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SMALL NEWS IS BIG NEWS

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Deskovic Civil Suit Against Putnam to Begin

By David Propper

For a man that spent 16 years in prison—wrongly convicted in the homicide of a former classmate—Jeffrey Deskovic sits inside a Bronx diner with a cheery disposition and light sense of humor.

After spending years of his life toiling away in a maximum-security prison in upstate New York, Deskovic knows he's lost so much already; to continue to be angry would only hurt himself, and not the people he considers responsible for his wrongful time locked away.

"It's not like if I was angry or bitter that I would somehow be adversely affecting the people responsible for what happen to me," Deskovic said in an interview. "If I was, it might be a different thing, it might be a different outcome but in reality it

won't affect anyone else."

While laughing now, you can bet Deskovic will be all business today (Tuesday) as his 2007 federal civil rights lawsuit in which Putnam County and a former sheriff's investigator are the only remaining defendants goes to trial and gets underway in federal Supreme Court in White Plains.

The former sheriff's investigator, Daniel Stephens, administered a lie detector test back in 1990 that eventually led to a false admission of guilt from Deskovic. During his trial, he was found guilty.

Stephens is now one of three elected county coroners in Putnam.

He was finally exonerated and released in 2006 when the case was revisited

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PHOTO FROM JEFFREY DESKOVIC FOUNDATION FOR JUSTICE

Since his release from prison, Deskovic has done plenty of advocacy work in order to help others behind bars that might be innocent of their accused crimes. This week a federal lawsuit against Putnam County and a former sheriff's investigator finally goes to court, as Deskovic looks to publicly expose their wrongdoings.

Doors to Diner in Mahopac Remain Shut After Weekend Fire



PHOTO COURTESY OF MAHOPAC FIRE DEPARTMENT

Olympic Diner, a fixture in the Mahopac community has remained closed since it caught fire last Saturday, sending a rush of emergency responders from the surrounding area to the Route 6 establishment. At about 2 p.m., the Mahopac Fire Department received an activated fire alarm from the diner, according to a release sent out by the department. After arriving a few minutes later, the call was upgraded to a structure fire and everyone inside was forced to evacuate, according to the release. A report on lohud.com indicates the fire started from a stove in the kitchen and it took about an hour and half to fully extinguish. The diner is expected to open within the month following repairs. The owner of the diner is Nick Tsakonitis.

Mahopac Beats Carmel, Retains Higgins Trophy



RAY GALLAGHER PHOTO

Members of the Mahopac varsity football team pose with the coveted Bryan Higgins Memorial Trophy after the visiting Indians knocked off rival Carmel, 27-7, for the fifth time in six years last Saturday. See Sports starting on page 19.

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After Students Protest, PV District Makes Cafeteria Changes

By Janine Bowen

The Putnam Valley Central School District has made several changes to its high school lunch program following student protests last month.

According to a presentation by Noreen Czyzack, the district manager for Aramark, which provides food services to the school, the company has been bound by new National Lunch Program regulations that limit the types of food they can serve.

Guideline changes this year stated that all bread products had to be whole grain and all meals have to be served with at

least a half of cup of fruit, regardless of if the child wants to eat it or not.

"Where before they could get an egg sandwich and milk, now they have to also take a fruit," explained Czyzack.

In addition, all a la carte items, or food served that isn't part of a meal, including drinks and chips must qualify as "smart snacks" and cannot have more than 200 calories. This standard does not only apply to the lunchroom, but affects all food sold in the district, including fundraisers and bake sales.

Students at Putnam Valley High School took issue with this, because

the rules meant they could no longer just buy a slice of pizza or a hamburger without purchasing a whole meal. In addition, they were upset by the fact that all portion sizes were required to be smaller. They responded by bringing their own sandwiches from home and refusing to purchase a school lunch.

Czyzack stated that Aramark and school officials met with students over the past few weeks and made changes based on student requests. Among the new features in the high school cafeteria is the "Chop'd and Top'd" salad bar, in which students can chose from two

"I would like see students feel really good when they come into the cafeteria and feel that they are coming to a meal in a positive, warm, welcoming environment. That's what we all look for when we go to have lunch."

made-to-order salads. This program has been in place for the past two weeks and is currently operational one day a week, although the district is hoping to eventually make it available daily.

In addition, Thursday marked the first day that students were able to purchase smoothies in the lunchroom, which Czyzack stated were a big hit with 45 purchased that day. Smoothies do qualify as a "smart snack" under federal regulations, but because it is not part of a meal, it is not eligible to be purchased as part of the free and reduced lunch program. In order to qualify for free and reduced lunch, a meal must consist of five components; a meat, meat alternative, fruit, vegetable, and grain.

Superintendent Dr. Francis Wills stated that since the changes have been made, participation in the school lunch program at the high school has increased by 80 people per day. She noted that although it took several weeks of conversations, the district is finally on the way to finding a solution that kids can be happy with.

"I would like see students feel really good when they come into the cafeteria and feel that they are coming to a meal in a positive, warm, welcoming environment. That's what we all look for when we go to have lunch," she said.

Although Aramark could not make portion sizes bigger under the federal guidelines, Food Service Manager for the Putnam Valley Central School District, Elizabeth Williams stated that in certain situations, kids are actually getting more food than they would have last year. For example, even though the size of a wrap has been reduced from 12 inches to 9 inches, it now comes with fruits and vegetables.

"If you take your full lunch, your meal has actually gotten larger even though the sandwich has gotten smaller," she said.

In addition to changes to the actual food, the district will be making visual improvements to the cafeteria, adding signage to let kids know what's available.

"It just gives it more of a colorful look and [creates] and inviting place for the kids to go," said Czyzack.

These modifications are currently underway and expected to be implemented in the coming weeks.

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Details Emerge from Levy's Deposition in Lawsuit Against Smith

By David Propper

A deposition given by Putnam County District Attorney Adam Levy concerning his \$5 million defamation lawsuit against Sheriff Don Smith was recently completed, making a trial between the two just another step closer.

The deposition, which is more than 400 pages long, gave further insight into Levy's connection to Alexandru Hossu, his failing relationship with Smith, and Levy's perspective into how the investigation was handled that led to rape charges against Hossu.

During the deposition, Levy characterized the investigation as "sloppy," citing numerous reasons to show a thorough investigation didn't take place by the sheriff's department.

A forensic examination of the alleged victim was not done before the arrest and phone records, CPS records, or pediatrician records from the alleged victim were also never obtained, he said. He even pointed out the girl was originally identified as 12-years-old, instead of her actual age of 13.

Levy also said the Westchester District Attorney's office told the sheriff's department not to make an arrest in the Hossu case yet, and when a Westchester assistant district attorney was told of a March 21 arrest, he had no knowledge of it.

"There was nothing that was objectively done by the sheriff's department that one would have done to enhance, to corroborate," Levy said.

Hossu was acquitted of all charges back in the spring when he stood trial.

Levy also confirmed the exact sum of money he contributed to Hossu's legal fund, which covered the vast majority of the costs. Levy paid Hossu's first defense attorney Robert Altchiler \$102,000 of the \$112,000 Altchiler received. Well known developer Harold Lepler originally paid \$50,000 toward Hossu's defense, but in recent months asked Levy to pay him back that money, though Levy claimed they didn't have any prior arrangement with Lepler to do so.

"Alex was my friend, so I paid (Lepler)," Levy said.

Levy's brother-in-law Dan Mentzer took over the case. It's unclear who paid him and how much he received for his legal services.

Levy became friends with Hossu when the two men met after Levy hired him as a new personal trainer at a gym he worked out at in Brewster. After Levy constructed a house to have a home gym, Hossu would occasionally come by to train him at his house. Hossu would occasionally watch over Levy's golden retriever and went camping with his family at one point.

Hossu also was a house guest of

Levy's for more than a year, though he also stayed at Clocktower Commons in Brewster, Levy said. Hossu's driver's license did indicate Levy's home address and mail for Hossu came to Levy's home, the district attorney acknowledged. But Levy stated that Smith knew that wasn't Hossu's actual address and simply wanted to link Hossu to Levy regardless of facts.

Levy also testified he took the appropriate actions as DA once he found out Hossu was under investigation. He said he never contacted Hossu and recused himself upon learning from someone from his office that Hossu was a suspect in serious criminal charges.

The only time Levy said he talked to Hossu was after his acquittal and Hossu apologized for not telling Levy he was in the country illegally and using Levy's address on his driver's license.

"I said it didn't make any difference Alex, they were going after you anyway because they really wanted to get to me," Levy said in his deposition.

When Smith's attorney, Adam Kleinberg, brought up why Levy is suing and if any damage has been inflicted to his reputation, Levy didn't hold back in blasting Smith.

"I think what your client said publicly about me was so damaging to my legal reputation that to the extent that I were ever to apply for a job, change jobs, and

someone were to simply Google my name as a result of what your client said early on in this case, absolutely, I think it would be—I think it would be very damaging," Levy said, according to the deposition.

One uncovered wrinkle not related to the case is when Levy brought up that Smith is apparently being investigated by the DA's office and US Attorney's office for his association with Guy Gentile, a wealthy entrepreneur who was part of Smith's reelection campaign in 2013. Levy didn't go into any details beyond that an investigation is taking place.

In a statement to The Journal News, sheriff's department spokesman Captain William McNamara stated, "In light of the circumstances, any attempt by the Putnam County District Attorney's Office to investigate the Putnam County Sheriff's Office could certainly create the appearance of a serious conflict of interest; hence, if any question were to arise concerning the work of the Sheriff's Office, then it necessarily would have to be referred to an agency other than the district attorney's office."



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Improvements Seen and Sought in Putnam County Bus System

By Neal Rentz

The bus transportation system in Putnam County is improving and there are opportunities for additional revenues from advertisements, the Legislature's Physical Services Committee was told on Oct. 8.

The committee was reviewing the \$145.4 million 2015 budget being proposed by County Executive MaryEllen Odell. If approved by the Legislature, taxes on the average assessed home in the county would rise by \$13 next year.

Legislators went through several lines in the budget at last week's meeting

Carl Albano, chairman of the County Legislature, said he wanted more riders on county buses next year. "Raise the ridership to make it cost effective," he said.

County Transportation Manager Vincent Tamagna said prospects for

the county's transportation system was looking up for 2015. Tamagna said he expected additional riders and revenues from ads placed on buses. Tamagna said he expected an additional \$100,000 in bus advertising to be generated next year. The 10 county buses can generate up to \$50,000 each next year, he said. Ads stay on a bus for one year, he noted.

The county is in the process of revising its bus routes, Tamagna said. The county is also working on a system that will inform residents on their mobile phones when a bus would be delayed, which is currently in place in Cape Cod, MA, he said. The system would allow riders to "find out where there bus is," and increase ridership, he said.

His department is seeking \$50,000 in 2015, the same amount as the current year, to pay for the services of a consultant, Tamagna said.

Building Renovations Proposed With Brewster School System

By David Propper

Capital projects that could cost about \$40 million may be needed within the Brewster Central School District over the next few years, according to a report presented to the board of education last Tuesday.

Russell Davidson of KG&D Architects, who worked with members of the facility planning task force in Brewster, showed the board multiple areas that need improvements and renovations throughout several school buildings in the district. The task force has been in place since October of 2013, which examined facility needs and

suggested changes to meet those needs.

At JFK Elementary School, Davidson relayed 11 different recommendations to the board that included paving, replacing flooring and ceilings, ventilation upgrades, and renovating certain areas of the building to make more room for a growing population of students.

"The building is currently overcrowded," Davidson said. "It has more children in it than it can handle."

Davidson said there are two options to remedy the problem. One suggestion is adding six classrooms, and remodeling other parts of the building for different uses like changing the auditorium into a library and art center, among other adjustments. The task force recommended that plan, Davidson said.

The second plan isn't as extensive, adding only three classrooms and not remodeling as much of the building.

At CV Starr Intermediate School, fewer changes are suggested. Facilities upgrades include roofing replacements and addressing building overheating. Additionally, Davidson said the proposal would put in place four more classrooms.

Finally, just like the elementary *continued on page 6*



DAVID PROPPER PHOTO Brewster board of education members listen to a facilities report from Russell Davidson of KG&D Architects.

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Carmel Resident Pens Children's Book for Young Grandson

By David Propper

When Bobby Palazzo sat down and started writing a book, his grandson was all the motivation he needed.

And through more than a year of crafting a children's book that was penned specifically for his first ever grandchild, Angelo, came the publication of *Christmas For Angelo*. For the Carmel resident, the holiday season has always been a big deal in his Italian family and with the first grandchild now in the family, the excitement of Christmas is once again relived.

The book is published by Archway Publishing, which is a subsidiary of the prestigious Simon and Schuster Publishing Company and was released at the end of March.

The book, which was illustrated by Palazzo's brother-in-law Ernest Duonola, focuses on the sights, sounds, food, and enchanting experience of the holiday season like meeting Santa Claus and visiting the 80-foot Christmas tree at Rockefeller Center for a young child living Christmas for the first time.

"It's basically looking at Christmas through the eyes of a toddler," Palazzo said.

Palazzo, who works in real estate and also works for Putnam Transit as a driver, has always had a passion for writing and expressing his thoughts through words.



DAVID PROPPER PHOTO

Carmel resident Bobby Palazzo stands inside the Kent Public Library where he will hold a reading in December for a children's book he wrote, *Christmas for Angelo*.

For countless years, Palazzo has written poems and song lyrics, what he describes as therapeutic for him.

When he was younger, Palazzo said he used to sit down and simply write whatever came to his head. In a way, it came to him naturally, a phrase there, or a lyric there. Even today, when something

pops into his head, he'll jot it down and go back to it later on.

Palazzo's wife, Janine, knows well the sort of wordsmith her husband is and was the one to encourage him to write a book. She did tease him that their two sons are going to hate him because while Palazzo just wrote a book for his grandson, he

never wrote anything for them.

"She definitely is my backbone, my wife," Palazzo said. "She supports me with everything I do. She knows I write a lot of poems and lyrics and she said, you'd probably be better off with the book, it might get there faster."

Going forward, Palazzo said he's going to promote the book with the holiday season getting underway and Christmas shopping getting started sooner rather than later. In December, he already is scheduled to do a reading at the Kent Public Library.

Palazzo knows he probably won't make a killing off the sales, but anything is better than nothing. To be a published author, Palazzo said, "Is a great feeling."

Palazzo said he gave a signed copy to Angelo, who is now 3-years-old, and in a few years he will understand just how special that book will mean to him, considering he's the main character in it. While Palazzo still has the everyday routine of life to worry about, with another grandchild on the way, he knows another book might have to be written.

"Now there's another one on the way so I guess I have to write something again," he said.

Interested in purchasing a copy? Go to <http://bookstore.archwaypublishing.com/Products/SKU-000905371/Christmas-for-Angelo.aspx>

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Deskovic Civil Suit Against Putnam to Begin

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and DNA evidence matched the actual murderer, finally freeing Deskovic.

“By that point I had lost track of my friends, by that point my family had become strangers to me,” he said. “I felt out of place being in the world.”

Deskovic was the main suspect in the rape and murder of a Peekskill High School classmate named Angela Correa on Nov. 5, 1989 and was interviewed several times until he was brought up to Stephens’ office in Brewster for a lie detector test.

Deskovic blames much of his wrongful conviction on Stephens and the accusations against him in the lawsuit are damning. The suit claims the lie detector test conducted on Jan. 25 1990 by Stephens

included tactics meant to “trick, deceive, confuse, and intimidate” him.

According to the suit, Stephens also attributed statements to Deskovic that Deskovic claims he never made. The suit states Stephens prepared documentation that falsely represented facts that make it seem that Deskovic had independent knowledge of certain elements of the crime, rather than what was told to him by the investigators.

One false statement Stephens made that led to the conviction the suit claimed is that Deskovic said the killer may not have ejaculated when the victim was raped. That became important because DNA evidence on the body did not match Deskovic, but prosecutors argued she had

consensual sex with another person before she was raped and killed by Deskovic.

Deskovic has settled with multiple defendants named in that 2007 lawsuit. He received \$6.5 million from Westchester and \$5.4 million from Peekskill. He also sued and settled with New York for false imprisonment for \$1.8 million. Whether he wins or loses this case against Putnam, an agreement is in place to pay Deskovic an undisclosed amount of money, the amount depending if he wins or loses.

While there was a time when he was “pretty confident he was going to die in prison,” Deskovic now runs a non-profit that works on freeing the wrongly convicted called the Jeffrey Deskovic Foundation for Justice. He graduated from

Mercy College with a bachelor’s degree and then earned a masters degree from John Jay College of Criminal Justice.

With the money Deskovic has made from settlements, he’s been able to solely focus on his foundation. The foundation fights to free the innocent that are locked up and doesn’t necessarily singularly rely on DNA evidence, even if that’s what ultimately freed Deskovic. It also helps those people released reintegrate back into society by providing housing and helping them find a job.

“I feel like I’m trying to take a silver lining out of what happen to me,” Deskovic said. “And the foundation is one way that I actualize it. I intend on the foundation being my legacy.”

Building Renovations Proposed With Brewster School System

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school, Brewster High School also needs a lot of infrastructure work, Davidson said, pointing out at least 14 different needs the building could use. Two main points from the plan were the construction of a new concession stand near the main turf field, something that has been discussed at great lengths, and creating a new innovation lab in the library.

“This is really about making the Brewster High School library a 21st

century space with access to technology,” Davidson said. “It would make it more like the workplace and the libraries your students are going to see at the college level.”

When calculating the cost, JFK could cost around \$18 million, CV Starr between \$6 million and \$9 million, the high school at \$8.6 million, and other district work totaling around \$4 million. State aid would contribute to \$16 million of the total costs and the local share would be estimated at about

\$24.3 million.

If a plan is approved, work could start as soon as next summer, Davidson said.

Besides explaining proposed changes to three district buildings currently in use, Davidson also pointed out why the empty Garden Street School would never have been worth fixing and reopening. With all the complications the building has, Davidson said it would have cost \$17.8 million and even if the district decided to do that, JFK would still cost around \$8.6 million “just to fix

it and not do any additions,” Davidson said.

“Reopening Garden Street is a much more expensive proposal,” he said.

When asked by a resident how much the Garden Street building could bring in if sold, board president Stephen Jambor said possibly around \$1.5 million, but that money made most likely can’t be used for anything besides paying off the debt on the building.

“We want it sold yesterday,” Jambor said.

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Business
of the Week

Ski Haus Brewster

By David Propper

Since he was a little kid, Ross Nichols has held a passion for skiing. And for the past 43 years, he's been able to sell that passion to thousands of his customers.

Open since 1962, Ski Haus in Brewster has provided ski equipment, from the latest skis and snowboards, to the warmest clothes to brave the winter season in Putnam County and the surrounding region. Over four decades, Nichols has been part of that success for a small business that expanded from one to three stores located in New York and Connecticut.

With the ski season almost underway as father winter slowly creeps into the Northeast, Nichols is ready for another six-month period where his business sees the most inflow of customers. For him, the same routine each year has yet to get stale.

"It's great to be able to sell what you love," Nichols said.

Nichols started selling what he loves when he was fresh out of college in 1972. While his first career idea was to become a schoolteacher, a family friend who opened Ski Haus offered him a manager's position to help him run the store at its original store in Dutchess County.



DAVID PROPPER PHOTOS

Owner Ross Nichols stands in front of dozens of skis ready for customers who are hitting the slopes this winter. Nichols has owned Ski Haus since 1986.

The man who actually hired Nichols was the one who got him interested in skiing. The two remained close right through when Nichols was hired and when the two worked together.

When the first owner got sick, Nichols took over more responsibility and when he died, Nichols, who was only part

owner at the time, bought the remaining interests to take full control in 1986.

"I thank my lucky stars everyday, I love what I'm doing," he said. "It's been a great career, we've made a good living and it's fun. It really is fun."

In a short, 6-month period that starts in September, Nichols said the company

does about 8,000 seasonal renters. He calls it a "very condense, busy time."

But once the craziest time of year passes by, Nichols makes sure to take some of his own time to enjoy the slopes up north consistently and even out west a couple of times a year. He tries to ski at least twice a week in season.

"It's probably one of my favorite pastimes," he said. "Skiing to me is the most exhilarating."

The store is opened year round and when ski season is out of sight, Ski Haus sells and repairs bicycles and kayaks and sells equipment around the two recreational activities. There is a Ski Haus in Brewster, Poughkeepsie and New Milford in Connecticut.

Nichols said his business has been successful because his workers at Ski Haus have real world experience with the items they're either selling or renting out.

"We're very knowledgeable because we all either ski or ride a snowboard or do both and we know what everybody needs to be comfortable and enjoy the sports," he said. "We offer very good advice."

Ski Haus is located at 1611 Route 22 in Brewster and its phone number is 845-279-3100.



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Letter To The Editor

Lithgow Osborne is the Best Choice for County Clerk

It is time for change in Putnam County. We pay a lot of taxes and we deserve elected officials who direct that revenue to the provision of services that respond to our needs.

One of the best ways we can make that happen is to elect Lithgow Osborne as our next County Clerk. Lithgow will bring innovation to a County Clerk's office that currently seems caught in the 19th Century.

Lithgow will make the Clerk's office more accessible to all in the county. And he wants to make county records more available to those entitled to access them.

The people of Putnam are hard working and often can't get away during the 9 to 5 weekday hours to travel to the Clerk's office in Carmel. Lithgow Osborne says, why not bring the office to the people, either through

greater on line access – that is safe and secure – or through pop up offices throughout the county.

Carmel has been stuck in a bygone time too long. Please join me in voting for a better Putnam and vote for Lithgow Osborne.

Margaret Yonco-Haines
Garrison

Obituaries

John Roger Shannon

John Roger Shannon, of Brewster, died Friday, October 3 at Somers Manor Nursing Home. He was 85-years-old. Mr. Shannon was born on July 19, 1929 in Boston, MA son to the late William A. and Marie (Webber) Shannon. He graduated from Governor Dummer Academy in 1947, Harvard University in 1951, and Columbia University in 1957. He served in the US Army during the Korean War. John married Maybelle Hopkins on April 4, 1959 in Lyndon Center, VT. He served as Vice President for Administration at Laconia Hospital, Laconia, NH and Administrator at Chelsea Memorial Hospital in Chelsea, MA. They moved to Mount Kisco in 1961 and later to Brewster, in 1969. Mr. Shannon served as Vice President for Administration and as a Trustee at Northern Westchester Hospital Center in Mt. Kisco, for three decades (1961-1991) before retiring in 1991. Besides his wife,

Maybelle, of 55 years, Mr. Shannon is survived by his three children: Lynne Ann Bonavenia (Angelo) of Pawling; John Adams Shannon of Wingdale; and Brenda Jo Clemente (George) of Pawling; three grandchildren, Ashley Bonavenia DeCabia (Mark); 2LT. Shannon Clemente McPhee (1LT. Richard); and Michael Clemente. Also Survived by sister-in-law Leone H. Gale of Lyndon Center, VT; brother-in-law Leon E. Hopkins (Gloria Biron) of East Montpelier, VT; and numerous nieces and nephews. Predeceased by his brother William G. Shannon of New Bern, NC; sister Elisabeth Shannon Davis of Laconia, NH. Arrangements were completed by Beecher Funeral Home, Brewster. A Celebration of John's Life/Memorial will be held at a later date. In lieu of flowers, contributions in memory of John may be made to the Alzheimer's Association, 2 Jefferson Plaza, Suite 103, Poughkeepsie, NY 12601 or Northern Westchester Hospital, 400 E Main St, Mt. Kisco, NY 10549.

Victor W. Rossi

Victor W. Rossi, a long time resident of Mahopac and beloved teacher for the Mahopac School system died on October 7, 2014 at the age of 95. He was born in Peekskill, on November 9, 1918. He graduated from Peekskill High School in 1937 and continued his education at Rider University where he graduated in 1941. Victor received his Masters degree in education from Columbia University. He was predeceased by his wife Helen who died on April 5, 2007. He is survived by his daughter Janice Rossi Schaus and her husband John along with his two granddaughters, Morgan and Jaime, who he cherished. He is also survived by his son Victor as well as nieces and nephews. In addition to Helen, he was predeceased by his siblings, Dominick, Charlie, Irma Mabli, Merce Palumbo and Joe. He touched many lives as a business teacher in the Mahopac School District. His career there began in 1941 but was briefly interrupted when he served in the US Coast Guard during World War II. He served aboard the troop ship the USS Wakefield destined for France, Italy and Liverpool, England. During his three-year service, Vic crossed the Atlantic 32 times. After that, he returned to teaching and after 40 years, he retired in 1981. However, he couldn't stay away from his beloved profession and was a regular substitute teacher for many more years. Vic was a life member of the Mahopac Volunteer Fire Department and served as its corresponding secretary for many years until he was well in his 90's. He now holds the title "Secretary Emeritus". The fire department was family to him, and his family is grateful as to how loving and considerate the members were to him in his later years. One of his favorite sayings when faced with a problem of dilemma was "Lord give me strength to go on". Thankfully the Lord has given him the strength to move on to eternal peace. He lived a long and wonderful life.

Letters Policy

We invite readers to share their thoughts by sending letters to the editor. Please limit comments to 250 words. We will do our best to print all letters, but are limited by space constraints. Letters are subject to editing and may be withheld from publication on the discretion of the editor.

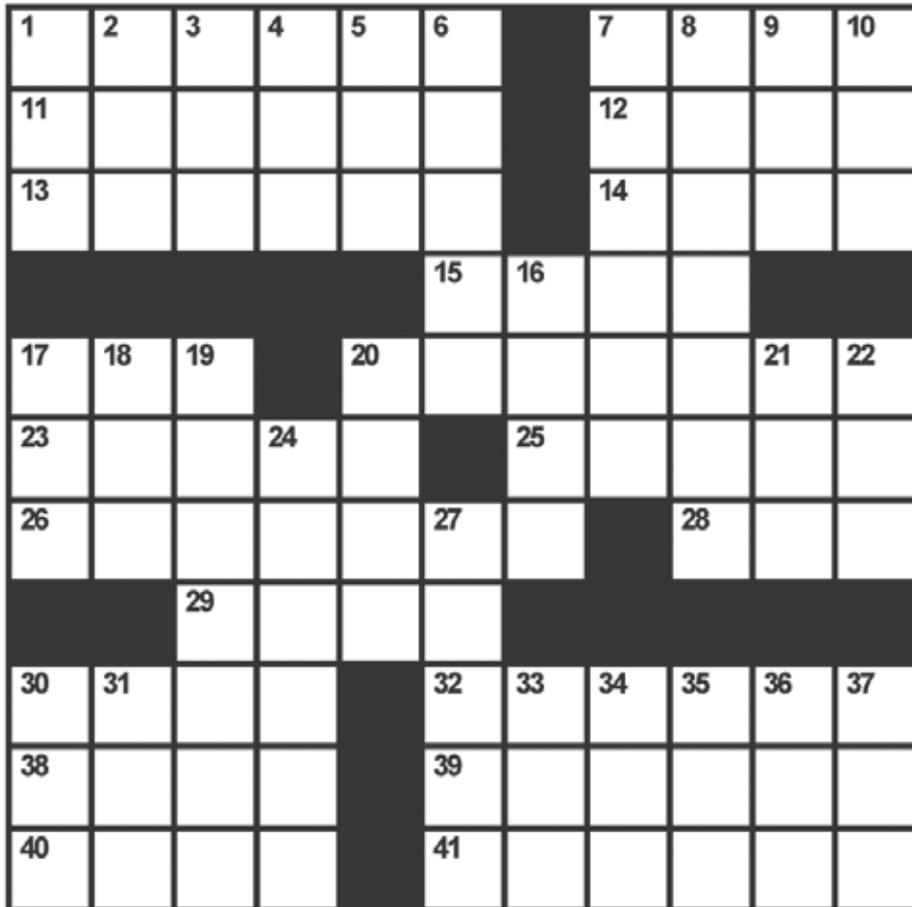
Please refrain from personal attacks. Email letters to Editor David Propper at dpropper@theexaminernews.com.

The Putnam Examiner requires all letter writers provide their name, address and contact information.

Paul Mach

Paul Mach, of Brewster, died on Tuesday, October 7, at Putnam Hospital Center. He was 88 years old. Mr. Mach was born July 24, 1926 in Hannover, Germany, son to the late May and Julie (Erbe) Mach. Paul graduated from the New York School of Printing in 1948. On June 12, 1959 he married Gertrude Mostberger in Yonkers. Together they lived in the Bronx, NY, until 2011 when they moved to Brewster. Mr. Mach was an offset Printer/Pressman for Shown Barley Printing in Manhattan for over 30 years before retiring. Paul enjoyed playing golf and reading mystery novels. He was a funny person and always had good spirits. Besides his wife, Gertrude he is survived by his four children; Paul (Kelly) Mach, Max (Faithlynn) Mach, Julie Mach and Dyana (John) Fricke; his 8 grandchildren, 2 great grandchildren and one brother Max. He was predeceased by his brother Rudolph in May.

Crossword Puzzle



Crossword by Myles Mellor

Answers on page 15

Across

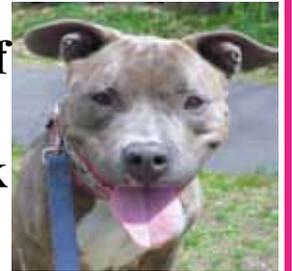
- 1 Seventh US President or NYS incumbent Governor
- 7 Heron cousin
- 11 Give up
- 12 Partner of void
- 13 Attempt
- 14 Helen was the girl in this Brad Pitt movie
- 15 Flurry of activity
- 17 Dick Van Dyke character or NYS Republican gubernatorial candidate
- 20 Staying power
- 23 Perilous, of a situation
- 25 Slowdown
- 26 Most healthy when it comes to food
- 28 Unique
- 29 Involuntary twitches
- 30 Athena's shield
- 32 Catnap
- 38 Truck
- 39 Fantastic
- 40 "___ Choice Awards"
- 41 Madden

Down

- 1 Back at sea
- 2 Correlative neither
- 3 Plain
- 4 Whistle blower
- 5 Self image
- 6 Not great
- 7 With correct rhythm
- 8 Mexican food
- 9 Nobel-winning U.N. agency

- 10 Artful
- 16 Toiletry item
- 17 Frat letter
- 18 Canoe equipment
- 19 Something an actor wants to hit, with the
- 20 Lip or otherwise harmonize
- 21 "Sister Act" extra
- 22 "Kinsman" of Tarzan
- 24 Kind of bread
- 27 Problem
- 30 Westchester time
- 31 It precedes aitch
- 33 Small hotel
- 34 Be mistaken
- 35 Pirate's domain
- 36 Shirt label
- 37 Bar order

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Fixtures: Getting Weird About What Stays and What Goes

Buyers and sellers who seem perfectly nice and normal throughout the sales transaction can suddenly lose their cool when the seller asks at the last minute that a modest chandelier over a kitchen table be excluded among the fixtures included in the sale.

"Oh no, you don't," the buyer might say, "it wasn't excluded in the listing!" And the fight begins.

This scenario happened to me a short while ago. The seller had forgotten to discuss the chandelier's exclusion with his listing agent. It was a very ordinary fixture, surely one not worth fighting about.

"But we bought it early on in our marriage, the seller protested to his agent.

"Our family gathered under it every morning at breakfast, every night at dinner," he was reported to have said.

But my buyer didn't relent. I appealed to his better judgment.

"That chandelier is an inexpensive Tiffany reproduction," I argued, "and couldn't have cost more than \$100. I'll buy one that's more than twice its quality as a closing gift for you," I said.



By Bill Primavera

"No, I want that one," he said.

It looked as though it was headed for a showdown. Just prior to this incident I had heard a story about how the sale of a home was lost because the seller had changed her mind about leaving her washer and dryer because those particular models, with which she had fallen in love, had been discontinued and she didn't want to risk her emotional health with trying another brand.

Oh my goodness, I declared, you're going to risk losing the sale of a house over a matter like a cheap chandelier? I admonished the buyer. Sanity finally prevailed and the seller was allowed to keep the fixture to which he was so strongly attached.

Shortly after that experience, I was involved with another dispute. You guessed it, it also involved lighting fixtures. This time it was in a gorgeous historic home when the seller had affixed the highest-grade wall sconces and chandeliers you could imagine in every room, all quite appropriate to the 18th century surroundings. My buyers oohed and aahed over every one of them in every room. Only after they decided to

make an offer after the first showing did I make the inquiry of the seller (it was one of those hybrid kind of FISBOs where the seller does most of the work, but the listing is on the MLS system) about exclusions and, sure enough, the lighting fixtures were "available for sale." My buyers were not happy and neither was I.

Give yourself a test. Which of the following items would normally not be included as fixtures in the sale of a home: built-in stereo system, electric garage door opener, wall-to-wall carpet, built-in microwave oven, water heater, dishwasher, built-in stove, drapes, refrigerator, washer and dryer.

You are correct if you answered that the last four items are not included. All the other items are automatically included since they are attached and have become fixtures.

The literature on the subject is somewhat simplistic. For instance, lumber sitting by the side of a house is personal property because it is not permanently attached to the structure or the land, and is therefore not included in a home's sale price; however, when that lumber is nailed or bolted together to become a fence, the wood fence is a fixture attached to the land and is included in the sale.

Oddly, while the examples I gave about chandeliers would identify them

as fixtures, their light bulbs are not permanently attached to the structure so they remain personal property. Very few sellers remove their light bulbs from the light fixtures (as they are entitled to do) unless it's a particularly contentious sale. (When I sold my first home, I ended up hating my buyer so much that I removed every light bulb from the house and every roll of toilet paper from the bathrooms. Hopefully, I've matured since then.) If a home seller wants to exclude a fixture from the sale, it must be specifically itemized and excluded in the sales contract.

When a dispute arises about whether or not an item is included in a home sale, it is accepted practice that courts favor (a) buyer over seller; (b) tenant over landlord; and (c) lender over borrower.

Well, I guess we all know where we stand in such battles.

Bill Primavera is a Realtor® associated with William Raveis Real Estate and Founder of Primavera Public Relations, Inc., the longest running public relations agency in Westchester (www.PrimaveraPR.com), specializing in lifestyles, real estate and development. His real estate site is: www.PrimaveraRealEstate.com and his blog is: www.TheHomeGuru.com. To engage the services of The Home Guru and his team to market your home for sale, call 914-522-2076.

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What women should know about 3D mammography...



Ask the Doctor

Bonnie Litvack, MD, FACR

Director, Women's Imaging
Northern Westchester Hospital

nwhbreastinstitute.org/DrLitvack

Q: Are 3D mammograms becoming the standard?

A: Three-dimensional mammography is the most advanced imaging technique. This innovative screening and diagnostic mammography tool is called Digital Breast Tomosynthesis (DBT). Two-dimensional digital mammography remains the standard of care for breast cancer screening. However, Digital Breast Tomosynthesis is now an FDA-approved option for both screening and diagnostic mammography.

Q: What are the benefits of 3D?

A: The medical literature has shown that Digital Breast Tomosynthesis has a higher cancer detection rate than 2D digital mammography alone and DBT decreases the number of patients who need to be called back for additional images, reducing patient stress. Digital Breast Tomosynthesis can be beneficial for all women. However, it is most helpful for those with dense breasts, women who are at high risk for breast cancer and women with a personal history of breast cancer.

For women who do have a suspicious mass and require a biopsy, 3D mammography offers another benefit: The technology can be used to guide the biopsy needle. This translates to quick, accurate biopsies, and it means that the procedure will be shorter for patients and they'll have less exposure to radiation.

Q: What can I expect during the test?

A: At Northern Westchester Hospital, we use the Hologic 3D Mammography unit. The 3D scan is performed at the same time and with the same machine as the 2D mammogram. For the 3D portion of the exam, the arm of the x-ray machine sweeps in an arc over the breast taking multiple thin section images of the breast. There is no additional compression required and the 3D acquisition only takes a few seconds longer for each view. The thin section 3D images allow the radiologist to view the breast tissue layer by layer minimizing breast tissue overlap, enabling the radiologist to provide a more confident assessment.

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Is My Moderate Consumption Your Excess? Or Not?



By Nick Antonaccio

Recently, I've been reporting on the negative effects of alcohol consumption, specifically in two areas: alcohol levels and calorie count.

I focused on the gradients of alcohol levels as controlled by nature and by winemakers. My suggestion: seek out lower alcohol wines – and consume in moderation.

For calorie content, I focused on the dietary consequences of consumption. My suggestion: seek out alternative grapes and wines that by their nature have fewer calories – and consume in moderation.

But what constitutes moderate consumption? Is there a universal standard? Yes, but it's a general standard, meant to provide a guideline. The USDA-endorsed definition of moderation is two glasses of wine per day for an adult male and one glass per day for an adult female. (The equivalent of one glass of wine--five ounces--is one 12-ounce beer or one shot of spirits, 1.5 ounces.)

But general guidelines can be radically different in their impact on adults. Is my level of moderation the same as yours? Is my ability to tolerate wine different than yours? Is my moderation your excess? There are

many factors to consider on a consumer-by-consumer basis: metabolism, genetics, age and physiological capacity to absorb alcohol.

The key take-away of alcohol consumption is that more is not better. Greater-than-moderate consumption has no health benefits, only negative effects. Another consideration, for those who take advantage of moderation as a socially acceptable health reason to ingest alcohol: consuming alcohol is not the ideal prescription for good health. One can achieve more natural health benefits by adopting a healthy diet and a regimen of regular exercise.

Considering the popular and scientific notion that moderate consumption of alcohol is acceptable, let's focus on the actual levels of consumption by adults in the United States.

I came across a study recently. As with most studies I evaluate, I'm always suspect of the predetermined criteria utilized and the sometimes subjective conclusions reached. With that in mind, a study by Philip J. Cook, "Paying the Tab," as reported in the Washington Post, reports the following statistical analysis of overall alcohol consumption in the United States (wine consumption is not segregated). I found portions of the results quite revealing of Americans' propensity for alcohol.

You Heard It Through the Grapevine

While a picture is worth a thousand words, this space is not conducive for graphs, so allow me to present the results of the study in narrative form.

At the bottom of the chart are the 30 percent of Americans who consume no alcohol.

However, the top 30 percent of us consume one drink per day.

The top 20 percent consume two drinks per day.

The top 10 percent consume an astounding 10 drinks or more per day. That equates to 18 bottles of wine per week or 12 six-packs of beer or 4.5 bottles of spirits.

For reference, the median consumption is three drinks a week.

The study also reinforces an axiom of the Pareto Law evident in many statistical analyses: the top 20 percent of consumers account for 80 percent of sales.

The report reinforces the concern over alcoholic consumption at an earlier time in our nation's history. In the early part of the 20th century, alcohol consumption reached alarming levels, and the attendant social problems were widespread. A grassroots movement began to swell in favor of total abstinence, resulting in

the 18th Amendment to the Constitution prohibiting the sale and consumption of all alcoholic beverages. For the next 13 years (1920-1933), our country conducted what amounted to a mass study on the effects of abstinence. We all know the outcome: Americans like their alcohol. Prohibition failed and the consumption of alcohol reached its pre-Prohibition levels fairly quickly.

'a report of alcohol consumption in the United States'

Trying to drink in all these statistics can be overwhelming. But we should focus on our individual drinking patterns and habits. Drink consciously and conscientiously: conscious of the pitfalls of alcohol consumption and conscientious of its impact on our bodies and our lives.

Nick Antonaccio is a 35-year Pleasantville resident. For over 15 years he has conducted wine tastings and lectures. He also offers personalized wine tastings and wine travel services. Nick's credo: continuous experimenting results in instinctive behavior. You can reach him at nantonaccio@theexaminernews.com or on Twitter @sharingwine.



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Parenting Pep Talk: A Quick Guide to Baby Sleep Training Methods



By Dr. Jaime
Fleckner Black

New parents have lots of decisions to make about how to raise their children, and with so much advice out there it can be tough to know what is right. Finding the right way to help your baby to sleep is one of those tough decisions. Should

he cry it out? Should she be comforted until sound asleep? Many experts and parents disagree. In the end most people find that one size doesn't fit all. Here is a quick guide to the different approaches out there so you can be informed and can further research what sounds right for you and your family.

The Dr. William Sears Method: The Baby Sleep Book

Dr. Sears believes parents should be patient with babies and allow them to learn to sleep on their own time. He recommends developing positive

associations with bedtime by using physically close activities like rocking and patting while getting your baby to sleep, and he even suggests co-sleeping (sharing a bed with your baby) as a tactic. Letting babies cry it out, according to Sears, teaches babies to associate bedtime with negativity, a pattern that can last as children get older.

The Elizabeth Pantley Method: The No Cry Sleep Solution

Pantley also discusses the power of sleep associations and cautions parents against letting children fall completely asleep while nursing. Once they make that association, she says, babies have a hard time falling asleep any other way. Pantley suggests engaging in physically close activities such as rocking and feeding while getting your baby drowsy and then putting them down before they fall asleep. Parents should immediately attend to their baby when he cries and then repeat the cycle.

The Tracy Hogg Method: Secrets of the Baby Whisperer

Hogg, another proponent of positive sleep associations, cautions against the use of "props" such as nursing or rocking to get a baby to sleep. She believes parents should go to their baby when he cries and pick him up and put him down as many times as necessary, a method she calls the Pick Up/Put Down method. She also believes that each day should be structured with the E.A.S.Y routine, which involves Eating, an Activity, and then Sleep, which allows time for You. Hogg is thought to have a philosophy that falls between the "no cry" methods and the "cry-it-out" methods.

The Richard Ferber Method: Solve Your Baby's Sleep Problems

Ferber believes that you can train your baby to soothe himself to sleep once he is physically and emotionally ready at about 3 to 5 months. His technique is called "progressive waiting" and involves first a nurturing and warm nighttime routine followed by putting your baby in bed (while awake) and letting her cry it out for longer and longer periods of time.

Ferber's theory suggests that after a short while, babies will learn to soothe themselves and fall asleep. They will learn that crying earns nothing more than a quick check-in from mom or dad.

You can see that recommendations run the gamut from "cry it out" to "hug it out." Pick a method that feels right to you and try it out. Give it time, but if it doesn't work you can consider other options. Each method comes with advantages and controversy so do what's right for you and your family and seek help if necessary.

Dr. Jaime Black is a licensed psychologist practicing in Westchester and New York City. Jaime works with high-functioning individuals on the autism spectrum, doing psychotherapy, conducting evaluations, and facilitating various socialization groups including an improv social skills group. Visit www.spectrumservicesnyc.com, e-mail JaimeBlackPsyD@gmail.com or call (914)712-8208.

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29th Annual Putnam Community Service Network Awards Presented

Individuals and organizations that have made a difference in the lives of others through their accomplishments in human services and/or community services in Putnam County were honored at the Annual Awards Breakfast on September 23rd, hosted by the Putnam Community Service Network (PCSN) at the Putnam County Golf Course. For 29 years PCSN, an educational program of Cornell Cooperative Extension of Putnam County, has recognized professionals, volunteers, and organizations that “go above and beyond” to improve the quality of life for our County residents. Marjorie Keith, Executive Director of Cornell Cooperative Extension of Putnam County congratulated all of the award honorees and nominees for their dedication and commitment. She said, “the PCSN Awards Breakfast highlights organizations delivering innovative and dynamic programs and people, volunteers and professionals, who unselfishly give of themselves to make our Putnam communities a better place to live” to the 165 people attending at this year’s Awards Breakfast.

The 2014 PCSN Awards were presented to:

- Distinguished Service Award for an Individual— Father Robert Warren, Franciscan Friars of the Atonement at



Fred L. Dill Community Service Networking Award Recipients.

- Graymoor
- Distinguished Service Award for an Organization— Putnam Community Action Program and Putnam ARC
- Ruth Dain Voluntary Service Award— Salvatore Gambino, Carmel
- Norman Vincent Peale Outstanding Service Award— Habitat for Humanity of Putnam County and Meghan Taylor,

- President of the Putnam County Economic Development Corporation
- Fred L. Dill Community Service Networking Award - Veterans Job Readiness Workshop Team
- Lyn and Buzz Burr Excellence in Communications Award - Mahopac News: Brett Freeman and the News Team

- Professional Career Recognition Award – Eileen Clune-Pezzo, Visiting Nurse Services of Westchester/Putnam
- Public Service Award – Michael Piazza, Commissioner of the Putnam County Department of Social Services, Mental Health and Youth Bureau
- Joe Gomez Memorial Advocacy Award – Susan Salomone, Drug Crisis in our Backyard
- Special Youth Award— Steven Casement, Cold Spring

For information about the Putnam Community Service Network contact Marjorie Nichols Keith, Cornell Cooperative Extension of Putnam County at 845-278-6738. Visit our website at www.cce.cornell.edu or on facebook search Cornell Cooperative Extension of Putnam County. Cornell Cooperative Extension provides equal program and employment opportunities.

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Examiner's Guide to Popular Seafood Dishes at 100 Restaurants in Westchester and Putnam Counties

By Jerry Eimbinder

It can be difficult to decide what to order when visiting a restaurant for the first time. Would knowing which entrée is the one most favored by the restaurant's regular customers be helpful? If so, as far as seafood is concerned, this guide is for you.

Restaurant owners and/or chefs at about 100 fine dining restaurants cooperated closely with us during the preparation of this article.

This is a guide to popular main courses and not to signature dishes. A signature dish, although it may be the pride and joy of the chef, is often not the most popular because it tends to be more expensive.

Availability of the items listed can depend on the day's catch and may be season-dependent; prices, too, may be affected by changing market conditions.

Shrimp is far and away the leader in seafood consumption in the United States

but many restaurant goers prefer it as an appetizer rather than as a main course. Marc Charles in Armonk offers Shrimp Oscar as a main course but places crabmeat and steamed asparagus alongside the shrimp on the plate.

Salmon ranks first in entrée popularity at the restaurants surveyed for this article.

Salmon as an appetizer, however, is relatively scarce on menus. Some items are popular as appetizers but not as entrées.

Octopus is an example: it is the best-selling seafood appetizer at MP Taverna in Irvington and at Lefteris in Yonkers.

Occasionally an item appears on the menu as both an appetizer and an entrée but in different portion sizes. An example is diver sea scallops with pistachio pesto at Crabtree's Kittle House in Chappaqua.

Westchester and Putnam eateries and their dishes highest in customer popularity follow:

A to C

Alba's. Port Chester. Grilled salmon, spinach. 914-937-2236.
Amore. Armonk. Zuppa (a seafood medley), \$22.95. 914-273-3535.
Arturo's Tavern. Mahopac. Calamari on linguini, \$22.95. 845-621-3836.
Augie's Prime Cut. Mohegan Lake. 8-ounce lobster tail, \$34. 914-743-1357.
Beehive, The. Armonk. Fish tacos, \$13.95. 914-765-0688.
Benjamin Steakhouse. White Plains. Chilean sea bass. 914-428-6868.
Bistro 146. Pleasantville. Seafood paella, \$29. 914-495-3992.
Bistro Parisien. Eastchester. Bouillabaisse, \$34. 914-337-8447.
Bistro Rollin. Pelham. Steamed PEI mussels. 914-633-0780.
Bistro Z. Tarrytown. Pan-seared salmon and spinach, \$24. 914-524-6410.
Blue Hill at Stone Barns. Pocantico Hills. Seasonal. 914-366-9600.
Boathouse. Ossining. Seafood pot pie, \$26. 914-923-6466.
Bridge View Tavern. Sleepy Hollow. Atlantic salmon, \$22, 914-332-0078.
Cafe of Love. Mount Kisco. Atlantic salmon, \$29. 914-242-1002.
Cathryn's Tuscan Grill. Cold Spring. Salmon filet, \$25. 845-265-5582.
Chophouse Grille, The. Mahopac. Atlantic salmon. 845-628-8300.
Chutney Masala. Irvington. Goan shrimp \$23. 914-591-5500.
Clock Tower Grill. Brewster. Seared tuna, \$23. 845-582-0574.
Club Car. Mamaroneck. Pecan-encrusted swordfish, \$36. 914-777-9300.
Cold Spring Depot. Cold Spring. Salmon, \$21.50. 845-265-5000.
Cookery, The. Dobbs Ferry. Grilled branzino, \$26. 914-305-2336.
Cooper's Mill. Tarrytown. Salmon, \$26. 914-333-1216.
Crabtree's Kittle House. Chappaqua. Diver sea scallops. 914-666-8044.
Crave Restaurant & Lounge. Poughkeepsie. Halibut, \$29. 845-452-3501.



D to H

Dan Rooney's. Yonkers. Blackened salmon, \$18. 914-457-2531.
Don Tommaso's. Yorktown Heights. Tilapia, \$21. 914-302-7900.
Eastchester Fish Gourmet. Scarsdale. Golden snapper. 914-725-3450.
Emma's Ale House. White Plains. Fish (cod) and chips, \$21. 914-683-3662.
Equus. Tarrytown. Grilled striped bass, \$29. 914-631-3646.
Fig & Olive. Scarsdale. Chilean sea bass, \$37. 914-725-2900.
Fino. Croton-on-Hudson. Filet of Atlantic salmon, \$21. 914-271-2600.
Half Moon. Dobbs Ferry. Baked Icelandic cod. 914-693-4130.
Harper's. Dobbs Ferry. Market fish (fluke, bass, etc.), \$27. 914-693-2306.
Harvest on Hudson. Hastings-on-Hudson. Seafood medley. 914-478-2800.
Hopscotch. Croton-on-Hudson. Hot or cold skate, \$26. 914-271-1100.
Hudson at Haymount House. Briarcliff Manor. Salmon, \$24. 914-502-0080.
Hudson Grille. White Plains. Cedar Plank Irish salmon, \$25. 914-997-2000.
Hudson House River Inn. Cold Spring. Sashimi tuna. 845-265-9355.

I to L

Il Castello. Mamaroneck. Salmon, black peppercorns, \$21. 914-777-2200.
Il Sogno. Port Chester. Risotto with seafood, \$27. 914-937-7200.
Il Sorriso. Irvington. Branzino in Pinot Grigio sauce, \$24. 914-591-2525.
Inn at Pound Ridge. Pound Ridge. Baked salmon, \$26. 914-764-1400.
Iron Horse. Pleasantville. Block Island swordfish, \$32. 914-741-0717.
J.P. Doyle's. Sleepy Hollow. Salmon steak. 914-631-3015.
La Panetiere. Rye. Dover sole, mustard-butter sauce. 914-967-8140.
La Cremaillere. Bedford. Cassolette de Fruit de Mer. 914-234-9647.
Le Jardin du Roi. Chappaqua. Sautéed salmon, \$27. 914-238-1368.
Le Fontane. Katonah. Scallops and shrimp muniere, \$23. 914-232-9619.
Lefteris Gyro II. Mount Kisco. Whole halibut platter, \$25.95. 914-242-8965.
Lefteris Gyro. Tarrytown. Whole halibut platter, \$25.95. 914-524-9687.
Lefteris Gyro. Yonkers. Whole halibut platter platter, \$26.95. 914-437-8490.
Lexington Square Cafe. Mount Kisco. Lemon sole, \$27. 914-244-3663.
Lusardi's. Larchmont. Sautéed filet of salmon, \$28. 914-834-5555.

M to O

Marc Charles. Armonk. Shrimp, crabmeat, \$34. 914-273-2700.
McArthur's. Pleasantville. Wasabi tuna, \$24.50. 914-773-4281.
Mediterraneo. Pleasantville. Seafood stew, \$28. 914-773-1020.
Meritage. Scarsdale. Grilled brook trout, bacon, \$25. 914-472-8484.
Michael's Tavern. Pleasantville. Fish and chips, \$16. 914-747-0390.
Mima Vinoteca. Irvington. Wild salmon, couscous, \$25. 914-591-1300.
Moderne Barn. Armonk. Roasted Atlantic cod, \$27. 914-730-0001.
Morgans Fish House. Rye. Porcini dusted halibut, \$34. 914-921-8190.
Mullino's. White Plains. Blk. linguine/baby lobster tails, \$32.50. 914-761-1818.
MP Taverna. Irvington. Grilled branzino, garlic, \$22.95. 914-231-7854.
Muscot Tavern. Somers. Pan-roasted salmon, \$19. 914-232-2800.
Nessa, Port Chester. Pan-roasted salmon, \$29. 914-939-0119.
Ocean House. Croton-on-Hudson. Crab cakes, \$26.50. 914-271-0702.
Old Stone Trattoria. Chappaqua. Shrimp scampi, \$17.95. 914-238-8822.
Oliver's. Katonah. Atlantic salmon fillet, \$20.50. 914-232-0946.



P to S

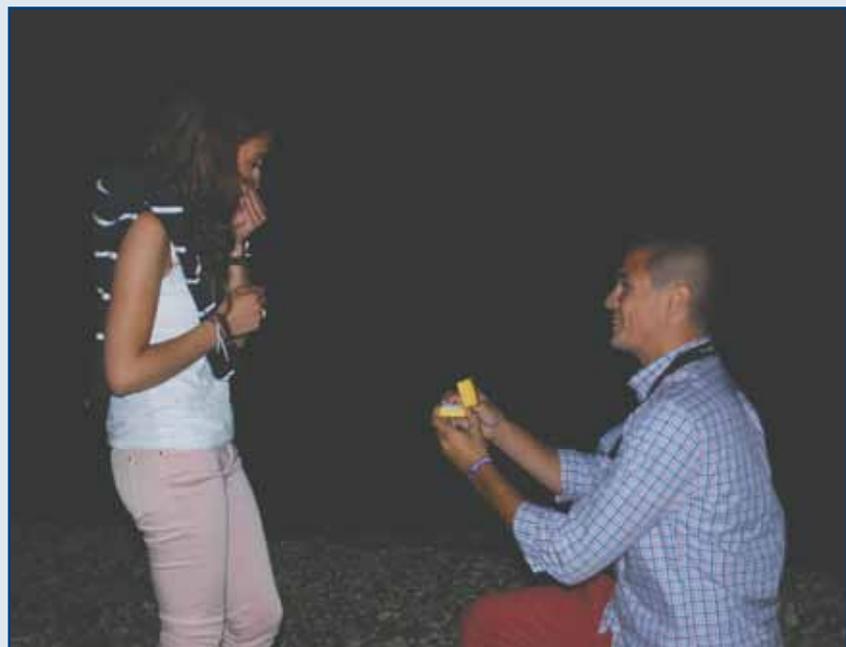
Pinch. Yonkers. "Shellfish Tower" for 3 or 4 persons, \$76. 914-457-2541.
Plates. Larchmont. Southern New Jersey sea scallops. 914-834-1244.
Red Hat on the River. Irvington. Mussels steamed with garlic. 914-591-5888.
Restaurant North. Armonk. New Bedford, Mass. scallops, \$30. 914-273-8686.
Rini's. Elmsford. Fish and chips with cod, \$16.95. 914-592-6799.
River City Grille. Irvington. Shrimp and scallops. 914-591-2033.
River Grill. Sleepy Hollow. Rainbow trout, \$19. 914-631-7227.
RiverMarket Bar & Grill. Tarrytown. Mussels in lobster bisque. 914-631-3100.
Riverview. Cold Spring. Fish and shellfish stew, \$24.50. 845-265-4778.
Riviera. Pleasantville. Shrimp scampi. 914-769-9884.
Roasted Peppers. Mamaroneck. Paella, lobster, etc., \$25. 914-341-1140.
Rose Room. Mount Kisco. Lobster and spaghetti, \$29. 914-218-3876.
Rraci. Brewster. Fish selection changes daily. 845-278-6695.
Ruby's Oyster Bar & Bistro. Rye. BBQ rubbed salmon, \$27. 914-921-4166.
St. George Bistro. Hastings-on-Hudson. Trout Grenobloise. 914-478-1671.
Sams of Gedney Way. White Plains. New Jersey sea scallops, \$24. 914-949-0978.
Sapori. White Plains. Broiled lemon sole, \$23. 914-684-8855.
SB&G. Tarrytown. Pan-seared sea scallops, \$28. 914-332-7900.
Sette e Venti. Bedford Hills. Atlantic salmon, \$24. 914-218-8321.
Social on 6. Mahopac. Seafood linguine, \$23. 845-803-8193.
Somers 202 Rest. & Grill. Yorktown Heights. Salmon, \$22. 914-248-8100.
Sweet Grass Grill. Tarrytown. New Jersey Day Boat Scallops. 914-631-0000.

T to Z

Tarry Lodge. Port Chester. Salmon, roasted garlic, \$25. 914-939-3111.
Tarry Tavern. Tarrytown. Seared Maine sea scallops. 914-332-1625.
Thyme. Yorktown Heights. Icelandic cod, \$24. 914-788-8700.
Tomatillo. Dobbs Ferry. Grilled Mahi Mahi, \$11.95. 914-478-2300.
Trattoria 160. Pleasantville. Pepper-crusted, yellow-fin tuna. 914-579-2126.
Trattoria 632. Purchase. Day Boat scallops, \$28. 914-481-5811.
Traveler's Rest. Ossining. Norwegian salmon, \$29.95. 914-941-7744.
Trevi. West Harrison. Parmigiano crusted sole, \$26. 914-949-5810.
Turkish Meze. Mamaroneck. Salmon and pasta, \$20. 914-777-3042.
Twisted Oak, The. Tarrytown. Wild King salmon, \$32. 914-332-1992.
Valley Restaurant. Garrison. LI Black sea bass. 914-424-3604.
Village Social. Mount Kisco. Ahi tuna, sushi-grade, \$27. 914-864-1255.
X20. Yonkers. King salmon with Ssamjang glaze, \$32. 914-965-1111.
Zeph's Restaurant. Peekskill. Salmon Stroganoff, \$27. 914-736-2159.
Zero Otto Nove. Armonk. Baked codfish in tomato sauce. 914-273-0089.
Zuppa. Yonkers. Salmon over farrotto, \$25. 914-376-6500.



Sen. Ball's Communications Director to Tie the Knot



On Sep. 13 Senator Greg Ball's communications director Joe Bachmeier proposed to his girlfriend and soul mate Alessandra Difortunato. Joe didn't settle for ordinary when arranging this special moment, he planned a romantic Italian excursion, popping the question at Grotta Palazzese on the shores of the Adriatic Sea in Italy. Italy holds a special place in Joe and Alessandra's relationship, she immigrated from the country at a young age. They celebrated the engagement by visiting family in Italy and Germany.

Lights! Cameras! Action! Tourism Dept. Seeks Film Production in Putnam

Well, there will be lights but more discussion than action and no cameras – yet – when Tourism Director Libby Pataki meets with approximately 15 local residents who have knowledge and experience in the television and film industry. The group will be gathering for the first meeting of the Putnam County Television and Film Commission which is scheduled to take place at 10 a.m. on Tuesday, Oct. 21 on the 3rd floor of the County Office Building, 40 Gleneida Avenue in the Hamlet of Carmel.

“Putnam County has so much to offer as far as potential locations for the filming of television shows and movies,” said Pataki. “What we hope to accomplish is the organization of the Commission as an entity which will serve as a liaison between our magnificent location sites and potential users.”

Pataki said the main objective of the Commission will be to see a centralized and expanded film production industry in Putnam. She recalled that Putnam has been used in the past as a locale for popular movies such as “Hello, Dolly,” “Malcolm X,” and “Die Hard with a Vengeance.” Even Adam Sandler came to Putnam when filming his “Mr. Deeds” using Wendy’s in the Putnam Plaza in Carmel in a scene. During season 6 of the television show “The Sopranos,” the episode “Soprano Home Movies” was shot on Lake Oscawana in Putnam Valley.

“I feel quite certain that by assembling the Putnam County Television and Film Commission, we can attract television and film projects within the county and make for a welcoming environment for members of the film industry,” said Pataki.

Located just 60 miles north of New York City, Putnam County offers a local destination with boundless rural and historical sites along with other infrastructure that may be appealing to film production companies.

Listing places she believes would be of interest, Pataki mentioned Constitution Island, the Village of Cold Spring, Boscobel House and Gardens, Fahnstock State Park with its trails and lakes and the magnificent Hudson Highlands that border the Hudson River on the western side of Putnam County. Heading into central Putnam, Pataki listed the Mt. Nimham Fire Tower, the scenic Taconic State parkway and the Chuang-yen Buddhist Monastery along with Carmel’s Lake Gleneida and Mahopac’s lake. The eastern portion of Putnam boasts the Great Swamp in Patterson, several Conservation Areas and Tilly Foster Farm in Brewster.

“Just look around at all the natural beauty and historical sites we have to offer the film and television industries,” she said.

For more information on the Television and Film Commission, please call (845) 808-1015.

Alternatives to Blood Transfusions at Putnam Hospital Center

The pain of a toothache is how Uli Seit described the agony he felt for years from knees battered by arthritis and athleticism.

“I had a grimace on my face all the time,” Seit, 57, said.

After doing some research, he opted to have double knee replacement surgery at Putnam Hospital Center in February. The Queens resident chose the community hospital, he said, because of its Blood Management for Bloodless Medicine and Surgery Program, one of only a few in the region. The top-notch surgeon and his team were also a big draw, Seit said.

Through the use of a cell salvage machine during the procedure, Seit’s

own red blood cells were given back to him, preventing any need for a donor transfusion.

“I had no fear of anything,” said Seit, who is back playing racquetball and about 90 percent healed. “I felt totally confident and comfortable.”

Seit, who is one of Jehovah’s Witnesses, said his religious beliefs prohibit him from taking in blood. He would recommend blood management to anyone, he said.

The public will have an opportunity to learn more about Putnam Hospital Center’s blood management program at a seminar on Saturday, Oct. 18 from 9 a.m. to noon, at the Michael T. Weber Auditorium, 670 Stoneleigh Ave. Continental breakfast starts at 9 a.m.

Physician speakers include anesthesiologist Dr. Thomas Caggiano, of Northeastern Anesthesia Services, PC, who will discuss how a cell salvage machine works and hematologist/oncologist Dr. Lev Davidson, of Hudson Valley Hematology/Oncology, on understanding blood fractions. Both are members of the Putnam Hospital Center medical staff. A question-and-answer session will follow each presentation.

Reservations are not required but preferred. For more information, contact program director John Mountain at 845-230-4777 or jmountai@health-quest.org



Uli Seit, a photojournalist, covering the U.S. Open. Photo submitted by U. Seit.

Crossword Answers

1	A	2	N	3	D	4	R	5	E	6	W	7	I	8	B	9	I	10	S		
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October is Domestic Violence Awareness Month

Each October, the Putnam/Northern Westchester Women's Resource Center and People Against Domestic Violence remind us that October is Domestic Violence Awareness Month. As they do each year, the PNWWRC and PADV will host special events throughout the month not only to remind people that domestic violence is a problem but also "to honor the strengths, struggles, creativity and courage of those who strive for peace in their hearts, peace in the home and peace in the world."

"The most important thing we can do is to keep the conversation about domestic violence going," said PNWWRC Executive Director Ann Ellsworth. "It's an on-going journey and those participating in it need our continued support. What we have to be is a loud voice for change," she said.

Bringing voices together in song is one of the programs that PNWWRC will host when they present their annual A Woman's Voice: Singing for Our Lives concert. This year the musical evening will be held on Thursday, Oct. 23 at 7 p.m. at The Winery at St. George, 1715 E. Main Street in Mohegan Lake. Scheduled performers include the John Bates Band, Arkie Bermiss, Hailey Knox, and Open Book. Tickets for the always well attended concert are \$50 per person and may be purchased on the PNWWRC



Putnam County employees dressed in their purple T-shirts showed their support for October as Domestic Violence Awareness Month and gathered on the stairs of the Historic County Courthouse in 2012.

website at: www.pnwwrc.org.

And, as they do each October, People Against Domestic Violence will hold their Candlelight Vigil on the steps of the Historic Putnam County Courthouse on Monday, Oct. 27 starting at 7 p.m.

County Executive MaryEllen Odell looks forward to the day when the candlelight vigil is no longer needed; the day when domestic violence comes to an end.

"While I fully support the work of those involved with the Women's Resource Center and People Against Domestic Violence, and I commend them for their all-out efforts to make the public more aware of the number of

domestic violence incidents right here in our own County, I do hope that someday we will not have to hold vigils recalling those who have been traumatized or even killed in domestic disputes," she said.

Putnam residents are urged to wear purple throughout the month to show support for the work against domestic violence. Wednesday, Oct. 15 is the official Wear Purple Day and people are asked to take photos of themselves and others wearing purple and share their photos on Facebook and Twitter. The PNWWRC Facebook page contains 31 Points to Ponder about domestic violence.

Ellsworth said donations are always welcomed by the staff and volunteers at PNWWRC.

"Donation to help us continue to offer programs and services to the women, children, and men in our community," she said.

For more information on October events and the year-round work of PNWWRC or to make a donation, or to make arrangements to volunteer, visit their website at: www.pnwwrc.org. or call them at: (845) 628-9284. The Putnam Northern Westchester Women's Resource Center is located at 935 South Lake Blvd., Suite #2, Mahopac, NY 10541.

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Happenings

We're happy to help spread the word about your community event. Please submit your information at least three weeks prior to your event and include the words "Happenings Calendar Submission" in your email subject line. Entries should be sent to Nikki Gallagher at nikki@theexaminernews.com.

Flu Shots:

Carmel Fire Department on Monday, October 20, again from 2 p.m. to 6:30 p.m. Please check the flu hot line, 845-808-1390, on clinic day to confirm. The clinics are open to all Putnam County residents 18 years of age and older. The fee for flu vaccine is \$25 for residents under 60 years of age. www.putnamcountyny.com; or visit our social media sites on Facebook at www.facebook.com/putnamhealth and Twitter @PutnamHealthNY.

Ongoing

In-Stitches Knitting Club at Reed Library (845-225-2439). Wednesday mornings 10:30 a.m. to noon and Thursday evenings 6:30 p.m. to 8 p.m. Beginners and experienced knitters and crocheters are welcomed in this fun and friendly group.

Brewster Farmers' Market: The 2014 Market is scheduled to run through Sat. 11/22, Wednesday's and Saturday's, 9 a.m.-2 p.m., rain or shine, at the same location, 208 East Main St. (Rtes 6 X 202 & 22 at the bottom of Peaceable Hill Rd.) in the Village of Brewster. We are still participating in the NYS Dept. of Agriculture Farmers Market Nutrition Program, accepting WIC and SNP checks (good from July through November). We hope to see you soon @ Brewster Farmers' Market (Sponsored by CBB, Inc.)

Cancer Support:

Cancer Support Available: Support Connection, Inc., a not-for profit organization that provides free, confidential support services for people affected by breast and ovarian cancer, offers a wide range of free support groups women with breast and ovarian cancer. Groups focus on topics pertaining to living with cancer through all stages of diagnosis, treatment and post-treatment. They are offered in Westchester, Putnam and Dutchess, and by toll-free teleconference. For a complete calendar of groups at all locations, visit www.supportconnection.org. Advance registration is required for all groups; call 914-962-6402 or 800-532-4290.

October 27- Kent Historical Society will host a presentation on the "New Lights of the Revolutionary Era", The Pastors & History of the West Philippi Church of the Philippe Patent, Gregory's Parish and Gilead 1739-1835, Speaker: Lori Kemp. Town of Kent, Town Hall, 25 Sybil's Crossing, Kent Lakes, 7:30 p.m. Free & open to the public.

Wednesday, October 15

Professional Women of Putnam and Professional Women of Westchester Host Pretty in Pink Networking Party to benefit Support Connection: 6 p.m.-8 p.m. Raffles, Pink hair extensions and more! \$15pp PWW/PWP Members \$20pp Non Members. Includes appetizers. Cash Bar. Location: Augie's Prime Cut. 3436 Lexington Ave. Mohegan Lake. Support Connection, Inc., is a not-for-profit organization that provides free, confidential

support services to people with breast and ovarian cancer. Register online to attend: www.professionalwomenofputnam.com or www.professionalwomenofwestchester.com

Thursday, October 16

Public Forum about Methods to Treat Drug Addiction: A public forum called "Pathways to Recovery" that will bring together several local experts to discuss effective methods to treat the disease of drug addiction will be held Thursday, October 16 at 7 p.m. at the East Fishkill Town Hall at 330 NY Rt. 376 in Hopewell Junction. Doors will open at 6:30 p.m. Featured speakers, who will discuss various recovery methods, will include:

- Dr. Kari Reiber, Dutchess County Commissioner of Health;

- Robert Schwartz, Highwatch Recovery Center;

- Emily Nelson, Walter Hoving Home; and

- Pierette Farber, Instructor for the Alive@ 25 program. Following the formal remarks will be an interactive panel of professionals and representatives of local treatment centers. The forum, which is free of charge, is co-sponsored by Drug Crisis in our Backyard and Addiction Awareness, Prevention & Support.

The Putnam County Retired Teachers will have their semi-annual luncheon at 4 Brothers Restaurant in Mahopac. 11:30 a.m. All retired teachers who have lived or worked in Putnam County are encouraged to attend. The cost of a full 3-course lunch, with gratuity, is \$24. Cornell Cooperative Extension will speak about "Wintering your plants". Dues are \$10 a year, with \$5 going to fund scholarships for 10 BOCES students.

Friends Wine Tasting at Sterling Cellars: 5 p.m.-7 p.m. This year the Friends are sponsoring a Triple Win Raffle! Prizes include a handmade quilt in Fall colors, created by the Butterfly Quilters, a beautiful, large Asian urn, and Golf for 4, including cart, at the Putnam County Golf Course. Raffle tickets are \$2 each or three for \$5; tickets are available at the Library's Information Desk and can be purchased at the Wine Tasting on Oct. 16.

Friday, October 17

Medicare 101 @ Mahopac Public Library: Learn about all of the ins and outs of Medicare at a seminar to be held at Mahopac Public Library. 10 a.m. Topics covered at this free seminar include: qualifying for Medicare, options available, current and expected Medicare changes, Part D prescription drug plans, secondary insurance, and Medicare advantage. Registration is required; register online at www.mahopaclibrary.org, or call 845-628-2009, ext 100. Additional Medicare seminars will be held on Tuesday, November 18 at 10 a.m. and 6:30 p.m. For information about this and other programs at the Library, please call 845-628-2009, ext 100

Saturday, October 18

Putnam Valley Recreation Pumpkin Painting & Parade: 11 a.m. Putnam Valley Town Park

Who: Everyone - (welcome one and all!)
Cost: \$5 for pumpkin & decorating supplies (parade and hayride are free, food available for purchase by Caitlyn's Fight) Join for some Halloween fun - hayride, pony rides, pumpkin decorating, food, music, prizes for best pumpkin and costume (by age group). *Bring an already carved pumpkin and we will display it and have a separate judging for it! Registration: Sign up at PVPR or mail in registration form to:

Putnam Valley Recreation, 265 Oscawana Lake Rd., Putnam Valley.

Barbells for Boobs: Fundraiser for Breast Cancer Awareness. 9 a.m. - 3 p.m. at Crossfit OSA. 919 Route 52. Kent. 845 225-2500. To Donate: www.barbellsforboobs.org search Crossfit OSA

The Putnam Valley Democratic Committee is pleased to announce a Putnam Valley Meet the Democratic Candidates Night, being held at the German-American Social Club. 5 p.m. - 7 p.m. This free event, open to the public, will provide an opportunity for our candidates to deliver a prepared statement to the audience, to participate and interact with them in a brief social activity, to engage in a short Q&A session, and to mix and mingle over food and drinks. The program will permit the public in attendance to get to know our candidates a little better, to hear their message first-hand, to ask a question if they have one, and hopefully to leave with a positive image that they can then help spread in the two weeks remaining before election day. All six of our regional candidates have agreed to participate, either in person or through a representative.

Garden Club: Cordially Invites You to Attend an Afternoon Tea and Presentation by Alan Rabinowitz, PhD. "The Indiana Jones of Wildlife Protection" 1 p.m. to 3:30 p.m. Donation of \$25.00 per Person. Advanced Ticket Sales Only - By 10.11.14 Contact Ann Spofford at 914.879.2760 or

Putnam Hospital Center's Fall 2014 Wellness Series. 9 a.m.: Alternative To A Blood Transfusion - Dr. Eric Diana, Anesthesiologist and Dr. Lev Davidson, Hematologist, Oncologist at Michael T. Weber Community Auditorium Putnam Hospital Center 670 Stoneleigh Avenue, Carmel.

Sunday, October 19

The ABC's of College Applications Workshop at Desmond Fish Library: A team of college admissions officials will be featured at a workshop on the ABC's of College Applications, 2 p.m. and 5 p.m. at the Desmond-Fish Library in Garrison. The workshop will highlight library resources for the college bound including test preparation tools and current college statistics and guides. For more information,

please call 845-424-3020 or visit www.desmondfishlibrary.org/friends



4th Annual Crafts for a Cure Fundraiser:

Raising money/awareness to help battle pediatric blood cancers. 1 to 4pm at the Mahopac Firehouse on Route 6 at Croton Falls Road. Crafts for a Cure is a family-friendly event that features a variety of craft tables, Mini iPad raffle and a silent auction. Last year we were thrilled to raise just under \$10,000 for pediatric blood cancer research and the Bone Marrow Registry. To be a part of this year's event, there are several ways you can contribute: -\$150 to sponsor a craft table. Have your name of your business, group or family displayed on the table & add a coupon, flyer or business card to the bags that each kid receives at the event. - Donate an item, such as a gift certificate for goods or services, or a gift basket and it will go into our silent auction. The deadline for donations is October 12. Checks should be made payable to: Five For Fighting Inc. Or you can visit the Five For Fighting webpage at fiveforfighting.org.

Music: Mahopac Public Library is pleased to host The John Arrucci Quintet. 2 p.m. This concert is part of the BMM Concert Series at the library which brings world class musicians to the greater Putnam community.

Brewster Elks Annual Flea Market: 8 a.m.-4 p.m. 1430 route 22 & Milltown rd. Vendors wanted \$30/space Elk members: \$25/space-pay day of event Antiques, crafts, homemade items, jewelry, glassware, new, used furniture, etc. free parking. Call for info. rita ricciardi 845-520-0880. Brewster Elks Lodge 845-279-3261 leave message. Email Rita - stacie9rita@aol.com

Out of the Darkness - Suicide Prevention Walk: Director of Veterans Services Karl Rohde and his deputy Art Hanley will be among those walking as they participate in the Putnam chapter of the Out of the Darkness Community Walk, the American Foundation for Suicide Prevention's (AFSP) signature fundraising campaign. The Putnam County Walk, which is scheduled for Sunday, Oct. 19th, is sponsored by the Carmel Teachers' Association and will start at the Carmel Fire Department on Gleneida Avenue at 11 a.m. This year's goal is to raise \$21,000. Information on the app can be found on the county website at: putnamcountyny.com.

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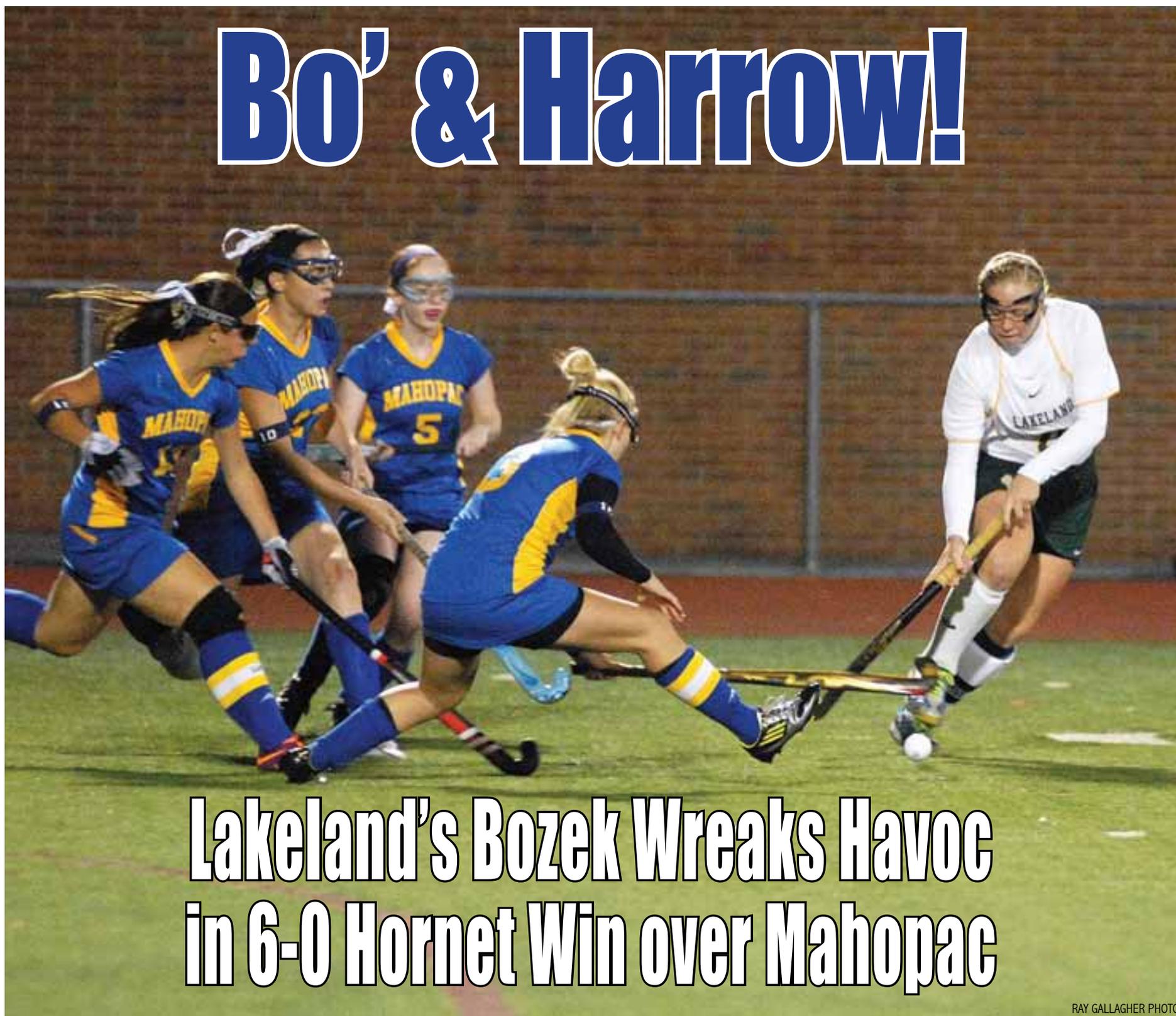
Covering Putnam County and Northern Westchester Sports

October 14 -October 20, 2014

SMALL NEWS IS BIG NEWS

SPORTS SECTION

Bo' & Harrow!



Lakeland's Bozek Wreaks Havoc in 6-0 Hornet Win over Mahopac

RAY GALLAGHER PHOTO

Lakeland's All-NYS junior Dana Bozek was routinely tracked by as many as four Mahopac Indians, but no matter what Sarah Quarto, Mikaela DiBello, Shannon Girven and Tara Kirby did nothing could stop the harrowing Bozek (3A) and her five-time reigning NYS Class B champion Hornets from impressing and depressing Class A title hopeful Mahopac in a 6-0 Lakeland win last Friday night at the Hive... see Field Hockey Notebook

Sports

Grid Notebook

Mahopac Handles Carmel; Yorktown Seeks No.1 Seed

Surging Somers Peaking When it needs to; Do or Die Time for Panas

By Ray Gallagher
Examiner Sports Editor

It's hard to imagine a Mahopac vs. Carmel football game as insignificant as the one we saw last Saturday; the one which Mahopac won by a 27-7 score but meant nothing — squat, nada, zero, zilch — in terms of the Section 1 Class AA playoffs. It's hard to imagine a scenario whereby both the Indians and Rams could be fighting for their playoff lives in Week 6 of a seven-week regular season, yet the most important football rivalry in Putnam County means absolutely nothing more than Max Littleton holding bragging rights over Colton Anderson should they bump into each other at the Red Mills Pub 10 years from now.

Section 1 has to reexamine the way it goes about its football scheduling because there are far too many meaningless games being played in a sport that can ill-afford throwaway games. Yeah, it was still a great environment over at Carmel, but Section 1 did everything it could to minimize the counties single greatest rivalry by putting them both in separate leagues before the season began, ensuring the game means nothing by making all crossover games between Leagues A & B not count toward the playoffs.

Thank goodness the two schools locked horns as if it meant the world to them, because just as it is in every sport, Mahopac vs. Carmel was typical bravado before the Indians (4-2) simply wore down the Rams (3-3) in the fourth quarter. Momentum has a funny way of changing the outcome of a game and the



RAY GALLAGHER/ANDY JACOBS/COLIN SMITH PHOTOS

Carmel QB Joe Rodriguez scrambles for key first down in 27-7 loss to Mahopac.

Rams simply shot themselves in the foot too many times; twice either in or near the end zone. The Rams fumbled at the one just before the half (it was 7-7 instead of 14-7 Carmel), and QB Joey Rodriguez, who was brilliant throughout much of the day, threw an INT to Charles Heady in the end zone late in the third with the outcome still teetering in the balance.

After Indian junior RB Christian Donahoe snared a short Dan Foley pass and went 59 yards to the house on his own, Mahopac held on to a 14-7 lead through three quarters. Indian RB Max Littleton took over in the fourth, pulverizing Rams during a punishing drive he capped with a

10-yard TD with 8:58 left for a 20-7 lead. Heady capped the scoring from four yards out with 1:32 left.

"My O-line was awesome today," Littleton said. "I think we wore them down in the fourth."

Mahopac RB Joe Cavaciuti opened the scoring in the first quarter, hauling in a 10-yard pass from Foley. Rodriguez answered in the form of a superbly struck 32-yard pass to WR Quinn Willman to tie at 7-all.

Mahopac held firmly to the Bryan Higgins Memorial Trophy, which it has now won five of the last six years.

"Of course this won't sit well with me, it never does when we lose to Mahopac,

they're our rival" Rams boss Todd Cayea said. "The better team won today."

The Bryan Higgins Memorial trophy — which Mahopac won for the 5th time in 6 years — and the 2014 season won't amount to a hill of beans if the Indians go out and lose to White Plains in Week 7, or if Clarkstown South pulls off an upset of John Jay EF, which would kill Mahopac's playoff hopes. If Mahopac takes care of business and South loses, the Indians will likely visit state-ranked (No.4) New Rochelle in the opening round of the playoffs, qualifying for the first time since 2010.

"The games are just an extension of practice, so we'll need to go out there and have the best week of preparation we can possibly have to make the playoffs," Mahopac Coach Tom Donahoe said.

Meanwhile, Carmel, which hosts New Rochelle in Week 7, will likely fall out of playoff contention with the winner of the Greeley/Clarkstown North getting in.

CLASS A NOTES

Yorktown, Somers Lock up Playoffs

And so its sets up as such in a pivotal Week 7: a Yorktown win over host John Jay this Friday night would lock up the No.1 seed for the state-ranked (No.10), undefeated Huskers (6-0), who would then host a pair of playoff games while seeking their first sectional championship since 1998.

Essentially, the road to Mahopac — home of the Section 1 grid championships — would go through Yorktown, which



Carmel's Dom Caporale takes a run at Mahopac RB Shane Purdy.



Carmel's Steven Fehr can't corral good looking Mahopac RB Christian Donahoe in the Indians' 27-7 win over the Rams Saturday.



Haldane Q Tyler Giachinta fired two TD passes in rout of Valhalla.

Sports

Grid Notebook

makes the Week 7 showdown with state-ranked (No.18) John Jay one of Yorktown's most important regular season games in the last decade.

"It's definitely gonna be a war," Yorktown junior RB Nick Santavicca said. "This whole week at practice we have to be focused, no goofing around. But I think we will be prepared and ready for Jay. That's what we are going for, and we won't be satisfied with anything but the chip."

In fact, Week 7 is chock-full-of-goodness, with Class A playoff implications as far as the eye can see, including local places like Somers, and a do-or-die game between Panas and Sleepy Hollow, which will determine whether Lakeland or Panas gets in.

Let's start with Yorktown, which saw QB Ryan Baker scoot for a pair 10- and 24-yard first-quarter TDs in its 45-7 rout of Tappan Zee. Baker also connected on a 44-yard pass play with Max Costello for a TD and a 21-7 lead. RB Nick Santavicca broke 1,000 yards for the season when he rushed for 184 yards and a score and inched closer to Pete Cariello's school



Haldane RB Matt Balducci get loose for a 94-yard TD in rout of Valhalla.

record of 1,382 yards, which was set in 1996.

Turning to Week 7: Coach Mike Rescigno's Huskers have one important thing on John Jay; depth. The Indians have essentially 12-15 guys going both ways. Yorktown, on the other hand, gets contributions from the better part of its roster. The Indians can score with anyone in Section 1 and will likely put points on the board, but the Huskers can score with the best of them, too. If depth has a way of affecting this game, Yorktown should prevail and secure the top seed, which would put defending two-time sectional champion **SOMERS** at No.2.

Coach Tony DeMatteo's Tuskers (5-



Carmel's Quinn Willman crosses goal line after 32-yard TD against Mahopac and Angelo Martinez.



Tuskers Tom Castelluccio and Matt Morgante engulf a Beacon RB in Somers' rout of Bulldogs.

1) had their way with Beacon last Friday, hammering out a 44-7 victory. Somers will face **BREWSTER** (2-4) in Week 7, which should be a matter-of-fact win despite the Bears having taken care of Panas in Week 6. State-ranked (No.13) Somers, who could see Nyack in the opening round, is still the team nobody wants to see in the playoffs. Tuskers FB Tim Fazzinga led the way over Beacon with 118 rushing yards and a score. HB Joe Spor had two carries for 53 yards and a score. Tyler DeVito and Matt

Morgante each caught a TD pass from QB Nick Lombardo. Somers is peaking at just the right time, folks, but improving Brewster could be a trap game if the Tuskers don't come to play.

PANAS has been a helter-skelter team all season and could right all that is wrong with a Week 7 win over Sleepy Hollow; as unlikely as that is after the Panthers (3-3) were humbled by the Bears in a 42-14 loss. The Catalano brothers clinched the deal when QB Matt connected with WR Kyle on a 52-yard strike. The duo also opened the scoring in the first quarter, making for a lifetime of memories.

Panas cannot feel good about itself going into the Sleepy Hollow game, which it will host this Friday night. Still, they cannot dwell on the loss and need a short memory if they are going to save their season.

LAKELAND (3-3) had the ingredients in place for an upset of Sleepy Hollow but a late TD resulted in a 27-20 loss, leaving the Hornets at the mercy of Panas and Byram Hills in Week 7. The loss to the Bobcats a few weeks ago could really come back to haunt Lakeland, which has lost control of its own destiny as it seeks its first playoff appearance since 2009.

CLASS B NOTES

PUTNAM VALLEY (3-3) will likely fall short of its playoff goal, but a 52-8 win over

Hastings stopped the bleeding that comes with consecutive losses to Pleasantville and Lakeland. The Tigers saw senior RB Elviz Belen rush for a career-best 188 yards and three TDs and just 12 carries in the rout. Sam Honors, Ryan Mello, Kyle Anderson and Ryan Malone each scored a rushing TD for the Tigers, who rushed for 435 yards. The Tigers will close out the regular season against winless Croton (0-6) but it won't be enough to make the playoffs.

CLASS D NOTES

Blue Devs Prep for Prize

HALDANE chalked up its third win in a row, a 35-8 manhandling at Valhalla to improve to 4-2. Blue Devils QB Tyler Giachinta hit on 9 of 11 passes for 107 yards and two TDs. WR Ryan McCollum snared five of those passes for 57 yards and a TD. He also took a punt return to the house. Anthony Percacciolo nabbed a 47 TD.

The rushing attack was led by burly Matt Balducci, who had 11 carries for 111 yards and a pair of scores to go over



Mahopac RB Charles Heady finds a crease against Carmel's Kyle Morin in Indians' 27-7 win over Rams.

100 yards for the fourth time this season, giving him 701 yards for the season. When Baldy goes over 100, the Blue Devils tend to win. Matt Koval led the defense with 10 tackles and two sacks.

"We played a better second half and it was sparked by the Balducci TD run of 94 yards on first possession of second half to put us up 21-0," Haldane Coach Ryan McConville said. "That was a big momentum play for us. From that point forward we did a much better job controlling the line of scrimmage and getting stops on defense."

The Blue Devils will need a four-quarter effort this week against Dobbs Ferry. From this point forward, everything the Blue Devils do is preparation for Tuckahoe, which stands between the Haldane and its first sectional title since 2011.

Sports

Field Hockey Notebook

Lakeland Strikes Early, Often in 6-0 Win over Mahopac

By Ray Gallagher
Examiner Sports Editor

The Mahopac vs. Lakeland game last Friday at the Hornets' Hive was supposed to be a measuring stick for the Class A title hopeful Indians against nationally-ranked (No.5) Lakeland, but before the Indians (8-2-1) could tighten their cleats the Hornets (14-0) were on the board.

Lakeland sniper Molly Fitzpatrick scored the first of her three goals just 3:30 seconds in and the five-time defending NYS Class B champion Hornets were

to Putnam Valley, built a 5-0 halftime edge on the strength of All-Section senior Fitzpatrick (3G), All-American junior Dana Bozek (3A) and Meghan Fahey (2G).

"Molly set the tone," Lakeland Coach Sharon Sarsen said. "She didn't disappoint. Her ability to finish from close in is a talent that is not underestimated."

No one can argue that point. With 25 goals through 13 games, Fitz now has 71 career goals, which puts her on a tier behind the likes of Shannon Scavelli (junior

at Michigan with 135 career goals at Lakeland and Melissa Gonzalez (USA National team with 124 while at Lakeland).

"It's tough to crack the record books here at Lakeland, but Molly is a finisher," Coach Sarsen, she of the eight NYS titles, said.

Early on, it looked like Mahopac's quartet of potent scorers – Mikaela DiBello, Jane Kasperian, Sarah Quarto and Sarah Lilley – might give Lakeland a game, as the Indians put

the first shot on goal, which All-Section goalie Alex Halpin (3 saves) deftly turned aside. Julia Kim added a goal for the Hornets, who have done nothing but put



Mahopac's Jane Kasperian works against Lakeland's Sarah Bard.

off and running, securing their 44th consecutive victory by a 6-0 score.

Lakeland, which hasn't lost to a NYS opponent since the 2008 Section 1 finals



Mahopac's Sarah Quarto rips a shot in direction of Lakeland goalie and recent UMass commit Alex Halpin.



RAY GALLAGHER PHOTOS

Lakeland's Molly Fitzpatrick scored 3G but was hounded by Mahopac's Alicja Kazmierowska in 6-0 Hornet win last Friday.

the pedal to metal this season.

DiBello did bang the boards three times in Mahopac's 5-2 win over Harrison earlier in the week. Quarto had a goal and an assist while Kasperian set up two tallies. Mahopac will need to put this game behind it and focus on establishing its goal of reaching the sectional finals for the first time since 2001.

The Hornets were set to battle Class A powerhouse Mamaroneck this week in the hopes of being tested before the Class B playoffs in the days ahead. The Tigers are the No.1 ranked team in NYS, according to Sarsen.

CARMEL could pose some headaches in Class A. After a scoreless tie with Mahopac over a week or so ago, the Rams (10-3-1) recorded blowout wins against Lourdes (10-2) and Panas (9-1). They could be a confident group heading in to the post season.

SOMERS suffered a 4-0 defeat at John Jay, avenging a one-goal loss from earlier in the season. PUTNAM VALLEY's Stephanie Wagner had two goals, Tara



Lakeland's Brianna Muniz tries to shake Mahopac's Jane Kasperian in 6-0 Hornet win last Friday.

Walsh had a goal and an assist, and Nicole Swanson had a goal in the Tigers' 4-0 win over Kennedy Catholic.

"We are finally playing the way I know we can," PV Coach Kristen Vucetic said. "I am unbelievably proud of the performance by the Tigers today. The ball passing was clean and possession was clearly ours for most of the game. PV utilized both sides of the field during this dynamic performance, and our offense was very impressive today."

Jenna Gammer had two goals and an assist in YORKTOWN's 3-1 win over Briarcliff.

Hen Hud Clinches Share of League; Yorktown Edges Put Valley

By A.J. Martelli

A lot of teams are under the gun as the boys' soccer season winds down, fighting for their playoff lives. The Yorktown Huskers are among those teams with a certain amount of pressure on them, but they took a little bit of heat off themselves this past Saturday with a 2-0 win over Putnam Valley at Charlie Murphy Field, keeping their playoff hopes alive.

With three games left on the schedule, the Huskers now need one more win to get into the postseason dance. Yorktown boss Ed Polchinski feels his boys are doing a nice job keeping their sights set on a playoff berth, and talked about how they're settling down lately.

"We're trying to get a little focused; finally finding the back of the net," he said. "There's really no room to play, since the Panas game. First to make sectionals we have to make a little bit of a run, which at least we're doing right now. We have three more games ahead of us – they're going to be tougher games than we just played, and hopefully we get a little bit more confidence."

The Huskers were given a jolt with 21:43 to play against the Tigers in the first half, when Andrew Lundberg slipped one past Put Valley stone wall Kyle Bronzo with some help from Joey Landicino for the first Yorktown goal. A 1-0 Husker lead at the half held up until there was 18:07 left to play and ace Mohamed Hamza scored, once again on assist by Landicino.

Hamza mentioned how some adjustments may have factored into the



Panas' Myles Nigro and Yorktown's Marcello Spiniello get some air for 50-50 ball in Husker win over Panthers.



RICK KUPERBERG PHOTOS (PLEASE VISIT WWW.HVSPHOTOS FOR ADDITIONAL ACTION SHOTS)

Panas' Christopher Sheehan tracks Yorktown's David Metz in Husker win over Panthers Saturday.

Husker win.

"We did a couple of position changes, moved people around to see how we could spark our offense a bit," he said. "Seemed to be working; we changed our style of play with these changes too. That's probably the reason we're playing better."

Hamza himself was a part of those realignments.

"We put Mohamed back up on top," Polchinski said. "Marcello (Spiniello) has been doing a phenomenal job up on top, and Adam Romanski, my sophomore, he's really stepping it up. I had him move up to the midfield – so we did make a couple of adjustments that I think are beneficial to the team and it seems to be working well right now."

Yorktown goalie Jacob Braham pitched a shutout, stopping everything the Tigers had to offer. Although Put Valley has been scuffling a bit, head coach Craig Glenn was proud his guys stood toe-to-toe with the Huskers, and has seen a lot of effort from his players this year.

"I thought it was a great game – a 2-0 loss, but we played competitively," he said. "I love playing Yorktown; we always have a good game against them. Overall, we stuck with them, they're a good team. At the end of the game we had some good offensive runs, and I'm hoping next time, when we see them next year, there are different results."

"We've played so many different games, and I think we've lost seven games by one goal. We've been in overtime, double overtime, and right now we just don't have that one man who wants the ball and is hungry; who's going to put it in the net, but a lot of teams are having the same battle. We're all in the mix."

The Tigers (3-10) have three games left on their schedule – all home games. Put Valley will host **BREWSTER** tonight,

CROTON Thursday, and finally Harrison on Saturday.

Meanwhile the Huskers (5-7-1) will need to either knock off Hastings, who they'll host tonight, notch a win over **OSSINING** Saturday, or pick up a win at Brewster Monday to make the playoffs. Polchinski feels good about the Huskers' chances, given their recent string of good luck.

"I'm very happy with how the boys are playing, they're playing hard," he said. "I really give them a lot of credit, because they didn't lose their confidence, even when we dropped five games – they kept positive, which was very important. Hopefully we keep it going; we need one more out of the three to get into the sections."

"We have Hastings (tonight) which is senior night, Ossining Saturday, and Brewster Monday – which I really don't want to make that a game we have to win up there. That'll be a tough one."

This past week was huge for **HENDRICK HUDSON**, as the state-ranked (No.14) Sailors, who are quietly having a sensational year, clinched a share of the League I-B title by beating Ossining 2-0 last Wednesday. It also marked Sailors head coach Chris Cassidy's first win over the Pride in his 10-year coaching career at Hen Hud.

"Our boys fought so hard and wanted

the win so bad," Cassidy said. "It was the first time in the 10 years I've been coaching varsity that we beat Ossining – a great team, and I think we're fortunate it seemed to be our night. Our guys battled all over the field for every last ball."

"We are very happy and proud to win at least a share of the league, but we would love to go for a long run in sectionals. We've worked so hard all season; it's nice to see hard work pay off."

Joe Gallo and Aidan Datene ensured the win over Ossining, each scoring a goal to lead the Sailors (9-2-2) to victory. Datene also picked up a goal in the Hen Hud's 1-1 tie on Friday with North Rockland.

The Sailors finish up the regular season with Croton (tonight), Hastings Thursday and **CARMEL** on Saturday.

LAKELAND suffered an uncommon loss this past weekend, falling 3-1 to a suddenly powerful and undefeated Pearl River squad in the Westchester vs. Rockland challenge Saturday. Nick Foci scored on assist by Dhruv Girgenti for the Hornets' lone goal. Sate-ranked (No.9)

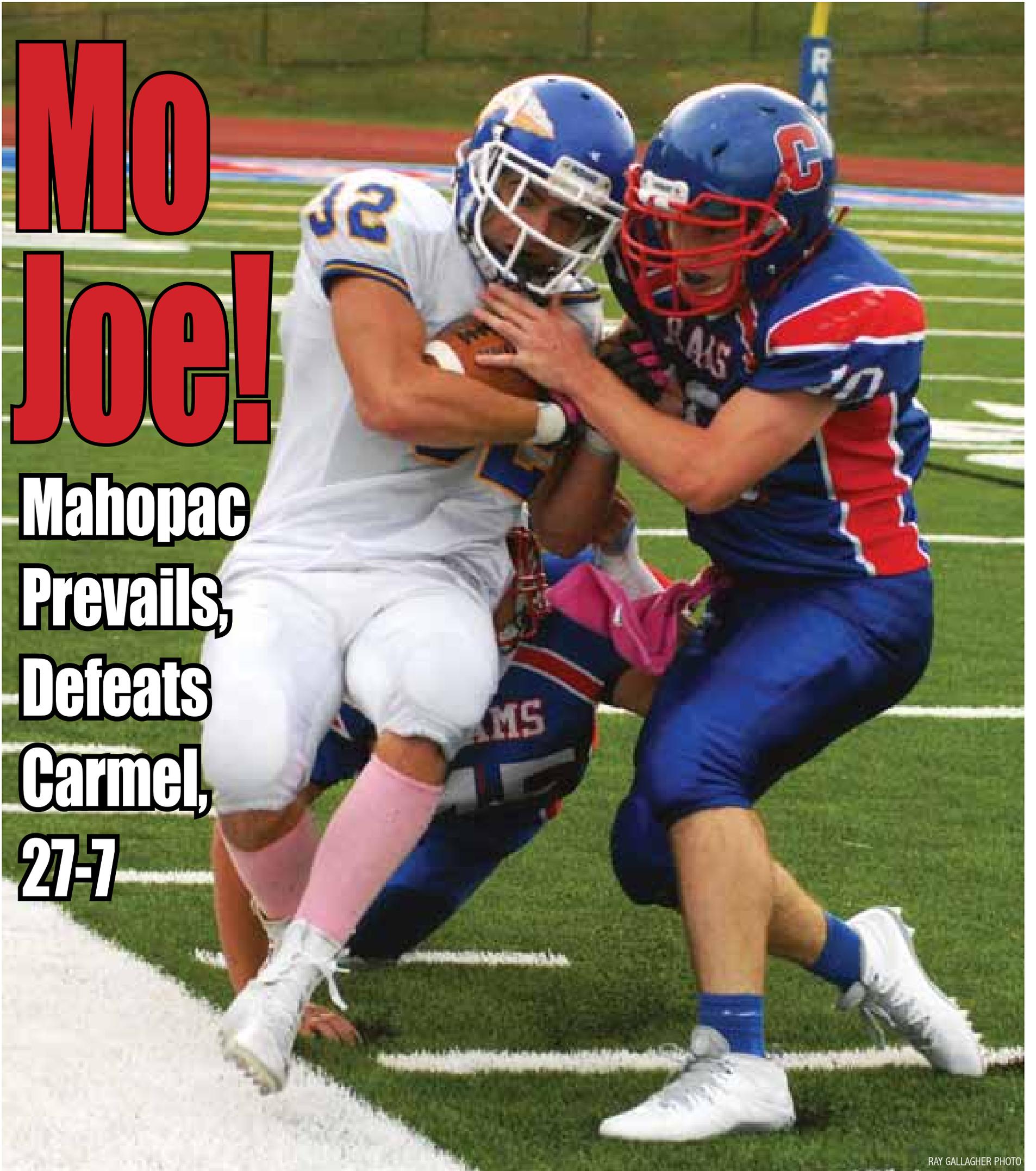


Panas' Rohan Rochester and Yorktown's Adam Romanski get after it in Husker win over Panthers.

Pearl River's defense somehow kept lead man Johnny Denis in check, although Denis still leads Section 1 in goals scored with 23.

The state-ranked (No.16) Hornets (8-3-1) will complete the regular season with games against Ossining (tonight), **PANAS** Thursday, and John Jay-Cross River Monday.

The Haldane girls were a 4-0 winner over Hen Hud. Allie Monteleone scored unassisted in the second minute and Bailey McCollum added a hat trick as the defending Section 1 Class C champion and NYS runner-up Blue Devils improved to 10-4.



Mo Joe!

**Mahopac
Prevails,
Defeats
Carmel,
27-7**

RAY GALLAGHER PHOTO

Mahopac junior RB Joe Cavaciuti has a meet-and-greet moment with Carmel senior Chris Belmonte in the Indians' 27-7 victory over the host Rams last Saturday when Mahopac continued its mastery over its neighboring rivals by retaining the coveted Bryan Higgins Memorial Trophy for the fifth time in the last six years... see Grid Notebook