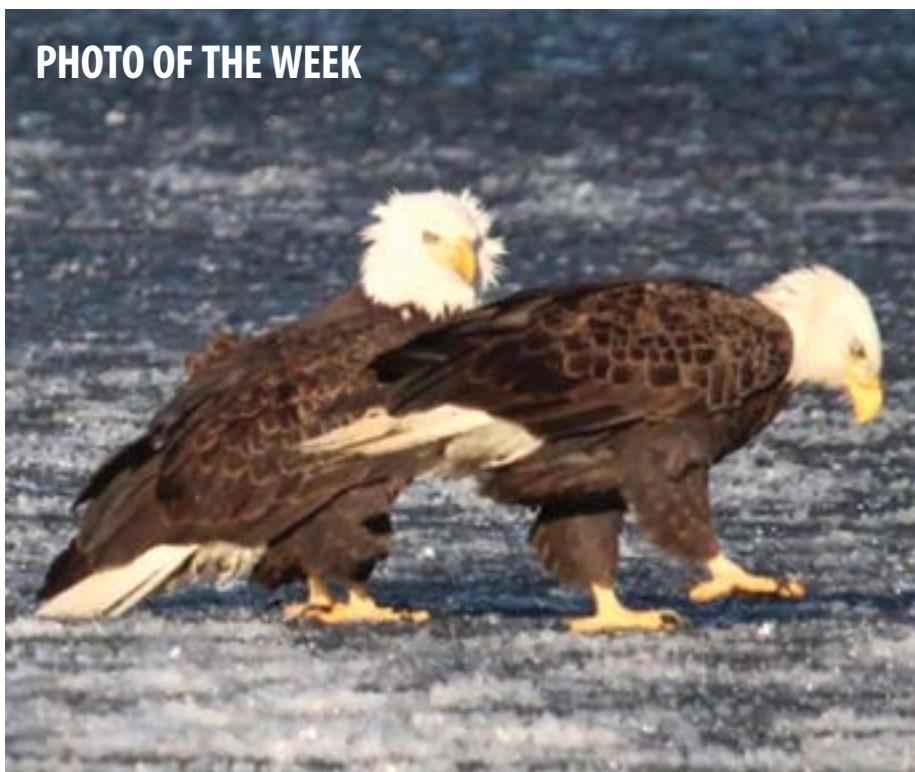
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ICE FISHING

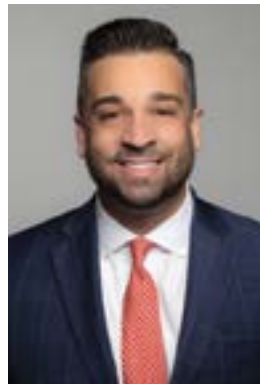
Dawn Coursen snapped this incredible photo of two bald eagles trying to figure out how to get their next meal on a frozen Lake Ronkonkoma on Jan. 10.

Send your Photo of the Week to leisure@tbrnewspapers.com

When is a good time for a Roth conversion?

MONEY MATTERS

In life, you often get second chances — and the same is true with investing. To illustrate: You might not have been able to contribute to a Roth IRA during your working years



BY MICHAEL CHRISTODOULOU

due to your income level, but you may get that opportunity as you near retirement, or even when you are retired — through a Roth conversion.

Why is a Roth IRA desirable for some people? Here are the key benefits:

Tax-free withdrawals

You put in after-tax dollars to a Roth IRA, so you can withdraw your contributions at any time, free of taxes and penalties. And if you've had your account for at least five years and you're at least 59½, you can also withdraw your earnings free of taxes.

No RMDs

With a traditional IRA, you'll have to start taking withdrawals — called required minimum distributions, or RMDs — when you turn 73, or 75 if you were born in 1960 or later. But there's no RMD requirement with a Roth IRA — you can essentially leave the money intact as long as you like.

Tax-free legacy for your heirs

When your heirs inherit your Roth IRA, they can withdraw the contributions without paying taxes or penalties, and if the account has been open at least five years, they can also withdraw earnings tax free.

But even if you were aware of these advantages, you might not have been able to invest in a Roth IRA for much of your life. For one thing, you might have earned too much money — a Roth IRA, unlike a traditional IRA, has income limits. Also, a Roth IRA has only been around since 1998, so, in the previous years, you were limited to a traditional IRA.

As you approach retirement, though, you might start thinking of just how much you'd like to benefit from a Roth IRA. And you can do so by converting your traditional



METRO photo

IRA to a Roth. While this sounds simple, there's a major caveat: taxes. You'll be taxed on the amount in pre-tax dollars you contributed to a traditional IRA and then converted to a Roth IRA. (If you have both pre- and after-tax dollars in your traditional IRA, the taxable amount is based on the percentage of pre-tax dollars.)

If you have large amounts in a traditional IRA, the tax bill on conversion can be significant. The key to potentially lowering this tax bill is timing. Generally speaking, the lower your income in a given year, the more favorable it is for you to convert to a Roth IRA. So, for example, if you have already retired, but have not started collecting RMDs, your income may be down.

Timing also comes into play with the financial markets. When the market is going through a decline, and the value of your traditional IRA drops, you could convert the same number of shares of the underlying investments and receive a lower tax bill or convert more shares of these investments for what would have been the same tax bill.

Finally, you could lower your tax bill in any given year by stretching out your Roth IRA conversions over several years, rather than doing it all at once.

You'll want to consult with your tax advisor before embarking on this conversion — but if it's appropriate for your situation, you could find that owning a Roth IRA can benefit you and your family for years to come.

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

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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Brendel's Bagels celebrates grand opening in Centereach

Brendel's Bagels & Eatery of New York celebrated the grand opening of its Centereach store with a ribbon cutting on Jan. 8. The event was attended by members of the Greater Middle Country Chamber of Commerce, local officials including Suffolk County Leg. Nick Caracappa and community supporters.

BUSINESS NEWS

Located at 1311 Middle Country Road, the shop boasts its signature Newfield Pride Bagels along with an extensive breakfast, lunch and catering menu.

"Brendel's Bagels is proudly owned by local Middle Country residents, and the store manager, Zach, is a graduate of Newfield High School. We take immense pride in seeing our homegrown talent thrive by opening and managing businesses that enrich our community," said Lenore Paprocky, President of the Greater Middle Country Chamber of Commerce, in a press release.

"We look forward to many great things ahead for Brendel's Bagels and encourage everyone to stop by, support this new local gem, and enjoy their delicious offerings. Here's to new beginnings and continued success for our community," she added.

Brendel's Bagels also has locations in Syosset, Glen Cove and Hauppauge.

Store hours are 5 a.m. to 4 p.m. Mondays through Saturdays and 5 a.m. to 3 p.m. on Sundays. For more information, call 631-320-1009.



Photo courtesy of Greater Middle Country Chamber of Commerce

Movers & Shakers



Keith J. Gurnick of engineering and architecture firm Nelson + Pope in Melville has been promoted from Senior Associate to Senior Associate Partner. In his new position Gurnick will continue to lead and develop the architectural team while focusing on broadening the department's range of services, projects, and markets.

Gurnick has been with the firm for one year and has over 30 years of experience in leadership, design, project/construction administration, and operations related to architecture projects in all markets throughout New York.



Michael R. Sceiford of the financial services firm Edward Jones recently received a promotion to the position of regional leader, responsible for the health and wellbeing of 40 branch teams.

In addition to this leadership role, Sceiford will continue to help the people of his community with their investment needs.

Located at 640 Belle Terre Road, Building B, in Port Jefferson, the investment firm helps its customers prepare for retirement, save for education and be a tax-smart investor. For more information, call 631-928-2034.



Sherry J. Sandler has joined the firm Meltzer, Lippe, Goldstein & Breitstone, LLP as a partner. A highly regarded leader in corporate law, Sandler brings experience in financial and regulatory compliance, corporate governance, and capital markets transactions to the Long Island legal community.

Her career includes senior roles at leading financial organizations, including the New York Stock Exchange (NYSE), where she served as Senior Director and Associate General Counsel. She has also held prominent legal positions at KCG Holdings, Inc., Knight Capital Americas LLC, and Milbank, LLP.



Jonathan McGinn, formerly an Environmental Analyst with 18 years at Nelson, Pope & Voorhis, LLC, has been promoted to Senior Environmental Analyst.

In his new role, McGinn will continue to prepare Phase I and Phase II Environmental Site Assessment (ESA) reports, oversee the sampling of soils, soil vapor, and groundwater, conduct Stormwater Pollution Prevention Plan (SWPPP) inspections, and serve as the primary point of contact for Phase I ESA FOIL file reviews. Additionally, he will provide high-level support services and assume project management responsibilities.



Hannah Motyka has rejoined Nelson, Pope & Voorhis, LLC, a full-service environmental, land use and planning services firm in Melville as Project Manager/Sr. Environmental Scientist.

Motyka will be responsible for ecological assessments, habitat assessment, wetland delineation and habitat inventories, preparation of Environmental Impact Statements, environmental assessments and planning studies, land use feasibility analysis, municipal board representation, wetland/regulatory applications and other assignments.



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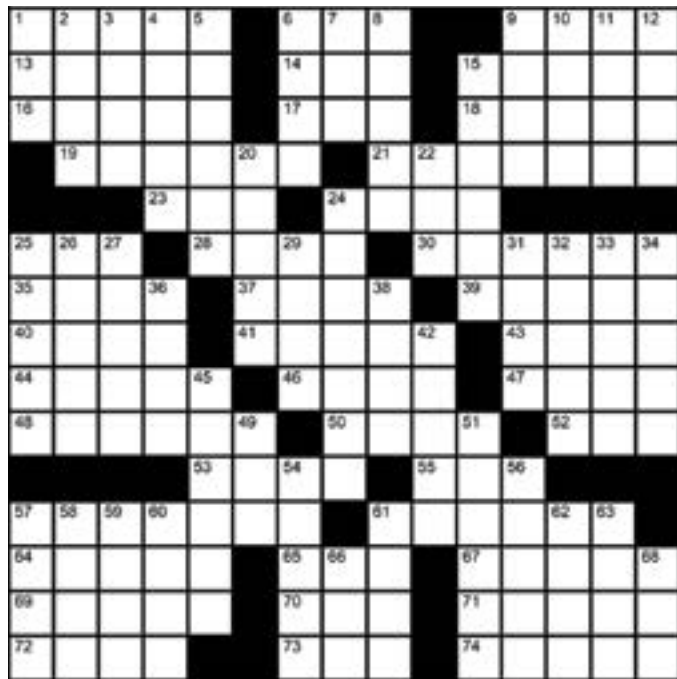


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CROSSWORD PUZZLE

THEME:
At the Restaurant
CLUES ACROSS

1. Bet's predecessor in the Hebrew alphabet
6. Ogre-like creature
9. Attorney's bargain
13. Old but in
14. *Restaurant waiting area?
15. Located near crannies?
16. List of Catholic saints
17. Down Under runner
18. White heron
19. *___ meal, or staff meal
21. *Meat and fish, in Italian restaurant
23. Singer/songwriter Yoko
24. *What appetizers do to appetite
25. *Deuce
28. Like a reliable move
30. Not a desktop
35. "My bad!"
37. Painter Chagall
39. Beyond suburban
40. Wisecrack
41. *Nigiri, e.g.
43. *Middle Eastern bread
44. Of an arm bone
46. That time
47. Let it stand, to proofreader
48. Swellings
50. Chancy
52. Between E and NE
53. Stomach reflex
55. *Fish eggs
57. *Second C in CDC
61. *___ d'hotel
64. Not mainstream, as in art
65. "To His ___ Mistress"
67. Bracelet add-on
69. Covers with gold
70. Stiff grass bristle
71. Irving of Dallas Mavericks
72. Eyelid affliction
73. Fairytale princess test
74. Winter driving hazard



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CLUES DOWN

1. Curved one
2. Table extender
3. Sicilian erupter
4. Movie trailer, e.g.
5. Perfecting, as in skill
6. Toe the line
7. Popular pickup
8. Puppy love
9. Jumping stick
10. Forsaken
11. Barely got by
12. Spumante-producing town
15. Greek god's libation
20. Rumpelstiltskin's machine, pl.
22. *Freshwater staple in sushi restaurant
24. Idolize
25. *Chef's hat
26. Modified "will"
27. Offer two cents
29. Drawn tight
31. Baby porcupines
32. Commonplace
33. Like Cheerios
34. *Blue-___ special
36. Unsubscriber's focus
38. *___ de partie, or line cook
42. ___ structure or ___ red
45. Cujo's disease
49. Ray shooter
51. Foxhunter's call to hounds
54. Short version
56. C2H5
57. Marlboros or Camels, slangily
58. Army group
59. Lazily
60. *Complimentary dish
61. Asian starling
62. *Steak choice
63. Great Lake
66. Be in the red
68. Were introduced

Answers to last week's puzzle: Snow Day



* THEME RELATED CLUE

SUDOKU PUZZLE

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

© StatePoint Media

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

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

Staller Center is ready for spring and refreshing entertainment

BY RITA J. EGAN

Stony Brook University's Staller Center for the Arts has planned an upcoming spring season filled with diverse entertainment options, from music to dance to comedy and nights out on the town to family-fun experiences.

Season openers

Alan Inkles, Staller Center director, said the season kicks off on the Main Stage with family fun on Sunday, Jan. 26. The

COVER STORY circus act The Great DuBois, featuring Michael DuBois and Viktoria Grimm, will feature juggling, aerial stunts, comedy and more,

"It's that time of year where it's three weeks after the holidays are over, you're looking for something to do, and I thought a nice family show would be a good time for that," he said.

Later that week, on Saturday, Feb. 1, the venue will host its annual gala. This year will be *An Evening with Sutton Foster*, featuring the two-time Tony Award winner in her solo concert. Foster has released three studio albums that mix Broadway and jazz classics along with her own compositions.

Regarding Foster, who has starred in several Broadway productions, including *Thoroughly Modern Millie*, *Anything Goes* and *The Music Man*, Inkles said, "No one is working harder or doing more shows."

For the first time this year, gala attendees can purchase tickets for the show, a pre-concert dinner and a post-show dessert reception. As in previous years, they can also buy tickets for the show only or the show and reception.

According to Inkles, the money raised from gala ticket sales helps to produce other Staller Center shows and to fund its educational outreach programs. This outreach includes making tickets available to underrepresented families and university students and bringing petting zoos to various schools, churches and libraries.

Let the music play

Among this season's musical acts will be Grammy-winning violinist Joshua Bell and soprano Larisa Martinez on Feb. 15 with *Voice and the Violin*. The husband-and-wife act will play classical art songs and operas to show tunes and selections from Latinx composers. Mardi Gras will be celebrated on Feb. 21 in the Staller Center's Recital Hall with New Orleans Songbook, presented by Jazz at Lincoln Center.



The Paul Taylor Dance Company will close out the season on May 3. Photo courtesy of Staller Center

Melissa Errico, accompanied by prolific jazz pianist Billy Stritch, will return to the Staller Center on March 22 for a tribute concert honoring the late Stephen Sondheim. Inkles described Errico as the "quintessential singer of Steven Sondheim."

The Tony nominee will interpret the songwriter's works, including *Send in the Clowns* and *Good Thing Going* and offer insights into the stories behind the pieces.

"Every Broadway singer in the world knows if you want Sondheim, Melissa Errico is your gal," Inkles said.

Returning on April 2 is *Starry Nights*. Directed by Colin Carr, Stony Brook University Department of Music musicians will perform chamber selections, including the works of Schubert, Schoenberg and Schulhoff.

On April 14, the Emerson Legacy Series will perform with former Emerson String Quartet member Paul Watkins. While known for being a cellist, Watkins will be playing piano in the April show, accompanying soprano Christine Goerke. The night will feature classical and cabaret styles and also include Eugene Drucker on violin and Larry Dutton on viola.

Make them laugh

The Staller Center will present two comedy productions this season. *The Comedy of Errors* by The Acting Comedy, in conjunction with the nonprofit Play on Shakespeare, takes place on Feb. 8. The comedy incorporates mistaken identities with whimsical adventures.

Brooklyn native Chris Distefano will perform his comedy show on March 8. Inkles described the comedian, known for his work on MTV's *Guy Code* and *Girl Code*, as charming and having a growing fan base and said the act is a relatively clean show.

More fun for the family

The month of March will end with the classic Prokofiev's *Peter and the Wolf* on March 30. The Staller Center Outreach Ensemble, which includes SBU music department students, allows audience members to learn how each instrument represents a character in the tale. The student-actors will also mingle with ticket holders after the show, where attendees can try the instruments. Inkles said the play is a way to introduce young people to

the arts. In addition to the performance on March 30, the following day, children from a few of Suffolk County's school districts will attend free of charge. During the year, the outreach ensemble also performs at schools, senior centers and hospitals.

Circus company The 7 Fingers will present *Duel Reality* on April 11 and 12. The company blends circus, theater and dance. Inkles said the storyline is loosely based on *Romeo and Juliet* with two feuding families and includes stunts and illusions.

In addition to the circus element, Inkles said, "I think the adults will enjoy the story that's going on behind it."

Dancing feet

The Syncopated Ladies, known for fusing storytelling with tap dancing and winning the first dance crew battle of *So You Think You Can Dance*, will perform at the Staller Center on March 14. The all-female tap group is choreographed by Emmy Award-nominated choreographer Chloé Arnold, who collaborated with Beyoncé in the past.

"This is going to be a phenomenal night," Inkles said. "It's really great for young people, and people who love tap."

A week later, on March 21, audiences can enjoy *Rhythm India: Bollywood & Beyond*, which features traditional Indian dances from classical to Bollywood hits. Inkles said the production includes approximately 30 to 40 dancers.

Inkles said the Staller Center has partnered with Indu Kaur, owner of Curry Club at SaGhar in Port Jefferson, to bundle a ticket to the show and dinner at the restaurant for \$95.

"I want to get the Indian community to our show, and I want the American community, too, because I want them to see the culture," Inkles said. "I really want this amazing Indian community to make sure they come to this and get to see the culture and share with our audience."

The last dance performance and show of the Staller Center's spring season will be on May 3 with the Paul Taylor Dance Company. The modern dance group will perform classics and new works.

And, more

Inkles said in addition to the Staller Center's spring season, the venue hosts the Stony Brook Symphony Orchestra; and offers the Met Opera: Live in HD series on the Main Stage screen and art exhibitions in the Paul W. Zuccaire Gallery.

Stony Brook University's Staller Center for the Arts is located at 100 Nicolls Road, Stony Brook. To order tickets, call the box office at 631-632-2787 or visit stallercenter.com.

HOROSCOPES OF THE WEEK



CAPRICORN – Dec 22/Jan 20

Capricorn, you will try to meet the demands of your need for information this week. Chances are you'll be reading the newspaper and news outlets as much as you can.

AQUARIUS – Jan 21/Feb 18

You cannot gain traction right now, Aquarius. Perhaps you haven't met the right people yet? Keep your eyes and ears open for new opportunities.

PISCES – Feb 19/Mar 20

Pisces, if a career change has been on your mind, the new year might be a chance to get those gears moving in the right direction.

ARIES – Mar 21/Apr 20

Aries, a special person in your life deserves all of your attention. Romance might be on your mind, and you'll look forward to all of the time you can spend together.

TAURUS – Apr 21/May 21

You may feel artistically inspired this week, Taurus. Explore projects like home improvements or crafting. There are many things to try.

GEMINI – May 22/June 21

Your attendance at a wedding or another special event could have your thoughts moving in a romantic direction, Gemini. Maybe you're thinking of taking your relationship to another level?

CANCER – June 22/July 22

Cancer, forge ahead in your efforts if you aspire to learn a new skill or take on a different project. This might involve meeting new and interesting people. Expand your social network.

LEO – July 23/Aug 23

Leo, it is important to put others first this week, particularly your spouse or romantic partner. You don't want any hurt feelings circulating right now.

VIRGO – Aug 24/Sept 23

An unexpected visitor might come your way in the next few days, Virgo. This could require overhauling your schedule and even space in your home to make room.

LIBRA – Sept 23/Oct 23

Family and friends will have a difficult time changing your mind once you have taken a stance, Libra. You have dug in your heels on this topic.

SCORPIO – Oct 24/Nov 22

Scorpio, new work assignments or additional business may complicate matters in the days ahead. That can be great during times of year when spending can get out of control.

SAGITTARIUS – Nov 23/Dec 21

As you prepare for the colder temperatures, holistic arts, acupuncture, herbs, and therapies might be on your mind, Sagittarius. You don't want to be sick this go-around.

Netflix documentary follows one man's quest for immortality

REVIEWED BY JEFFREY SANZEL

Netflix is streaming *Don't Die: The Man Who Wants to Live Forever*, focusing on Bryan Johnson, the entrepreneur who is “determine[d] to live forever—or die trying.” Johnson, now forty-seven, believes death's inevitability should not be accepted and embarked on an extreme anti-aging protocol.

Johnson founded and was CEO of Braintree, a company specializing in web payments for e-commerce. In 2012, Braintree acquired Venom for over \$26 million. One year later, PayPal (then part of eBay) bought the company for \$800 million; estimates put Johnson's profit at \$300 million. In October 2021, Johnson announced Project Blueprint, his anti-aging endeavor. *Don't Die* focuses on this mission, turning his life into a longevity experiment.

The much-lauded director Chris Smith (*Jim & Andy: The Great Beyond*, *Fyre*, *100 Foot Wave*, etc.) created a documentary alternating between Johnson's daily regimen and his more extreme activities. Each morning, Johnson exercises for an hour, takes a massive number of medications and supplements, eats several pounds of vegetables (he is vegan), and undertakes a range of therapies (light therapy, a hair growth cap, and others). He has a medical-grade clinical operation in his home worth \$2.5 million.

Every vital sign is measured and tracked. At the time of the filming, he was in the optimal 99th percentile for both muscle and fat. He claims to have reversed his biological age by 5.1 years in two years. His speed of aging is .69, which means that he ages eight months every twelve months.

In addition to the more commonplace, Johnson ventured into the world of plasma exchange with his son, Talmadge (as well as giving his own to his father), organ transplant medication suppressing the immune system, and gene replacement therapy (performed on the island of Roatán, off the coast of Honduras).

Much of the film displays his relationship with his son, Talmadge, who came to live with him for his senior year of high school. The divorced Johnson became estranged from his ex-wife and three children when he left the Mormon church. Talmadge, struggling with his own beliefs, chose to join Johnson, who quickly brought him into his world of exercise, diet, and



Bryan Johnson in a scene from 'Don't Die: The Man Who Wants to Live Forever.'

Photo courtesy of Netflix

some of the more extreme endeavors. The uncomfortable scenes between them feel forced. Whether they share genuine affection is hard to parse with the mostly unexpressive Johnson.

While shopping with Talmadge for towels in a Chicago Target, Johnson breaks down at the thought of his son entering the University of Chicago. Is he crying for his son or the cameras? Even Johnson's statement, “I wish I had Talmadge's legs. He's the perfect specimen,” resonates less complimentary and more disturbing.

Johnson claims relationships are important but admits he is not good at them. (*Don't Die* briefly mentions the ugly lawsuit surrounding his breakup with Taryn Southern following her breast cancer diagnosis.)

Don't Die's tone varies, alternating between pedestrian day-in-the-life and darker moments that suggest an episode of *Black Mirror*. In its most extreme, the film offers shades of *Jurassic Park* and, in one particularly uncomfortable sequence about surgical experiments with mice, *The Human Centipede*.

For over half the film, Johnson is shirtless in his kitchen, swallowing pills or eating the same meal (2,000 calories a day of the same food). He works closely with Kate Tolo, his Chief Marketing Officer, who seems a combination of companion and majordomo. While his initial online presence was not huge, an article by Ashlee Vance (who co-produced *Don't Die*) turned Johnson into a viral sensation, generating both positive interest and hate. In this shift, Johnson rose as an almost cult figure.

People bought many products Johnson

consumes with direct links from his website to Amazon. Eventually, he produced and promoted Brian Johnson's Blueprint Extra Virgin Olive Oil, resulting in accusations of Johnson as a grifter. The undertaking led to “Don't Die” events, including hikes and dances. Held around the world, Johnson has gathered many followers.

The talking heads range from medical professionals (doctors, scientists, etc.), some of whom support the work, and others who see it as a waste of money and resources. These contrast with social media pundits, the majority of whom are pointedly negative. Vance's strong presence alternates between marveling at Johnson's audacity and questioning his actions. Johnson's parents are prominently featured but add little insight into who he really is.

At just under an hour and a half, the film seems overlong and repetitive. The unending stream of medium shots and generic footage of weightlifting, pill-taking, and laboratory visits would be more engaging if only Johnson possessed a modicum of charisma. But something is lacking at his core. Even his comments about the greater good can be reduced to a bizarre trickle-down theory.

Perhaps his entire gestalt is summed up with his bold but problematic statement: “Our minds, which we think are our primary tool of problem-solving, are actually the source of self-destructive behaviors. I would argue the mind is dead.”

At best, *Don't Die* documents one man's quest for immortality. At worst, it is a portrait of the power of excessive narcissism fueled by vast wealth. Or, as one scientist states: “It's not science. It's just attention.”

Coffee cake to warm up on a cold winter's day

BY HEIDI SUTTON

What pairs best with a hot cup of coffee on a brisk winter's day? **LET'S EAT** A coffee cake! The following recipe features a plethora of chocolate and warm cinnamon coming together in every bite of this cake enriched with sour cream. Top it with the optional glaze or not. It's wonderful either way.

Sour Cream Chocolate Chip Coffee Cake

Recipe by Marcia Stanley

YIELD: Makes 16 servings

INGREDIENTS:

Coffee Cake

- 1 cup finely chopped pecans, divided
- 1/2 cup firmly packed brown sugar
- 2 teaspoons ground cinnamon
- 2 1/2 cups all-purpose flour
- 1 cup granulated sugar
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1/2 cup cold butter
- 3 eggs, slightly beaten
- 1 container (8 oz.) sour cream
- 1/3 cup milk (skim, 2% or whole)
- 1 1/2 teaspoons vanilla
- 1 cup miniature semisweet chocolate chips



Glaze (optional)

- 1 cup powdered sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla
- 2 tablespoons milk (skim, 2% or whole)

DIRECTIONS:

Preheat oven to 325°F. Generously grease a 10-inch-fluted tube pan. Sprinkle 1/2 cup of the pecans over the bottom of the pan and set aside.

For cinnamon filling, in small bowl stir together the remaining 1/2 cup pecans, brown sugar and 2 teaspoons cinnamon. Set aside.

In large bowl stir together flour, granulated sugar, baking powder and salt. Cut in butter until pieces resemble small peas. Make a well in the center of the flour mixture. In another bowl whisk together eggs, sour cream, 1/3 cup milk and 1 1/2 teaspoons vanilla. Pour into well in center of flour mixture.

Add chocolate chips. Stir just until combined. Remove 1 cup of the batter and stir into the cinnamon filling. Spread about half of the remaining chocolate chip batter in prepared pan. Spoon cinnamon filling over batter in pan. Carefully spoon the remaining chocolate chip batter on top. Gently smooth top. Bake coffee cake for 45 to 50 minutes or until wooden skewer inserted near center comes out clean. Let stand in pan for 10 minutes. Invert pan on a serving plate. Remove cake from pan. Let cool at least 30 minutes.

Meanwhile, for glaze stir together all ingredients. Scrape into plastic sandwich bag. Snip off small corner of bag. Press glaze through corner of bag onto coffee cake top.

Overnight Oats

INGREDIENTS:

- 1/3 cup raw old-fashioned rolled oats
- 1/2 cup low-fat milk
- 1/4 teaspoon vanilla extract
- 2 tablespoons mixed dried fruit
- 1 tablespoon walnuts, chopped
- 1 tablespoon honey

DIRECTIONS:

In a bowl or jar, combine raw oats, milk and vanilla extract. Cover and refrigerate overnight. Before serving, stir in dried fruit, walnuts and honey.

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SALE DATES - Wed. Jan. 15 - Tue. Jan. 21, 2025

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

Thursday 16

Lunch & Learn

Huntington Historical Society continues its Lunch & Learn series with A 1920's "Evening at the Theatre" with Marsha Collock, curator at the Village of Babylon Historical Society at Red Restaurant, 417 New York Ave., Huntington from noon to 2 p.m. Attention all flappers and sheiks! Travel back in time to 1923 for a night out at the theatre in Huntington. Gentlemen, grab your fedora and ladies, straighten your seams for a little history, a little vaudeville, a few films and a grand afternoon out. It will be the cat's meow! Tickets are \$55, \$45 members and includes a gourmet two-course meal and dessert. Cash bar available. To register, visit www.huntingtonhistoricalsociety.org.

James Cagney Lecture

Northport Public Library, 151 Laurel Ave., Northport presents The Versatile James Cagney at 2 p.m. James Cagney is best remembered as a tough guy and gangster in films such as *The Public Enemy* and *Angels with Dirty Faces*. Critics and audiences alike have considered his Academy Award-winning performance as George M. Cohan in *Yankee Doodle Dandy* to be his best film. His career spanned from vaudeville, musicals, and revues on Broadway in the 1920s, to a forty-year career in films. Join lecturer Marc Courtade for a special remembrance of this unique and versatile performer. To register, call 631-261-6930.

Atelier Art Reception

The Atelier at Flowerfield, 2 Flowerfield, Suite 6 & 9, St. James invites the community to an opening reception for its limited Artist Studio Clean-Out Exhibition from 4 p.m. to 6 p.m. This show will include accessible artworks by the Atelier & students and instructors. All pieces on display will be priced under \$500 and sized 18x24 or smaller. Coffee, cupcakes and cookies will be served. The show runs through Feb. 6. For more information, call 631-250-9009.

Audubon Society Lecture

Join the Four Harbors Audubon Society for its winter presentation, *Birding to Change the World*, via Zoom at 7 p.m. Guest speaker Trish O'Kane, author of *Birding to Change the World: A Memoir*, will share what birds can teach us about life, social change, and protecting the environment. To register, visit www.4has.org.

Friday 17

HAC Art Reception

Rescheduled from Jan. 10. Huntington Arts Council invites the community to its Master's Showcase artist reception at the Main Street Gallery, 213 Main St., Huntington from 5 p.m. to 8 p.m. For more information, call 631-271-8423.

Times ... and dates

Jan. 16 to Jan. 23, 2025



MUSIC FOR A NEW ERA

The Confero Clarinet Trio — from left, Anita Balazs, Misuzu Tanaka and Maxim Shtrykov — present a concert at the Huntington Jewish Center on Jan. 19.

Photo by Denis Gostev

Saturday 18

Maple Sugaring Workshop

Caumsett State Historic Park Preserve, 25 Lloyd Harbor Road, Huntington hosts a Maple Sugaring workshop from 11 a.m. to 1 p.m. This interactive program, geared for the average adult, will teach you how to identify and tap a maple tree so you can make real maple syrup at home. You will also learn the culture, historical, economical, and scientific background of this uniquely American Craft. Very short walk. Not recommended for children. \$4 per person, Call 423-1770 for reservations.

Model Train Show

TMB Model Train Club at the Upper Room Church, 722 Deer Park Ave., Dix Hills hosts a Model Train Show Open House today from 11 a.m. to 4 p.m. and Jan. 19 from 1 p.m. to 5 p.m. Enjoy multiple trains from prewar to the most modern O gauge trains running at all times. Fun for the whole family. Free admission. www.tmbmodeltrainclub.com

Superheroes of the Sky

Sweetbriar Nature Center, 62 Eckernkamp

Drive, Smithtown presents Superheroes of the Sky from 11 a.m. to noon. Take a walking tour with Jim while he feeds the Center's Birds of Prey and tells you about their incredible adaptations that help them survive in the wild. You'll be seeing and learning about Bald Eagles, Turkey Vultures, owls, hawks and many more. \$10 per adult, \$5 per child under age 12. To register, visit www.sweetbriarnc.org.

Port Jefferson Ice Festival

Port Jefferson Business Improvement District (BID) in partnership with the Greater Port Jefferson Chamber of Commerce presents the 6th annual Port Jefferson Ice Festival today and Jan. 19 from noon to 5 p.m. featuring ice carving demonstrations by Guinness World Record Holder Richard Daly. Fun, interactive ice displays, free tractor rides and new this year, Rolling Raoke's Karaoke Bus! Inclement weather dates are Jan. 25 and 26. 631-473-1414

Sunday 19

Model Train Show

See Jan. 18 listing.

Port Jefferson Ice Festival

See Jan. 18 listing.

LITMA Contradance

Smithtown Historical Society's Frank Brush Barn, 239 E. Main St., Smithtown hosts a LITMA Contradance at 2 p.m. with basic instruction at 1:45 p.m. Caller will be Bob Isaacs and the band for the dance will be The LITMA Contra Band. Admission is \$15, \$10 LITMA members, \$7.50 students. Children under 16 are free with a paid adult. Please bring a friend (or two) and snacks to share at the break. 631-369-7854

Janice Buckner in concert

The Long Island Music and Entertainment Hall of Fame, 97 Main St., Stony Brook presents a concert by Janice Buckner from 3 to 4 p.m. The singer/songwriter is known for her original songs, puppetry, use of Sign Language, and movement. The event is free with general admission ticket purchase. 631-689-5888, www.limusicshalloffame.org

Ridotto Concert

Huntington Jewish Center, 510 Park Ave., Huntington hosts a Ridotto Concert: Music for a New Era featuring The Confero Clarinet Trio at 4 p.m. Program will include works by Beethoven, Brahms and more. Margaretha Maimone will narrate. Ticket are \$35 adults, \$30 seniors, \$25 members, \$12 students. To order, call 631-385-0373 or email ridotto@optonline.net.

Monday 20

MLK Luncheon

Town of Brookhaven will hold its annual Rev. Dr. Martin Luther King, Jr. Day of Remembrance Luncheon at the Bellport Golf Club, 20 South Country Road, Bellport from noon to 3 p.m. with guest speakers, scholarship award presentations, and an onsite community service project. Lunch will be provided. Suggested donation is \$20 adults, \$5 kids and youth. For more information, call 631-451-6963.

Tuesday 21

No events listed for this day.

Wednesday 22

Wool Felting Workshop

Join the Huntington Historical Society for a Penguin Needle Felted workshop at the Conklin Barn 2 High St., Huntington from 6 p.m. to 8 p.m. Learn the creative art of wool felting! Your instructor, Michele Miroff, will provide all materials and guide you through creating an adorable wool-felted penguin. Materials included, felting needle yours to keep. \$40 per person, \$35 members. To register, visit www.huntingtonhistoricalsociety.org.

Thursday 23

Native American Drumming

All Souls Church Rectory, 5 Mill Pond Road, Stony Brook hosts Native American Drumming Meditation workshop from 7 p.m. to 8:45 p.m. Led by elder drummer, Ric Statler, drumming meditation seeks to integrate the physical, mental, emotional, and spiritual parts of the human self, creating a state of well-being. Call 631-655-7798 for more information.

The Parlor of Mystery

Theatre Three, 412 Main St. Port Jefferson presents an evening of magic and wonder with *The Parlor of Mystery* at 8 p.m. This captivating show promises an unparalleled experience that combines mind-bending illusions, jaw-dropping magic, and side-splitting comedy. Featuring Bob Baker, Carl Mercurio and host Mike Maione. Tickets are \$40. To order, call 631-928-9100 or visit www.theatrethree.com.

Film

'Dead Poet's Society'

Walt Whitman Birthplace, 246 Old Walt Whitman Road, Huntington Station kicks off 2025 with a Movie Night featuring a screening of *Dead Poet's Society* on Jan. 16 at 6:30 p.m. Bring your own blankets. Popcorn and hot cocoa will be served. Free admission, \$10 suggested donation. To RSVP, visit www.waltwhitman.org.

'The Sixth Sense'

"I see dead people!" Join the Cinema Arts Centre, 423 Park Ave., Huntington for a screening of *The Sixth Sense* on Jan. 17 at 9:30 p.m. When Dr. Malcolm Crowe, a distinguished child psychologist, meets Cole Sear, a frightened, confused, eight-year-old, Dr. Crowe is completely unprepared to face the truth of what haunts Cole. Dr. Crowe soon discovers that Cole has incredible sixth, he is visited by ghosts. The breakout film from director M. Night Shyamalan earned him Academy Award nominations for Best Director and Best Original Screenplay. Tickets are \$16, \$10 members. To purchase in advance, visit www.cinemaartscentre.org.

Theater

'Crossing Delancey'

Theatre Three, 412 Main St., Port Jefferson continues its 54th season with Susan Sandler's *Crossing Delancey* from Jan. 18 to Feb. 9. Isabel is an independent young woman living alone and working in a book shop. When not pining after a handsome author, she visits her grandmother in Manhattan's Lower East Side. This spunky granny and her friend the matchmaker have found a "good catch" for Izzy, whose initial reluctance gives way to a blossoming romance when she finally meets Sam, the pickle vendor. A sincere, delightful, and loving comedy. Tickets are \$40 adults, \$32 seniors and students, and \$25 for children ages 5 to 12. To order, call 631-928-9100 or visit www.theatrethree.com.

'Heartbreak Hotel'

The John W. Engeman Theater, 250 Main St., Northport presents *Heartbreak Hotel* from Jan. 16 to March 2. The tribute to Elvis takes a closer look at the musical icon whose impact shaped the history of rock and roll as well as popular culture following him from his early days to his rise to become "The King of Rock and Roll." Featuring over 40 Elvis hits and iconic songs including "That's All Right," "All Shook Up," "Heartbreak Hotel," "Burning Love," "Good Rockin' Tonight," "Hound Dog," "Love Me Tender," "Don't Be Cruel," "Jail- house Rock," "Are You Lonesome," and "Blue Suede Shoes." Tickets start at \$80. To order, call 631-261-2900 or visit www.engemantheater.com.

Festival of One Act Plays

Theatre Three, 412 Main St., Port Jefferson presents the 26th annual Festival of One-Act Plays at The Ronald F. Peierls Theatre on the Second Stage from March 8 to April 5. Featuring the world premieres of 7 one act plays. Tickets are \$25. To order, call 631-928-9100 or visit www.theatrethree.com.

'(Mostly) True Things'

(Mostly) True Things Storytelling show kicks off Valentine's Day month with an all-comedy line-up of storytellers sharing true tales on the theme Bad Romance at The Performing Arts Studio, 224 E. Main St., Port Jefferson on Feb. 1 at 7 p.m. Featuring Ivy Eisenberg, Bryan Berlin, Brian Grossi, Sean Brown, and host Jude Treder-Wolff. Tickets are \$20 online at www.mostlytruethings.com, \$25 at the door (cash only).

Farmers Markets

Huntington Farmers Market

Spirit of Huntington Art Center, 2 Melville Road North, Huntington Station hosts the Long Island Winter Farmers Market every Sunday from 9 a.m. to 1 p.m. from Jan. 5 through April 27. 631-470-9620

Port Jefferson Farmers Market

The Port Jefferson Winter Farmers Market returns to the Port Jefferson Village Center, 101 E. Broadway, Port Jefferson on Sundays from 10 a.m. to 2 p.m. from Jan. 12 to the end of April. 631-802-2160

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.

NEWS AROUND TOWN

Local Author Fair

Save the date! Middle Country Public Library, 101 Eastwood Blvd., Centereach will welcome more than 75 authors during its Bagels and Books: A Local Author Fair on Saturday, Jan. 25, from 10 a.m. to 1 p.m. The community is encouraged to visit and meet these talented writers who reside on Long Island. Attendees will have the opportunity to purchase books and get their books signed. No registration required. For more information, call 631-585-9393 x296.

Spaghetti Dinner Fundraiser

It's back! Resurrection Byzantine Catholic Church, 38 Mayflower Ave., Smithtown will hold their annual Spaghetti Dinner Fundraiser in the church's Social Hall on Feb. 2 from 1 p.m. to 6 p.m. Tickets are \$25 adults, \$15 children and includes spaghetti and meatballs, salad, dessert and coffee. Cash bar. Sit down or take out. For reservations, please call 631-332-1449 by Jan. 29.

Estate Planning Seminar

Join Burner Law for Estate Planning Tools for Family Caregivers at Port Jefferson Free Library's Meeting Room, 100 Thompson Street, Port Jefferson on Tuesday, Jan. 21 at 1 p.m. Brittni Sullivan, Esq. will give an insightful discussion on the importance of estate planning, explain key tools such as health care proxies and the roles of agents, trustees, and executors, and help family caregivers recognize when estate planning documents may need to be updated. Free. To register, email adref@portjefflibrary.org.

Voices welcome

The Long Island Gay Men's Chorus has announced the start of rehearsals for its Pride 2025 concert series.

Weekly rehearsals begin from 7 p.m. to 9 p.m. on Wednesday, Jan. 29 at St. Paul's Lutheran Church, 120 Vernon Valley Road in East Northport, leading up to LIGMC's annual drag cabaret in April and Pride concerts in June.

Whether you come from community theater or karaoke or somewhere in between, there's a place for you in LIGMC welcomes all who can commit to weekly rehearsals, learning the music, and having fun.

Interested singers can follow LIGMC on Instagram and Facebook or contact LIGMC's board of directors at boardpresident@ligmc.org for more info.



DO YOU WANT TO BUILD A SNOWMAN?

The 6th annual Port Jefferson Ice Festival on Jan. 18 and 19 will highlight the sculptures of renowned ice sculptor and Guinness Book of World Records holder Richard Daly of Ice Memories, Inc. Photo by Julianne Mosher

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 Every Wednesday
from 12 Noon to 2pm

Open Every Sunday from 2-3pm,

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

**ST. MARK ROMAN
CATHOLIC COMMUNITY**
105 Randall Road,
Shoreham, NY 11786 PHONE: 631-744-2800

Parish Office Hours*

Monday-Wednesday 9am to 4pm

Thursday 9am-3pm *closed for lunch from
noon to 1:00pm

*closed on Fridays and Saturdays

Father James-Patrick (Jim) Mannion-
Administrator ext104 frjim@rcchurchstmark.org

Msgr. Joseph (Joe) Staudt-
Assisting Clergy Retired- **Thursday 9:30am**

mass, weekend

Father Joseph Francis, OFM cap. Assisting Clergy
Tuesday 9:30am mass

Deacon & Mrs. Patrick (Pat) and Irene Gerace
Deacon & Mrs. Mark and Sandra Herrmann

Deacon & Mrs. Vivian Gino Aceto

MISSION STATEMENT

We, the Catholic community of St. Mark, formed
in the waters of baptism and journeying to the
fullness of the Kingdom of God, as the Body of
Christ; are guided by the Holy Spirit, nourished
by the Eucharist and formed by the Gospel.
Thus, we strive to respond to Jesus' invitation to
be faithful and fruitful disciples, to be good
Samaritans to our neighbors, as well as our
enemies, to be stewards of and for God's
creation and living witnesses of Faith, Hope and
Charity ... so that in Jesus' name, we may be a
welcoming community, respectful of life in all its
diversity.

Pastoral staff of St Mark

Mrs. Lynn Fein- Director, faith formation

ext 109 relform@rcchurchstmark.org

Mr. John Mcnamara- Catechist-at-large ext 101

Mrs. Jane Fagan- Coordinator, parish outreach
ext 106 outreach@rcchurchstmark.org

Mrs. Carrie Logan Liturgical music ext 101

Mrs. Lindsay Finter

Financial Manager/ bookkeeper ext 101

Support staff of St Mark

Mrs. Marianne Brandt Receptionist ext 101

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

Mr. Michael Oliva Facilities Manager ext 110
Mr. William Castillo
Assisting Facilities Volunteer
Mrs. Alice Vozzo- Sacristan ext 101

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.

**FULL GOSPEL
CHRISTIAN CENTER**

415 Old Town Road

Port Jefferson Station, NY 11776

631-928-6100

fgccmail@gmail.com

Fgccpj.com

Office hours

Monday, Wednesday, Thursday

9:00am-2:00pm

Services

Sunday 10:00am

Wednesday-Bible Study

7:00-8:00pm

Friday Night Prayer

8:00pm

Getting you from where you are to where
God wants you to be.

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

Pastor William Kovacsik

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 1:00-4:00pm

MSSC 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 IAN WETMORE

www.allsoulsstonybrook.org

or call 631-584-5560

Stjameschurchrector@gmail.com

Services

Sunday: 8:00am Virtual Morning Prayer

11:15am Holy Eucharist with Organ music

Tuesday: 8:00am

Interdenominational Morning Prayer

Wednesday: 12 noon

Interdenominational Rosary

We are a friendly welcoming community

for all people.

**CAROLINE EPISCOPAL CHURCH
OF SETAUKET**

1 Dyke Road on the Village Green, Setauket

Web site: www.carolinechurch.net

email: office@carolinechurch.net

631-941-4245

Office Hours: Tues-Fri 9:00am-5:00pm

REV NICKOLAS C. GRIFFITH-RECTOR

REV ELLIOT T. CONRAD-PRIEST

Religious Directory



Episcopal

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 -Vicar
Services:

7:00am Sundays-Holy Eucharist

11:00am Sundays-Holy Eucharist with Music
 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. 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

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
stjohns1745.org [Facebook.com/stjohns1745](https://www.facebook.com/stjohns1745)

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

Jewish

NORTH SHORE JEWISH CENTER

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

www.northshorejewishcenter.org

RABBI AARON BENSON
 CANTOR DANIEL KRAMER
 EXECUTIVE DIRECTOR
 MARCIE PLATKIN
 PRINCIPAL HEATHER WELKES
 YOUTH DIRECTOR JEN SCHWARTZ
Services: Friday At 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
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 Of Conservative Judaism.

TEMPLE ISAIAH

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

Joyful Judaism in a warm, caring, musical,
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 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

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](https://www.facebook.com/stpaulselca)
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

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.

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

Church School Sundays at 9:30am

Contemporary Service Sundays at 11am

Weekly programs & activities

Visit www.setauketpresbyterian.org

Like our Facebook Page

Setauket Presbyterian Church, est 1660

Follow our Instagram - [setauketpres](https://www.instagram.com/setauketpres)

Home to the beloved Setauket

Presbyterian Preschool

<https://www.setauketpreschool.org/>

Partner of the Open Door Exchange

<https://www.opendoorexchange.org/>

Quaker

CONSCIENCE BAY MEETING Religious Society of Friends

4 Friends Way, St. James 11780

631-928-2768 www.consciencebayquakers.org

We gather in silent worship seeking

God, the Inner Light/Spirit.

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

Unitarian Universalist

UNITARIAN UNIVERSALIST FELLOWSHIP AT STONY BROOK

380 Nicolls Road, East Setauket

631-751-0297-uufsb.org office@uufsb.org
 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.

MEET GREEN BEAN CASSEROLE

This week's featured shelter pet is Green Bean Casserole, a 6-year-old female brown tabby cat at the Smithtown Animal Shelter.

Green Bean was one of several cats abandoned when their pet parents moved. This shy little lady with stunning green eyes will need a little patience before she can trust. She is used to living with multiple cats and can be adopted alone or with one of her housemates.

If you are interested in meeting Green Bean, please call ahead to schedule an hour to properly interact with her in the shelter's Meet and Greet room.

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



Photo courtesy of Smithtown Animal Shelter

For more information, call 631-360-7575 or visit www.townofsmithtownanimalshelter.com.

KIDZ KORNER

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 Jan. 17 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

Lunar New Year Celebration

Celebrate the Lunar New Year at the Heckscher Museum of Art, 2 Prime Ave., Huntington on Jan. 18 from noon to 5 p.m. Learn about Chinese, Korean, Filipino, and Vietnamese culture at this free family event for all ages with live dance performances at 12:45 p.m. and 2:15 p.m. and live martial arts demonstrations at 3:45 p.m. Free. 631-380-3230. www.heckscher.org

Story & Craft with Nana Carol

The Next Chapter bookstore, 204 New York Ave., Huntington hosts a Story and Craft event with Nana Carol on Jan. 20 at 10:30 a.m. Free. No registration required. Appropriate for ages 0-4. 631-482-5008

Reptile Scavenger Hunt

Cold Spring Harbor Fish Hatchery, 1660 Route 25A, Cold Spring Harbor presents Fact vs. Fiction All About Reptiles scavenger hunt on Jan. 20. Drop in between 10 a.m. and 5 p.m. to explore the hatchery and learn all about reptiles. Admission is \$7 adults, \$6 seniors, \$5 children ages 3 to 12. 516-692-6768, www.cshfishhatchery.org.

Patterns in Nature

As part of its Pollywog Adventures series, Cold Spring Harbor Fish Hatchery, 1660 Route 25A, Cold Spring Harbor presents Patterns in Nature on Jan. 22 at 11 a.m. Children ages 2 to 5 will enjoy an indoor activity, craft, story and then head outside (weather permitting) to feed trout. \$20 fee includes admission for the day for one child and one adult. Pre-registration required at www.cshfishhatchery.org. 516-692-6768

THEATER

'Frozen Jr'

Smithtown Performing Arts Center, 2 East Main St., Smithtown presents *Frozen Jr.* from Jan. 18 to Feb. 23. A story of true love and acceptance between sisters, *Frozen Jr.* expands upon the emotional relationship and journey between Princesses Anna and



E.T. PHONE HOME

Catch a screening of 'E.T. The Extra-terrestrial' at the Cinema Arts Centre on Jan. 19.

Elsa. When faced with danger, the two discover their hidden potential and the powerful bond of sisterhood. Tickets are \$25 per person. To order, call 1-800-595-4849 or visit www.smithtownpac.org.

'Hansel and Gretel'

Theatre Three, 423 Main St., Port Jefferson kicks off the new year with *Hansel and Gretel* from Jan. 25 to Feb. 8 with a sensory friendly performance on Jan. 26. Go into the woods for an outrageous adventure with the world's most famous brother-and-sister team, Hansel and Gretel. A feeble father, a wicked stepmother, and a well-meaning if misguided witch add up to hilarious hijinx. All seats are \$12. To order, call 631-928-9100 or visit www.theatrethree.com.

'Frozen Jr'

The John W. Engeman Theater, 250 Main St., Northport kicks off the new year with a production of *Frozen Jr.* from Jan. 25 to March 2. When faced with danger, princesses Anna and Elsa discover their hidden potential and the powerful bond of sisterhood. This enchanting musical features all of the memorable songs from the hit Disney film and will thaw even the coldest heart! All seats are \$20. To order, call 631-261-2900 or visit www.engemantheater.com.

FILM

'E.T. The Extra-Terrestrial'

Cinema Arts Centre, 423 Park Ave., Huntington continues its Cinema for Kids series with a screening of *E.T. The Extra-Terrestrial* on Jan. 19 at noon. After a gentle alien becomes stranded on Earth, the being is discovered and befriended by a young boy named Elliott who introduces "E.T." to his brother and his little sister, and the children decide to keep its existence a secret. Rated PG. Tickets are \$13 adults, \$5 children. www.cinemaartscentre.org



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STONY BROOK UNIVERSITY

Men's basketball falls short against Northeastern Huskies 70-66

Stony Brook men's basketball battled with Northeastern, ultimately falling 70-66, on Jan. 11 at Stony Brook Arena. The Seawolves erased a 14-point, first-half deficit, but faltered down the stretch and allowed the Huskies to escape with the four-point victory.

Northeastern started fast, scoring the first eight points of the evening and building an early 10-3 lead.

CJ Luster II started scorching hot to allow Stony Brook to hang around in the early going, connecting on a pair of threes to get the Seawolves on the board.

The Huskies built their lead back to seven points at the 12:10 mark, but the Seawolves fought back to make it a one-possession game on multiple occasions.

Northeastern used a 16-4 run to construct a 14-point lead, the largest gap between the two teams in the first half. The run spanned more than four minutes. The Huskies carried a 13-point advantage into the intermission.

Stony Brook narrowed the deficit to single digits on a Joe Octave jumper early in the second half, but Northeastern responded with a three on the ensuing possession to push the Seawolves' deficit back to double figures.

Another Seawolves spurt offensively made it an eight-point game with more than 14

minutes remaining. Nick Woodard buried a triple to bookend a 7-0 Stony Brook run, bringing the Seawolves within five points of the Huskies.

Stony Brook tied the contest at 50 on a Woodard basket inside with 8:07 to play, evening the score for the first time since the opening tip.

The Seawolves grabbed their first lead of the evening, 52-50, on a basket inside by Woodard out of the under-eight timeout.

Stony Brook's lead grew to five points on a steal-and-score by Collin O'Connor, leading to a Northeastern timeout. Defensively, the Seawolves forced five Huskies' turnovers and held Northeastern without a point for more than four minutes to turn a five-point deficit into a five-point advantage with 5:31 to play. JB Frankel ended Northeastern's scoring drought with a trifecta on a second-chance effort, but O'Connor answered on the other end to make it a two-possession contest once more.

Back-to-back Northeastern baskets followed, tying the game at 57-57 and forcing Stony Brook to use its first timeout of the second half. The Huskies regained the lead, 59-57, with two minutes remaining after Masai Troutman was fouled on a three-point attempt and made two of three.

Northeastern scored 11 straight points, holding Stony Brook scoreless for more than four minutes to erase the deficit and take a 64-57 lead with less than a minute to play.

Leon Nahar and Woodard connected on three-pointers, with Woodard's pulling the Seawolves within three points of Northeastern with 16 seconds left.

Andre Snoddy buried a triple after a pair of Huskies' free throws, making it a one-possession game again, but Troutman made his 13th and 14th free throws of the contest to make it a four-point game with 2.6 seconds left.

Northeastern ultimately erased the late deficit and completed the comeback, taking down Stony Brook 70-66.

"We really competed hard tonight. The crowd was awesome. We were up five points with five minutes to go and just couldn't make a big play down the stretch," said head coach Geno Ford. "We took some steps forward in some areas and just have to keep working at it."

Up next, the team hits the road to face Delaware on Thursday, Jan. 16. The Seawolves and Blue Hens tip-off at 6:30 p.m. from the Bob Carpenter Center, with the contest streaming on FloCollege.



#3 CJ Luster II got the team on the board with a pair of threes at the start of Saturday's game.

Photo courtesy of Stony Brook Athletics

Women's basketball outlasts Charleston in overtime thriller

Stony Brook women's basketball came back from an 11-point deficit with Zaida Gonzalez knocking down a game-tying shot with one second left on the clock to send the game to overtime and Shamarla King put the team ahead for good to give the Seawolves an 87-83 win over Charleston at home on Jan. 12.

The Seawolves (8-7, 3-1) had four players score in double figures, led by Gonzalez, who put together a Division I program recording breaking performance with 37 points, tallying her first career double-double with 10 rebounds. Janay Brantley tacked on 12 points and seven rebounds as King helped out with a double-double of her own, 11 points and 10 rebounds. Breana Ware also recorded 11 points to help Stony Brook to the overtime victory.

The Seawolves had an effective defensive performance, grabbing 32 rebounds to

Charleston's 24 and forcing 13 Charleston turnovers. Gonzalez led with nine rebounds on the defensive end, while King collected seven.

On the offensive end, Stony Brook shot 41.9 percent from the field and 29.4 from beyond the arc while crashing the offensive glass with 18 total boards compared to the Cougars' 16. Brantley and King both grabbed a team-high three offensive rebounds each.

After playing to a 2-2 tie early in the game, Stony Brook went on a 7-0 run with 7:59 left in the first quarter, culminating in a three from Gonzalez, to take a 9-2 lead. Charleston then responded to tie things up at 18-18 heading into the second quarter. Stony Brook capitalized on six Charleston turnovers in the period, as Brantley led early with six points and five rebounds.

The two teams then played an even second quarter and entered halftime with the score

knotted up at 32-32. Brantley and Ware each tallied four points to keep the Seawolves on pace with the Cougars.

After intermission, Charleston snatched a 38-35 lead before Stony Brook answered back by going on a 5-0 run, punctuated by a three from Ware, to grab a 40-38 lead with 5:56 to go in the third. Chloe Oliver notched five points to lead the Seawolves through the quarter as the Cougars responded to seize a 54-47 lead entering the fourth quarter.

Charleston kept widening its lead in the fourth, constructing a 72-64 advantage before Stony Brook went on a 7-0 run, finished off by another Gonzalez three, to shrink the deficit to 72-71 with 10 seconds to go in the fourth. Gonzalez was the rallying cry for Stony Brook, scoring 17 points in the fourth quarter as the Seawolves outscored the Cougars the rest of the way to tie it up at 73-73 to send the game to overtime.

Stony Brook then took care of business, outscoring Charleston as Gonzalez tallying 10 of the 14 Seawolves points to seize victory by a final score of 87-83.

"An unbelievably hard-fought game by both teams," noted head coach Joy McCorvey postgame. "Charleston is a very good team, and we knew we had to bring it on the defensive side and take pride in our 1 v 1 defense. Zaida Gonzalez was unbelievable and put on quite a display on the offensive end and knocked down her free throws down the stretch. She stepped up big when we lost Janay and Breana to foul trouble as well as everyone that came in. Great and fun team win!"

Up next, the team travels to North Carolina to take on Elon on Jan. 17 at 7 p.m. with coverage available on FloCollege. This will be only the fourth meeting between the Seawolves and Phoenix in program history.



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