## ARTS & LIFESTYLES

TIMES BEACON RECORD NEWS MEDIA ® MAY 22, 2025

## HONORING THE FALLEN

Memorial Day events on the North Shore • B27

Photo by <u>Rita</u> J. Egan

ALSO: Blackmore's Night inducted into the LIMEHOF B12 • Focus on Health Feature B13 • SBU Sports B26

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## Community invited to Open House at Owl Hill estate

Since 2016, Suffolk County Legislator room has an "owl" motif on the chairs, as Rob Trotta has worked to preserve Smithtown's unique Owl Hill estate and its 27 acres from being developed into multiple housing units. His efforts prevailed as Suffolk County purchased the entire parcel from the developer for \$8.3 million using money from the Suffolk County Drinking Water Protection Fund.

The sprawling property is home to the 117-year-old, 6,500 square foot mansion designed by world-renowned American architect Henry Killam Murphy. Noted first patent attorney, Edmund Wetmore, commissioned Murphy to design it. Inside the mansion, there is an impressive mahogany staircase, mahogany floors and paneling; library; wood paneled dining room; eight bedrooms; music/living room; five bathrooms; kitchen; several fireplaces; basement, and much more. The dining well as the matching buffet. The grounds include stunning plants and mature trees, along with a garage and outer building.

On January 25, 2025, at its biennial awards ceremony, Preservation Long Island (PLI) awarded Legislator Trotta and Suffolk County with its biennial Preservation Award for "Organizational Excellence" for their efforts to preserve Owl Hill as a valuable resource in the community. Trotta is very committed to preserving the storied historic estate and adapting it for continued cultural and civic programs.

The public is invited to attend an Open House to see the property and Owl Hill on Saturday, May 24, from 11 a.m. to 1 p.m. Owl Hill is located at 99 Sunken Meadow Road, Fort Salonga. For more information or questions, please call Legislator Trotta's district office at 631-854-3900.

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## Charging plastics producers for their impact on our communities

BY NANCY MARR

Since the mid-20th century, when mass production of plastics began, they have infiltrated our lives. Their production and incineration release significant greenhouse gases, which contributes to climate change.

#### MAKING WORK

The fact that plastics resist natural decay makes it **DEMOCRACY** difficult to recycle them. Nearly all the plastic ever produced still exists in one

form or another, and it is estimated that its production is expected to triple by 2060.

Because they are inexpensive to produce and can be lightweight, the single-use plastics are useful as trash bags, utensils, and household items, and are used by the food and healthcare industries for hygiene, durability and cost effectiveness.

Plastics also pose risks to human health. Recent studies have found microplastics in almost every part of the human body, including breast milk, the placenta, testicles, hearts, livers and kidneys. Although the full effects are still under research, the presence of plastic in our bodies raises serious concerns. Plastics also contain chemicals like bisphenol-A (BPA) and phthalates, which can leach into food and beverages. These

disrupt hormones and are linked to health issues such as infertility, obesity, and cancer. Microplastics, formed when larger plastics degrade, are now found in seafood and even drinking water.

A key issue is not how much plastic waste is produced, but how much of it is mismanaged - improperly disposed of, often ending up in nature. Many developing nations lack the infrastructure to properly collect, sort, or recycle plastic, resulting in widespread dumping into the environment. Nigeria (87.5%), India (68.6%), and Indonesia (43.8%) have some of the highest rates of mismanaged waste, while wealthier countries such as the U.S.(5.1%) and the U.K. (6%) perform better, though not ideally.

The United States produces more than any other nation, over 42 million metric tons of plastic waste, largely impacting communities of color and low income communities. New York State produces 6.8 million tons of packaging waste each year. Most of this packaging is sent to landfills, burned in incinerators, or littered in our streets, parks and beaches. Far too much finds its way into our rivers, lakes, and the Atlantic Ocean.

There were hopes that a United Nations global plastics treaty would be finalized by the end of 2024. However, due to resistance, especially from oil-producing companies, it did not happen. Talks are set to continue, but progress will depend on local action.

Since 2020, at least 5 states (California, Montana, Oregon, Minnesota and Maine) have enacted Extended Producer Responsibility legislation to make plastics producers responsible for curbing plastic pollution and paying municipalities for their share of managing the waste. In response, plastics producers have worked to improve their recycling efforts.

As reported in Resource Recycling, Nicole Portley, program leader for the Oregon Department of Environmental Quality, pointed out "It's important for producers to remember that the EPR came about as a compromise between industry and antiplastic advocates, who wanted regulations like product bans."

In New York State, Assemblymember Deborah J. Glick and Senator Peter Harckham (S1462) have introduced The Packaging Reduction and Recycling Infrastructure Act. The bill requires big companies to cut their plastic packaging by 30% over the next twelve years, bans 14 highly toxic chemicals including PFAS, formaldehyde, mercury, lead, vinyl chloride, and bisphenols that are used in packaging, and requires the

companies responsible for dealing with the packaging waste to pay the municipalities dealing with it.

A question has been raised about the cost to consumers from the introduction of EPR requirements. Satyajit Bose, Columbia School of Professional Studies, estimates that there would be no more than a maximum increase of \$4 per household in monthly grocery costs, while plastic manufacturers claim \$40 to \$60 more per month. The bills are currently in committee; they will amend the Environmental Conservation Law, passed by the New York State Legislature in 2014, which included Article 27, Plastic Bag Reduction, Reuse and Recycling.

This bill is urgently needed. Long Island is responsible for 1.6 million tons per year of which 205,000 tons go to landfills off Long Island, and 1.4 million tons are sent to wasteto-energy facilities, resulting in 400,000 tons of ash that must be landfilled. The one wise choice everyone agrees with is to reduce our waste stream. This bill does just that.

We need to press the Assembly and Senate and Governor Hochul to sign this bill this year in June to reduce the impact of plastic waste on our communities.

Nancy Marr is Vice-President of the League of Women Voters of Suffolk County.



## BNL's Angelika Drees recounts how rain, cold, and the moon affect high-tech accelerators



BY DANIEL DUNAIEF

Finely tuned accelerators, constructed underground in rings that are over 1.5 miles long, can reveal secrets about the smallest parts of matter. At the same time, the work researchers do,

**KNOWLEDGE** which involves accelerating **SEEKERS** electrons, ions and other sub atomic particles, operates at a level considerably smaller than a human hair, using sensitive equipment under tightly

controlled, high energy conditions.

Indeed, at this scale, researchers need to account for energies and changes that wouldn't affect most human activities, but that can have significant impacts on the work they are doing and the conclusions they

Over the years, accelerator physicists have encountered a wide range of challenges and, for a time, unexplained phenomena.

Accelerator physicist Angelika Drees has worked at Brookhaven National Laboratory since 1997 and has experience and expertise with several accelerators. She is currently working on the Electron Ion Collider (EIC), a unique instrument that will explore quarks and gluons particles inside the atomic nucleus — that will have applications in medicine, materials science, and energy.

Drees does luminosity calculations. She tries to ensure more collisions. At the same time, she seeks to protect the equipment while keeping the backgrounds as low as achievable.

Drees works with a loss monitor and is responsible for that system, which includes over 400 monitors. The majority of these are installed between two beam pipes.

#### Lost signal

Drees has worked since 1997

Collider (RHIC), which is in its last experimental runs before it provides some of the materials for the new EIC.

accelerator, As an Relativistic Heavy Ion Collider has beam position monitors that are comprised of two opposing striplines inside the beam pipe that measure the position of the beam. These striplines, which are on either side of the beam, look at the difference in induced signal amplitude. Equal amplitude, with a difference of zero, implies that the beam is in the center.

While the engineers knew that the material for the cables, which transmit signals from the beam position monitor to the system that sees its location, would shrink when exposed to temperatures of 4 degrees Kelvin, they hadn't adjusted the design to prepare for the change.

When the electronics shrunk after being exposed to temperatures close to absolute zero, which help make the magnets superconducting, they pulled themselves out of their power source.

"We could not see the position of the beam," Drees explained. "This was during the so-called sextant test, and the beam was not (yet) circling."

The magnets operated independent of the beam position monitors.

For about a year they could see the beamline 20 meters downstream. Before Drees arrived, the team updated the cables, putting kinks that allowed them to shrink without interfering with their operation of pulling themselves out of the power source.

"It was repaired and, ever since, there has been no further issue," she said.

#### 'Weird variation'

Before she arrived at BNL, Drees at the Relativistic Heavy Ion conducted her PhD work at the



Angelika Drees at the Relativistic Heavy Ion Collider at Brookhaven National Laboratory. Drees is pointing to the pipe that runs clockwise, while, on the other side of that pipe, is another one (marked in yellow tape) that runs counterclockwise. Photo by Daniel Dunaief

Large Electron-Positron Collider, or LEP, which has now become the site of the Large Hadron Collider in Geneva, Switzerland.

The LEP was 27 kilometers long and was between 30 meters and 160 meters underground. It stretched below France and Switzerland. Some part of it was in soil that is affected by Lake Geneva. Half of the LEP was embedded below the Jura bedrock and the other half was embedded in softer sedimentary deposits close to the lake.

Scientists saw regular variation in their results, with a peak to peak beam energy of about 250 parts per million. By studying the timing of these peaks to a regular 28-day and daily cycle, they connected it to the

"The moon not only affects Earth's oceans, but the actual crust and thus the LEP ring inside it," Drees explained.

The moon wasn't the only outside influence on the LEP. Rainwater penetrated the tunnel.

The magnet vokes had concrete between metal laminations. The concrete absorbed the humidity and expanded, increasing pressure on the metal laminations.

That changed the magnetic permeability and the transfer function, which indicates how much bending magnetic field researchers get out of a magnet with a specific electric current.

Rain took about two weeks to show up in the data, as the water took that long to reach and alter the concrete.

During her PhD on the LEP beam energy measurement and calibration, Drees searched for environment effects as a part of her thesis.

While others discovered the moon tides before she arrived, she and other researchers couldn't account for a ground current that was penetrating into the equipment.

Acting like an extra and inexplicable power source, this current changed the magnetic field.

The extra energy invalidated earlier results. The error bar was four times larger than they originally thought, causing the LEP working group to withdraw a paper and commit to redoing the analysis.

The energy disappeared from midnight to 4 am. Back then, researchers at the LEP were so eager for an explanation that they posted a message on a TV screen, offering an award, like a bottle of champagne, to anyone who could explain what was happening.

Suspecting planes might be contributing, Drees sent a student to the airport to monitor flights. The police, however, weren't too pleased with this data gathering, initially questioning, then sending the student away.

Drees met with the power authority, who had measured ground currents in the area for years that stopped during those same post midnight hours.

That provided the necessary clue, as the trains — and, in particular the French ones — had contributed this unexplained energy.

Unlike the Swiss trains, which operate with alternating current, the French trains use direct current, which had affected their experiments.

**Looking forward** 

Originally from Wuppertal, Drees Germany, balances the mentally demanding and inspirational challenges of working at these colliders with manual labor.

She earned money during her undergraduate and graduate school days by shoeing horses.

Drees currently owns a horse and works regularly on a horse farm, throwing hay bales and repairing fences.

"I like physical labor," she said.

Several years ago, she traveled to Portugal, where she stopped at a farm with a Lusitano stallion. The horse had a loose shoe. While she couldn't speak Portuguese with the person leading the stallion, who, as it turned out, was the national riding coach, she let him know that she could help.

After she repaired the shoe, he asked if she wanted to ride. She found riding this stallion in the back woods of Portugal "amazing."

"Very brainy work and very physical work balances each other well, she said.

As for the colliders, Drees is looking forward to the construction of the EIC, even as she has bittersweet sentiments about RHIC closing down.

Ultimately, building the EIC presents challenges that she is eager

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The results I have seen have been impressive. I was already eating well, but it makes a difference with the lifestyle changes made by Dr. Dunaief. I have had a significant reduction in my inflammation with Crohn's disease. My husband thought there was nothing we could do to improve the whole-food plant based diet I was already on. I could improve — and did improve! I originally went to see Dr. Dunaief because I developed pneumonia from taking medication to suppress my immune system. The pneumonia was so bad, it scared me. Finally, after taking the medication for 14

years, I was able to stop it. My inflammation has never been so low. Also, my osteoporosis improved by a whopping 25%, which I didn't think would be possible, especially since the Crohn's medication can make bones worse. Female, age 46

#### Overall

What you do is reduce the vocabulary so it is understandable – all the professions have different lingo and you are very careful to avoid those pitfalls – when doctors start using the medical vocabulary my brain switches off – making it clear and giving understanding to the lay person like me is so important and effective.

Male, age 74

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- Constipation Diarrhea Chronic Kidney Disease
- Thyroid Issues Asthma/Allergies IBS
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- Uveitis Macular Degeneration Sarcoidosis
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## Tips for keeping your kidneys healthy

## MEDICAL COMPASS

Your kidneys do far more than filter waste and fluid from your body. They maintain your blood's health, help control your blood pressure, make red blood cells and



BY DAVID M. DUNAIEF, MD

vitamin D, and control your body's acid levels. With all these functions relying on them, it's crucial to keep them operating well.

When kidney function degrades, you can experience hypertension or cardiovascular problems. In later stages of chronic kidney disease (CKD), you may require dialysis or a kidney transplant. For the best outcomes, it's critical to identify CKD early and arrest its progression to more serious stages. However, of the estimated 35.5 million U.S. adults who have CKD, as many as 9 in 10 are not even aware they have it (1).

Unfortunately, early-stage CKD symptoms are not obvious and can be overlooked. Among them are foamy urine, urinating more or less frequently than usual, itchy or dry skin, fatigue, nausea, appetite loss, and unintended weight loss (2).

Fortunately, simple tests, such as a basic metabolic panel and a urinalysis, can confirm your kidney function. These indices include an estimated glomerular filtration rate (eGFR), creatinine level and protein in the urine. eGFR is a calculation and, while the other two indices have varying ranges depending on the laboratory used, a patient with an eGFR of 30 to 59 is classified as having mild disease. The eGFR and the kidney function are inversely related, meaning as eGFR declines, the severity of CKD increases.

What can be done to address early-stage CKD, before you experience complications? Several studies have evaluated different lifestyle modifications and their impacts on its prevention, treatment and reversal.

#### What creates the greatest kidney risks?

Among the greatest risks for your kidneys are uncontrolled diseases and medical disorders, such as diabetes and hypertension (1). If you have — or are at risk for — diabetes, control your blood sugar levels to limit kidney damage. Similarly, if you have hypertension, controlling it will put less stress on your kidneys. For these diseases, it's important to have your kidney function tested at least once a year.

In addition, obesity and smoking are risk factors and can be managed by making lifestyle changes.



#### How can diet help protect your kidneys?

Fruits and vegetables may play a role in helping patients with CKD. In a one-year study with 77 patients, results showed that fruits and vegetables work as well as sodium bicarbonate in improving kidney function by reducing metabolic acidosis levels (3).

What is the significance of metabolic acidosis? Body fluids become acidic, and it is associated with CKD. The authors concluded that both sodium bicarbonate and diets including fruits and vegetables helped protect the kidneys from further damage in patients with CKD. Alkali diets are primarily plant-based, although not necessarily vegetarian or vegan. Animal products tend to cause an acidic environment.

In the Nurses' Health Study, results show that animal fat, red meat and sodium all negatively impact kidney function (4). The risk of protein in the urine, a potential indicator of CKD, increased by 72 percent in those participants who consumed the highest amounts of animal fat compared to the lowest, and by 51 percent in those who ate red meat at least twice a week. With higher amounts of sodium, there was a 52 percent increased risk of having lower eGFR levels.

The most interesting part with sodium was that the difference between higher mean consumption and a lower mean consumption was not large, 2.4 grams compared to 1.7 grams. In other words, a difference of approximately a quarter-teaspoon of sodium per day was responsible for decrease in kidney function.

The National Kidney Foundation recommends diets that are higher in fruit

and vegetable content and lower in animal protein, including the Dietary Approaches to Stop Hypertension (DASH) diet and plant-based diets (2).

In my practice, when CKD patients follow a vegetable-rich, nutrient-dense diet, they experience substantial kidney function improvements. For instance, one patient improved his baseline eGFR from 54 to 63 after one month of dietary changes, putting him in the range of "normal" kidney functioning. Note that this is one patient, not a rigorous study.

## How often should you have your kidney function tested?

It is important to have your kidney function checked as part of your regular physical. If your levels are low, you should address the issue through medications and lifestyle modifications to manage and reverse early-stage CKD. If you have common risk factors, such as diabetes, smoking, obesity or high blood pressure, or if you are over 60 years old, talk to your doctor about regular testing.

Don't wait until symptoms and complications occur. In my experience, it is much easier to treat and reverse CKD in its earlier stages.

#### References:

(1) CDC.gov. (2) kidney.org. (3) Clin J Am Soc Nephrol. 2013;8:371-381. (4) Clin J Am Soc Nephrol. 2010; 5:836-843.

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

#### **NEWS AROUND TOWN**

#### Stony Brook Film Festival Early Bird Passes now on sale

This summer marks a major milestone as the Stony Brook Film Festival celebrates its 30th anniversary at Stony Brook University's Staller Center for the Arts. Running from July 17 to July 26, audiences are invited to experience ten nights of extraordinary films from around the world, including world premieres, U.S. debuts, and films that you cannot see anywhere else.

Early Bird Passes are on sale now, offering the best value for access to the film screenings and festival events. Pass options include the VIP Gold Pass, Regular Pass, and the Flex Pass, which grants access to any five days of the festival. Pass prices increase after June 9.

All passholders receive guaranteed Priority Seating, entry to filmmaker Q&As, eligibility to vote for the Audience Choice Awards, discounts at local partner businesses, and a commemorative festival gift. Each pass level includes its own set of perks, which can be found at stonybrookfilmfestival.com/pass.

#### Theatre Three turns 54!

In celebration of it's 54th anniversary, Theatre Three, 412 Main St., Port Jefferson presents LUCKY 54! — an evening of songs, scenes, and stories about — what else? — live theatre! This one-night-only event features some of Long Island's most beloved and talented performers, along with an encore performance of the theater's original musical, *Life, the Theatre, and Other Unlikelihoods.* Tickets are \$54. To order, call 631-928-9100 or visit www.theatrethree.com.

#### Free admission at the LIM

Visitors to the Long Island Museum, 1200 Route 25A, Stony Brook will enjoy free museum admission through June 8, while museum staff are busy installing new and exciting summer exhibits and renovating the Art Museum, a project made possible in part through a New York Council on the Arts Capital Improvement Grant, the Frankenthaler Climate Initiative of the Helen Frankenthaler Foundation, and through generous donations from supporters.

The Art and History Museums will be closed during the changeover, but the Carriage Museum and the beautiful grounds with historic buildings and garden will remain open for all to enjoy. Hours are Thursday from 11:30 a.m. to 7 p.m. and Friday to Sunday from noon to 5 p.m. For more information, call 631-751-0066 or visit www.longislandmmuseum.org.

See more events on page B22.

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#### 3 6 5 6 6 8 3 6 2 5 9 3 9

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

> **Answers** to last week's **SUDOKU**



#### **CROSSWORD PUZZLE**

#### **THEME: On Broadway CLUES ACROSS**

- 1. Benatar and Morita
- 5. Certain tray contents
- 8. In custody
- 12. \*Main character in "Shrek the Musical," based on 2001 flick
- 13. Soreness
- 14. Wore (2 words)
- 15. Street in Anytown, USA
- 16. Burn to a crisp
- 17. Opposite of alpha
- 18. \*Musical with most Tony Awards, with The
- 20. Grape holder
- 21. Entertain
- 22. \_\_\_ Aviv
- 23. Unrhymed Japanese poem, pĺ.
- 26. Snakebirds
- 30. Opposite of hence
- 31. Shooting star
- 34. Milk's favorite cookie
- 35. Zoroaster follower
- 37. A Beatle bride
- 38. Mix-up
- 39. Type of cotton
- 40. \*\_\_\_\_ Lloyd Webber
- 42. Dog command
- 43. Inference of similarity
- 45. 4th letter of Hebrew alphabet
- 47. "But I heard him exclaim, he drove out of sight..."
- 48. Pool table fabric
- 50. Altar location
- 52. \*Last year's Tony Award winner for Best
- Musical, with The
- 56. Santa Anna's target
- 57. To, archaic
- 58. Small cave
- 59. Cocaine-producing plant, pl.
- 60. Diagnostic test
- 61. Biblical Isaac's firstborn
- 62. Not quite an adult
- 63. Craggy peak
- 64. Tear

#### Answers to last week's puzzle: The 1950s



1	2	3	4			5	0	7			6	9	10	11
12	1	1	t		13	Г	$\vdash$	T	ı	14	1	t	$^{\dagger}$	$^{\dagger}$
15	t	t	$^{-}$	п	16	t	$\vdash$	t		17	$^{+}$	t	$^{+}$	т
18	t	$^{+}$	$^{\dagger}$	19	т	H	t	$\vdash$		20	t	t	t	
			21	t	T	t	t		22	Т	$^{\dagger}$		b	
23	24	25	T	$^{\dagger}$	$\vdash$			26		$^{-}$	1	27	28	29
30	t	t		31	$\vdash$	32	33		T		34	$^{+}$	$^{+}$	$\vdash$
35	1	1	36	1		37	t	$\vdash$		38	1	t	+	$\vdash$
39	H	1	$^{+}$		40	Н	$^{+}$		41	Н		42	+	$\vdash$
43	t	1	1	44	Н	H			45	1	46		+	Н
			47	H	H		48	49	Н	-	+			
	50	51	t	$\vdash$		52	т	t		$\vdash$	1	53	54	55
56		1	$^{+}$	+	Н	67	+	+	Н		68	+	+	$\vdash$
59	┢	+	✝	┰	ш	60	+	+	$\vdash$	п	61	t	✝	$\vdash$
62	╁	╁	╆	-		63	+	+			64	+	+	╆

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#### **CLUES DOWN**

- 1. Circumstance's partner
- 2. Lab gel
- 3. Domingo, Pavarotti and Carreras, e.g.
- 4. "Where the Wild Things Are" author
- 5. Plural of #13 Across 6. Social media button
- 7. Not his
- 8. \*Musical with most Tony nominations
- 9. Barbara of "I Dream of Jeannie"
- 10. \*Private box
- 11. Double helix-shaped structure
- 13. Emile Zola's "J'\_\_\_\_...!"
- 14. What helicopter parents do
- 19. Savory taste sensation
- 22. Black gunk
- 23. Tapa, alt. sp.
- 24. "Encore!"
- Jean, a.k.a. Marilyn Monroe
- 26. Don't let this hit you on the way out
- 27. Use the other end of a pencil
- 28. Re-equip
- 29. \*Rodgers' and Hammerstein's Pacific"
- 32. \*Award nickname, short for Antoinette
- 33. Finish line
- 36. \*Arthur Miller's "Death of a "
- 38. Swaziland native
- 40. \*"\_\_\_\_ of Aquarius," song from "Hair"
- 41. a.k.a. the Wizard of Menlo Park
- 44. Plural of #34 Across
- 46. Late actor Heath
- 48. Social dice game
- 49. Rose oil 50. Medicinal house plant
- 51. Tempo
- 52. Give a boot
- 53. Gaelic
- 54. Multicolored horse
- 55. Wall support
- 56. \*Part of a play

\* THEME RELATED CLUE

## Centereach resident opens pro bowling shop at Coram Country Lanes

ichael Martell grew up in a bowling center. His mother, Nicole Martell, is a long-time employee of Maple Family Centers, and Maple President John LaSpina recalls the door of his office routinely brushing up against Michael's playpen. Now 27 and a pro bowler, Michael recently returned to Maple to open a pro shop inside Coram Country Lanes, which is one of the company's five bowling centers, located at 615 Middle Country Road in Coram.

The Martell Method: Pro Shop and Coaching, which opened May 5, offers bowling balls, accessories, apparel, custom drillings and fittings, lessons, and more. Most recently, Martell was the operator of 39 Boards, a pro shop in West Babylon, where he worked for five years.

A resident of Centereach, Martell is a seven-year member of the Professional Bowlers Association (PBA) tour and a 2024 PBA East Regional Champion. He is also a 2024 New York State U.S. Bowling Conference (USBC) Open Championships All Events Champion and took 2nd place in the USBC Masters in 2023. He has also been a three-time member of Team USA.



Michael Martell celebrated the grand opening of The Martell Method: Pro Shop and Coaching with his mother, Nicole, who is the youth director at Maple Family Centers, on May 5.

As a member of the men's bowling team at Robert Morris University in Illinois, Martell helped his team win the National Association of Intercollegiate Athletics (NAIA) Championship in 2016. He later served as assistant coach and then head coach of the Robert Morris women's bowling team until COVID-19 canceled the 2020 season.

As a college student, Martell began working at Action Pro Shop in Illinois, where he was especially interested in learning how to drill holes in bowling balls and custom-fit them to a person's hand.

"As a kid, I never felt that the balls I used fit my hand properly," he said. "When I got to college, I realized how important it is for the fit to be correct, especially for accuracy." Martell is excited to share his expertise with bowlers at his new business.

"There is so much to give back to bowlers — from knowledge to taking the time to learn what they need as a bowler and a person," said Martell, who is a USBC certified coach. "My goal is to help bowlers through my experiences to be the best that they can be."

He is also thrilled to come home to Maple Family Centers, a third-generation family-owned business owned by the LaSpina family. He grew up bowling and later working at Maple's original location, which was in Brooklyn. His favorite memory at Maple was the annual Peter J. LaSpina, Sr. Memorial Scholarship Tournament, where he joined hundreds of kids in competing for scholarships.

"At about age 8, I was given the job of videographer, and I was SO excited," Martell recalled. "I felt important and a part of the team. I enjoyed recording the opening and closing ceremonies almost more than the bowling. From a very young age, I felt that I was cared about and important to the LaSpina family. The LaSpinas know how to make you feel valuable and like you are truly family."

#### Movers & Shakers



Mitch Pally has been appointed Interim President & CEO of *Discover Long Island*, following the recent departure of longtime President & CEO Kristen Reynolds who took the lead of *Choose Chicago*.

With decades of leadership experience, Pally will continue promoting Suffolk County Long Island as a premier travel destination.

"Long Island's tourism industry has never been stronger, and I'm honored to step into this interim role to help keep the incredible momentum going," he said.

Discover Long Island's Board of Directors will soon initiate a formal search for a new full-time President & CEO.



Jennifer Cano, a Stony Brook University Associate Professor in the Department of Physics and Astronomy, was recently named a Chancellor's Horizon Award for Faculty Research and Scholarship.

This inaugural award from the State University of New York (SUNY) Chancellor John B. King, honors early career tenured and tenure track faculty whose scholarly or creative activities have already achieved significant recognition and crucially, hold strong promise for field-defining impact in the future.

This award was given to 10 professors throughout the SUNY system.



Robin Lane has been promoted to the newly created role of Chief Program Officer (CPO) at UCP Long Island in Hauppauge. With the UCP-LI family since 1993, Lane has over 35 years of experience providing services to individuals with disabilities.

As CPO, Lane will oversee the planning, development, and management of all program areas, including Adult Day Services, The Children's Center, Residential Services, and a wide range of family support programs. She will also serve as a key member of the Executive Leadership Team, where she plays an integral role in strategic planning, systems development, and program innovation.



Udya Dewanamuni, a Suffolk County Community College Honor's Program student and NSF-I-SUCCESS STEM scholar in both chemistry and physics from Ronkonkoma, is one of only 90 high-achieving community college students nationwide selected to receive the prestigious Jack Kent Cooke Foundation's Undergraduate Transfer Scholarship, a highly competitive national scholarship that provides up to \$55,000 annually toward completion of a bachelor's degree.

Dewanamuni is the thirteenth Jack Kent Cooke scholar in the college's 66-year history.

#### **Vendors Wanted**

Send your Vendors Wanted listings to leisure@tbrnewspapers.com.

- Pickles & Paws event at Southaven County Park in Yaphank on May 31 from 11 am. to 5 p.m. has space for a few more artisan and food vendors. Visit www.picklesandpaws.com for an application.
- + Town of Huntington Councilwoman Theresa Mari and The Children with Special Needs Committee invites vendors including businesses, service providers, and organizations dedicated to supporting individuals with disabilities and special needs to participate in the 1st annual All Abilities Expo at Heckscher Park in Huntington on May 31 from 10 a.m. to 2 p.m. Vendor admission is free. To reserve a booth, call Michelle at 631-351-3173.
- Sound Beach Civic Association seeks vendors for its "Out of This World" Kids Day on June 1 from 11 a.m. to 3 p.m. on New York Avenue in Sound Beach—a free event celebrating children and their uniqueness. Craft/retail vendors, vendors providing only information or kids activities, food trucks, and non-profits should call 631-744-6952 or email Rubertob11789@aol.com.
- Lenny Bruno Farms, 740 Wading River Road, Manorville has a vendor call out for artisan makers, small shops, food vendors, & family-friendly services to join their Strawberry Festival on June 7 and 8 from 10 a.m. to 5 p.m. Apply at www.staysaltedinc.com/lenny-bruno-2025/p/vendor
- Three Village Historical Society, 93 North Country Road, Setauket seeks vendors for its Community Wide Yard Sale on June 21 from 9 a.m. to 2 p.m. For an application and more information, visit www.tvhs.org or call 631-751-3730.
- Health & Welfare Council of Long Island (HWCLI) is accepting nonprofit, managed care(MCOs), and health and human service organizations to take part in their 3rd annual Nonprofit Job Fair at Farmingdale State College on June 11 from 5 p.m. to 8 p.m. \$50 registration fee, \$30 for HWCLI network participants includes one 6-foot table and two chairs. To register, visit www.hwcli.com.
- St. Paul's United Methodist Church, 270 Main Street, Northport seeks vendors for its Summer Craft Fair on July 12 from 9 a.m. to 2 p.m. If you are an interested vendor, please contact the church at 631-261-0804 to obtain a registration form.
- Sachem Public Library, 150 Holbrook Road, Holbrook is looking for vendors to participate in an outdoor Summer Craft Fair on July 19 from 10 a.m. to 4 p.m. Online application opens on June 6 on the library's website, www. sachemlibrary.org. For more information, call 631-588-5024.



## Sur La Table returns to Smith Haven Mall June 5

BY HEIDI SUTTON

Exciting news for home chefs! Sur La Table, a culinary destination offering cooking classes, high-quality kitchen products, and premium in-store experiences, has announced their return to the Smith Haven Mall in Lake Grove with a grand opening set for Thursday, June 5 at 10 a.m. The new store will be situated in Lifestyle Village in the same location as before.

Created by chefs for chefs, this new store will provide an inviting space for culinary enthusiasts of all levels to explore the world of cooking — from hands on classes to top-of-the-line kitchen gear, Sur La Table "inspires chefs of all levels to make more and gather often," according to a press release.

The opening is part of Simon Property Group's multi-million dollar transformation project at the mall, which, when completed in 2026, will include a number of retailers including Zara, Mango and Primark; restaurants; new landscaping; interior and exterior improvements including new flooring, lighting and paint; along with an extensive revitalization of the mall's Center Court and Food Court.

'Sur La Table's arrival at Smith Haven Mall is one of many exciting changes we're making to our center," said Jillian Friello, Director of Marketing and Business Development, Smith Haven Mall. "This new addition aligns perfectly with our vision to offer shoppers a more dynamic,

proud to welcome Sur La Table to our growing list of brands joining the center and are confident it will be a great addition to the mall."

"We are thrilled to bring Sur La Table's engaging experiences around cooking to the Smith Haven Mall," said Sur La Table CEO, Jordan Voloshin. "Our mission has always been to inspire people to cook with joy, and this new location allows us to connect with an even larger community

elevated, and diverse experience. We're of food lovers. With the revitalization of Smith Haven Mall, we're excited to be part of this exciting new chapter and offer a fresh, innovative shopping experience to the region."

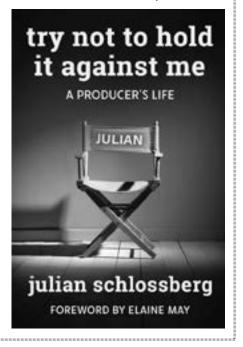
Store hours will be Mondays to Thursdays from 10 a.m. to 8 p.m., Fridays and Saturdays from 10 a.m. to 9 p.m. and Sundays from 11 a.m. to 6 p.m.

To learn more about upcoming events, cooking classes, and exclusive products, visit www.surlatable.com.

#### Julian Schlossberg heads to the CAC June 1

Legendary producer conversationalist, Julian Schlossberg, will be appearing at the Cinema Arts Centre, 423 Park Ave., Huntington on Sunday, June 1 at 2:30 p.m. with the first East Coast screening in 35 years of his zany comedy, In The Spirit, with Elaine May, Peter Falk and Marlo Thomas topping the cast.

Afterwards there will be a discussion and book-signing reception for his new insider memoir marking six decades in show business, Try Not to Hold it Against Me: A Producer's Life. The program also includes a hilarious film promo written and directed by Elaine May herself. Tickets are available at www. cinemaartscentre.org, by calling 631-423-7611 and at the box office.



## Leg. Steve Englebright grants county funds to local cultural organizations

Suffolk County Legislator Steve Englebright (D-Setauket) recently presented checks to representatives from various cultural organizations in his district to help them fund future projects.

"A genuine love for community has always been a driving factor in my work," Englebright said. "Recently, I showcased my appreciation and support for several of our district's most beloved cultural and arts organizations through Suffolk County Omnibus Grants."

During Legislator Englebright's tenure as a New York State Assemblyman, he was the Prime Sponsor of legislation that led to what is commonly referred to as the hotel-motel room fee. The intention behind this initiative that is essentially a tax on people who live outside of our county, including many from other countries was to help generate funds that would enable Suffolk County Legislators to support the Long Island tourism industry through grants for programs for the arts, music, and history. The Suffolk County Department of Economic Development and Planning administers the awards.

"This year, I experienced numerous full-circle moments as I was pleased to be able to award numerous community cultural



Legislator Steve Englebright, right, presents a check to Port Jefferson Historical Society Board members, from left to right, Joan Townley, Laura Warren and Nick Acampora.

Photo from Legislator Englebright's office

organizations with funding that will help support important programs that our part of the county has become known for, such as the Gallery North Wet Paint Festival, the Port Jefferson Station-Terryville Chamber of Commerce's and Ward Melville Heritage Organization's summer concert series, and the Greater Port Jefferson Arts Council's annual Dickens Festival," the legislator said.

Several local galleries, music venues and museums were also granted awards, such as The Reboli Center for Art and History, The Jazz Loft, and the Long Island Museum.

"In total, I was able to provide room fee-derived funds amounting to more than \$150,000 to 15 local organizations which, in turn, will help nurture a vibrant scene for lovers of art, music, and history while stimulating our local economy through tourism and leisure travel," Englebright said.

The Fifth Legislative District's grant recipients are The Greater Port Jefferson Arts Council, Gallery North, Theatre Three, The Reboli Center, The Jazz Loft, The Port Jefferson Station-Terryville Chamber of Commerce, The Frank Melville Memorial Foundation, The Long Island Music and Entertainment Hall of Fame, The Three Village Historical Society, The Long Island Museum, The Port Jefferson Historical Society, The Children's Maritime Museum (Long Island Explorium), The Three Village Community Trust, The Ward Melville Heritage Organization and The Village of Port Jefferson.



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## Blackmore's Night inducted into the Long Island Music and Entertainment Hall of Fame

he Long Island Music and Entertainment Hall of Fame (LIMEHOF) in Stony Brook, in coordination with earMUSIC, hosted an evening celebrating Candice Night and the release of her new album, *Sea Glass*, on May 13. The event featured a live solo performance by Night, performing three songs from her new album, followed by the official induction of Ritchie Blackmore and Candice Night of Blackmore's Night into LIMEHOF.

Night accepted the induction by LIMEHOF executive board member Robert deBrauwere on behalf of Blackmore's Night. Ritchie Blackmore was unable to attend the event.

The two inductees met on Long Island and have strong community ties. Ritchie Blackmore (*Deep Purple* and *Rainbow*) grew up in the UK and moved to the USA in 1974, moving to Huntington in the 1980s. While interning at WBAB in 1989, Night met Blackmore at a charity soccer game where Deep Purple played against the station's



From left, Candice Night and LIMEHOF trustees Robert deBrauwere and Barry Fisch. Photo by Steve Leung

DJ's and Staff. After the game, Candice asked Ritchie for his autograph and the two became friends, later developing into more.

"I am so honored to be inducted into the Long Island Music and Entertainment Hall of Fame," said Night, who grew up in Hauppauge. "Being surrounded by some of the

greatest musicians, knowing we all have the same roots here is an incredible feeling. I've lived on Long Island my whole life and am constantly inspired by the energy here and the beauty of our nature."

The minstrel rock band began in 1997 as a labor of love and an escape from the pressures of the modern-day world. They formed their own musical world, creating a new genre of music. Weaving together melodies from the Renaissance times with modern day instrumentation, original arrangements, and new lyrical content, Blackmore and Night have achieved many awards, critical acclaim and gold records worldwide, consistently topping the Billboard New Age charts. The group has recorded 11 albums.

Together with their 7-piece touring band, they perform in castles and historical venues worldwide. Thousands of fans show up to the shows dressed in period garb to be a part of the musical festivities. They record in their home studio on Long Island, and have gained the love and loyalty of millions of fans over the past 28 years.

"It's an amazing honor for me to induct my long-time friends and clients Candice and Ritchie as Blackmore's Night into the Long Island Music and Entertainment Hall of Fame," said deBrauwere. "It's incredible how popular their music is throughout the world. Particularly in Europe and Japan, but really everywhere, there are Blackmore's Night fans throughout the world. There's a huge community of folks that love them."

"In recorded and live performances, Long Island's Blackmore's Night has been thrilling and entertaining audiences all around the world for nearly three decades," said LIMEHOF co-founder Norm Prusslin.

"Blending renaissance melodies, instrumentals, and folk-rock original songs into a style uniquely their own, Blackmore's Night is beloved by their fans for their exceptional musicianship, extraordinary vocals, and legendary performances. Blackmore's Night's induction into the Long Island Music and Entertainment Hall of Fame recognizes and honors their artistry, creativity and legacy," he said.

For upcoming events at the Long Island Music and Entertainment Hall of Fame, visit www.limehof.org.



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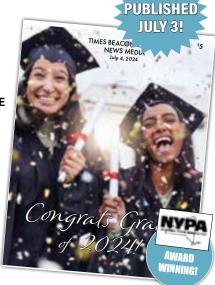
¶ Publish your high school grad's favorite photo, a fun candid picture or their senior picture – your choice! Scan the QR code & upload your grad's photo at tbrnewsmedia.com/grad-submissions by 5 pm Friday, June 6. Include their name and school name and we will publish the photos for FREE in our Award Winning Graduate Issue on July 3.\*

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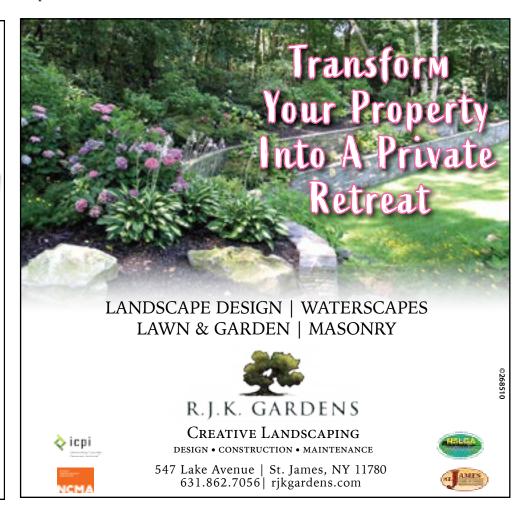
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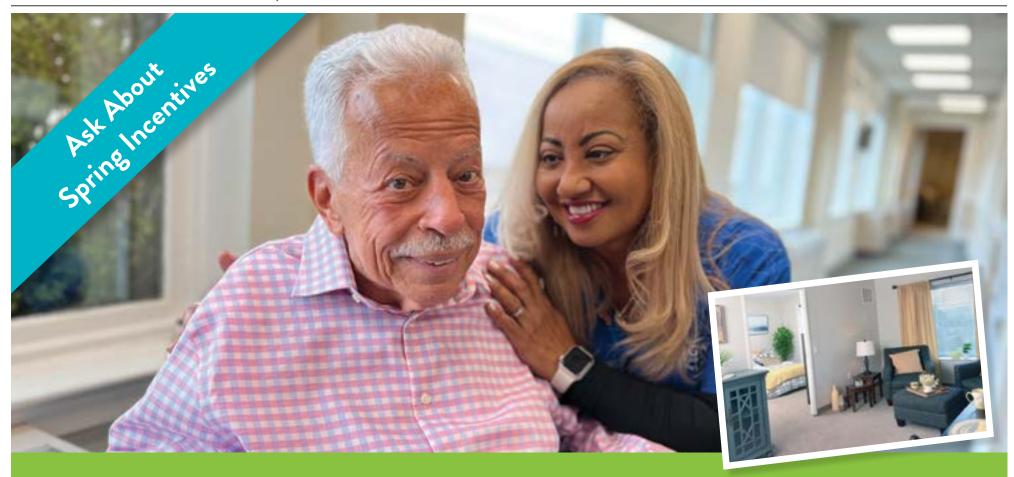
Healthy daily habits

Keep allergies in check

Lyme disease prevention tips

Healthy smoothie recipe on page B18

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## Tips to protect your hearing over the long haul

earing is easily taken for granted. Many people do not experience hearing loss as children or young adults, which perhaps creates a false sense of security that hearing will always be there. But studies have found that billions of people's hearing is under threat, and that threat could present itself a lot earlier than they realize.

According to the World Health Organization, 1.1 billion people under the age of 35 are at risk of noise-induced hearing loss (NIHL). And many are already confronting issues with their hearing, as the Centers for Disease Control and Prevention reports that one in five teens in the United States already has measurable hearing loss.

The Hearing Health Foundation notes that once hearing is lost it cannot be recovered, which is why the organization is working diligently to change how people think about their hearing. Preventing hearing loss is part of the organization's mission, and it offers the following recommendations to individuals seeking to protect their long-term hearing.

**Move away from noise if possible.** The term "noise" is unique because it can

'1.1 billion people under the age of 35 are at risk of noise-induced hearing loss.'

— WORLD HEALTH ORGANIZATION

be hard to measure and is often seen as relative. Moving away from particularly noisy situations can prevent hearing loss, but how is one to know if a situation qualifies as noisy? The HHF notes there are apps, including the NIOSH SLM app,

that measure noise levels and predict allowable exposure times. These features can indicate when a setting is too noisy and/or how long a person can be in a situation before his or her hearing may be adversely affected. Lower the volume. It's simple, but effective. Lowering the volume on a car radio, television or personal device can protect long-term hearing. It's also beneficial to heed noise warnings on devices such as over-ear headphones. Such warnings may involve a beep and/or smartphone notification indicating that an attempt to raise the volume on headphones is exceeding the recommended maximum decibel levels.

Utilize noise-canceling devices. Noise-canceling capabilities on over-ear headphones are perhaps more helpful than users realize. By blocking out all external sounds, noise-canceling headphones reduce the likelihood that users will increase the volume when listening to music, watching a show or movie or talking on a phone. Keeping volume low is a great way to protect long-term hearing.

Schedule routine hearing exams. Hearing exams should be part of everyone's preventive health care routine. The HHF notes that regular hearing tests can help to uncover early hearing loss. When individuals learn they have hearing loss, they're more inclined to take steps to prevent further deterioration. • (Metro)



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## Don't let a tick make you sick Stony Brook Children's Hospital infectious diseases expert urges vigilance

The Centers for Disease Control and Prevention's (CDC) Tick Bite Data Tracker shows that emergency department visits for tick bites have increased in May.

Children have the highest incidence of Lyme disease in the United States. Specifically, the age group most at risk is



Dr. Andrew Handel Stony Brook Medicine/ Jeanne Neville

children aged 5 to 9 years old. Children are particularly vulnerable to tick bites because they often play in areas where ticks are prevalent.

According to the CSC, early signs and symptoms for most tick-related illnesses include a rash, fever and chills general ill feeling, hacheade, joint pain, muscle pain and stiff neck. If left untreated, Lyme disease can lead to serious long-term complications, including heart problems, neurological issues, and chronic arthritis.

The CDC estimates that nearly 500,000 people will contract Lyme disease this year, from just a single tick bite. A newly published study in the Journal of Medical Entomology provides critical insights into the emergence of babesiosis in the Mid-Atlantic region. Babesiosis can be more severe than Lyme disease, and can become a life-threatening disease for the elderly.

"Ticks can spread disease. Not all ticks can cause disease and not all bites will make you sick. The vast majority of tick bites do not result in any infection or other disease," said Dr. Andrew Handel, a pediatric infectious diseases expert at Stony Brook Children's Hospital and physician at the Stony Brook Regional Tick-Borne Disease Center in Hampton Bays, the first and only dedicated tick clinic in the Northeast.

"However, as tick bites and tickborne diseases become more common, it's important to learn how to prevent a tick bite, how to remove a tick and stay safe year-round. Increased tick activity as the weather warms also means increased risk of tickborne diseases such as Lyme disease, anaplasmosis, babesiosis, Powassan virus and Rocky Mountain Spotted Fever. Also, an odd phenomenon known as an 'alphagal allergy' may develop after a lone star tick bite, leading to an allergy to red meat," he said.



Dr. Handel shares a multi-pronged strategy to stay tick-free:

- Wear light-colored, long-sleeve shirts and pants to make ticks more identifiable.
- Tuck your pants into your socks so the ticks don't have access to your skin.
  - Use 20-30% DEET insect repellent.
- Perform routine tick checks when coming from the outdoors or nightly tick checks.
- Check unexpected and common places on your body for ticks. Ticks love to hide in the beltline, behind the ears, hairline, and in skin folds.
- If outdoors for an extensive time, consider treating clothes with permethrin, which kills ticks on contact.
- Put your clothes in the dryer for 10 minutes on high heat to kill any ticks.

Handel adds that anyone bitten by a tick should save the tick for identification.

"Do remove a tick if it is attached. The only safe method is to use a tweezer and firmly grasp the tick right at the base of the skin, where its head is borrowed. Then pull directly away from the skin, without twisting. Once off, place the tick in a sealed bag. Then you can bring it to your clinician to examine and see if they can identify it and know what symptoms may develop into possible infections. We often hear of people using petroleum jelly or matches to kill the tick while it is attached to the skin. This is not effective and may cause much more harm to the skin," he said.

A tick typically needs to be attached for at least 36 hours before Lyme disease becomes a concern. In those cases, a medical provider may prescribe a single dose of doxycycline to prevent infection.

"If you are bitten by a tick, don't panic," Handel said. "The majority of tick bites do not lead to an infection and we have effective antibiotics for preventing or treating these infections."...

— CONTENT PROVIDED BY STONY BROOK CHILDREN'S HOSPITAL

## Keeping spring and summer allergies in check

pring and summer are typically welcomed with open arms. Warm weather, blooming flowers and trees full of leaves are a welcome sight for many, but seasonal allergy sufferers may find the transition from winter to spring a little more challenging.

The Center for Health Statistics found that just under 26 percent of adults and roughly 19 percent of children have a seasonal allergy. Treatments for seasonal allergies can be effective, and many people find over-the-counter medications are enough to alleviate their symptoms. But even people who take OTC medications daily may have days when seasonal allergies cause considerable discomfort. In such situations, allergy sufferers can consider these strategies.

Identify your triggers. The American College of Allergy, Asthma, & Immunology notes that pollen is the most common outside allergy trigger. Trees and grasses typically pollinate in spring and summer, which is why these seasons can be especially challenging for people with seasonal allergies. Dustmites and pets might trigger allergies indoors, but these can appear throughout the year. A visit to



an allergist can determine what exactly triggers seasonal allergies. For example, certain types of grasses and trees might be triggers for some but not others. Identifying triggers is an effective first step because it can compel people to avoid the

things that cause allergic reactions.

**Stay indoors on dry, windy days.** The Mayo Clinic advises seasonal allergy sufferers to stay indoors on dry, windy days, when pollen can be nearly impossible to avoid.

Take advantage of a good rain. The Mayo Clinic advises that the best time for seasonal allergy sufferers to be outside is after a good rain. Rain helps to clear pollen from the air, so post-rain conditions can be ideal for people with seasonal allergies.

Change your clothes and wash up upon coming inside. The ACAAI recommends changing clothes, washing them and taking a shower upon coming inside during allergy season. Washing clothes and taking a shower reduces the likelihood that you'll spread pollen around the interior of your home, where it can attach to furniture and trigger allergic reactions.

Monitor the pollen count. As noted, pollen is a seasonal allergy trigger, so allergy sufferers are urged to monitor the pollen count via a website such as Pollen. com, where visitors can type in their ZIP code and get an up-to-date allergy report. On days when the pollen count is high, stay indoors and keep windows closed so the pollen does not get inside.

The Mayo Clinic notes that pollen counts tend to be highest in morning, so it's best to avoid being outside during this time of day. • (Metro)

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#### **Spring Green Smoothie for Vitality & Focus**

Recipe courtesy of Indu Kaur

#### **Ingredients:**

- 1 cup spinach (rich in vitamins and antioxidants)
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- 1 green apple (fiber and natural sweetness)
- 1/2 lemon (vitamin C boost)
- 1 tbsp chia seeds (omega-3s and energy)
- 1-inch piece of ginger (anti-inflammatory and energizing)
- 1 cup coconut water (electrolytes and hydration)
- Optional: 1 scoop collagen or plant-based protein powder

#### **Instructions:**

Wash all ingredients thoroughly. Add spinach, cucumber, green apple, lemon juice, chia seeds, ginger, and coconut water to a blender. Blend until smooth. Add more coconut water if you prefer a lighter consistency. Pour into a glass and enjoy immediately for a refreshing, nutrient-packed drink!

Why it's great for May: This smoothie supports hydration, mental clarity, and a gentle detox — ideal as the weather warms up and you want to feel light and energized.



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## How to prioritize mental health

ental health is now discussed more openly than it once was. Mental illness or issues that affected mental health used to be stigmatized, and many people suffered in silence and might not have gotten the help they needed.

The National Institute of Mental Health reports more than one in five adults in the United States lives with a mental illness. Mental illnesses include many different conditions that may vary in degree of severity, from very mild to severe. The Centre for Addiction and Mental Health advises that, in any given year, one in five Canadians experiences a mental illness as well. Such statistics highlight just how common mental illnesses are.

The NIMH notes self-care plays a significant role in maintaining mental health and supporting recovery. People can safeguard their mental health in many ways, and doing so will improve their overall health as well.

**Spend time in nature.** Nature can have a calming effect on people. Going for a walk can help tame stress and break patterns of negative thinking. In Japan, the concept of forest bathing is said to improve mental health. Forest bathing involves spending time in a forest or another green area experiencing the different sounds, sights and smells that nature offers.

**Set boundaries.** B2B Reviews says 12 percent of U.S. workers were fully remote in August 2023. Estimates suggest that number may have increased to around 14 percent by 2025. Working from home can make it more challenging to set firm divisions on time spent working and for home life. Establishing boundaries means not being available 24/7 for calls or emails and not feeling guilty about taking time away from work.

**Get regular exercise.** Just 30 minutes of exercise each day can get feel-good endorphins flowing through the body to boost mood and bodily health.

**Get more sleep.** Adults generally need between seven and nine hours of sleep for optimal health and reaching deep sleep phases, says the Mental Health Foundation. Creating consistent sleep routines that include going to bed and waking at the same time each day; avoiding screens before bed; and avoiding caffeine or vigorous exercise late in the day can help improve sleep.

*Try relaxing activities.* Relaxing activities can include reading, listening to music, meditation, forest bathing, walking the dog, playing with the cat or low-stress crafts and hobbies. Make time each week for these calming pursuits.

**Socialize with others.** Socialization provides opportunities to see others and talk about anything you want to get off your chest. People feeling stress or anxiety might think they are alone. But having conversations with others can illustrate that these are common problems and there are solutions. Sometimes just talking about an issue can help you overcome it.

Use your vacation time. Too many people are not using enough of their deserved and accrued time off. A survey from the financial services company Sorbet found that 62 percent of Americans don't use all of their paid time off. A Pew Research Center survey found that nearly half of U.S. employees with paid time off take less time than their employers offer. Failure to take time off is a recipe for burnout. Mental health should be a priority.

Safeguarding mental health can involve various self-care techniques that anyone can employ. • (Metro)

## Promote health with these eight daily habits

ealth should be a priority, but too often life gets in the way and individuals take a reactive, rather than proactive, approach to their personal well-being. But living healthier need not be so difficult. In fact, research suggests that small, positive changes in how a person lives each day creates a healthier person over time.

A Hologic-Gallup survey on the state of women's health conducted in April 2024 found 63 percent of respondents said it was hard for them to make health a priority. They cited feeling overwhelmed, needing to care for others before themselves, emotional/mental health, and work as the top barriers to focusing on health. But it's important that both women and men recognize that small changes can add up to big results. These healthy habits can help individuals start living healthier lifestyles.

**Stay hydrated**. Hydration supports good digestion, increases energy and may improve brain performance, states Harvard Health. Drink a glass of water each day upon waking up and with every meal. Older adults often do not feel thirst like they did when they were younger, so it is especially important for seniors to stay hydrated.



**Get some exercise.** Regular physical activity is one of the most important things a person can do fo his or her health. Exercise helps manage weight, reduces the risk of disease, strengthens bones and muscles, and improves brain health. The Centers for Disease Control and Prevention says adults should aim for at least 150 minutes (30 minutes a day for five days) of moderate-

intensity aerobic activity a week. A great place to begin is with a daily walk, which is a simple and effective habit that does not require a lot of time and no equipment except a good pair of athletic shoes.

**Wear sunscreen every day.** After washing your face each morning, apply a facial moisturizer with an SPF of at least 30, or blend equal parts of sunscreen and

regular moisturizer, suggests Harvard Health. Use it on the face, neck, ears, and any thinning hair spots on the scalp. Skin cancer is the most common type of the disease worldwide, and wearing sunscreen can help many people avoid it.

**Spend time outdoors.** It takes just a few minutes in the sun to raise vitamin D levels. Vitamin D is necessary for bone and heart health and helps to boost mood, says WebMD. Various studies indicate spending time in green spaces promotes calm and increases happiness.

**Plan your meals.** Meal planning is not just a way to manage food budgets. It's also a great method to being more mindful of food choices and avoiding impulse buys or meals that may not be as healthy as they can be. Adding more plant-based foods to a diet is a good start. Such foods can reduce the risk of chronic conditions like high cholesterol and hypertension.

Other practices that promote health include doing a morning stretch, flossing, and taking an afternoon nap. On the latter, research has shown that shorter and less frequent naps — lasting less than 30 minutes, no more than four times a week — were associated with the most benefit. • (Metro)









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# Moloney's Port Jefferson Funeral Home and Cremation Center is proud to announce that Funeral Director, Doug Casimir has joined our team.

Doug is a longtime local funeral director, was the owner of Casimir Funeral Homes and has a long history of caring for the local families of Port Jefferson, Port Jeff Station and the surrounding communities.



"It's a real honor to have a funeral director of Doug's caliber join with us.

Moloney's Port Jefferson Funeral Home is committed to providing the best level of care to our local community and joining with Doug is a testament to that commitment" said owner Dan Moloney Jr.

## Something to crow about — Long Island Corvids

BY JOHN L. TURNER

alking out of the returnable bottle vestibule at the local supermarket, I looked up to see a swirl of black forms, circling and swooping over the parking lot. I quickly counted eighteen

NATURE crows and wondered what they were doing and what species was involved? A dozen landed on the building parapet, sitting in even spaced intervals about three feet apart and began vocalizing — I got the answer to the second question as their deeply nasal caw gave them away — I was watching a flock of Fish Crows, or as a flock of crows is also called "A Murder of Crows," right here in a suburban parking lot.

Fish Crows, which breed here, are a member of the Corvid family (or Corvidae) which has three other representatives of this fascinating bird family on Long Island — Blue Jay, American Crow and the Common Raven, a relative newcomer to the island's avifauna. (The Raven is also the largest songbird in the world, an interesting factoid you can impress people with at cocktail parties). There are twenty-three corvid species in North America with other representatives of the family including magpies, nutcrackers, and scrub jays.

As for the answer to the first question about their collective behavior, each and every bird was doing something important since such rapid communication was taking place between crows. The perched birds called repeatedly, almost incessantly, projecting their head forward to emphasize the call, so much so I thought they might tumble from the building edge! A few more joined the scene flying north from the nearby home improvement store and they proceeded to land on the parking light poles of the supermarket, cawing as they flew in.

I watched for at least ten minutes as they called back and forth and I felt simultaneously amused and frustrated in not being able to enter their world and understand what the fuss was all about. The spring mating season would soon be here with the birds pairing up to raise the next generation of fish crows. Was this the crow equivalent of a farewell party? Whatever the reason, it was a pleasure to watch a group of animals socializing in such an animated way. It brought a smile to my face

Another supermarket customer came out and once he passed the entrance overhang looked up, presumably drawn by



my upward gaze and the raucous calling. He formed his arms as if he were firing a rifle and raised them in the direction of the birds. My smile immediately disappeared as his attitude and intent was clear. I said something to him that I cannot repeat in this family newspaper and his reaction, so immediate and spontaneous as to reveal his true attitude, darkened my mood for much of the day.

In fact, his attitude of hostility toward crows is an all too common one. Based on New York State hunting regulations, promulgated by the Department of Environmental Conservation, you can kill as many crows as you want, each and every day, during a six month hunting season running from September 1st to March 31st. All this despite the fact that virtually no one hunts crows to eat them — they are shot for "sport." The state agency, created to "conserve the environment," one that you support with hard earned tax dollars, is in support of suffering and a wanton waste of life.

While some have a negative view of crows, a more positive view is developing, fostered by a recognition they are remarkably smart birds, a fact borne out by experiment and observation.

The results of a recently published trial relating to "geometric regularity" bears this out. In this study, researchers rewarded crows if they correctly identified a shape which is different from a group of other displayed shapes — like four stars and a crescent. If a crow pecked at the crescent it would be given a treat, a delicious

mealworm! The crows' abilities were tested when it came to shapes that were different but in more subtle ways such as a square and another quadrilateral figure with which the angles and lines varied little. The subtlety didn't matter as the birds pecked the correct symbol and got the mealworm.

We know from ample experiments and observations that crows are one of the few bird groups that use tools. In one famous set of experiments, crows had to know to drop rocks into a tube of water to raise the water level enough to reach a floating treat. They did this well and when confronted with two tubes, one containing water and the other sand, knew not to bother with the sand filled tube.

In another experiment crows knew to insert one tube into another to gain enough length to reach food. The use of compound tools, as displayed by crows, has only been seen in Great Apes.

To round out the intelligent capabilities of crows, they are known to recognize and distinguish human faces, being able to remember them for many years. What's the reason for such intellectual prowess? Well, part of it has to do with the fact that corvids have large brains in comparison to their bodies. But the main reason has to do with the high density of neurons corvid brains possess and the overall complicated structure of the corvid brain.

This time of year crows and other corvids have paired up to breed and raise a new generation. They will stay paired for the next couple of months but as summer wanes and the cooler weather arrives you'll notice



Fish crows, left, and blue jays are members of the Corvid family along with American crows, ravens, magpies, scrub jays and nutcrackers. Photo on left from Wikimedia, photo above from Pixabay

a change in their behavior. The pair bonds dissolve and the crows, ever gregarious and social, will spend the winter in flocks which can number in the hundreds, during which time individual crows observe the behavior of other crows learning: What do they eat? In what direction and how far do they fly from their overnight winter roost to find feed? How do they detect and avoid predators? This social aspect of crows also helps to explain their overall adaptability and intelligence, traits that if my fellow shopper knew, might result in him replacing his knee jerk aggressive gesture with a sense of admiration.

A resident of Setauket, author John L. Turner is a naturalist, conservation co-chair of the Four Harbors Audubon Society, and Conservation Policy Advocate for the Seatuck Environmental Association.

#### ONLY ON THE WEB:

The following articles can be found at www.tbrnewsmedia.com

- » St. James Five-Mile Challenge &5K Fun Run raises \$86k for Ronald Mcdonald House
- » Smithtown senior softball team celebrates opening day
- » Optimum announces winners of its sixth annual Innovator Awards
- » Shelter Pet of the Week: Riley
- » 4,000 reasons to love bees on World Bee Day and beyond

## Thursday 22

#### Trivia Night at the Heckscher

Put your knowledge of arts and culture to the test during the inaugural Trivia Night at the Heckscher Museum, 2 Prime Ave.,, Huntington hosted by Think Inc. Trivia at 6:30 p.m. Teams of 2 to 4 players will enjoy a night of challenging questions for all levels as they compete for prizes and the title of trivia champion. Each ticket includes two complimentary drinks and light refreshments will be provided. For ages 21 and up. Tickets are \$35, \$25 members at www.heckscher.org.

#### 'Hangoutology and Mixology'

The Jazz Loft, 275 Christian Avenue in Stony Brook, presents a very special evening at 7 p.m. in the Loft's Coal Bin speakeasy, where jazz lovers can enjoy some crafty cocktails and vintage music from the 1930's to 1960's. The event will feature "Tiki culture cocktails" and the music fad of Exotica, Les Baxter, Don the Beachcomber and more. For ages 21 and older. Tickets are \$100 at www.thejazzloft.org/tickets. 631-751-1895

#### **Native American Drumming**

All Souls Rectory, 5 Mill Pond Road, Stony Brook hosts an evening of Native American Drumming Meditation 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. Please bring a can of food to donate if you want to help feed the hungry in our community. "Lend a hand, bring a can." Call 631-655-7798 for more information.

#### **Standup Comedy at the CAC**

The Cinema Arts Centre, 423 Park Ave., Huntingotn continues its Stand-Up/Sit-Down series with Rob Bartlett at 8 p.m. with host Steven Taub. Tickets are \$35, \$25 members. www.cinemaartscentre.org

## Friday 23

#### **Senior Dance**

Celebrate Older Americans Month at the Town of Brookhaven Rose Caracappa Senior Center, 739 Route 25A, Mt. Sinai at 1 p.m. with music by DJ Louis DelPrete. To register, please call 631-451-5312.

#### **Huntington YMCA Carnival**

Huntington YMCA, 60 Main St., Huntington hosts its annual Memorial Day Weekend Carnival today from 6 to 10 p.m., May 25 and May 26 from 1 to 10 p.m., and May 27 from 1 to 6 p.m. Featuring carnvial rides, food, a magic show, concert by Totally Taylor Swift, games and more. Proceeds benefit the YMCA camps and programs. Free admission. For ticket ride bracelets, visit ymcali.org/carnival.

# Times ... and dates

May 22 to May 29, 2025



A TIMELESS CLASSIC

The warm breezes of the 'South Pacific' beckon at the John Engeman Theater through June 29.

Photo from the John Engeman Theater

## Saturday 24

#### **Huntington YMCA Carnival**

See May 23 listing.

#### **Quilt Show**

Mt. Sinai Congregational Church, 233 North Country Road, Mt. Sinai hosts its 3rd annual Quilt Show from 9 a.m. to 2 p.m. Join them to admire both old and new quilts made or loaned by those in the local community. Admission is free, raffles available with quilt sales in the Red Barn Thrift Shop next door. 631-473-1582

#### **CSHL Walking Tour**

Cold Spring Harbor Laboratory, 1 Bungtown Road, Cold Spring Harbor will host a guided walking tour of the campus from 10 a.m. to 11:30 a.m. Learn about the historic and modern architecture, the Nobel legacy, and the advanced cancer, neuroscience, and plant research taking place at the lab. Fee is \$9.31 per person. To register, visit www.cshl. edu. 516-367-8844.

#### **Joseph Lloyd Manor Tours**

Joseph Lloyd Manor, 1 Lloyd Lane, Lloyd Harbor will be open for tours at 11 a.m., 12:30 p.m. and 2 p.m. today and May 25, courtesy of Preservation Long Island. Here, Jupiter Hammon, one of America's first published black writers, composed his best-known works while enslaved by the

Lloyd family. This guided tour will lead visitors through the first and second floor of the Manor. Tickets are \$10 adults, \$5 ages 10 to 18, free for children ages 9 and under. To reserve your spot, visit www. preservationlongisland.org/tours/.

#### **Smithtown Village Craft Fair**

Island Fairs presents a Village Craft Fair on the grounds of the Smithtown Historical Society, 239 East Main St., Smithtown today and May 25 from 10 a.m. to 5 p.m. with over 100 local crafters, artists and vendors, children's activities, live music, and food vendors. Free admission. 631-885-1267

#### **Farmers & Artisans Marketplace**

Farmingville Residents Association will host Farmers, Artisans and Friends Marketplace at Triangle Park, corner of Horseblock Road and Woodycrest Drive, Farmingville from 11 a.m. to 4 p.m. Featuring over 40 vendors selling local produce, handmade items, antiques & collectibles, flea market treasures and live music. 631-260-7411

#### **Owl Hill Open House**

See page B3.

#### **German Car Show**

Rescheduled from May 17. In conjunction with their current exhibition, Getting There, the Reboli Center for Art and History, 64 Main St., Stony Brook will host a German Car Show from 11 a.m. to 4 p.m. curated

by Nelson Medina. Whether you're a car enthusiast or simply love the elegance and performance of German engineering, this event is one you won't want to miss. Free. 631-751-7707

#### **Open Farm Days**

Benner's Farm, 56 Gnarled Hollow Road, East Setauket will be open to the public today and May 25, in celebration of Memorial Day from noon to 4 p.m. Tour the farm, visit with the animals, see the new babies and enjoy the Big Swing with an open mic event on a Model T truck on Saturday and sheep sheering demonstrations on Sunday. Admission is \$12 adults, \$10 seniors and children. 631-689-8172

#### **Hallock Homestead Tour**

The Rocky Point Historical Society's Noah Hallock Homestead, 172 Hallock Landing Road, Rocky Point will be open for docent or self-guided tours from 1 to 4 p.m. Come visit Rocky Point's oldest standing house (1721) and home of seven generations of the Hallock family until 1964. The 2025 featured exhibits are "1901 E. Brush Shipwreck" and "Needlecrafts of the Hallocks and Tuthills." \$5 donation requested. 631-744-1776, www. rockypointhistoricalsociety.org

## Sunday 25

\*Memorial Day events are on page B27.

### **Huntington YMCA Carnival** See May 23 listing.

Joseph Lloyd Manor Tours See May 24 listing.

#### **Open Farm Days**

See May 24 listing.

## **Smithtown Village Craft Fair** See May 24 listing.

#### **Caumsett Spring Stroll**

Join the staff at Caumsett State Historic Park Preserve, 25 Lloyd Harbor Road, Huntington for a 1.5 mile Spring Seasonal Stroll highlighting bird nesting from 9:45 a.m. to 11:45 a.m. Adults only. \$4 per person. Advance registration required by calling 631-423-1770.

#### **Ronkonkoma Street Fair**

Ronkonkoma Chamber of Commerce will hold its annual Memorial Day Street Fair along Hawkins Avenue in Lake Ronkonkoma from 11 a.m. to 6 p.m. Featuring over 200 vendors with live entertainment, merchandise, food, children's rides, arts and crafts. 631-963-2796

#### **Spring Yard Sale**

The Ronkonkoma Historical Society, 328 Hawkins Ave., Lake Ronkonkoma will hold a Spring Yard Sale from 11 a.m. to 6 p.m. Stop by during the Ronkonkoma Sreet Fair to shop for treasures. 631-467-3152

#### **Tal Naccarato in concert**

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

#### **Benner's Farm Concert**

The Good Earth Sound Stage at Benner's Farm, 56 Gnarled Hollow Road, East Setauket welcomes Princess Peapod and Take 2 for a Memorial Day concert at 4 p.m. Bring seating for this outdoor event. \$15 donation at the door. 631-689-8172

## Monday 26

\*Memorial Day events are on page B27.

#### **Country Line Dancing**

Celebrate St. James presents Country Line Dance lessons with Natalie at the St. James Community Cultural Arts Center, 176 2nd St., St. James from 7 p.m. to 8:30 p.m. Come learn the hottest dances! \$15 per person at the door. Please RSVP at www. celebratestjames.org. 631-601-5109

## Tuesday 27 NSJC Social Club event

North Shore Jewish Center Social Club, 385 Old Town Road, Port Jefferson Station invites the community to an update by Brookhaven Councilmember Jonathan Kornreich on current activities and answer your questions at 11 a.m. Bagels and coffee will be served. \$5 per person, \$4 members. 631-928-3737

#### Board 'Walk' Your Way to Wellness

Health professionals from St. Catherine of Siena Hospital will be available at Sunken Meadow State Park's boardwalk in Kings Park tonight from 5 p.m. to 7 p.m. to discuss heart health, healthy eating, weight management, breast health, stroke prevention, skin cancer, Lyme disease prevention tips, blood pressure screenings and free giveaways. 631-870-3444

## Wednesday 28 Cruise Night at The Shoppes

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

#### **Goat & Alpaca Yoga**

The Smithtown Historical Society, 239 E. Main St. Smithtown presents two Goat & Alpaca Yoga workshops tonight (5:30 to 6:30 p.m. and 6:45 to 7:45 p.m.) with Steppin' Out Ponies and Petting Zoo. Tickets are \$35 at www.eventbrite.com. 631-265-6768

### Thursday 29

Wine Tasting 101

Huntington Historical Society hosts a wine tasting event at the Conklin Barn, 2 High St., Huntington from 7 p.m. to 9 p.m. With guidance from sommelier Louis-Victor Kuhn, explore how to taste wine, discover some classic grape varietals, understand how to define them, and learn how to read wine labels. Tickets are \$65, \$55 members. www.huntingtonhistoricalsociety.org

#### An Evening of Jazz

Join the Jazz Loft, 275 Christian Ave., Stony Brook for a concert by Interplay Jazz Orchestra, a 17-piece big band co-directed by Joe Devassy on trombone and Gary Henderson on trumpet, at 7 p.m. Tickets are \$30 adults, \$25 seniors, \$20 students, \$15 children ages 5 and up. www.thejazzloft.org

#### Film

#### 'Matter of Mind'

Save the date! As part of the Greater Port Jefferson Arts Council's Indie Lens Pop Up series, Matter of Mind: My Alzheimer's by Anna Moot-Levin and Laura Green will be screened in the Gillespie Room at the Long Island Museum, 1200 Route 25A, Stony Brook on June 3 at 7 p.m. The documentary explores how three families confront the challenges of Alzheimer's, focusing on how the disease transforms identities and relationships and will be incorporated into a full program of dementia events with speakers and resources. Free. Registration appreciated by visiting www.gpjac.org.

#### Theater

#### 'South Pacific'

The John W. Engeman Theater, 250 Main St., Northport continues its Main Stage season with South Pacific from May 15 to June 29. This beloved musical takes place on a South Pacific island during World War II where two love stories are threatened by the dangers of prejudice and war. With songs such as "Some Enchanted Evening," "I'm Gonna Wash That Man Right Outa My Hair," "Younger Than Spring-time," and "There Is Nothin' Like A Dame," South Pacific's lush score contains some of the best songs ever written by Rodgers & Hammerstein. For more information and to order, call 631-261-2900 or go to www. engemantheater.com.

#### 'Medea'

The Carriage House Players at the Suffolk County Vanderbilt Museum in Centerport kick off their 36th annual Shakespeare in the Courtyard Festival with *Medea* from May 16 to May 28. Performances are held on the Vanderbilt mansion courtyard stage on Wednesdays and Fridays at 8 p.m. and

Sundays at 7 p.m. Tickets are \$20 adults, \$15 seniors and children under age 12. To order, visit www.vanderbiltmuseum.org. Call 516-557-1207 for more information.

#### 'Half Time'

Theatre Three, 412 Main St., Port Jefferson closes its 45th Mainstage season with *Half Time* from May 24 to June 22. The incredible true story of ten determined dreamers who audition to dance at half time for a major basketball team and have three things in common: they love to dance, they have something to prove, and they are all over 60 years old! Tickets are \$40 adults, \$32 seniors and students. To order, call 631-928-9100 or visit www.theatrethree.com.

#### Farmers Markets

#### **Port Jefferson Farmers Market**

The Port Jefferson Summer Farmers Market returns to Harborfront Park, 101 E. Broadway, Port Jefferson on Sundays from 9 a.m. to 2 p.m. from May 18 through Nov. 23. 631-802-2160

#### **Three Village Farmers Market**

The Three Village Farmers Market at Three Village Historical Society, 93 North Country Road, Setauket returns on Fridays from May 16 through September (except Sept. 19) from 3 to 7 p.m. and October from 3 p.m. to 6 p.m. 631-751-3730

#### Class Reunions

— Ward Melville High School Class of 1975 will hold their 50 year reunion at St George Golf & Country Club in East Setauket on June 14 from 6:30 p.m. to 10:30 p.m. \$126.00 per person includes hors d'oeuvres, Prime Rib buffet dinner and open bar. Contact Cary Fichtner-Vu at 703-861-8259 or cary@caryfvu.com for tickets by June 2. No walk-ins.

— Rocky Point High School Class of 1975 will hold their 50 year reunion at East Wind in Wading River on September 12 from 6 p.m. to 10 p.m. \$150.00 per person includes reception, hors d'oeuvres, buffet dinner, open bar and dessert. Contact Andrea at 631-774-2474 or RockyPointClassof75@gmail.com

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-forprofit organizations (nonsectarian, nonpartisan events) only, on a spaceavailable basis. Please include a phone number that can be printed.

## HOROSCOPES OF THE WEEK



#### GEMINI - May 22/Jun 21

This week can be all about

feeding your mind, Gemini. Walk around a bookstore and pick up the first book that catches your eye, regardless of its subject matter.

#### CANCER - Jun 22/Jul 22

Something may be worrying you lately, Cancer, but you can't exactly put your finger on it. Talk about your feelings with others as another person may have a different perspective.

#### LEO - Jul 23/Aug 23

Leo, seize an opportunity to pursue the things that you want most of all. Use this week to map out a plan and then get started on all of the steps before you reach your goal.

#### VIRGO – Aug 24/Sept 22

Check out ways that you can advance your career or education this week. The energy around you is favoring growth, so now is the time to take advantage and learn a new skill.

#### LIBRA - Sept 23/Oct 23

Others trust your opinions because your intuition tends to be spot on, Libra. When a friend comes to you this week asking for some advice, you will not hesitate.

#### SCORPIO - Oct 24/Nov 22

Use your creativity to make things happen this week, Scorpio. This may not produce a finished product, but it could be about an innovative way to approach a task or problem.

#### SAGITTARIUS - Nov 23/Dec 21

Figure out some new ways to expand your horizons this week, Sagittarius. Identify means to personal growth, including educational opportunities.

#### CAPRICORN - Dec 22/Jan 20

Capricorn, it is important to step out of your routine every so often to increase your knowledge and expand your horizons. This is one of those weeks to do so.

#### **AQUARIUS – Jan 21/Feb 18**

Are you satisfied with your career, Aquarius? If you have been mulling a career change, this could be the week to start moving your chess pieces around.

#### PISCES – Feb 19/Mar 20

Pisces, don't worry too much about the changes that lie ahead this week. You have a more adaptable nature than you might realize. As changes come your way, embrace them.

#### ARIES - Mar 21/Apr 20

Aries, this week your dreams might be a tool for gaining insight on what you want to accomplish. Although dreams can't predict the future, they may reveal some of your subconscious des

#### TAURUS - Apr 21/May 21

Follow your instincts this week, Taurus, even if you're more prone to reason than whimsy. Let the chips fall where they may and go with the flow.

## Religious Directory

#### Catholic

#### **INFANT JESUS** ROMAN CATHOLIC CHURCH

110 Myrtle Ave., Port Jefferson 631-473-0165 Fax 631-331-8094

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

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

Parish Outreach: 631-473-0165

Weekday Masses: 7:30am in the church and 12pm in the Chapel (Mon-Fri) 9am Mass in the Church on Saturdays

Weekend Masses: Saturday at 4:30pm, Sunday 9:00am and 12:00pm in the Chapel. 7:30 am, 8:45am (Spanish), 10:30am, and 5pm in the Church

Spanish Masses: Wednesdays 6:00pm Sundays 8:45am in the church

The Sacrament of Reconciliation remains scheduled on Saturdays 12:30-1:15pm in the lower church.

#### ST. GERARD MAJELLA ROMAN CATHOLIC CHURCH

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

email-office@stgmajella.org www.stgmajella.org

REV. GREGORY RANNAZZISI, PASTOR

Mass: Saturday 5pm Sunday 8am, 10am & 12pm Weekday Mass: 9am

Confessions: Saturday 3:45pm-4:45pm Office Hours: Monday-Thursday 9am-4:30pm Thrift Shop: Monday-Thursday 10am - 4pm

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

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

#### ST. JAMES ROMAN CATHOLIC CHURCH 429 Rt. 25A, Setauket

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

> parish@stjamessetauket.org www.stjamessetauket.org

REV. ROBERT KUZNIK, PASTOR REV. ROBERT SCHECKENBACK, ASSOCIATE PASTOR

REV. MIKE S. EZEATU, SBU HOSPITAL CHAPLAIN, IN RESIDENCE

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

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

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

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

#### 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-larg 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 Mr. Michael Oliva Facilities Manager ext 110

Mr. William Castillo Assisting Facilities Volunteer Mrs. Alice Vozzo- Sacristan ext 101

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

#### **Catholic Traditional Latin Mass**

#### 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**

#### ST. MICHAEL THE ARCHANGEL 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

**MSCC Food Cupboard** 

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

#### **Episcopal**

#### ALL SOULS EPISCOPAL CHURCH

On the hill across from the Stony Brook Duck Pond

61 Main Street, Stony Brook FATHER 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 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

## Religious Directory

#### **Episcopal**

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

27 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. ZACHARY BAKER, CURATE
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

#### 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

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

#### TEMPLE ISAIAH

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

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

JOSHUA GRAY RABBIS EMERITI

ADAM D. FISHER, STEPHEN A. KAROL CANTOR EMERITUS MICHAEL F. TRACHTENBERG

Services:
1st Friday 6pm Family Service

Other Fridays 7:30pm Saturday B'nai Mitzvah services 10am Religious School Confirmation Class-Monthly Tot Shabbat-Torah Study-Adult Education-Adult Bar and Bat Mitzvah-

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

#### **Lutheran-ELCA**

## 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 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: 10:30am Adult Sunday School 9:30am Lectionary Reading And Prayer: Gospel Choir: Tues. 8 Pm
Praise Choir And Youth Choir 3rd And 4th Fri.
6:30 PM.

#### NORTH SHORE UNITED METHODIST

260 Rt.25a Wading River 11792 **631-929-6075** 

nsumc@optonline.net facebook.com/nsumcwadingriver northshoreumc.org

We welcome <u>all</u> people regardless of age, race, ethnicity, gender, disability, or sexual orientation. REV. THOMAS KIM, PH.D, PASTOR

Choir & Praise Band
Sunday Worship @ 10am
In person & via Zoom
Recorded for facebook
Child Care availabe
Active Youth Group

Holy Communion: 1st & 3rd Sundays

Food Pantry: by appointment

Blessing Box: 24/7

Monthly Community Dinner (Free)

June 21st @5pm

Thrift Shop: Thurs, Fri, Sat. 9:30-1:30 "If you are looking for a church, this IS your church because we are all God's family!"

## 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 affect 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

Home to the beloved Setauket
Presbyterian Preschool
https://www.setauketpreschool.org/
Partner of the Open Door Exchange

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.or

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

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

Sunday Service: 10:30 a.m.

Or visit uufsb.org to join us via live stream on Sunday mornings.



## SBU SPORTSWEEK



MAY 22, 2025

**TOMORROW IS FRIDAY - WEAR RED ON CAMPUS!** 

STONY BROOK UNIVERSITY



## Seawolves sweep Monmouth Hawks 12-5 on Senior Day

The Stony Brook baseball team broke a 2-2 tie with four runs in the bottom of the fifth inning - highlighted by a three-run blast from Erik Paulsen — and rolled to a 12-5 win over Monmouth on May 17 to celebrate 2025 Senior Day at Joe Nathan Field.

Senior John Rizzo got the start on his special day and worked around a two-out walk with a groundout to short to keep Monmouth off the board in the first.

James Schaffer led off the bottom half with a single and stole second, then scored on a gap shot by Paulsen to give Stony Brook a 1-0 lead. After a popout, Nick Solorzano doubled to right-center to bring home Paulsen and make it 2-0.

Monmouth answered in the top of the second, scoring two runs on three hits to tie the game at 2-2. Mike Villani led off the bottom half with a walk, but the Seawolves were kept off the board.

inducing two groundouts. The Seawolves also went down in order.

In the fourth, Rizzo worked around a one-out single after Solorzano threw out the runner at second with help from Matt Miceli. He issued another walk but stranded the runner with a groundout to short.

The game stayed tied at 2-2 after a quiet bottom half from the Seawolves.

Monmouth threatened again in the fifth, putting runners on the corners with two outs after back-to-back hits, but Rizzo escaped the jam with a caught stealing to end the inning.

Kincaid Bergthold led off the bottom of the frame with a double down the third base line. After Nick Zampieron moved him to third on a bunt, Miceli knocked him in with a single to center. A few batters later, Paulsen crushed a

Rizzo came back with a 1-2-3 third, three-run homer to right, giving the Seawolves a 6-2 lead.

> The Hawks cut the lead to 6-4 with a two-run homer in the top of the sixth.

> In the home half, Villani walked and Bergthold was hit by a pitch to start the rally. Miceli doubled down the left field line to bring home Villani, and Schaffer followed with a single to center that scored both Bergthold and Miceli. After Schaffer scored on an error, Cam Santerre ripped a two-run double down the line to cap a six-run inning and push the lead to 12-4.

> Monmouth added a run in the seventh on two hits to trim the deficit to 12-5. The Seawolves were retired in order in the bottom half.

> After a Monmouth leadoff double in the eighth, Matthew Jackson and Miceli connected with Solorzano at the plate to cut down the runner trying to score.

Vincent Mariella induced a groundout to first to end the inning and keep the lead intact.

Following another quick bottom of the eighth, Monmouth opened the ninth with back-to-back hits. Mariella received a standing ovation as he exited the game, and Aidan Colagrande came on in relief. Solorzano picked off the runner at first for the first out, and after a hit-by-pitch, Colagrande closed it out with a flyout and a strikeout to seal the sweep.

Head coach Matt Senk earned his 970th career win in his 1,666th game. He finishes his career seventh among active head coaches in victories and is the only active Division I coach to win 970 games at a single program.

The Seawolves concluded the 2025 season at 25-27 overall (11-16 CAA), including a 13-11 mark at Joe Nathan Field.

## Memorial Day events on the North Shore

BY HEIDI SUTTON

Falling every year on the last Monday of May, Memorial Day honors the heroes who made the ultimate sacrifice while serving in all branches of the U.S. military. May they never be forgotten. The following communities will commemorate this federal holiday on May 25 and May 26.

#### Calverton

Calverton National Cemetery, 210 Princeton Blvd., Calverton will hold a Memorial Day ceremony on May 26 at 1 p.m. at the re-designed Assembly Area. 631-727-5410

#### Centerport

The Centerport Fire Department will host a Memorial Day Parade on May 26 at 10 a.m. from Centershore Road, Harrison Drive, east on Mill Dam Road Centerport, southeast on Prospect Road, south on Little Neck Road. Ends at Park Circle, Centerport followed by a ceremony at the memorial monuments in the park. 631-261-5916

#### Centereach

The Centereach Fire Department will hold its 2nd annual Memorial Day Parade on May 25 at 1 p.m. Parade kicks off at the corner of Horseblock Road and Middle Country Road and ends at the Centereach Fire Department on South Washington Avenue. 631-588-8652

#### **Commack**

VFW Elwood-Commack Post 9263 hosts a Memorial Day parade on May 26 at 10 a.m. Kick off is at the Home Depot parking lot at the intersection of Larkfield Road and Jericho Turnpike and head east on Jericho Turnpike to junction at Veterans Highway to Cannon Park for a ceremony. 631-780-4853

#### **East Northport**

Father Judge Council Knights of Columbus hosts the East Northport Memorial Day Parade with kick off on May 26 at noon at Clay Pitts and Larkfield roads and proceed to John Walsh Memorial Park. 631-262-1891

#### **Farmingdale**

— The annual Farmingdale Memorial Day Parade on May 26 kicks off at 1 p.m.. proceeding south on Main Street, ending at Village Hall. Followed by a ceremony on the Village Green.

— Long Island National Cemetery, 2040 Wellwood Ave., Farmingdale will hold a Memorial Day service on May 25 at 2 p.m. 631-454-4949

#### **Farmingville**

The Farmingville Fire Department's annual Memorial Day Parade will be held on May 26 at 11 a.m. Parade starts at CVS on Horseblock Road to the memorial at Nicolls Road and Portion Road. 631-732-6611



'Our flag does not fly because the wind moves it. It flies with the last breath of each soldier who died protecting it.'

— Unknown

#### Greenlawn

Organized by the Greenlawn Fire Department, a Memorial Day parade will kick off on May 26 at 9 a.m. on East Maple Road, south on Broadway to Greenlawn Memorial Park, at the corner of Pulaski Road and Broadway. 631-261-9103

#### **Kings Park**

The annual Kings Park Memorial Day Parade, sponsored by American Legion Post 944, will be held on May 26 at 9 a.m. Kick off is at the corner of Old Dock Road and Church Street to the Veterans Plaza at Route 25A for flag ceremonies. 631-269-4140

#### Holbrook

Holbrook Chamber of Commerce will host a Memorial Day Parade on May 26 at 11 a.m. Parade begins at 1069 Main St., heads south to Furrow's Road, west to Grundy and culminates at the Vietnam Memorial. 631-471-2725

#### Huntington

— The Town of Huntington will host a Wreath Laying Ceremony on May 25 at Veterans Plaza on the front lawn of Huntington Town Hall at 100 Main Street at 10 a.m. 631-351-3012

— American Legion Post 360 will hold a Memorial Day Parade on May 26 at noon. Parade will begin on Gerard Street to West Neck Road, Main Street to Stewart Ave. 631-423-7575

#### **Mount Sinai**

A Parade of American Flags will be on display at Heritage Park, 633 Mount Sinai-Coram Rd, Mt Sinai on May 26 from 9 a.m. to 3 p.m., courtesy of Boy Scout Troop 1776. 631-403-4846

'On Memorial Day, we remember all those who gave everything for something greater than themselves. It's up to us to not simply reflect on their sacrifice but to honor it with service of our own—and by living out the values they fought for.'

— Barack Obama

#### Northport

Organized by the Northport American Legion Post 694, the parade will begin at 10 a.m. on May 26 at Laurel Avenue School and proceed down Main Street to the Northport Village Park. 631-261-4424

#### **Port Jefferson**

American Legion Wilson Ritch Post 432 will perform a Memorial Day ceremony at Port Jefferson Memorial Park, West Broadway, Port Jefferson on May 26 at 10 a.m. 631-473-9774

#### **Port Jefferson Station**

Join the American Legion Wilson Ritch Post 432 for a Memorial Day ceremony at Steven J. Crowley Memorial Park on Old Town Road in Port Jefferson Station on May 26 at 9 a.m. 631-473-9774

#### **Rocky Point**

The Rocky Point Veterans of Foreign Wars Post 6249, 109 King Road, Rocky Point will host a Memorial Day service to honor the fallen on May 26 at 11 a.m. 631-744-9106

#### St. James

A Memorial Day Parade organized by Sgt. John W. Cooke VFW Post 395 will be held on May 26 at 10 a.m. The parade steps off at the corner of Lake Avenue and Woodlawn Avenue and proceeds to St. James Elementary School for a ceremony. 631-862-7965

#### **Setauket**

The Veterans of Foreign Wars Post 3054 will hold its annual Three Village Memorial Day Parade in Setauket on May 26 at 11 a.m. Parade starts at the corner of Main Street and Route 25A with an opening ceremony at the Village Green across from the library and a closing ceremony at Memorial Park along Route 25A by Se-Port Deli. 631-406-1938

#### **Smithtown**

The Smithtown Fire Department hosts its annual Memorial Day Parade on May 26 at noon. Kickoff is at the corner of Main Street and Singer Lane, continuing west on Main Street to Town Hall. 631-360-7620

#### **Sound Beach**

The Sound Beach Civic Association will hold a Memorial Day service at the Veterans Memorial Park on New York Avenue in Sound Beach on May 26 at noon. 631-744-6952



## LIVING LIGHTLY

## A Column Promoting a More Earth-Friendly Lifestyle Helping migratory birds

BY JOHN L. TURNER

Over the past several weeks and continuing now in a diminished fashion, hundreds of millions of birds have been migrating north to their breeding grounds to raise the next generation. Colorful songbirds like warblers, tanagers, thrushes, grosbeaks, vireos, and many other groups are winging their way through the night to reach their desired destinations, using, remarkably, the celestial constellations and the Earth's magnetic fields to orient themselves and stay on course until they arrive at their breeding grounds.

On their travels these birds face a gauntlet of challenges so the question is: would you like to take a simple step to help ensure they successfully complete their remarkable journeys? Shut off unneeded interior lights or pull down blinds to prevent the light from bleeding outward. Also, and more



importantly, turn off exterior lights. A number of studies have documented that lighting confuses and disorients birds just as it does to moths, drawing them into unfriendly environments like developed areas where feral and free roaming pet cats and glass windows are abundant. By reducing the amount of ambient light we can help migrating birds safely reach their nesting sites. Plus, you'll save a little in energy costs.

## Camp & School Directory

#### BENNER'S FARM

631-689-8172 56 GNARLED HOLLOW RD, SETAUKET

WWW.BENNERSFARM.COM

Farm the kids out this summer! Be a farmer for a week and experience summer life on a real working farm. Benner's Farm dates back to the mid-1700s and as the children explore the farm, gardens, fields and woods, they'll hear stories of the farm's history and how people lived on Long Island before cars, malls and electricity. There are all kinds of new things to explore from tractors and tools to vegetables and herbs, collecting eggs from the hens, and picking a snack from the garden. Camp groups start with KinderKamp for those 3 -6, and Explorers and Senior Campers for children from 7 to 17 years old. Each day, campers are busy learning about animals, plants and nature, history, science, crafts and food. Each week includes fun and games of all kinds, special guests, and creative endeavors. Registration is by the week for up to 8 weeks of summer fun. CIT programs and before and after care are available. See our website Bennersfarm.com for more information

#### GAME SET MATCH TENNIS ACADEMY

CALL: 631-751-6100 LIHRSETAUKET.COM TENNIS SUMMER CAMP (all for details



#### **THEATRETHREE**

631-928-9100 THEATRETHREE.COM

supportive acting class experience. Our trained teachers guide participants as they explore their creativity, expand their skills, and encounter live theatre in new ways, all the while having fun. Theatre Three offers four workshops for different age levels, each culminating in a showcase based on class work. The summer Musical Theatre Factory gives young actors an opportunity to appear in a full-rehearsed and presented musical. Offering classes for ages 6 through 17.

Theatre Three has created a safe and





#### Italian wines for summer barbecues

## THE WINE CONNOISSEUR

I'm one of those individuals that doesn't wait until hot weather to light the barbecue grill. enjoy grilling most anytime, including during snowstorms and frigid temperatures. However, I draw the line when outside is experiencing heavy torrential downpours.



BY BOB LIPINSKI

Like most grill enthusiasts, my menu includes steaks, chops, burgers, hot dogs, ribs, sausage, chicken, pork, shrimp, seafood (especially tuna steaks), potatoes, and so on. I also love to grill most vegetables, including corn, portabello mushrooms, broccoli rabe, radicchio, eggplant, Romaine lettuce, cabbage, green beans, tomatoes, artichokes, asparagus, Brussels sprouts, onions, carrots, and peppers of any type, especially hot chilis. I've even grilled kielbasa, mortadella, gnocchi, pineapple, peaches, octopus, clams, and oysters.

While grilling, I enjoy a glass of chilled white or rosé wine. One of my go-to whites is the 2022 Ruffino "Lumina" Pinot Grigio "delle Venezie" DOC, Italy. It's clean, crisp, easy-to-drink with sliced apple, tangerine, and pear flavors. Dry, with hints of bitter almond, dried flowers, and citrus. I enjoy noshing on some grilled radicchio while sipping this wine.

Here are some others I recommend:

2022 Mezzacorona "Dinotte," Vigneti delle Dolomiti IGT, Red Blend, Trentino-Alto Adige, Italy. (Briefly aged in French oak barrels) Blend of Teroldego, Marzemino, and

Merlot grapes. Purple-red with considerable spicy fruit; red currant, cranberry, blueberries, and chocolate-cherry. Dry, with notes of vanilla, spices, and plum. Pair with grilled eggplant brushed with garlic-olive oil.

2023 Bolla Chianti DOCG Tuscany, Italy. Bright ruby with notes of raspberry, spicy morello cherry, chestnuts, violets, and sage. Dry, medium body with flavors of blackberry jam, plum, fennel, and bitter almond. I serve it with grilled teriyaki marinated tuna steaks.

**2020 Fiamme Montepulciano d'Abruzzo** "Riserva," DOC, Abruzzo, Italy. Deeply colored with a bouquet and flavor of dark fruit... plums, black cherry, and black currants. Notes of dried herbs, vanilla, tobacco, chocolate, and anise. A plate of grilled spicy Italian sausages with fennel says it all.

2017 Bolla Amarone della Valpolicella "Classico," DOCG, Veneto, Italy. Full flavors of dried cherries, dark chocolate, figs, black plum, and bitter almonds. Notes of anise, espresso, rosemary, cinnamon, and wild berries. Almost port-like, with sensations of rich spicy fruit. Pair it with a ribeye steak cooked medium rare with smoky mushrooms.

2023 Tre Monti, Vigna Rocca "Albana Secco," DOCG, Emilia-Romagna, Italy. (Made with 100% organic Albana di Romagna grapes). Light golden with a lively bouquet and taste of apricot, melon, yellow plum, and bitter almonds. Hints of orange rind, honeysuckle, and dried flowers. I pair this with grilled pineapple and peaches.

Bob Lipinski is the author of 10 books, including "101: Everything You Need To Know About Whiskey" and "Italian Wine & Cheese Made Simple" (available on Amazon.com). He consults and conducts training seminars on Wine, Spirits, and Food and is available for speaking engagements. He can be reached at www.boblipinski.com OR bkjm@hotmail.com





## Easy peasy side dishes for Memorial Day

BY HEIDI SUTTON

Grills are in full use and easy sides are a must at any Memorial Day gathering. Try this refreshing Mediterraneaninspired Cucumber Yogurt Salad or this delicious potato salad, guaranteed hits to serve with

burgers, steak, sausages, grilled salmon, shrimp or chicken skewers and more at this weekend's barbecues.

#### **Cucumber Yogurt Salad**

Recipe by Elle Penner

#### YIELD: Serves 6 INGREDIENTS:

- 2 to 3 large English cucumbers
- 3/4 teaspoon kosher salt, divided
- 2/3 cup full-fat, plain Greek yogurt
- 1/2 large lemon, zested and juiced, plus more zest for garnish
- 2 teaspoons red wine vinegar
- 1 clove garlic, minced or pressed
- Freshly ground black pepper, to taste
- 1/2 small red onion, sliced thin
- 1/4 cup fresh dill, chopped
- 1/4 cup fresh mint leaves, chopped

#### **DIRECTIONS:**

Prepare the cucumbers. Slice the cucumbers into ¼-inch slices. Place them



in a large colander and lightly sprinkle with about ½ teaspoon salt. Toss to coat and place the colander on a dry dish towel in the refrigerator for 15-20 minutes to remove the excess water.

Make the dressing. In a large serving bowl, combine the Greek yogurt, lemon zest and

juice, red wine vinegar, garlic, the remaining salt, and freshly ground black pepper. Stir to combine and store the dressing in the fridge until your cucumbers are ready.

Assemble the salad. Transfer the salted cucumbers to a paper towel and pat dry. Remove the yogurt mixture from the fridge.

Combine the cucumbers, onions, dill, and mint in the dressing bowl and toss to coat well. Sprinkle with additional dill, mint, lemon zest, and freshly ground black pepper. Serve immediately.

#### **Potato Salad**

Recipe courtesy of Cookin' Savvy

**YIELD:** Makes 4 servings

#### **INGREDIENTS:**

- 3 pounds potatoes
- 4 boiled eggs coarsely chopped
- 2 dill pickles
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 package real bacon pieces 2 1/2 ounces
- 2 cups mayonnaise
- 2 tablespoons mustard
- salt to taste
- pepper to taste
- smoked paprika for garnish

#### **DIRECTIONS:**

Coarsely chop potatoes. In Dutch oven, boil until fork tender. Drain then add coarsely chopped eggs and pickles. Add garlic powder, onion powder, bacon pieces, mayonnaise and mustard. Season with salt and pepper, to taste. Mix well. Transfer to large bowl and refrigerate for 1 to 2 hours. Garnish with smoked paprika before serving.



#### Junior Angler Fishing Tournament returns to Caleb Smith Park Preserve on June 14

The Friends of Caleb Smith Preserve will hold its annual Catch and Release Junior Angler Fishing Tournament at Caleb Smith State Park Preserve, 581 W. Jericho Turnpike, Smithtown, on Saturday, June 14. The event is rain or shine.

The tournament will be divided into two groups: ages 5 through 8 from 9:45 to 11:15 a.m. and ages 9 to 12 from 1 to 3 p.m. Sign-in begins 30 minutes before each start time. Trophies will be awarded in three categories at each session.

Those interested in participating in the tournament must register by Thursday, June 12, and adults must accompany anglers under the age of 10. The entry fee is \$20 and includes bait, hooks and bobbers, junior angler tee shirts, refreshments, and goody bags for all participants. A limited number of fishing rods are available if required. An \$8 NYS Parks parking fee will be in effect.

For more information or to register, call the Caleb Smith State Preserve office at 631-265-1054, Tuesday



A participant at last year's tournament. Photo by Carol Tokosh





#### **PROGRAMS**

#### **World Turtle Day Celebration**

Join the Cold Spring Fish Hatchery, 1660 Route 25A, Cold Spring Harbor in celebrating World Turtle Day on May 23 and May 24 from 10 a.m. to 5 p.m. with a scavenger hunt and crafts. On May 24, enjoy turtle encounters at 11 a.m., 1 p.m. and 3 p.m. along with a feeding demo at noon. Admission is \$7 adults, \$6 seniors, \$5 children ages 5 to 12. 516-692-6768

#### **Open Farm Days**

Benner's Farm, 56 Gnarled Hollow Road, East Setauket will be open to the public this weekend, May 24 and May 25, in celebration of Memorial Day from noon to 4 p.m. Tour the farm, visit with the animals, see the new babies and enjoy the Big Swing with an open mic event on a Model T truck on Saturday and sheep sheering demonstrations on Sunday. Admission is \$12 adults, \$10 seniors and children, 631-689-8172

#### Open Play at the Explorium

The Long Island Explorium, 101 East Broadway, Port Jefferson will be open on May 24 and May 25 for Open Play from 1 p.m. to 5 p.m. Join them in celebrating STEM, Space, Math, and Makers with handson activities, crafts, and more. Admission is \$8 adults, \$6 children, 631-331-3277

#### Flag Craft for Memorial Day

Drop by the Cold Spring Fish Hatchery, 1660 Route 25A, Cold Spring Harbor for a Make Your Own Flag craft on May 24 or May 25 from 10 a.m. to 5 p.m. Admission is \$7 adults, \$6 seniors, \$5 children ages 5 to 12. 516-692-6768

#### **Story & Craft with Nana Carol**

The Next Chapter bookstore, 204 New York Ave., Huntington hosts a Story and Craft event with Nana Carol on May 26 at 10:30 a.m. Free. No registration required. Appropriate for ages 0-4. 631-482-5008

#### **THEATER**

#### 'The SpongeBob Musical'

John W. Engeman Theater, 250 Main St., Northport presents The SpongeBob Musical Youth Edition by the Engeman Players on May 27 and June 2 at 7 p.m. Who lives in a pineapple under the sea? Why, it's SpongeBob SquarePants! When the citizens of Bikini Bottom discover that a volcano will



Celebrate turtles at the Cold Spring Harbor Fish Hatchery on May 23 and 24.

soon erupt and destroy their humble home, SpongeBob and his friends must come together to save the fate of their undersea world. Tickets are \$25. To order, call 631-261-2900 or visit www.engemantheater.com.

#### 'Snow White & the Seven Dwarfs'

Join Theatre Three, 412 Main St., Port Jefferson for a hysterical musical retelling of the wonderful story Snow White & the Seven Dwarfs from May 31 to June 21 with a sensory friendly performance on June 1 at 11 a.m. Come on down for this daffy tale with a Queen, a Witch, a Princess with skin as white as snow, and seven crazy dwarfs that are guaranteed to keep you laughing from start to finish. Tickets are \$12. To order, call 631-928-9100 or visit www.theatrethree.com.

#### FILM

#### 'The Muppets Take Manhattan'

As part of its Cinema for Kids series, the Cinema Arts Centre, 423 Park Ave., Huntington presents The Muppets Take Manhattan on May 25 at noon. When Kermit the Frog and friends start a stage act, they decide to take the show from their college town to Broadway. However, once the Muppets wind up in New York City, they have difficulty finding financial support for the production, instead running into cheats like Murray Plotsky. Unable to stage the show, the group splits up, and they all take different jobs around the country. Just as Kermit thinks he has finally found a backer, an accident gives him amnesia. Tickets are \$13 adults, \$5 kids. www.cinemaartscentre.org.

#### **OPEN CAST CALL**

The John W. Engeman Theater, 250 Main St., Northport will hold open auditions for ages 12 to 18 on May 29 from 6 p.m. to 10 p.m. to join the Engeman Select Players for two performances of Grease School Edition. Call backs will be on June 19 and 20 from 6 p.m. to 9 p.m. and classes begin on July 1. Performances will be held on Aug. 4 and Aug. 5 at 8 p.m. Call 631-261-2900 to register.

## Student poets invited to Juneteenth celebration honoring Jupiter Hammon

The Caribbean American Poetry Association (CAPA) and Preservation Long Island (PLI) invite students in Grades 6-12 across Long Island to share original poems as part of the 2025 Caribbean American Heritage Month/

Juneteenth Poetry Celebration on Thursday, June 19 at 2 p.m.

**KIDS** 

The event will pay homage to Jupiter TIMES Hammon (1711-c. 1806), recognized as the first published Black American poet and take

place at Joseph Lloyd Manor, 1 Lloyd Lane, Lloyd Harbor where Hammon authored his most significant works about the moral conflicts of slavery and freedom in the early United States while enslaved on Long Island.

In honor of Hammon's legacy, CAPA and PLI invite students to submit their original poetry for the open-mic segment of the Juneteenth event. Students are encouraged to share verses on themes of liberty, resistance, and the power of writing, all of which resonate deeply with Hammon's work. Entries will be accepted from students in Grades 6 through 12. Those who wish to participate must submit their original poetry on or before June 1, 2025. Poems should be no more than 40 lines long.

The student open-mic will follow performances by featured poets, Dr. Lindamichelle Baron, Keisha-Gay Anderson, and Yasmin Morais. The program will begin with tours of Joseph Lloyd Manor and live Caribbean



The event will take place at Joseph Lloyd Manor on June 19.

music. It will also include a dramatic historical hiphopera by award-winning playwright, author, and poet Marsha M. Nelson, and a Taste of the Caribbean Table featuring signature dishes donated by local Caribbean eateries. The event is free; however, guests are encouraged to RSVP. For more information, visit www. preservationlongisland.org.



#### Princess Tea Party with Snow White

Calling all little Princes and Princesses! Join Theatre Three, 412 Main St., Port Jefferson for a magical morning of fun at a Princess Tea Party with Snow White on Saturday, June 14 at Griswolds Cafe from 9:30 a.m. to 10:30 a.m. This royal event includes craft time, tea time with cookies from Curtain Call Confections, and a meet and greet with Snow White. Afterwards, head upstairs for that morning's performance of Snow White and the Seven Dwarfs.

Tickets for the Princess Tea Party are \$12.Tickets for the children's show are an additional \$12. For more information or to order, call 631-928-9100 or visit www.theatrethree.com.





# CONGRATULATIONS, CLASS OF 2025!



## You have made us all very proud.

From Interim President Richard L. McCormick; Stony Brook University faculty, staff and students; and the more than 225,000 Stony Brook alumni worldwide.

