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SMALL NEWS IS BIG NEWS

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With War on Addiction Main Focus, County Budget Revealed

By David Propper

Boasting a 2015 Putnam County budget aimed to be both socially proactive and fiscally responsible, County Executive MaryEllen Odell unveiled an operating cost of \$145.4 million to stay under the stated enforced tax cap Wednesday night.

Overall, the budget is 1.7 percent higher than a year ago and for a home assessed at \$261.219, it will pay \$989 in 2015, which is a \$13 uptick from a year ago.

Waging a war on the drug scourge that has swallowed the county and region at an alarming rate was the most significant issue Odell addressed in her proposed budget. With Putnam now designated as a high drug trafficking area, the budget could provide

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DAVID PROPPER PHOTO

County Executive MaryEllen Odell at last week's county budget presentation. Odell said the budget tackles many social issues while remaining fiscally tight.

Unlike a Year Ago, Carmel Budget Under Tax Cap

By Janine Bowen

The town of Carmel has managed to remain under the tax cap with its 2015 tentative budget, revealed at Wednesday night's town board meeting.

This year, the budget comes in at \$25.4 million with a tax levy increase of \$589,914, which equates to 1.7 percent. According to town Comptroller Mary Ann Maxwell, the town just barely managed to stay under the cap, coming in at approximately \$37,400 under the maximum allowable increase.

"We're there but it's close. It took a lot of time and effort to get there, but we are there," she said.

With the proposed budget, residents will see a tax rate increase of 2.3 percent,

which equates to an increase of \$38 for the average homeowner. According to Carmel Supervisor Kenneth Schmitt, this is the lowest tax rate increase in seven years.

The biggest cost driver in this year's budget is employee compensation and benefit costs, including salaries, health benefits, pensions, and workers compensation. This accounts for \$18.3 or 72% of the overall budget. Board members noted that employee numbers have decreased by 14 since 2009 and although they received criticism for not filling those positions, an additional \$1 million or more would have needed to be allocated to the budget if town staff was

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County Exec's Budget Proposal Gets Mixed Reaction from Legislators

By David Propper

Though County Executive MaryEllen Odell proposed a 2015 budget Wednesday night that she touted as worthy for Putnam County residents, her other half, the Putnam County Legislature still have to approve the plan.

While some legislators threw support behind Odell's plan, others weren't as quick to commend it. Citing pay increases to certain county employees as the primary concern, a few legislators brought up questions that likely will be addressed at committee budget meetings throughout the month.

District 2 Legislator Sam Oliverio, who is opposing Odell for the county executive seat this year, said while he applauds Odell

for coming under the tax cap, he still believes improvements can be made and a lower tax increase can be reached.

Oliverio wants to use surplus, which he believes the county has enough of to balance out more of the budget and he wants to also prevent dramatic pay raises that are due for certain county employees. He called some pay increases "exorbitant."

He also thought her focus on fighting the drug scourge in Putnam was significant, but besides that, he found very little that wasn't already an existing initiative. Overall, he stated the budget presentation to be more flash, rather than substance.

When asked how upcoming budget

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Mahopac Pride Beams on Beautiful Autumn Day



NIKKI GALLAGHER PHOTO

For another year, Putnam County residents converged on Mahopac to take part in not just one, but two incredible events that unofficially mark the beginning of fall foliage and fun. The Italian American Club of Mahopac held its annual Columbus Day Parade with grand marshal of this year's parade Kacey Morabito Grean, co-host of the "Mike & Kacey" morning show on WHUD-FM, front and center. The Mahopac Street Fair, continued by the Mahopac Chamber of Commerce, allowed residents to get to know local businesses and organizations. Children ran around throughout the day, setting up a day that many didn't want to see end.

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Looking to Reclaim Seat, Hayworth's Hustling Through Final Leg of Campaign

By David Propper

Since announcing her campaign in hopes of returning to Congress, and actually before that, Nan Hayworth hasn't had much time for rest and relaxation. But in an underdog fight against a Democratic opponent that already beat her once two years ago, the former congresswoman knows covering every inch of her district can only help come November.

According to her campaign, just in the week of Sept. 13 to Sept. 20, Hayworth hit up more than 20 events and commitments. They included

fundraisers, political events and press interviews, but the vast majority featured meeting with seniors, veterans, and average voters like at Putnam Valley Town Day and Brewster's VFW Post 75th anniversary.

Sitting down after calling bingo for senior citizens at the William Koehler Senior Center in Mahopac, Hayworth said she's able to muster up the energy because she's on a mission to "make a better future than might be the case if we don't change course."

"We have so much potential to do better and we know what we need to

do," she said in an interview with The Putnam Examiner. "We need a voice in Washington who will do that."

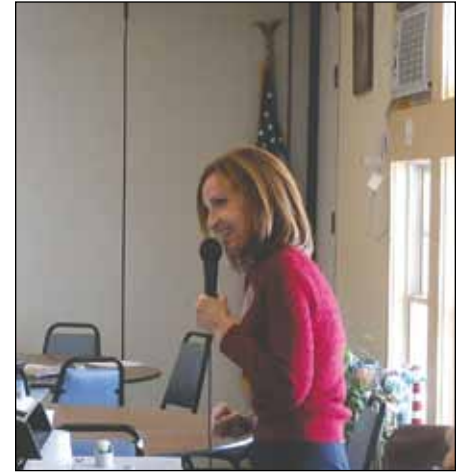
Hayworth, with all the hustling and bustling, faces an uphill battle against incumbent Sean Patrick Maloney, who ran against Hayworth when she was an incumbent congresswoman in 2012. In mid-September, a Siena Poll released showed Maloney had an 8-point advantage over Hayworth, 50-42.

And even though it's the same candidates in the same district, just two years later, Hayworth said the difference is voters see Maloney has a "record of failure."

"There's a different dynamic," Hayworth noted.

One main battle between the two has been which candidate didn't take enough or even any action when the Federal Energy Regulatory Commission bunched the Hudson Valley into New York City's energy capacity zone, hiking Hudson Valley residents' energy prices through the roof. It took effect this past May.

Maloney, a Cold Spring resident, has placed full blame on Hayworth for not doing a thing while she was in office. A Maloney campaign spokeswoman said, "Tea Party Congresswoman Nan Hayworth spent her time in Washington on partisan fights instead



DAVID PROPPER PHOTO

Congressional candidate Nan Hayworth called bingo at the William Koehler Senior Center in Mahopac in mid-September, an example of the running around she has done for more than a year.

of fixing these reckless energy hikes, and now Valley families and businesses are paying the price."

Hayworth has called Maloney's campaign statements on the matter "blatantly wrong" to the point where he is purposefully lying. She said she co-sponsored the REINS Act meant to put a stranglehold on overreach by federal agencies like FERC's new energy zone.

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DAVID PROPPER PHOTO

Hayworth after she announced she again is running for Congress in February.

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Election Set for Patterson Town Board Seat

By David Propper

Although it's suppose to be an off year for elections at the town level in Putnam County, Patterson has two candidates fighting for one town board seat this November.

Republican Shawn Rogan and Democrat Luz Shulgin are both vying for a town board seat that was left unguarded after former town councilman Bob McCarthy resigned to take another job within the town. Though Rogan was appointed to fill the position after McCarthy left to assume the role of town building inspector, because the appointment occurred before

September, the town must hold a special election for that position.

Supervisor Michael Griffin said while local campaigns for office usually receive little interest, because this one only came into existence in the last few months, he knows it's even less.

"This is a set of very odd circumstances in the 21 years as town supervisor, this is only the second time I've seen a special election to fill an unexpired term from what I recall," Griffin said. "It's pretty rare."

One the candidates running, Shawn Rogan, was a former planning board member and was appointed to the board

in July to keep the town board at five members. Rogan said once it was known McCarthy was stepping down, he wrote a letter to the town showing interest in the seat.

"I was seen as a viable candidate to fill that position," Rogan said, who noted the town board had comfort in knowing that he has served Patterson in a separate role for multiple years, proving himself as someone who has "integrity."

Rogan said he if he won this year, he would run again the following year to earn a full term.

Shulgin, who ran for the legislative 4



Democrat Luz Shulgin, who ran for a town board seat last year and lost.

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Republican Shawn Rogan, who has been on the town board for a few months after being appointed to the seat.

seat in 2012 and a town board seat last year, but lost both times, said she too, submitted her resume and letter of intent to the town expressing her willingness to serve on the board through an appointment, but never heard back. She believes the town board, particularly the supervisor, "steamrolled" the process in order to get Rogan into the spot.

"I have a problem with how they chose the person," she said. "They didn't allow an interview process."

Shulgin went a step further and said even current councilmembers were blinded sided by the appointment and the move was only made because of what the Republican Party dictated.

"There's a lot of political shenanigans and blocking going on," Shulgin said. "This needs to stop."

Griffin confirmed the town has actively requested resumes from residents that want to join the planning board and zoning board, but never advertised for the town board seat.

When asked if Rogan was the only resident to come forward to join the town board, Griffin's reply was, "We didn't really seek...Shawn had expressed interest a

continued on page 6

Bicycle Safety Law Being Considered in Brewster

By Neal Rentz

Erin Meagher said she and other business owners in Brewster have long been concerned about bicyclists who have been riding unsafely, posing a danger to pedestrians.

The village board of trustees is moving closer to approving legislation to respond to the business owners' concerns.

On Oct. 1 the trustees voted unanimously to set a public hearing for Oct. 15 at 7:30 p.m. on proposed legislation to regulate safe biking and bike storage.

Following last week's meeting Meagher of Brewster Shipping Center said, "I've been trying to get this law for three years."

The board and Village Counsel Anthony Mole are working on legislation that would bar biking on sidewalks. The proposed law would ban operating a bike on a sidewalk unless the biker is younger than 14 and accompanied by an adult.

The proposed law would also require that a bike could only be operated with no more than the number of persons intended for the bike. "With respect to this provision,

each rider of a bicycle must have their own seat and their own set of handlebars and pedals," the legislation



NEAL RENTZ PHOTO
Brewster Village Counsel Anthony Mole at the Oct. 1 board of trustees meeting.

states.

The legislation would also ban bikes from being parked on sidewalks unless it is in an upright position and supported by a bike rack or its own stand. Under the proposed law parking of bikes could not pose an obstruction to pedestrians.

The law would not apply to on-duty police officers.

First time violators of the proposed law could face up to 15 days in jail and/or be fined up to \$250. Those convicted of violating the proposed law twice or more within a three year period would face a fine of up to \$500 and/or 15 days in jail.

At last week's meeting Mole said he had written a second draft of the legislation. The revised legislation included "a separate section exempting police officers," who are on duty, from the law, he said.

Trustee Tom Bolssonault said the legislation should not apply to bikers living in residential areas of Brewster who are not a danger to pedestrians.

The legislation should also allow parents in residential areas to be able to watch their children, rather than accompanying them when they are riding a bike, he said.

Trustee Mary Bryde said if the legislation is approved, the village should "make it well-known" in the community. Mole said if the proposed law is passed it would be publicized in the village.

Mayor James Schoenig said he wanted to listen to opinions during the public hearing. "Let the public come out and receive their input," he said.

Hayworth Hustling Through Final Leg of Campaign

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She added Maloney voted against a similar bill two years later.

"Did I take action in 2011, you bet I did," Hayworth said.

During the campaign season, the fight between the two candidates has been ugly. Maloney has painted Hayworth as a right-wing radical who is out of touch with the people she is suppose to serve. Hayworth's response,

"I just don't think it sticks."

With less than a month to go, Hayworth still has more running around to do. When asked how the morning after Election Day will feel without the stress of campaigning and running to events, Hayworth quipped, "I'm hopeful there are a slew of events we have to run to. I feel pretty confident about that."



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Controversial Pipeline Project Brought up in Carmel

By Janine Bowen

The Carmel Town Board is being urged to take action against a potential proposal of the Algonquin Pipeline expansion project that would see a pipeline run through part of the town.

Jerry Ravintzky, a member of SAPE (Stop the Algonquin Pipeline) and Concerned Residents of Carmel and Mahopac, spoke before the board Wednesday night, stating that he is concerned about the impacts the new proposal, as well as the overall project, would have.

According to him, the new proposal would see a pipeline run through the

town near Lovell Street, just above border that separates Westchester and Putnam Counties. This is in addition to the original pipeline expansion, which would affect Somers and Southeast.

Town Supervisor Kenneth Schmidt stated that he had not yet heard of any pipeline expansion in Carmel, but Ravintzky urged the town to become well informed on the subject. He noted that Philipstown and Somers have already passed resolutions calling on the Federal Energy Regulatory Commission (FERC) to require further study of any potential impacts the pipeline could have on residents.

Ravintzky said that the Attorney General's Office recently drafted a letter to FERC, calling the draft environmental statement for the project "woefully inaccurate" and stated that the Carmel Town board should join other municipalities in asking for better health and safety impact assessments before the project is approved by FERC.

The expansion of the Algonquin pipeline is intended to connect natural gas supplies with markets in the New England states with the goal of creating an additional supply that will keep natural gas prices lower.

Ravintzky stated, however, that experts consulted by SAPE have voiced serious

concerns about the project, citing its proximity to Indian Point as a major worry. Ravintzky explained that one expert said that an explosion near the nuclear power plant could be "worse than Fukushima."

There are also concerns about chemicals and radiation that could be emitted from compressor stations along the pipeline and may pollute the area.

"The air knows no boundaries. Air travels and chemicals in the air travel and they can get into our water and I just want you to be aware that there is a potential [risk] to residents," Ravintzky said to the board.

County Exec's Budget Proposals Gets Mixed Reaction from Legislators

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meetings would be, Oliverio replied, "It's going to be a raucous, it's going to be fun, I'm looking forward to it."

District 8 Legislator Dini LoBue struck a harsher tone and flatly said she doesn't want to see any budget increase at all. Right now, the increase is 1.7 percent from a year ago that is under the state imposed tax cap.

LoBue said she wants to "surgically remove all the fat from the budget," noting some raises are "extravagant." Additionally, LoBue wants to use more surplus that the county currently holds.

"The public can't sustain a 2 percent tax cap or a 1.7 percent increase, an Odell

increase," LoBue said. "I'm going to go line by line, department by department, and person by person."

District 6 Legislator Roger Gross said he was "very happy" to stay below the tax cap and believes the major monetary investment in the golf course is "paying off" as indicative of the rise in golfers and scheduled parties and events at the site. Increasing money for the county's Industrial Development Agency to \$75,000 was also a smart move, Gross said.

But Gross was turned off by the looming cut to Legal Aid at the tune of \$30,000 in 2015 and was skeptical of salary inconsistencies.

District 1 Legislator Barbara

Scuccimarra said she thought the issues Odell tackled in her budget were "a good representation of what's going on in the county." The addition of two sheriff deputies and one sheriff investigator on the west side of Putnam also pleased Scuccimarra.

Legislature Chairman Carl Albano said so far the proposed budget is "solid" and pays attention to important groups like seniors and veterans.

"Conceptually I do support it," Albano said. "The drug crisis is something we're looking at that really needs a lot of attention."

Legislature Deputy Chairwoman Ginny Nacerino also praised the budget,

impressed with Odell's plan that is both "fiscally responsible and socially responsible." The war on drugs is something that stuck out to Nacerino and overall, she feels the county's priorities are in order.

Both Scuccimarra and Nacerino, while both comfortable from what they've seen from the proposal, did say the ensuing weeks would require closer inspection of the spending plan.

"As we scope through the budget I'm sure we'll find things that we're going to find that we'll possibly cut or other adjustments that might be made," Nacerino said.



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With War on Addiction Main Focus, County Budget Revealed

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additional funds to and partner with organizations that fight substance addictions.

Among non-profit entities set to work together with the county are Drug Crisis In Our Backyard, STOP-DWI, the NCADD (National Council on Alcoholism and Drug Dependence), and Putnam County Coalition.

The narcotics enforcement unit is also proposed to receive \$1.6 million.

"What we're going to do tonight is build one army on that war on addiction," she said.

Odell also addressed why the county has bonded numerous projects during her administration, stating the county should take advantage of borrowing money when interest rates are low. Moody's Credit Rating has graded Putnam's bond rating at an Aa2, a better mark than surrounding counties in the region, Odell added.

"We will continue to have a strong bond rating," Odell said. "And that will allow us to continue to borrow money on a lower interest rate."

Odell also hammered Albany, a popular trend among county and local

officials, for passing down mandates that Putnam, not New York State, has to pay for. Out of the entire budget, 71 percent of it covers unfunded mandates, she said. There are more than 200 mandated programs from the state.

She implored the state to "stop with these mandated programs and allow some of us to be more hands on and have more oversight."

Other wrinkles in the budget include adding two sheriff deputies and one sheriff investigator to the payroll to bring more law enforcement attention

to the west side of Putnam.

The budget proposal also calls for a 2 percent increase for non-profits in the county like the Putnam Arts Council, Putnam County Humane Society and Putnam History Museum and 3 percent increase for the county's libraries. Odell noted how significant those non-profits are to Putnam residents.

Revenues for the county come mostly from sales tax, Odell said, which are \$54.7 million and property taxes at \$40.6 million.

Overall, Odell touted the fact the county would be using \$2.85 million from the general fund surplus, which is the third straight year there has been a decrease in surplus used. Ways the county will continue to save money is by expanding PILOT program and making it year round, which gives interns county work experience, expanding the Use of Alternatives to Incarceration program, and increase in video conferencing for inmate court appearances.

Over the month of October, several budget meetings are scheduled for the county Legislature to pinpoint any changes legislators may want to see before the budget is officially adopted on Oct. 29.

Election Set for Patterson Town Board Seat

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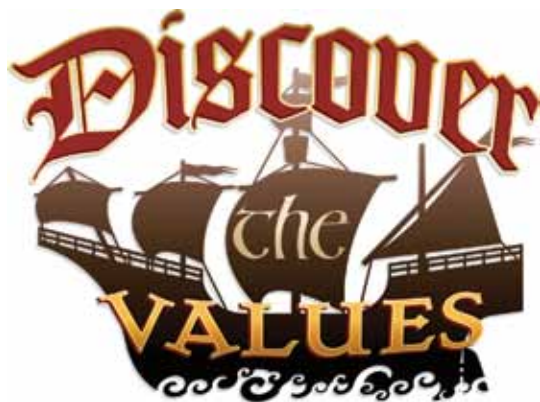
while back and he'd been chairman of the planning board. Everyone was really comfortable that he'd be a good fit for the board so we didn't really solicit any input."

"We didn't advertise," Griffin said. "(Or) seek letters of interest for the town board."

Board of Elections Democratic Commissioner Cathy Croft said neither candidate has to get petitions signed because the election was planned after the signing period was over. Rogan was nominated by Republican Party, while Shulgin was picked by the Democratic Party.

Croft said election law states the town couldn't appoint Rogan to stay for the rest of McCarthy's term because the timing of the appointment. Additionally, while many are referring to it as a special election, the polling won't cost Patterson any additional funds because it is taking place on Election Day.

"Because when there's a vacancy, depending when the vacancy is, there has to be an election for that seat," Croft said. "You can't just appoint someone until the end of the term."



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Support-A-Walk Kicks Cancer to Curb



RICK PEZZULLO PHOTOS

For the 20th year, Support Connection held the annual Support-A-Walk that raised awareness and money to fight ovarian and breast cancer. Dozens upon dozens of cancer survivors converged on the walk in Yorktown. Families celebrated the loves ones that beat cancer, and remembered those family members than succumbed to the deadly disease.

Southeast Church Proposes Pavilion for Empty Property

By David Propper

A small open field between North Brewster Road and Route 312 could see church services start taking place if a development of small pavilion is approved for the site.

Grace Assembly of God, a Southeast based congregation, went before the Southeast town board Thursday night to note a change made to its proposal that would give the church the capability of holding services from Spring to Fall. Originally, the proposal was for a large, enclosed tent to be placed on the property, but Jamie Kieper of Insite Engineering, Surveying, and Landscape Architecture, hired by the church, revealed Grace Assembly of God now would like to construct a pavilion instead.

Additionally, Kieper said the project would also yield a parking lot of more than 30 spaces and a small utility shed. The property was previously a single-

family residence.

Kieper said because of comments received from residents of nearby homes, the church thought the pavilion would be a better alternative than the tent. While the pavilion would be a year round structure, it would only be used for six months of the year.

"We want to be good neighbors," pastor Ray Mellet said.

Right now, services are usually held at H.H. Wells Middle School.

Town attorney Will Stephens said there are a number of conditions of the special permit the church would need that it doesn't meet in a residential zone and are generally not variable.

"I think there's a legal issue that has to be resolved as to whether or not you can seek a variance for that," Stephens said, who noted the development doesn't meet the setback requirement from the adjoining property line.

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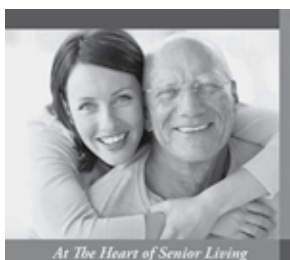
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Unlike a Year Ago, Carmel Budget Under Tax Cap

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larger.

Schmidt noted that contract negotiations with several groups of employees are currently underway and stated that, if they had been completed before the budget was presented, the town could have possibly offered a lower tax levy. Schmidt explained that the town is currently trying to get unions to agree to contribute to fund a portion of their healthcare costs, to reduce financial strain.

Other cost drivers in the 2015 budget include debt service, for highway drainage, resurfacing, and machinery capital borrowing as well as \$150,000 that will be added to a \$400,000 reserve for a future town reassessment project.

Unfunded mandates are also costing the town. The MTA Mobility Tax alone is \$35,000 per year and residents and board members are hoping to fight against mandates in the future.

"I think this board has been very, very critical of [saying] if they're going to force us to do something, send us the check," said Councilman Frank Lombardi of unfunded mandates.

In terms of the state, Councilman John Lupinacci noted that, although town officials worked diligently to achieve a budget that remained under the tax cap, a

portion of that success is the result of luck that uncontrollable expenses, including pensions, did not increase as much as they could have.

Resident Michael Barile voiced a concern that even though the budget remained under the cap this time, uncontrollable costs might cause a problem in the future.

"Unless [pensions] are reeled in, we're not going to get this lucky next year with the state," he said.

A portion of the savings for this year's budget also comes from the Reed Memorial Library, which recently became a taxing district, thereby removing \$200,000 of expenses from the budget.

The 2015 budget won't use any money from the reserve fund and, in fact, will allocate \$200,000 to be added to the reserves. This is in addition to an estimated \$400,000 reserves increase for the 2014 fiscal year.

Last month, Moody's Review confirmed the town's Aa1 Bond Rating and removed the negative outlook for the town, which had been in place since 2012. Maxwell explained that the rating could still go back down, if the town fails to continue to increase fund balance or if there is a significant increase in debt ratios.

Lupinacci asked that residents keep this in mind when they question why the



JANINE BOWEN PHOTO

The Carmel town board at a board meeting last week discussed and proposed a budget that sneaks in underneath the tax cap mandated by the state.

town allocates money to the reserves as opposed to other areas.


"Just because we're out of the water, doesn't mean we're not still swimming," he said.

Over the coming weeks, the town board will continue to work on the preliminary budget, which should be adopted on October 22. A public hearing regarding the budget is set for November 5, and the final budget must be voted on by


November 20.

Schmidt noted that although the 2015 marks significant improvements for the town, there is still a lot of work that can be done.

"This town has come a long way; it's going to continue to be a progressive town. We're going to continue to build on what we've accomplished thus far and what we've achieved thus far," he said.



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Business of the Week

By David Propper

Oscar Bello can remember trying his mother's cooking of crepes for the first time and thinking it was "bland tasting." But after more practice and more servings, Oscar started tasting a difference in her cooking and thinking; "Now we've got a gem."

"She got really good at it," Oscar said her mother, Yolanda Naved. "It started as a hobby for her and after years of doing it, she decided to go all the way and we followed her."

So instead of just pleasing her son and husband's taste buds, the entire family decided it was time to bring Yolanda's cooking talents to the Carmel community. The result is a new eatery in the Shoprite Plaza called The Alley Café Creperie, serving breakfast all day, while providing other food choices for lunch and dinner. In tune with its name, crepes are the main driver for the small business.

The Alley Café has been open for the last month and word is quickly spreading about the kinds of delicious food and quality service it's providing. Oscar, his mother, and his father Arturi Bello are the three minds and the busy hands behind the hole in the wall location.

Each brings a different experience and expertise that has allowed the café to

The Alley Café Creperie Carmel



DAVID PROPPER PHOTOS

Oscar Bello proudly stands outside his family's new eatery in Carmel called The Alley Café Creperie. The business has been open for a month and its customer base has been building up steadily.

thrive so far.

Oscar manages the café after getting plenty of experience managing to gourmet delis in New York City, getting them up and running. Now, with Oscar's assistance, both delis are well known entities.

Yolanda directs and produces the cooking in the kitchen and Arturi, who has a business administration degree, takes care of the ins and outs of the business side.

"It all comes together so it helps us all

out," he said. "We use each of our skills individually to make us succeed."

Yolanda and Arturi were both also former architect drafters before starting this business, which was especially valuable considering the tight space they pursued. Oscar said they were able to maximize the space with a clever design that includes an outdoor seating area, which will eventually have heat lamps to extend the fall season.

Besides crepes, The Alley Café serves omelets, breakfast sandwiches, gourmet sandwiches, soups, make-your-own salads, fruit smoothies, and "good, quality," coffee.

Personally for Oscar, working in Putnam is a stark difference from the Big Apple, but one he's enjoying. In the city, Oscar never really got to know his bustling customers besides their order, but in Carmel, he feels more part of the community and has built more of a relationship with many customers.

"These people, you see them a lot so you treat them how they're supposed to be treated. Good," Oscar said. "We have a good standard of keeping everything clean and giving people good food."

The Alley Café Creperie is located at 162 Route 52, Carmel and its phone number is 845-225-9000.

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TAKING CARE OF SHOULDER PAIN...

What you should know about symptoms and treatment options



Ask the Doctor

Evan H. Karas, MD, FAAOS

Co-Chief, Orthopedic Surgery
Co-Director, Orthopedic & Spine Institute
Northern Westchester Hospital

nwhorthoandspine.org/DrKaras

Q: I've been experiencing discomfort when I lift my arm over my head, most often brushing my hair and putting dishes in the cupboard. What could be wrong?

A: Shoulder pain is often because of tendon inflammation or tear, dislocation, arthritis or a broken bone. If you feel pain when you put on your coat or reach into the back seat of the car from the front, you may have a rotator cuff injury. The rotator cuff is a cradle of muscles and tendons that lets you rotate your arm in a full arc. This intricate structure makes it possible for you to do everyday activities like reaching and lifting; you also rely on your rotator cuff while swinging a tennis racquet or golf club or throwing a ball. Injury can result from a fall or lifting something heavy – or it might just be overuse. I often see rotator cuff problems in patients older than 35, as tendons lose elasticity with age.



Q: What should I do?

A: If you're experiencing pain, it's important to see a doctor. A thorough examination is needed to determine the cause of your pain. An orthopedist will check for symptoms such as swelling, weakness, tenderness and any deformities. Additionally, imaging with MRI and X-ray will assist in a diagnosis. Treatment options will vary. Most often rest, modified activities, and physical therapy will be needed. To reduce inflammation and pain, medication or injections, such as cortisone shots, may be used. Surgery will be required to resolve some shoulder problems.

Q: What can I expect if I need surgery?

A: If there is a tear, I'll recommend surgery to repair it. Using a minimally invasive arthroscopic technique, I'm able to repair a rotator cuff as an outpatient procedure and patients can expect to be home within a few hours. For more serious problems such as severe arthritis, degenerative joint disease, or chronic rotator cuff deficiency, shoulder replacement surgery is often necessary. Patients can expect to leave the hospital after one or two days. Arm movement is limited for about six weeks while the tissue around the new joint heals. Most patients return to normal activities after three months, and shoulder replacements typically last a lifetime.

* American Academy of Orthopaedic Surgeons

Watch Dr. Karas discuss Advanced Shoulder Surgery
at www.nwhorthoandspine.org/DrKaras

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rotator cuff surgery.*

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Putnam County Health Department on Alert for Ebola

Despite the widespread news coverage of the first diagnosed case of Ebola in the United States, national health officials say the country is not at risk for an epidemic. Nonetheless, the Centers for Disease Control and Prevention (CDC), recognizes that even a single case of Ebola diagnosed in the United States raises concerns. Knowing the possibility exists, medical and public health professionals across the country have been preparing to respond.

The Putnam County Department of Health wants to assure the public that we are working with local medical providers to be on the lookout for Ebola. The local medical community has been alerted to be observant for patients with symptoms of Ebola and to ask any of

those with symptoms about their recent travel history. There are specific processes in place if a local hospital or physician identifies a patient they think may have Ebola.

According to the CDC, the symptoms of Ebola include a high fever, severe headache, muscle pain, weakness, diarrhea, vomiting, abdominal pain and unexplained bleeding or bruising. Symptoms may appear anywhere from 2 to 21 days after exposure, but the average is 8 to 10 days. Ebola can be spread to others only after symptoms appear.

Ebola is not spread through casual contact. It is spread through direct contact with the bodily fluids of an infected person or indirectly through exposure to objects contaminated by the ill person.

For more information regarding Ebola, please visit www.putnamcountyny.com/health.

The Health Department's mission is to improve and protect the health of the Putnam County community, composed of nearly 100,000 residents. Core services include community health assessment, disease surveillance and control, emergency preparedness, environmental health protection, family health promotion and health education. For more information, please visit the PCDOH website at www.putnamcountyny.com/health or visit the social media sites on Facebook at www.facebook.com/putnamhealth and Twitter @PutnamHealthNY.

Licensed Contractors Only Allowed to Inspect Chimneys and Related Services

Putnam County Director of Consumer Affairs Jean Noel, Putnam County Executive MaryEllen Odell and Putnam County Sheriff Donald B. Smith are reminding residents that autumn is the time for annual chimney inspections and related services to usually occur.

According to the United States Fire Administration, more than one-third of Americans use fireplaces, wood stoves and other fuel-fired appliances as primary heat sources in their homes. Unfortunately, many people are unaware of the risks when heating with wood and solid fuels. Heat fires account for 36% of residential home fires in rural areas every year. Often these fires are due to creosote buildup in chimneys and stovepipes. All home heating systems require regular maintenance to function safely and efficiently.

Extra vigilance should be given to those working on residential chimneys. Each year, the county's Consumer Affairs department receives reports of unregistered chimney sweeps operating in Putnam County. The average person cannot discern whether chimney repairs are truly needed, or whether the work is completed properly. Improper work can result in dangerous, even deadly, carbon monoxide leaks and fires.

Director Noel, County Executive Odell and Sheriff Smith are urging residents to have their chimneys inspected and serviced by a reputable company to prevent fire-related tragedies from occurring. They recommend that homeowners contact the local consumer affairs office to ensure the prospective contractor is properly registered to do the work. The Putnam County Department

of Consumer Affairs may be reached on their web site: www.putnamcountyny.gov/consumeraffairs or by calling Director Noel at 845-808-1617 ext 46024.

According to Sheriff Smith, each year, investigators from his Bureau of Criminal Investigation in conjunction with consumer affairs officials investigate complaints involving unregistered chimney sweeps operating in Putnam County. The Sheriff noted that it is a class "A" misdemeanor to conduct a home improvement business in this county without being registered to do so. A conviction of this statute may result in a \$1,000 fine for each occurrence and a jail term of up to one year in the Putnam County Correctional Facility as determined by a court.

Obituaries

Catherine Ferguson

Catherine Ferguson died October 2, at the age of 88. Mrs. Ferguson was born September 24, 1926 in Southeast to Mary (Brady) and William Blaney. On July 1, 1950 she married the late Frank Ferguson in Danbury, CT. She is survived by her loving son Barry, 2 adoring grandchildren and 4 great grandchildren, her sisters Betty Smalley and Jean Bailey and her brother William Blaney.

Margaret C. Steinhilb

Margaret C. Steinhilb, lifelong resident

Brewster, died Thursday October 2, at Putnam Hospital Center. She was 78 years old. Margaret was born October 9, 1935 in Danbury, CT daughter of the late John and Vera (Sackett) Ronan. She attended Brewster High School graduating in 1953. She also attended Fredonia College and Ithaca College.

Margaret married Robert W. Steinhilb. Together they raised 3 daughters. He predeceased her on July 18, 2001. Mrs. Steinhilb enjoyed her books, the opera, and especially her cat, Robbie. Margaret is survived by her three daughters; Vicki Molodet of Fishkill, Lynne Ciocca

(Richard) of Pleasantville, and Deborah Romaine of Hopewell Junction, 4 grandchildren; Timothy & Elizabeth Bruen, Daniel & Rachel Romaine.

Frieda A. Green

Frieda A. Green died at the Adirondack Tri-County Health Care Center on Oct. 3. Frieda was born on Sept., 17, 1924 in the Bronx, to Louisa and John Johannesson. She attended high school and worked in her family business, NY Replacement Parts, for over 30 years as a bookkeeper. In 1954 she married George Green. She is survived by her husband George, and two sons, John (Karen) of Ossining, and Richard (Agnes) of Johnsbury. She also has 3 grandchildren, Jenna and Cassandra Green and Cathleen Bennett (Richard), as well as 2 great grandchildren, Alissa and Logan Bennett.

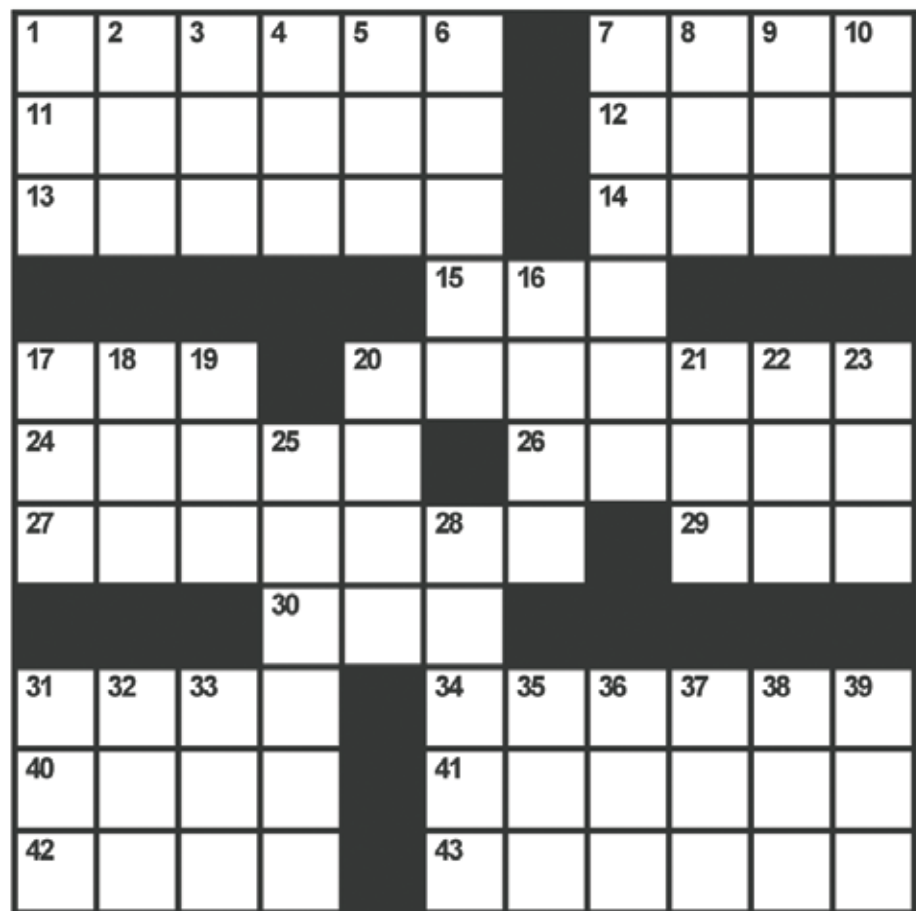
Frieda lived in the Brewster area for over 30 years, and most recently moved to Heritage Hills in Somers.

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 that all letter writers provide their name, address, and contact information.

Crossword Puzzle



Crossword by Myles Mellor

Answers on page 15

- Across
- 1 Famous for his “Law” or Republican candidate for State Senate

7 Maori dance

11 On the beach

12 Sponsorship: Var.

13 Philosophy that deals with yin and yang

14 “Portnoy’s Complaint” author

15 One who has a little lamb

17 Jack Sprat’s no-no

20 Frustrate

24 Watery expanse

26 Battery part

27 Charity event

29 Org. that began selling cookies in 1917

30 Sentimental excess

31 Balm ingredient

34 Former NYC Mayor or Democratic candidate for State Senate

40 Fluid rock

41 Have as an icon

42 Monies borrowed

43 “I’m impressed!”
- 10 Tree type

16 “Come again?”

17 Watch chain

18 Air hero

19 X rating?

20 Facts

21 Irish phenomenon

22 Dog tags

23 Aromatic drink

25 Crete’s sea

28 Inhabitant of Waterloo

31 The sum of ____ fears

32 ____-tze (Chinese philosopher)

33 Fertility clinic cells

35 “And now, without further ____ “

36 Clock standard: abbr.

37 Tip for a writer?

38 Age

39 Cabernet, e.g.

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Parenting Pep Talk: Balancing Academics and Extracurriculars



By Dr. Jaime
Fleckner Black

Finding a balance between academics and extracurricular activities is challenging, but it is key to helping children succeed in school and beyond. There is a lot of pressure out there, not only to get good grades but to be involved in

sports, art, school politics, or all of the above. Academics and extracurriculars are both important and require commitment. Here are some tips for helping you and your family achieve some balance and hopefully some sanity too.

Talk openly with your children

Don't sign your children up for activities without discussing it with them first. Find out what they are interested in and be honest about your reservations. Let your children know if you are concerned that too many extracurriculars will interfere with academics. It's OK to let them know that a certain activity will look good

on a college application, but try not to make that your only focus. It's also OK to share with them financial concerns. Some activities are costly, and it might not be realistic for children to do everything every year.

Be creative

Not all kids want to play football or become a cheerleader or run for student council. Some very passionate and intelligent kids just don't thrive in the public eye or in a competitive environment. Be creative. If your child loves animals, consider having him volunteer at an animal shelter after school or do a summer internship at the zoo. If photography is her thing, look in to mentorship programs that connect students with young adults who will explore the world and take pictures with her. There are plenty of activities out there that keep children physically and mentally.

Schedule breaks

Burnout is real for children as well as adults. Some children can't handle playing a sport every season. Most kids can't mentally handle studying for hours straight, no matter how important an upcoming exam is. Teach

and encourage time management skills throughout the year so your child isn't pulling an all-nighter before exams. Studying in 45 to 60 minute segments can be ideal for many children. Walking and stretching in between segments can help them recharge.

Find a balance between competitive and non-competitive activities

Competition is real, and it's beneficial for children to be exposed to friendly competition even at a young age. That doesn't mean, however, that every activity should be about winning and losing. Activities like biking or jogging can be good for kids who enjoy exercise without competition, and they can continue to be enjoyed even after the season is out. Classes like painting or ceramics provide a good opportunity for children to meet like-minded individuals with varying levels of skill. Some activities can be done just for the sake of fun.

Don't underestimate the importance of sleep

"Parents spend so much time and money optimizing their children's success yet the one thing they are not doing is making sure their kids get

enough sleep," says Judith Owens, M.D., past chair of the Pediatric Section for the American Academy of Sleep Medicine. Most teenagers get only seven hours of sleep each night while research at Brown University has shown that they actually need nine. Children who get the recommended amount of sleep are more likely to do better in school and less likely to develop disorders such as depression and anxiety.

Be a role model

Make time for your family and for yourself. If you don't practice what you preach and maintain some balance in your own life, you can't expect your children to do so either.

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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Columbus Day Parade and Street Fair Bring Putnam Community Together

The Columbus Day Parade and Mahopac Chamber of Commerce Street Fair were nothing but fun on a picturesque autumn day. The all day events brought thousands of residents out.



NIKKI GALLAGHER PHOTOS

What if We Don't Like What Neighbors Put on Their Properties?

When I had the great pleasure of taking on this gig as The Home Guru, I suggested to the publisher that I make my columns personal in approach. After all, a column devoted to real estate and home maintenance could be quite dry and, honestly, unless we're all HGTV addicts, exploring such subjects as keeping a shine on kitchen counters and unplugging clogged toilets can be deadly boring.

Regular readers know that my shtick happens to be more the diary of a realtor and homeowner who writes as a member of my town and neighborhood and about a fraternity of suppliers who know how to do the job of home maintenance much better than I do.

Last week, I experienced a personal neighborhood issue that involves neighbors' objections to what other neighbors choose to place on their properties.

Sometimes it's commercial equipment used for construction or a recreational vehicle. It might be a large boat or, as was the case on my street for some years, an 18-foot-high statue of an Indian chief (seriously) advertising the home practice of a taxidermist. It can be smaller matters,



By Bill Primavera

such as political signs or "For Sale" real estate signs that block the line of vision for drivers.

My personal distaste of what I see on other peoples' properties are those huge tarps in that electric color of blue that cover wood piles and summer furniture during the winter. Why can't they be manufactured in a more muted tone I wonder?

In my case, a few members of my community raised some concerns about a sign I placed on my property under special circumstances. Last week some editions of The Examiner ran an article about Westchester

County recognizing Primavera Public Relations for having helped stimulate the economy by doubling the size of its operations with the help of the Hire Westchester program.

I was greatly honored, and a week prior to the visit of Westchester's Director of Economic Development to my property, I wanted to gussy it up a bit. I decided it was time to replace my business sign that had "disappeared" from my corner some years ago. I called my buddy, Tim Beachak of Signs Ink, the best sign maker in the region, to quickly produce a replacement for me. Luckily the idea and its design had

been on the drafting board for a while.

At the same time, I decided to finally incorporate into that sign a historical marker for my beloved Ebenezer White House, for which I'm scheduled to apply for landmark status with the Yorktown Historic Preservation Committee.

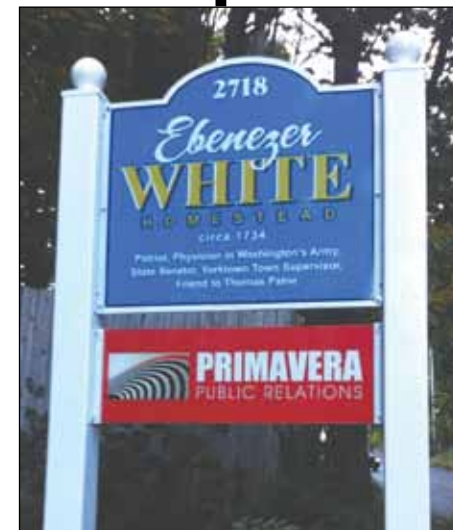
I ran down to the Building Department with my application for approval, explaining my predicament of wanting to have my property "look good" for the cameras and asked for special consideration under the circumstances since I had already shown the design to both the Advisory Board on Architecture and Community Appearance and the Landmarks Committee. I did everything right, I thought.

But no sooner was the sign up and ready for its close-up, complaints were registered with the town. I received an e-mail from a neighbor down the street, a nice woman actually, from whom I hadn't heard in years, who asked me a barrage of questions about my right to have it there. I responded respectfully that I have had permission from the town to have a commercial sign there since 1972 and, to date, there is no code regulating historical markers in my town.

The hurtful part of her e-mail, however, was to critique my sign's aesthetics with such words as "garish" and "plastic." I responded simply by saying that taste cannot be argued, but could not resist, in turn, a playful assessment of her own property's appearance from the street as a "charming touch of Appalachia." I do hope that we can continue to be friendly neighbors, however.

My opinion about neighbors who choose to have frightening totem poles at their mailboxes or three gigantic SUVs in their driveways (and I say this as a member of a town committee that has the words "community appearance" in its title): they own "private" property, and we should allow them the sanctity of privacy. Besides, God gave us the ability to look at or avert our eyes from sites as we drive by.

If anyone out there should need signage for their business or a historic marker, or to mark the address of their home,



BILL PRIMAVERA PHOTO

A neighbor of The Home Guru has called his corner sign "garish" and "plastic." What do you think?

contact Signs Ink at 914-739-7446 and ask for Tim.

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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Beware Alcohol in Wine: Do Calories Logically Follow?



By Nick Antonaccio

Over the past seven years of penning this column, I've touched on many aspects in the vast compendium of wine topics. Always seeking to present an objective focus, I've rarely veered into expressing my opinions. With one notable exception: the health benefits of wine consumed in moderation.

I'm a proponent of the camp that promotes wine as a healthy beverage in spite of its alcohol content. The antioxidants and phenolic compounds present in red wine contribute to the prevention and treatment of numerous health conditions, all of which have been well documented.

However, in the interest of presenting a well-balanced wine column, I have in the past two weeks taken a right turn from espousing the benefits of wine.

There are negative aspects of consuming any alcoholic beverage, including wine, that if not recognized and addressed, can lead to harmful health (liver and brain damage) and social conditions (drunk driving, violent behavior).

I narrowed the negative characteristics of wine to two factors: alcohol levels and calorie count. Last week I focused on ways a wine consumer might cut back on the alcoholic consumption of wine by seeking

out wines with low or no alcohol. This week I'll focus on the dietary consequences of consuming wine—and other alcoholic beverages.

Here's a formula to assist you in calculating the caloric content of wine, followed by several examples of wines and other popular alcoholic beverages. Feel free to clip it and carry it in your wallet or transfer it to the notes app on your smartphone for future reference.

The Formula

Percentage of alcohol times number of ounces times a factor of 1.6 = calorie content.

Sample calculation: 14 percent alcohol content times an average pour of 5 ounces times 1.6 equals 112 calories.

Examples

The following is a table of calories per typical serving (serving size varies per beverage).

High-alcohol wine (dessert):	220
High-alcohol wine (13.5 to 15 percent alcohol):	112
Moderate alcohol wine (10 to 13 percent):	92
Low alcohol wine (5 to 9 percent):	56
Standard lager beer:	165
Low-alcohol beer:	117
Standard cocktail, no additional	

You Heard It Through the Grapevine

ingredients: 375 (martini)
Standard mixed cocktail: 507 (Margarita)
Lower alcohol mixed cocktail: 176 (low-cal Margarita)

And don't forget the drink invariably blamed as a cause of obesity, carbonated flavored soda: a mere 143 calories.

There are always exceptions to general guidelines. Not all wine is created equal; at times man feels compelled to intervene. For example, using the above assumptions, a glass of chardonnay with moderate alcohol weighs in at 92 calories. A glass of Champagne with similar calories but a bit of sugar added by a winemaker to enhance the flavor profile (paradoxically referred to as Extra Dry Champagne) can increase the calorie count by 40 to 50 percent.

It is fairly obvious that several sectors of the alcoholic beverage industry have made concerted efforts to focus on the changing preferences of consumers for less alcohol and calories. The beer industry has branded the light beer category, for those trying to avoid (or reduce) a beer belly.

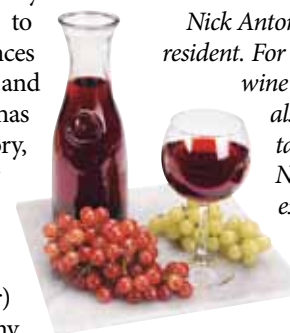
The spirits industry is beginning to understand this American demand for light(er) alcoholic beverages. Skinny

Girl is the latest trendy alcoholic beverage focused on the diet-conscious consumer. Do you enjoy a Margarita, but feel guilty about the high calories? Try a bottle of Skinny Girl Margarita to keep your waistline trim(mer). It contains one-third the calories of the standard version served at tropical beaches.

However, the wine industry hasn't latched onto these marketing opportunities. Is there an opportunity to market wine as a lower calorie alternative to other alcoholic beverages and perhaps increase sales and broaden acceptance by consumers? Or will wine continue to be the mysterious beverage with no nutrition label requirements to aid the conscientious consumer? And will wine continue to be a potentially dangerous beverage masked by reports of its medicinal benefits? Only an informed consumer can make the right choices.

What is your beverage/poison of choice? Regardless of the source of calories, always be careful to drink in moderation.

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.



Celebrate Women Health At Simon's Jefferson Valley Mall With 'Paint The Mall Pink' Events

October is National Breast Cancer Awareness Month and Jefferson Valley Mall is marking the occasion with Paint the Mall Pink, a community-based grassroots program featuring educational displays, health fairs, retailer offerings, special events and other activities that promote women's health.

"As an integral part of the community, we want to be a resource for the health issues that affect women and their families," said Alexa O'Rourke, director of marketing and business development at Jefferson Valley Mall. "We are honored to host a variety of 'pink-themed' activities to recognize this important endeavor."

Examiner Media is a sponsor for the event

On Saturday, October 11 from 11 a.m. to 2 p.m. in Center Court Jefferson Valley Mall, in conjunction with the American Cancer Society, will present a Paint the Mall Pink Health & Wellness Fair. This one-day event will feature a variety of special activities including the following:

- A cancer survivor fashion show with exclusive fashion looks from the LOFT

- "Pretty in Pink" ballet performance presented by Westchester Performing Arts
- Pink ribbon face paintings to support the lovely ladies that will be walking the runway
- Health demonstrations from local fitness studios
- Samples and tastings of healthy food options from around the community
- Craft a special gift for cancer patients at the Hudson Valley Hospital Center
- Health talks and safety tutorials from professionals in the field
- In-store offers and discounts from participating retailers
- Free swag bags to the first 300 ladies to register

About Jefferson Valley Mall

An expansive retail destination for fashion, discovery and community, Jefferson Valley Mall is located on Route 6, 1/4 mile east of the Taconic State Parkway in Yorktown Heights, NY and is owned and managed by Washington Prime Group. For more information, call the mall management office at (914) 245-4688 or visit www.jeffersonvalleymall.com for the latest

mall events and retailer updates. JeffersonValley. Follow the mall on Facebook Twitter: @JeffersonValley. - check out www.facebook.com/

Crossword Answers

1	M	U	R	P	H	Y		7	H	A	K	A
11	A	S	H	O	R	E		12	E	G	I	S
13	T	A	O	I	S	M		14	R	O	T	H
						15	E	W	E			
17	F	A	T			20	I	N	H	I	21	B
24	O	C	E	25	A	N		26	A	N	O	D
27	B	E	N	E	F	I	T		29	G	S	A
				30	G	O	O					
31	A	L	O	E				34	W	A	G	N
40	L	A	V	A				41	A	D	M	I
42	L	O	A	N				43	N	O	T	B



The Restaurant Examiner



Hudson House River Inn Hosts Halloween Murder-and-Mayhem Dinner Show

By Jerry Eimbinder

A one-night live performance of "The Night of the Witches Wedding," will take place at the Hudson House River Inn in Cold Spring on Saturday evening, October 25, 2014. Between scenes of the comedy/mystery play, a three-course dinner will be served. Guests are invited to come dressed in Halloween-related costumes.

The cost for dinner and the show is \$55 per person plus tax and gratuity. Four appetizers are offered and four entrees including roasted garlic/lump crabmeat encrusted salmon and an eight-ounce dry aged strip steak.

The play, produced by Theatre-on-the-Road's Frank Marquette and his wife Kristen, was first performed in 2006.

After staging murder comedy mysteries in Las Vegas for 11 years, the Marquettes returned to their native New York in 2009 and two years later, Frank staged, "The Night

of the Witches Wedding," locally. The show has been performed at many Hudson Valley restaurants and entertainment venues during the past three years. Its actors are known to mix in ad libs and occasionally involve audience members. The script for this performance has been updated and a song parody is new.

As the plot unfolds, it is All Hallows Eve and the Willobee Witch's Coven has gathered to conjure a groom for Lily Le Fey, a young maiden. During an evening of fun and fright, Blair Witch and Bea Witch stir potions for a ritual intended to summon grooms for Lili, namely Dick of York, Baron Darin and Uncle Antoine. Each prospect meets a horrible end and the witches are the leading suspects. Van Horne, a devilish host, presides over the ceremony and is joined by Mondo, a hatchet man hoping to apply his trade.

Chef John Guerrero's kitchen offers as appetizers:



From left: Dana Page, Courtney Constantino and Sharon Coughlan.

1. Baby kale tossed salad
 2. Maryland crab cakes
 3. Mozzarella and beefsteak tomato
 4. Apple and butternut squash soup
- The entree choices are:

1. Crabmeat encrusted salmon
2. New York strip steak
3. Marinated roast duck breast
4. Sesame pan seared Sashimi tuna

The dessert choices are chocolate mousse cake, pumpkin pie or chocolate pecan pie.

Upstate New York residents appearing in the cast include Lizzie Neiman (New Paltz) as Lily Le Fey, Jan Melchior (Rosendale) as Blair Witch, Sheila Gallione (Rosendale) as Bea Witch, Seamus Riley (New Paltz) playing the three grooms, and David

Baruch (Wappingers Falls) as Mondo. Music is provided by sound technician Geoff Savaadra of Hudson, New York.

The doors open at 6:30 p.m. and the show and dinner take place from 7 to 9 p.m.

The costumes worn by the performers were designed by Kristen Marquette who also collaborated in the writing of the script.

The Marquettes' company Theatre-on-the-Road (also known as Murder Cafe) can be contacted by phone at 845-475-7973 or by email at theatreontheroad@gmail.com

For more information or to make a reservation, call 845-265-9355. The Hudson House River Inn is located at 2 Main Street, Cold Spring, NY, 10516.



Frank Marquette who plays Van Horne

Exami Blast

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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:

Garrison Fire Department, 1616 Route 9, on Wednesday, October 8 from 2 p.m. to 6:30 p.m.; a third is scheduled at the 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.

Save the Date:

Monday, 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 Philipse Patent, Gregory's Parish and Gilead 1739-1835, Speaker: Lori Kemp. Town of Kent, Town Hall, 25 Sybil's

Crossing, Kent Lakes, NY, 7:30 p.m. Free & open to the public.

Tuesday, October 7

Patterson Library Costume Swap: 1167 Rte. 311 Patterson: "Patterson Library Costume Swap" October 1-31, 2014. Don't spend money on a new costume for you or your kids! Bring a costume, take a costume. Don't have a costume to bring? Leave a donation for the Food Pantry instead! For more information, visit us online at www.pattersonlibrary.org or call 845-878-6121 x10.

The Reads at Reed Book Club: 7 p.m. to discuss the book *Founding Brothers: The Revolutionary Generation* by Joseph J. Ellis. The meeting will be held at Reed Memorial Library. Contact 845-225-2439 with any questions."

Thursday, October 9

CRCM Candidates Forum: Mahopac Library. 7 p.m. Candidates for the following positions are expected to participate. Putnam County Clerk. Putnam County Legislator - District 8. Putnam County Executive. New York State Assemblyman. New York State Senator

Annual Pasta Night: VFW hall, 32 Gleneida Ave., in Carmel. Dinner will be served at 7 p.m. and the donation is \$12pp. to help support the many charities of SOI. Come and enjoy a fun-filled evening of delicious food, friendship and music. For more information contact Michele at (845) 225-1144.

Saturday, October 11th

Kent Historical Society Tag & Bake Sale: 1374 Route 52 ,(just past the Hess Station), Rain date Oct. 12. Ludingtonville, Knights Hall 10 Fair Street Carmel, NY 10512

Octoberfest: German Food, Desserts and Beer. Tickets \$10.00 in Advance or \$15.00 at the door. Children under 10 free. Costume Contest, Prizes, Raffles and more. Music - The Austrian Boys Band. 2 to 9 pm Info: Jimmy 845-222-0916

Carmel Fire Dept. Auxiliary Annual Harvest Dinner: 5 p.m.-7 p.m. @ the fire house. Adults \$10 seniors \$9. Children 10 & under \$5 Baked ham, green beans, potatoes ala CFDA, cole slaw, apple pie ala mode, apple cider & tea/coffee.

Farm Life in Sherman: One-Day Interactive Exhibit: 11 a.m. - 3 p.m. Step back into a day in the life! Farm tools/implements exhibit; tractor and machinery display & demos; blacksmith, butter churning, spinning, two-man sawing, herbal teas and remedies; music and stories; pet the animals; and food concession. Activities: Paint the Farmyard Animals! And cup-"cakewalk."

Fun for all ages. Free (donations always appreciated). 10 Route 37 Center, Sherman CT, 06784. For more info: www.shermanhistoricalsociety.org

Gardening With Flowering Bulbs 2 p.m. - 4 p.m. Putnam Valley Grange. 128 Mill Street (at Peekskill Hollow Rd.) Putnam Valley. \$15 Registered and Paid in advance \$20 at the door

Kent Historical Society Tag & Bake Sale, 1374 Route 52,(just past the Hess Station), Rain date Oct. 12.

Sunday, October 12

SNAP! CRACKLE! POP! Family Bonfire Night at Boscobel: Enjoy a fall evening by the glow of a roaring fire! Boscobel is inviting everyone to gather around a traditional bonfire for some old-fashioned, "kindled" fun. Entry fee includes marshmallows and toasting sticks (while supplies last), Stargazing with Lisa DiMarzo (weather permitting) and live entertainment: fireside songs performed by Rick Soedler on acoustic guitar , 6 p.m.-9 p.m. - the next day is a school holiday. (Rain date is Sunday, October 19.) Limited seating around the bonfire will be provided; feel free to bring your own chairs. Admission is \$12 for Adults, and Children 10 and under are free! Friends of Boscobel members receive a 10% discount. Advance ticket purchase preferred: stop by or call during business hours or visit Boscobel.org 24/7. Boscobel is located on scenic Route 9D in Garrison New York just one mile south of Cold Spring and directly across the river from West Point. From April through October, hours are 9:30am to 5pm (first tour at 10am; last at 4pm); November & December 9:30 a.m. to 4 p.m. (last tour at 3 p.m.) Boscobel is open every day except Tuesdays, Thanksgiving and Christmas. For more information, visit Boscobel.org or call 845.265.3638.

Monday, October 13

Jack-O-Lantern Corn Maze! Open Fridays, Saturdays and Sundays from 10 a.m. to 6 p.m. (5PM on Sundays) September 19 to October 31, \$5 per person. Chestnut Hill Market 83 Route 22 Pawling. (845) 878-3439 for Special Scheduled event.

Wednesday, October 15

Professional Women of Putnam and Professional Women of Westchester Host Pretty in Pink Networking Party to benefit Support Connection. 6-8pm. 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

The Putnam County Retired Teachers Semi-Annual Luncheon: 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.

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JOB VACANCY ANNOUNCEMENT - MOTOR EQUIPMENT OPERATOR

Village of Pleasantville N.Y. Salary \$55,323-\$59,883 D.O.Q. In accordance with CSEA contract The Village of Pleasantville is seeking qualified candidates for the position of Motor Equipment Operator (MEO) within its Department of Public Works. **DISTINGUISHING FEATURES OF THE CLASS:** Under supervision, employees in this class perform duties in connection with the operation of complex motor equipment, such as a backhoe, loader, tractor, sanitation truck, snow loader and plow trucks, etc., and are responsible for the safe and economical operation and care of their equipment on assigned tasks. Oversight of a small number of personnel may be a responsibility of this class. Does related work as required. **REQUIRED KNOWLEDGE, SKILLS, ABILITIES AND ATTRIBUTES:** Demonstrative ability to operate and drive backhoes, loaders, trucks, tractors, and other large automotive equipment; Knowledge of the safety standards of the trade; Ability to understand and follow simple oral and written directions; Ability to operate a variety of mechanical equipment; Ability to get along well with others; Ability to read, write, understand and communicate in English sufficiently to perform the essential functions of the position; Perform manual labor; Mechanical aptitude; Dependability; Industriousness; Physical condition commensurate with the duties of the position. **MINIMUM ACCEPTABLE TRAINING AND EXPERIENCE:** Three (3) years full-time experience as an MEO or similar title and possession of a clean, valid New York State Class B Commercial Drivers License with required endorsements, appropriate for the type of motor equipment being operated. RESUMES with 3 professional references are to be sent to the attention of: Judith Weintraub, Village Clerk (jweintraub@pleasantville-ny.gov) Pleasantville Village Hall 80 Wheeler Avenue Pleasantville, NY 10570 AP-

PLICATION DEADLINE: October 17, 2014.

NOTICE IS HEREBY GIVEN PURSUANT TO THE NYS ALCOHOLIC BEVERAGE CONTROL LAW, that the undersigned has applied for a license, Serial Number 1280902, to sell wine and beer for retail on-premises consumption at a restaurant, located at 1356 East Main Street, Shrub Oak, Westchester County, New York 10588. **Applicant: Francesca's Pizza & Pasta, Inc.; Trade Name: Francesca's Pizza & Pasta.**

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The Putnam Examiner Sports

Covering Putnam County and Northern Westchester Sports

October 7 October 13, 2014

SMALL NEWS IS BIG NEWS

SPORTS SECTION

Allie Gator! Haldane's Monteleone Leads Way for Defending Champions



RICK KUPERBERG PHOTO (PLEASE VISIT WWW.HVSPHOTOS.COM FOR MORE)

As she has done since setting foot onto Haldane soil, Blue Devil senior Allie Monteleone (10) is setting the standard for the three-time defending Section 1 Class C champions and NYS runner-ups, terrorizing foes with versatile play while leading the Blue Devils to several big wins, including a recent 6-2 win over Kelsey Murphy (17) and the Putnam Valley Tigers. After going 16-3-3 last season, Coach Gary Van Asselt 's Blue Devils, including Missy Lisikatos, Sara Jacoby, Bailey McCollum, Hannah Monteleone and company are setting it all up for another run at a Class C chip.

Bears Growling on X-C Circuit



The undefeated, state-ranked (No.4) Brewster Bears are making hay on the NYS cross country circuit. The Bears have defeated over 50 teams in NYS this fall and have yet to lose to anyone in class. Brewster recently won the Queensbury Invitational behind a 2nd-place effort from junior stud Kevin Hazelwood, who chugged home in 16:26. The rest of the club -- 4th - junior Mike Delfay - 16:32; 12th - senior Eric Fedio - 16:56; 15th - senior - Sean DeGaray - 17:10; 20th - sophomore Luca Riolo - 17:34; 26th - junior Zach Nordstrom - 17:46 and 34th - junior Max Greene - 17:55 rounded out the championship effort. "The boys continued their magical season," Bears Coach Joe Scelia said. "Our top seven ran very impressively. Kevin Hazelwood ran a wonderful race, as he hung with the leaders and had a killer kick to place 2nd. Mike Delfay ran by far his best race of the year - he stuck with the chase pack and also had a wonderful kick to place fourth. Eric Fedio has been running consistently well all year long. We have about 10 guys battling for seven spots. This competition only makes us tougher. Our goal is to win every race we enter this season, including a Section 1 title."

Sports

Grid Notebook

Yorktown Rides Santavicca Shuttle to 32-21 Win over Greeley

Somers, Lakeland, Panas Remain in Playoff Hunt; Mahopac, Carmel Alive in AA

By Ray Gallagher
Examiner Sports Editor

Had he busted off one more big gainer, **YORKTOWN** junior Nick Santavicca would have broken John Fennessy's school record of 364 rushing yards. Instead, the horse that Yorktown rode to its 32-21 victory over host Horace Greeley last Thursday, settled for 328 yards and a pair of touchdowns on 31 carries in a performance Yorktown Coach Mike Rescigno called typical of a kid who lives for football.

The state-ranked (No.10) Huskers improved to a perfect 5-0 as Santavicca ran non-stop through arm tackles and gang tacklers like a river runs through New York, taking off on TD jaunts of 54 and 44 yards.

With 920 yards through five games, Santavicca is on course to shatter the Yorktown single-season rushing record of 1,103 set by the standard-bearing John Fennessy (2008), who also holds the single game mark of 364 yards.

Lost in the Santavicca Shuttle was Husker RB Tim Forbes three TD plunges.

The Huskers remain the No.1 seed in League A for now, and the four playoff teams are essentially settled with **SOMERS** defeating host Eastchester, 28-7, on Saturday. Yorktown (5-0, 4-0), Somers (4-1, 3-1), John Jay (4-1, 3-1) and Beacon (4-1, 3-1) are locks to make the playoffs, all that remains are the seeds.

Don't look now but the two-time defending champion Tuskers are raring into playoff form after a strong second half



RAY GALLAGHER/ANDY JACOBS/RICK KUPERBERG PHOTOS

Yorktown TE James Fennessy seems to embrace the moment of contact in 32-21 win over Greeley.

against the Eagles. Somers senior FB Tim Fazzinga had nine carries for 70 yards and a TD to spearhead an attack that was held to 212 yards. RBs Chris Abatecola, Matt Morgante and Matt Senzamici all rushed for scores and Morgante went the pick six route for 39-yard TD. The D-Line is doing its thing, led by Brendan Smith (recovered a fumble) and junior stud Tom Castelluccio (10 tackles).

The Tuskers will host Beacon in Week 6, a team John Jay made short work of in Week 5. The most interesting game remaining on the League A docket is the Week 7 tilt between Yorktown and host John Jay, which is shaping up as a potential track meet. Yorktown's depth and trench advantage makes the Huskers the road favorite going in, but there's a reason we put the kids on buses and travel to play these games... anything can happen. But what a way to end the regular season as two compadres – Rescigno and Jay boss Jimmy Clark – seek the potential No.1 seed and a home playoff game.

After proving they could run with state-ranked Rye in a wild Week 4 loss, **WALTER PANAS** stayed

very much alive in the Class A playoff hunt with a 58-14 shellacking of visiting Pelham.

Panther QB Justin Lee threw for 182 yards and four TDs for Panas (3-2), two of which went to Zack Saad. Lee is slowly



Yorktown FB Ryan Brandt is ready to do some wrecking in 32-21 win over Greeley.

evolving into an MVP for the Panthers. RB Tyreek Jackson had a career game, going for 75 yards and a pair of scores. Emeka Carranza, Steve Signorelli and Nayquan Harris each added a score for Panas. DL John Cursio was a beast on the other side

of the ball with four of the Panthers' 11 sacks (D-Coord. Kris Brandt must have went nuts).

The Panthers, who are a lot better than most people thought they would be after losing so many seniors to graduation, will hope to prepare to keep their playoff hopes alive in Week 6 when they head to **BREWSTER**, a surprising 26-24 loser to Spring Valley. Panas has now scored 105 points in the last two games and Brewster's leaky defense will be up against it in a non-league game that has no bearing on the playoffs; it is essentially prep for a Week 7 do-or-die showdown with Sleepy Hollow.

Brewster (1-4) led 12-7 after the first quarter but crumbled down the stretch, allowing a score in every quarter, but the fact of the matter is they may have tapped into the back of the future as junior FB Jeremy Meissner had a breakout performance with a career-high 147 yards and a TD on 12 carries. HB Joe Buonadonna added 97 yards and a score for the Bears, who are playing for nothing but pride right now. The Bears can tap into their inner beasts this week and find some solace with a win over a Panas program that has become somewhat of a rival in recent years. It is a meaningless game in terms of Panas' teetering playoff hopes, but it would sure throw doubt on the fire if the Bears can rock the Panthers' worlds.

LAKELAND's Anthony Capozzi was up to the task in the Hornets' 34-7 Homecoming Day win over **PUTNAM VALLEY**, scoring three TDs, including an electrifying 80-yarder. Lakeland improved to 3-2 in an otherwise meaningless game; in that it had no bearing on the playoffs.

RB Kier Maley added a pair of late TDs as Coach Rob Cappelli's Class A Hornets (3-2) tossed the Class B Tigers (2-3) a second-

half beating they had not suffered the likes of this season. The win sets up a Week 6 doozy with visiting Sleepy Hollow, who the Hornets must defeat Saturday to control their own destiny in the playoff chase. Lakeland still holds the tiebreaker



Haldane's Joe DiGregorio and the Blue Devils celebrated big win over Blind Brook.

Sports

Grid Notebook

over Panas, but both teams face Sleepy over the next two weeks. If Sleepy knocks off Lakeland, Panas must defeat the Headless Horsemen to stay alive with the tiebreaker favoring the Hornets, who have a real shot of surviving and making the playoff for the first time since 2009. Amazingly enough, after a really bad loss to Byram Hills, the Hornets can still end the post-season drought by winning out or getting some help from a Panas loss to Sleepy.

CLASS AA

In MAHOPAC's 33-0 thrashing of visiting RCK (0-5), the pink-clad Indians fought breast cancer in fancy fashion, going airborne on the arm of lefty QB Dan Foley. The junior fired a pair of first-half TD strikes to WR Angelo Martinez for a 16-0 halftime lead and the Indians improved to 3-2 while remaining alive in the Class AA playoff hunt in fourth place in the league, behind John Jay EF, Arlington and Mamaroneck.

It was a day of career-high for many



Mahopac RB-DB Charles Heady gets block from Zach Carlin and breaks off a big gain in 33-0 win over RCK last Thursday. Heady has been a special player all year.

of the Indians, according to Coach Tom Donahoe, who watched his team synch up on both sides of the ball. The day belonged to Foley, who fired a career highs in completions (17), yards (285) and attempts (40), and FB Max Littleton, who rushed for a career-best 187 yards and three scores. Littleton, a two-way menace, added 11 solo tackles (four for a loss), seven assists, a sack, two forced fumbles and two recoveries on an absolutely sick day. Martinez also finished with a personal-best six grabs for 155 yards and two scores.

The Indians have to know that on their best day they can contend with any team in Section 1, as evidenced by their terrific back-and-forth effort with state-ranked John Jay EF, despite it being a close loss. That should bode well if they head into the playoffs as a potential No.4 seed, knowing that a top-flight effort could produce the desired results.

If the Indians win in Week 7 against White Plains, which they should, they would lock up the final playoff spot and make the post season for the first time since 2010. That could set up a potential playoff game against the highly-anticipated New Rochelle/Scarsdale winner in Week 6.

(This scribe apologizes for misreading the standings last week and putting Mahopac in dire circumstances regarding its playoff chances)

CARMEL (3-2) and RB Colton Anderson made short work of Mt.

Vernon in a 35-0 beat-down and will now prepare in earnest for their loathsome Mahopac Indian rivals. Mahopac has had Carmel's number in many of the major sports the past few years, but the football field could be the place that eliminates the nasty taste Rams' fans have in their collective mouths. Nonetheless, Coach Todd Cayea's Rams will have to win in Week 7 at New Rochelle if the aim to make the post season.

CLASS D

HALDANE stated its case to be taken seriously as a Class D power this season in a 28-22 win over Blind Brook. QB Tyler Giachinta plowed paydirt with the winning score with under 2:00 left, and

the Blue Devils have to believe they have what it takes to compete with state-ranked (No.9) Tuckahoe for the Class D crown the Tigers have owned since 2011. It's shaping up as a whale of a title tilt if the Blue Devils can continue to improve.

Giachinta (2 rushing TDs) also hit on 6 of 13 passes for 138 yards, five of those aeriels connecting with dependable WR Ryan McCollum (1 TD, 121 yards). Blue Devil FB Matt Balducci bashed the 100-yards mark once again, rushing for 120 yards and a score on 17 totes. He added four tackles for a loss on D.

"This was a huge win for our program, as it proved to our team we can go on the road and compete with anyone," Blue Devil Coach McConville said. "Tyler Giachinta scores on a QB run with under two minutes left to put us up six an our defense stopped them to end the game. Blind Brook had the ball our 45-yard line and Ryan McCollum broke up a pass on



Mahopac WR Angelo Martinez awaits a perfectly zipped TD pass from QB Dan Foley in 33-0 rout of RCK.



Mahopac junior Vincent Pepe fights off a stiff arm to chalk up a special teams tackle in 33-0 win over RCK.



Lakeland QB Anthony Capozzi is hunted by Putnam Valley's Ed Lent and Ryan Mello (30) in Hornet

third down and Chris Pidala and Tanner Froats applied the pressure on fourth down to force the QB to roll to his right and stepped out of bounds before he could find an open receiver. This week we made the big plays when we needed to and got that last big stop to win the game."

PEEKSKILL may be playing in a Yonkers-heavy developmental league this season, but at least the Red Devils are developing. At 5-0, Peekskill is building a base that might put this once-proudful program back on the Section 1 map. After a string of very rough seasons in the main stream, that is something worth applauding.

Sports

Soccer Notebook

Lakeland Blanks Panas, 3-0; Somers Shuts Out Brewster

By A.J. Martelli

The boys' soccer schedule was relatively light this past week, but while most teams around the north county were off, the Lakeland Hornets kept plenty busy. After a 3-1 loss to Hendrick Hudson last Monday, the Hornets rebounded to shutout rival Panas 3-0 Thursday on the day of Lakeland's Homecoming.

The Hornets had only played two previous home games before their win over the Panthers, and Coach Tim Hourahan was happy to finally have home field advantage again.

"It was great for us to get back home," he said. "It was our tenth game and only the third time we've played at the hive, a place we always seem to play well at, and have a great record. I thought as a team we played a pretty good game, and it was important for us to get a shutout."

Lakeland was led on offense, to no surprise, by junior midfielder Johnny



Lakeland's Dante Caputi slips the defense of Panas' Mike Cavigliano.

RAY GALLAGHER PHOTOS

on top-ranked team in NYS, the one-beaten Arlington Admirals.

Last Tuesday was a big day for **SOMERS**. The Tuskers slugged their way to a 4-0 win over visiting **BREWSTER**. Will Bennett played a fantastic game, scoring three goals in the first 42 minutes – all three goals being assisted by Zack Lichtman.

Justin Levine banked in the final shot for good measure, off a pass fed by Josh Sampson.

"Our defense was rock solid, only allowing four shots to be taken," said Tuskers first-year boss Chris Pietris. "The midfield did an excellent job of winning the ball from their team and distributing it to our forwards, who created many impressive scoring runs and excellent scoring opportunities. All around, we played a very good game."

The Tuskers get back to work tonight, when they visit the Arlington B squad. They'll travel to North Salem Thursday before coming home to host Keio Friday.

YORKTOWN took its lumps this week, falling 1-0 to both Fox Lane (last Tuesday) and John Jay-Cross River (this past Thursday). The Huskers will try to get back in the win column Thursday when they visit Panas, and will duke it out with **PUTNAM VALLEY** at Charlie Murphy Field Saturday afternoon.



Panas soph Rob Rohan tangles with Lakeland soph Jordan Fein in 3-0 Hornet win last Thursday.

Denis, who notched a hat trick – marking the fourth time this season he's scored three goals in one game. He was helped by Jordan Fein and Dhruv Girgenti, as both distributed an assist apiece. Hourahan was impressed with his key offensive players.

"Johnny Denis again led the way with his fourth hat trick of the season," he said. "He now has 19 goals in the eight games he's played and continues to be the top scorer in Section 1 this season."

"Jordan Fein played a wonderful game as an attacking central midfielder, and had one of the nicest assists we've had in the last few years with a lofted pass near the box in the run of play to set up Johnny for his second goal."

Senior keeper

Javier Gonzalez split time with junior goalie Aaron Kreuter in the net. Gonzalez made four saves and Kreuter stopped two Panas shots, using a tag-team effort to pitch the shutout on the defensive end.

The Hornets and Panthers will meet again on Oct. 16, and Hourahan expects another challenge from Panas head coach Brendan Horton, equipped with his aces Rohan Rochester and Matt Kelly.

"Coach Horton continues to do a very good job with his team," Hourahan

added. "It's just that and the talent pool is on the Lakeland side right now. We know that when we go back to Panas for our last league match of the season he will have his team ready to play again."

The state-ranked (No.14) Hornets (7-2-1) will host the Beacon Bulldogs tonight back at the hive – the Bulldogs coming off a 4-0 loss at the hands of CARMEL last Thursday. Slick Sebastian Lopez led the Rams with two goals and two assists for a Carmel team that still has the lone blemish



Lakeland's Cullen Malzo and Panas' Myles Nigro battle for free ball in Hornets' 3-0 win over Panthers last Thursday.



Lakeland Captain Gino Cassese lines up a blast in 3-0 win over Panas.

Sports

Championship Yearn Still Burns at Yorktown

Rescigno's Huskers Hoping to End Section 1 Title Drought



By Ray Gallagher
Examiner Sports
Editor

When former NYS Football Coach of the Year Ron Santavicca left Yorktown High for a second time in 2004 there were some hurt feelings. Breakups are never easy, so parting ways can get a little messy. Besides some hurt feelings there was lots of turnover within one of the most prideful football programs in all of Section 1.

But Athletic Director Fio Nardone and the Yorktown School Board made a great call on his replacement in 2005, even if it took a year or so to get the program back on solid footing. Coach Mike "House" Rescigno was the right man to replace Santavicca, the two-time NYS champion and disciple of Tony DeMatteo, who will soon celebrate the 20th year anniversary of the Cornhuskers repeat at state champions (1993-94).

And who knows; with a little bit of luck Santavicca could be back in Syracuse this November watching his nephew, Nick, if he and Rescigno's state-ranked (No.10) Huskers (5-0) can continue their assault on Section 1 Class A foes this season. Don't think for a second that the Santavicca's, who have had a family member on the team or coaching staff since 1977, haven't thought about the prospects of Thanksgiving weekend at the Carrier Dome in Syracuse, home of the NYS championship. But let's not put the cart before the horse; there's a ton of work to do here.

Though Nick Santavicca, the junior halfback who recently gashed Horace Greeley for 328 yards and two scores in last Thursday 32-21 win over the Quakers, is the kind of horse coach's ride to state titles; just as Uncle Ronnie did with the likes of dearly-departed Don Weese and company some 20 years ago.

Yorktown gets those kinds of kids more often than not, which is why you'll find them on the tip of every coach's tongue when we start discussing the best football programs in Section 1. There is something to be said for consistency, something about two state jewels and four sectional titles from 1993-98. And Yorktown can thank Santavicca and former A.D. Isabel Costa for turning a floor mat of a program into a dynasty, along with assistants Mr.

C., Paul Paradiso and Jim Deans.

But that was more than a decade ago, and the yearn to hoist the hardware grows with each year, and that yearn has not been this rooted since Coach Santavicca's final season when he and his son, Paul, came up short in November of 2004 during the ball coach's second stint at Yorktown, four years after former Coach Dan Callahan guided the Huskers to a 1998 sectional championship and state tourney semifinal admittance.

The 2014 Cornhuskers have that same yearn; the one Weese had, the one QB Matt Caione had, the one RB/LB Adam Lodewick and OL/DL Bumper Roberson and Phil Settembrino had: The yearn Yorktown always seems to have on the gridiron and most other athletic venues, particularly lacrosse.

"We have been blessed year after year with kids that will run through brick walls for each other," Rescigno, now in his 10th season at Yorktown after a stud career at Carmel High and Hofstra U., said after the dispatching of Greeley. "The way they buy in to this program is simply awesome!"

Nick Santavicca has "bought in" since his dad Roger, a longtime assistant on the staff, turned him into a Yorktown ball boy before he could throw a spiral. Now, a decade later, he's threatening to shatter every rushing record in the Husker book, including rushing yards and TDs, the two most important stats in high school football, which like professional football, is taking a beating these days. Moms don't want their sons playing any more. Concussions and dementia are a serious and sometime grave concern. Heat stroke, aggressive contact... these are all things that worry moms to death and deter kids from strapping on a helmet and pads. The numbers of kids playing the great American game competitively are decreasing. In fact, the only numbers increasing are TV ratings and Fantasy Football.

Somehow, Yorktown has managed to survive and thrive as one of the section's most consistent and respected programs,

ANDY JACOBS PHOTO



Yorktown junior HB Nick Santavicca got loose for 328 yards and a pair of scores in the Huskers' 32-21 win over host Greeley last Thursday, giving him 920 yards for the year. He should/could break the school record for rushing yards in a season (1,103) within a game or two and hopes to lead the Huskers to their first sectional title since 1998.

but the icing on the cake would be the title Yorktown, Rescigno and the Santavicca family, so desperately crave. That is now Nick's cross to bear, and he relishes the moment, according to Rescigno.

"Every so often you get a kid that NEEDS you to put the team on his back," Rescigno said, citing 2009 All-Section RB John Fennessy along with Santavicca. "John was certainly one of those guys that craved to be the difference. Nicky is another example of a young man with football in his blood. He needs this game. The beautiful thing about is that Nicky is surrounded by teammates with the same passion. They all play for all of the immeasurable values that football has to offer. They appreciate just how great this game is. People are trying to take shots at football nowadays... they should watch Nick Santavicca play. Watch how his team plays with him. That is what's good in football."

That, and a sectional championship! Go get some!

Direct Rays



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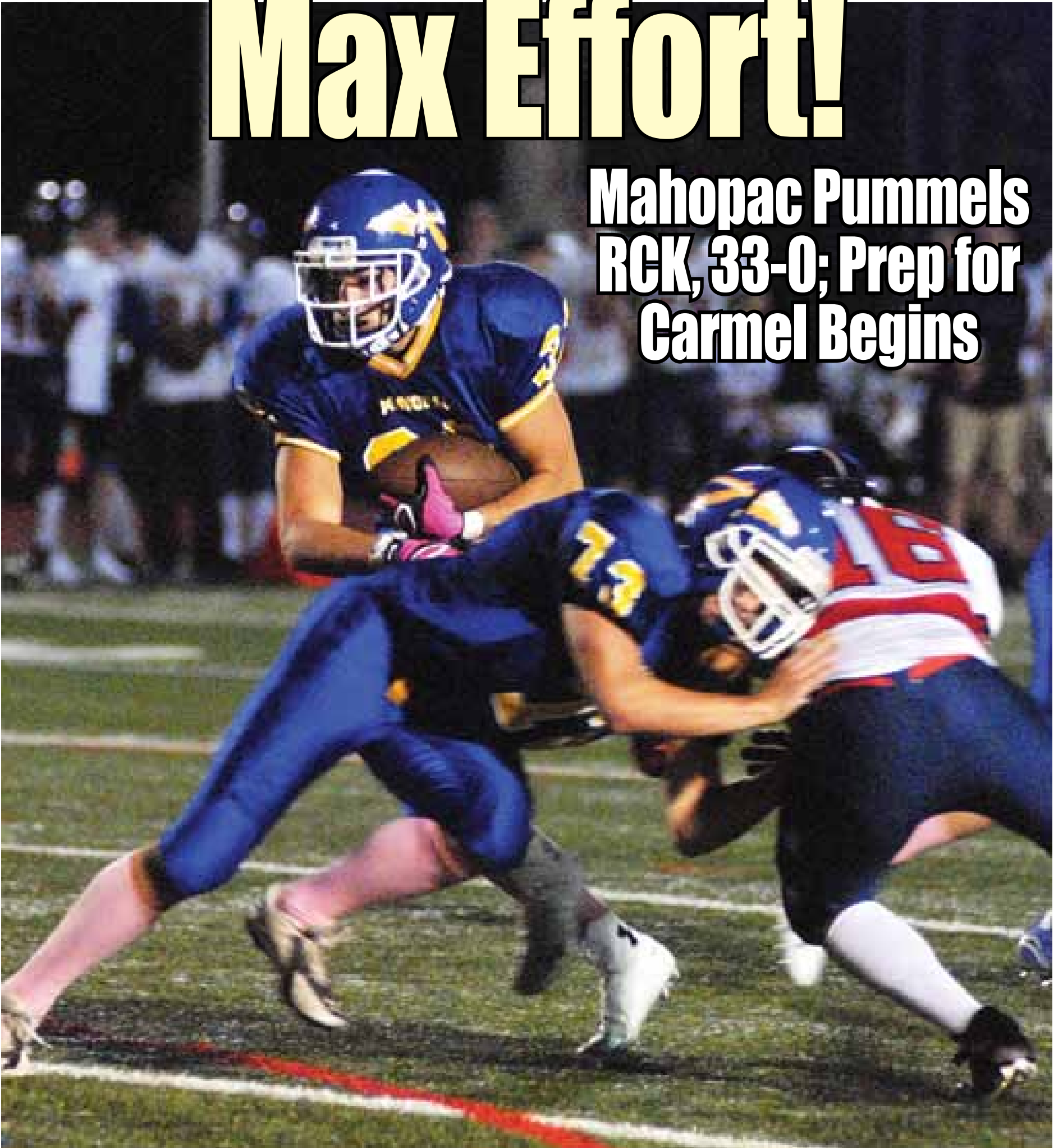
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Max Effort!

**Mahopac Pummels
RCK, 33-0; Prep for
Carmel Begins**



RAY GALLAGHER PHOTO

Mahopac FB Max Littleton picks up a John Velleck block and chugs for red-zone yardage in the Indians' 33-0 rout of visiting RCK last Thursday when the Indians improved to 3-2 and kept their Class AA playoff hopes alive. Littleton, who rushed for a career-best 187 yards and three scores, added 11 solo tackles (four for a loss), seven assists, a sack, two forced fumbles and two recoveries on an absolutely sick day. Mahopac will begin its preparation for a Week 6 challenge with rival Carmel this Saturday (3:00 p.m.) as the Rams (3-2) play host and try to win back the coveted Higgins Trophy for the first time since 2011... see Grid Notebook