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July 29 - August 4, 2014

SMALL NEWS IS BIG NEWS

Volume 6, Issue 279

## Falk Attacks Katz Over Campaign Finances Not Yet Submitted

By David Propper

Democratic challenger Andrew Falk came out swinging against Republic incumbent and Assemblyman Steve Katz for not disclosing his post campaign-finance reports by deadline, which was July 15.

Katz had not filed his financial disclosure forms with the New York State Board of Elections as of Monday afternoon before press time. In a press release issued last week, Falk disseminated Katz's failure to file and said "people who make the law should have the integrity to abide by it."

In an interview, Falk reiterated his point and said by not filing his campaign finances, it is another example of Katz ignoring the law, calling it a pattern. He went on to say, voters in the 94th district deserve to know where Katz is

receiving campaign funds.

Falk said he filed his campaign finances on July 14, a day before the deadline. He said when he noticed Katz did not file by the deadline, he started to check every couple of days whether his finances were on the NYS Board of Elections website. With each day, "it became more and more blatant that he feels it's just another law to disregard when it doesn't convenience him."

"We should have trust that our elected officials and people that want to be elected officials will always act with integrity," Falk said. "Whether or not somebody is watching or not."

When reached for comment, Katz said his information would be submitted by the end of the week and had a simple explanation for his forms not meeting *continued on page 8*

## 43 Years of Putnam's 4-H Fair Still Going Strong



CHUCK DELUCA PHOTO

The 43rd annual Putnam County 4-H Fair last weekend proved things really do get better with age. The fair had a little bit of everything, making it a lot of fun for county residents. Games, art and crafts, animal exhibits, magic shows, and many other activities kept adults and children's attention over the three-day event. History was also a common theme, with residents learning more about county history and even American history like the Civil War and Revolutionary War. Patrons could bid on tools, paintings and antique equipment, as well as get valuable gardening tips. Elected officials (above) in the county rang in the popular and historic fair Friday afternoon.

## Cold Case Murders Connected to Brewster Cracked After 19 Years

By David Propper

It might be 19 years after their disappearance, but the double homicide of a mother and daughter, who lived in Brewster, may have finally been cracked, according to police.

Robert Honsch, a former Brewster resident, was arrested last week for the 1995 murders of his daughter Elizabeth and his former wife Marcia, according to a press release issued by the New Britain Police Department in Connecticut.

The family all lived together in the Village of Brewster until 1995, when the family disappeared without a trace. Honsch, who lived in Ohio and under alias, was arrested with two murder

warrants hanging over his head. He faces extradition to Massachusetts for the murder of his wife and then to Connecticut for the murder of his daughter.

On Sep. 28 1995, the body of Elizabeth Honsch was found behind a plaza in New Britain, CT, in which she was wrapped in trash bags and sleeping bags. Then on Oct. 6, 1995, a hiker in a Massachusetts state park discovered the body of Marcia Honsch. Both bodies, that were unidentified at the time, died after suffering a gunshot wound to the head.

Because of the relatively short distance between the two crime scenes, the New Britain Police Department *continued on page 8*

## Odell Gets Grief for Endorsement Out of County Executive Office

By David Propper

An endorsement turned into a minor headache for Putnam County Executive MaryEllen Odell last week, who apparently mixed taxpayer financed resources with political campaigning.

In an article that first appeared in The Journal News, through her confidential secretary, Odell sent out an email announcing the endorsement of Republican Terrence Murphy for the New York State Senate's 40th district. In the email, which was sent to The Putnam Examiner and many other media outlets last Friday, it had Odell's official position within the county and her office number

at the top of the email.

It was also sent from a county email address during the official workday at 3:16 p.m. The email was retracted roughly 30 minutes later, after The Journal News contacted Odell's office about the endorsement, according to the article on lohud.com.

When reached by The Putnam Examiner, Odell said it was a miscommunication between herself and a staff member. Odell originally wanted an email with a photo of herself and Murphy at the endorsement announcement in Brewster sent to a reporter from The *continued on page 8*



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# Concerns Raised over Safety of Swimming in Hudson

By Rick Pezzullo

A clean water watchdog organization released a report last week revealing many locations in the Hudson River fail to meet federally recommended guidelines for safe swimming and other recreational activities.

According to the "How's the Water? 2014" report from Riverkeeper, 23 percent of monthly samples for bacteria that indicates sewage and other fecal contamination from 2008-2013 failed the Environmental Protection Agency's (EPA) safe swimming guidelines, and 61% of the 74 locations in the Hudson

failed EPA criteria for recreational water.

"The Hudson River and its tributaries are the public's beach, and the public deserves clean water," said Paul Gally, president of Hudson Riverkeeper. "That right is enshrined in the Clean Water Act, and it's our job to stop the pollution that too often makes the water unsafe for swimming."

Riverkeeper pointed out exposure to pathogens in recreational waters soiled by fecal contamination can cause a variety of severe and life threatening illnesses, including vomiting and diarrhea. Riverkeeper samples locations between New York Harbor and Waterford and in tributaries monthly from May to October in collaboration with scientists.

Testing of tributaries found they are often more contaminated than the river itself and act as pollution sources.

"The good news is that bacterial counts of 77% of Riverkeeper's samples in the Hudson River Estuary were within EPA guidelines for safe swimming," said Captain John Lipscomb, director of Riverkeeper's Water Quality Program. "We are confident that the public, when informed of water quality problems, will demand and support waste water infrastructure investment."

To improve the swimming quality of the Hudson, Riverkeeper maintained state

and local funding must be preserved and expanded for wastewater infrastructure, pollution enforcement and water quality monitoring.

The group also stated New York State must impose more protective standards for recreational water quality that adheres to recommendations in the EPA's Recreational Water Criteria and fully implement the Sewage Pollution Right to Know Act.

While the Westchester County Health Department tests Croton Point Beach, Riverkeeper suggested the county should expand its testing to other locations on the 150-mile-long Hudson and its tributaries used for recreation and create a model to guide beach closure decisions.

No government agency tests the water for pathogens in Putnam County, according to Riverkeeper.



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RICK PEZZULLO PHOTO

A report from Riverkeeper, a clean water watchdog organization revealed a report that many locations in the Hudson River fail to meet federally recommended guidelines for safe swimming and other recreational activities.

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# Tendy Officially Announces Run for DA; Levy Speaks Out

By Janine Bowen

Putnam Valley Supervisor Robert Tendy officially announced his plan to run for Putnam County District Attorney at a press conference Wednesday afternoon.

Speaking from the steps of the Putnam County Historic Courthouse, Tendy stated that his goal in seeking the role of District Attorney in 2015 is to restore integrity and professionalism to the office.

"The most important aspect of government is faith in the integrity of its legal system. Without that everything else falls," said Tendy.

He believes that over the past year and a half, a variety of actions taken by current District Attorney, Adam Levy, forced him to question the current integrity of the office.

Paramount among his concerns is Levy's alleged involvement in the Hossu rape trial earlier this year. Hossu was Levy's friend and personal trainer and although the District Attorney recused himself from the case, he admitted to paying a portion of Hossu's defense fees.

"What has occurred is inexplicable, indefensible, and unacceptable and we need to restore faith, integrity, organization, and professionalism to the office of the District Attorney," he

stated. "We've had a cloud of suspicion over our district attorney's office for too long. This is unfair to Putnam County, it's unfair to the residents, it's unfair to our justice system and this has to change."

In an interview earlier this month with The Putnam Examiner, Tendy also voiced his concern about Levy's poor relationship with Putnam County Sheriff, Don Smith. He stated that, if elected he will meet with the Sheriff as well as all department chiefs, deputies, and officers to work closely with law enforcement and show his respect for their efforts.

By working with local officers, as well as other assistant district attorneys and the Legal Aid Society, he plans to lead a reform of discovery rules in criminal cases, which he believes will lead to speedier, and more realistic early case assessments and a more responsive justice system. He also promises to be tough on cases involving violent crime, child abuse, domestic violence, and illegal weapons.

"As a very strong believer in our 2nd amendment right to bear arms, I get particularly upset when that right is... put in jeopardy by criminals who have no business having guns," said Tendy.

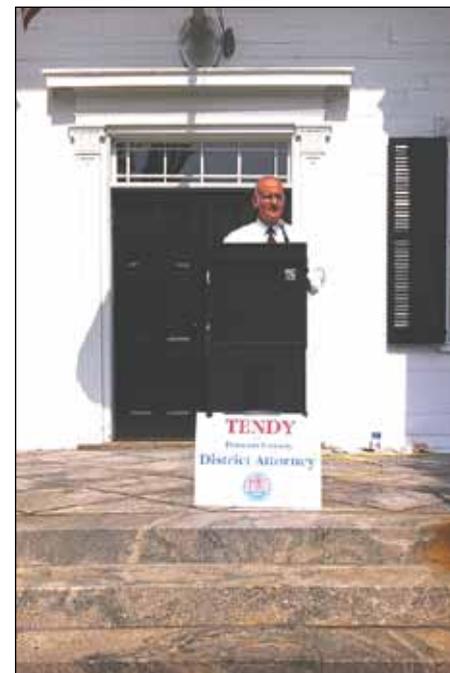
Tendy, who currently works in private practice, has practiced criminal

law as a prosecutor and defense attorney for 25 years. He also spent four years serving in the trial bureau of the Manhattan District Attorney's office. Over the course of his legal career, he has handled a wide variety of issues including larcenies, sex crimes, art theft, and homicides with complex DNA and identification issues. He promises that, if elected, he will work hard to serve the people of Putnam County and the State of New York, not himself.

"I know that people depend on the fair administration of justice for their society to remain safe. I see it every day and I also see the heartbreak and confusion when the system is called into question as a result of people who don't do the right thing," he said.

Other plans that Tendy hopes to implement include an online diversion safety course for first time recipients of speeding tickets. Drivers will be given to option to take an online course to have the ticket dismissed, keeping insurance rates low and improving driver safety while bringing additional revenue into the county.

Levy, who intends to run for a third term, said in statement his office has "vigorously pursued justice and the equal enforcement of the law every day."



JANINE BOWEN PHOTO

Putnam Valley Supervisor Bob Tendy speaks during his press conference, in which he announced his run for Putnam County District Attorney.

"I look forward to talking about my record of making Putnam County a safer place to live by attacking the heroin crisis, reducing the number of drunk driving arrests and preventing domestic abuse," Levy went on to state.

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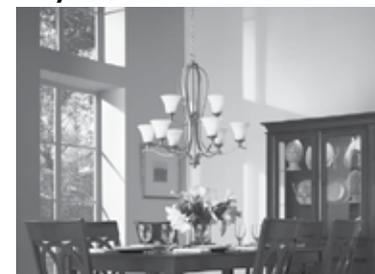
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# Leg. Looks Into Greater Transparency Concerning County Costs

By David Propper

Taking the idea from other local or county governments in New York State, Putnam County legislators discussed a push for greater transparency surrounding county spending at a recent Rules Committee meeting.

During the July 14 committee meeting, the idea of posting the expense of any county purchase, payment or renovation when a certain dollar amount is reached was brought forward with the goal of providing more accessible information to residents within the county. Currently, the City of Poughkeepsie and Ulster County both have a policy that list expenses on their websites, allowing residents to look at the information without filing a Freedom of Information Request.

Along with the listed expense, a reason for spending the money is also given and it would be posted once a month.

The legislator that brought it into discussion, Sam Oliverio said the cost benefit analysis would lead to improved communication with residents. He added it's another avenue to keep residents updated on the county's monetary procedures. The purchase would not be slowed or stopped, but once it is made, a reason for the expenditure would have to be given.

Legislator Dini LoBue agreed with

Oliverio and said it enables the county Legislature to do its job and have stricter cost control. "Because we don't even know sometimes, things sometimes get away from us unfortunately," LoBue, the chairperson of the Rules Committee said.

"We keep throwing good money after bad without us knowing the outcome or the benefit," LoBue said.

Most of the legislators also seemed interested in possibly bringing the initiative to Putnam, though the amount of money that would result in the expense being posted on the website was debated.

Oliverio said he thought the threshold should be \$15,000, while Legislature Chairman Carl Albano thought the sum of money should be at least \$50,000. Albano said if the county put this into law, he would want to see the sum of money high enough to avoid persistent questions over smaller purchases.

"I would say if it was a large number it makes it little bit of sense because people should know," Albano said.

Right now, that information is available, but residents must FOIL the information.

One concern Legislator Kevin Wright voiced is questions over expenses in the budget might be scrutinized repeatedly; once during the budget season and then again when the expense finally comes to



DAVID PROPPER PHOTO

Legislature Chairman Carl Albano discusses a proposed policy that could lead to greater transparency about how county money is spent.

fruition. That could lead to legislators and department heads becoming overburdened with inquiries.

"I just don't want to say it twice," Wright said.

Poughkeepsie posts any cost that exceeds \$5,000 and Ulster County post any price tag that is more than \$50,000. Oliverio said other counties, including

Dutchess County and Rockland County are also examining the same proposed law. He believes Putnam should be one of the first counties to implement the law.

"It is for the public, it is the public's money, they need to know how it's being spent," Oliverio said. "We don't do that, we don't let the public know how their dollars are being spent."



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# Carmel Resident Takes Pride in Her Painting, Exhibit on Display

By Neal Rentz

Carmel resident Vivian Haberfeld is currently exhibiting her acrylic on canvas paintings in a show entitled "In Search of Tranquility" at Somerfields restaurant in Somers.

The exhibit title could also be used to describe how she became a professional artist.

"I was a Manhattanite for 30 years and I needed to escape the madness of Manhattan," she said last week while providing a tour of her exhibit. She purchased a weekend home in Carmel about 17 years ago.

"I fell in love with the land," she recalled. "I just felt a need to get closer to it."

She started doing artwork by doodling one day and that developed into her passion for painting. "I said I've got to take this to another level," Haberfeld explained. "I started studying. I was drawing for a year and then I started painting and I've been doing that now since 2005."

She moved to Carmel full time and became a professional painter. Haberfeld said many of her paintings have been inspired by the nature of the local area. Some of her works have

been based on the Croton Reservoir in Brewster and Lasdon Park and Muscote Farm in Somers. In addition, an out building silo on the Old Stone House property in Somers, which was originally owned by the owners of the Elephant Hotel in Somers, is featured in the exhibit.

Most of Haberfeld's paintings are not photographic in nature. "A lot of things are just from my mind," she said. "Most of it is memories of what I've seen."

Haberfeld said her work has been inspired by the Hudson River School of painters and impressionist artists. "My favorites are Van Gough and Monet," she said.

She said most of her paintings look different than most realistic style works. "It doesn't look like everybody else's," she said. "I guess that's a good thing. I take a place that I've seen and I make it my own."

"Random luck" is how she created the exhibit for the restaurant, Haberfeld said. During a recent traffic jam on her way back to Carmel with her husband, Fred, Haberfeld decided to have dinner at Somerfields in June. She spoke to the owners and after subsequently seeking some of her works they agreed to let her



NEAL RENTZ PHOTO

Carmel resident Vivian Haberfeld is currently exhibiting her paintings at Somerfields restaurant in Somers through Labor Day. She is standing next to "At the Old Stone House."

display her work.

Twenty-five of Haberfeld's paintings, which are available for purchase, are on display at the restaurant. "The theme of

most of them is tranquility," she said.

Somerfields is located in the Somerstown Shopping Center on routes 202 and 100.

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#### Q: What are the most common sports-related knee injuries?

**A:** There are three:

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- Damage to the **medial collateral ligament (MCL)**, which keeps the tibia (shinbone) in place, usually consists of a partial tear.
- Made of cartilage, the **meniscus** is the knee's "shock absorber," and a tear causes pain and dysfunction.

#### Q: When should an athlete seek medical attention for a knee injury?

**A:** If, after two or three days, your knee is swollen; you are limping; you can't put your full weight on the leg; or you are in pain, head to the ER for an x-ray to determine if there's a break or fracture. Whatever the outcome, you should see an orthopedic specialist without delay. Knee injuries often require surgical repair, and left untreated, can have long-term consequences.

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#### Q: Is it possible to prevent sports-related knee injuries?

**A:** Female athletes are much more likely to suffer an ACL injury. The good news is that a specific 20-minute warm-up called a *neuromuscular injury-prevention and performance enhancement program* can dramatically reduce ACL injuries among female athletes. Look for personal trainers who have been trained in this protective conditioning program, and can offer it outside of normal practice. Male athletes can also improve stability from the warm-up.

It's important to offset activities that stress the knee with others that offer respite. Be aware: Playing sports year-round with no break can stress the knee to the point of injury.

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#### Did You Know?

Female athletes are **2 to 10 times more likely** to suffer an ACL injury than male athletes engaged in the same sport.



# Southeast Signs Off on Property Swap to Brewster

By Neal Rentz

A proposal for a four-story professional office building received a major boost on July 24 when the Southeast Town Board voted 3-1 to approve a plan to annex a town-owned property to the Village of Brewster.

Supervisor Tony Hay and board members Elizabeth Hudak and Edwin Alvarez voted for the transfer of the roughly 16-acre property at 61 Allview Avenue. Councilwoman Lynne Eckardt voted against the legislation and Councilman Robert Cullen was absent.

The property is located next to the

Southeast town highway garage.

B.O.S. Land Development Corp. is proposing the building on about five acres of the property. The developer is seeking to connect the 64,000 square foot building to the Brewster water and sewer systems.

The proposal, which is expected by the developer to generate 181 jobs after the building is constructed, is being reviewed in Brewster.

During a June 18 combined Southeast Town Board and Brewster Village Board of Trustees public hearing several residents expressed concerns that if the

developer did not go forward with the office building plan, something else that they would not want on the property would be constructed.

During last week's Southeast Town Board meeting, Eckardt expressed a series of concerns about the annexation. "I have no problem with an office building," she said. Eckardt said she was concerned with what the land would be used for if the office building plan fell through and something inappropriate for the area would be constructed instead. Another of her concerns about the proposed building was that it was too high for

the neighborhood and would be have a negative visual impact for those living in the area.

Hay said he supported the annexation. A previous proposal for the land was for over 100 condominiums and that would have had more potential adverse impacts to the neighborhood than an office building would, Hay said.

A potential office building would be a good opportunity for the area because it is needed due to a lack of office space, Hay said.

"It's a great thing, I think, for everybody," he said.



NEAL RENTZ PHOTO

Southeast Councilwoman Lynne Eckardt was the only councilperson to oppose the annexation of the 61 Allview Avenue property to the Village of Brewster at the July 24 town board meeting.

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# Odell Endorses Murphy in 40th District Senate Race

By David Propper

Already favored and with plenty of momentum heading into a September primary, Yorktown councilman and candidate for the 40th district senate seat Terrence Murphy received the endorsement of Putnam County Executive MaryEllen Odell last Thursday.

Calling the race "crucial for the future of the 40th district" Odell threw her support behind Murphy, who is looking to top former assemblyman and opponent Bob Castelli for the Republican line in the general election. The seat is currently held by Greg Ball, who is leaving public life after his current term is up.

"It's a honor and privilege to have MaryEllen, the county executive endorse me," Murphy said. "She's a proven leader up there. She's done a heck of a job."

Odell said there were several factors that led to her endorsement of Murphy over Castelli. Already receiving the county's Republican Party endorsement and coming from a family of public service, Odell stated Murphy would be a "strong advocate" for residents in Putnam.

Odell also noted the significance of keeping a Republican in the 40th district seat, which could be considered a spot not completely secured for conservatives after Ball decided not to run. The Democrat in the race is Justin Wagner, who ran and lost to Ball in 2012. The margin of victory

for Republicans though was 51-49.

Because of the push toward economic development and the fight against New York's SAFE Act, Odell said it's "very critical" for Murphy to win the seat.

The press conference for the endorsement took place in the Village of Brewster in front of a vacant office complex at 39 Mt. Ebo Road South. Odell pointed out the office space was originally held by Tartus Global Relations, but is now located in Connecticut because of New York's unfriendly business climate.

Odell and Murphy have long known each other, well before they each got into the political arena. Their fathers both worked for Con Edison and car-pooled to work for a number of years. Murphy called the two fathers "good buddies" and both Odell and Murphy were always at several family functions. Murphy's father died several years ago, but Odell said he would be "very proud" that Murphy decided to go into public service.

With Ball, a Patterson resident, leaving politics, county residents might not have a Putnam resident in office up in Albany for the first time in decades. Of the three positions—the state senate seat, and two assemblyman seats—Democrat Andrew Falk is the only Putnam resident in any of those races. Odell admits residents have come to her with this concern.

"It's interesting to note and it is

something people have commented on," Odell said. "That's why I am so intent that the people of Putnam County understand it doesn't matter if he's hails from Yorktown, what matters is he has the same values and principles and work ethic as the people of Putnam County."

Odell is just another notch of expressed Republican support for Murphy. Ball, who has been a state senator the past four years, is backing Murphy and the Westchester Republican Party and Putnam Republican Party also nominated Murphy.

"I take it with honor and privilege that people have the confidence in me to represent the people of the 40th district," Murphy said. "With that being said, I am cautiously optimistic going into the primary, I don't want to be over confident."

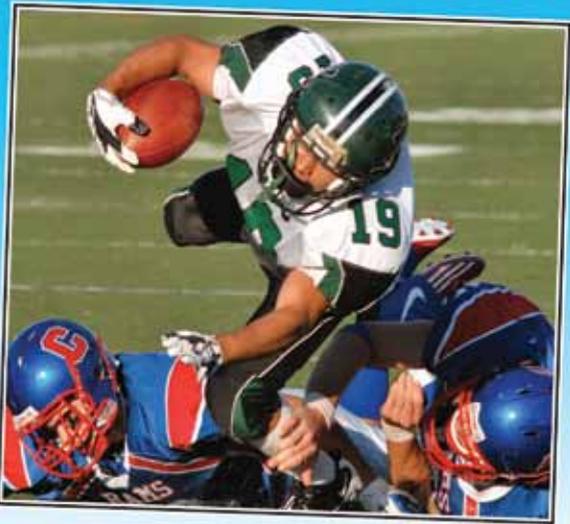


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## Falk Attacks Katz Over Campaign Finances Not Yet Submitted

*continued from page 1*

deadline. His former treasurer had resigned, but did not fill out the proper paperwork required when leaving the job. He then got in touch with the state board of elections in Albany, which told him it's not a problem if the forms are handed in past due date once his new treasurer finishes collecting the necessary numbers.

"There's been no horrible crime committed and that's all I have to say," Katz said.

Falk cited other run-ins with the law including the ticket Katz got last year for marijuana possession that resulted in a small fine and community service.

Falk also noted Katz settled a case for \$105,000 in 2006 after Katz was sued by a former female employee at his Bronx veterinary office after she was fired. The female employee went to Katz after she said she was being sexually harassed by an co-worker, but Katz did not investigate. A month later, the employee claimed she was fired as a result.

Falk also mentioned two different times Katz was arrested, but failed to say the cases were almost immediately dismissed both times.

According to Falk's finances, between January 2014 and July 2014, Falk raised more than \$25,000, though \$3,000 came from Falk's law office in Brewster.

## Cold Case Murders Connected to Brewster Cracked After 19 Years

*continued from page 1*

and the Massachusetts State Police had a theory the crimes were connected. There was also evidence that the two bodies had a connection to New York.

Adding the New York State Police into the mix, the three police agencies worked on getting the word out about the two bodies, which they believed were mother and daughter, but to no avail. Eventually though, the authorities' luck finally turned and a family member of the wife and daughter, who resides in Virginia, filed a missing persons report in June 2014. Soon after, the three police agencies traveled to Dalton, OH. where Honsch

was living with a new family.

They interviewed him, got a warrant to search his property and forensic evidence linked Honsch to the crime scene in New Britain. The investigation continues as authorities build a case.

"This investigation has been long in years, but never cold," the press release from New Britain Police stated.

Brewster schools officials said Elizabeth, who would have graduated in 1997, withdrew from Brewster High School during her sophomore year, about six months before her body was found, according to a report in The Journal News.

## Odell Gets Grief for Endorsement Out of County Executive Office

*continued from page 1*

Putnam Examiner, who had done an interview with her about the choice of candidate earlier that afternoon.

But instead, the staff member mistakenly sent out a full press release of the endorsement, Odell said. The press release is now on Odell's campaign website and according to The Journal News, it was written by a Murphy campaign worker.

"By mistake, she ended up sending out the press release," Odell claimed.

Democratic Legislator and county executive challenger Sam Oliverio said he wasn't surprised by the action taken by Odell's office. He said Odell has a history of mixing taxpayer money for her own political uses.

Examples Oliverio cited included Odell's name at the top of an advertisement for the Tilly Foster Country Fair, candy

in the lobby of the county office building with Odell's name on it and the alleged use of a publicist paid through another line in the county budget for campaign use.

"The politics have not stopped since the county exec was elected," he said.

For his part, Murphy, in a statement through a spokesman, still expressed gratitude for the endorsement and brushed it off as an error by office

personnel.

"A mistake was made by a staffer in the County Executive's office. It was acknowledged and action was taken to rectify it. That's accountability. If Albany acted as transparently and efficiently as MaryEllen Odell's office, New York wouldn't be in such a mess of corruption and financial mismanagement. We remain grateful for the County Executive's endorsement," the statement read.

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**Business of the Week**

# CrossFit OSA - Fitness Redefined Kent

By David Propper

The difference Gary Sorrentino saw in his body after starting CrossFit was remarkable.

Always someone who used to exercise as a bodybuilder strictly lifting weights, Sorrentino was always strong and had the muscles to prove it. But when he started CrossFit in December 2010, he knew almost immediately this was how he wanted to stay in shape.

All of his strength numbers like weights on squatting or bench press were higher and he started to run a mile in under six minutes, something he couldn't sniff before CrossFit. Overall he was just more athletic and flexible. Now, Sorrentino is trying to get many other residents in Putnam County to have the physical renaissance he underwent with his own CrossFit gym in Kent called CrossFit OSA, Fitness Redefined. The gym, opened in September 2012, offers group classes and also one-on-one sessions.

CrossFit, which is a sort of workout that has exploded over the past couple of years, is a fitness program designed to improve strength, body composition, flexibility, and health and wellness. At Sorrentino's gym, staff takes on people of different walks of life daily, and each of them always seem to get something out of the unique training.

Sorrentino calls CrossFit a workout



DAVID PROPPER PHOTO

Gary Sorrentino stands inside his gym that he has owned since 2012 called CrossFit OSA, Fitness Redefined. The 24-year-old pushes people to their limit to get them in better shape.

program for "everybody." The age range and the level of fitness people are in when they walk into CrossFit OSA vary.

The oldest person Sorrentino ever trained was a 75-year-old woman and the youngest was a 10-year-old boy. Some of the people that walk in are already in good shape, while some are looking to lose 20 or so pounds.

While CrossFit can be intimidating to start, Sorrentino said the improvement of his students is usually drastic. When they first come in, Sorrentino tries to convince them to let him videotape their workout and then a month later he shows them how much better they are than when they began.

"It's day and night," he said. "It's not even

how they move when they're working out, it's how they carry themselves. They walk in here with their chest up and their chin up when they first came in here they were kind of slouched, looking down, barely making eye contact with anyone. It's just a complete lifestyle change."

Admittedly, most people believe CrossFit is a cult, Sorrentino said, where participants wear high shorts and colorful shorts and shoes. Many think it's a fad that will come and go, Sorrentino said, shaking his head.

Sorrentino, 24, at first wanted to open a supplement and vitamin shop, but he realized he wanted to have a more active role in a person's fight for a healthy life rather than just being a salesperson.

His location is somewhat secluded in Kent, but Sorrentino likes it because the space he has is huge and gym-goers can focus on the task at hand.

Sorrentino hopes to expand and open other locations, but for now his goal is break the misconceptions about CrossFit.

"If you find a good CrossFit gym with an owner who is passionate about it, I dare you to go six months and see if you don't see any results," he said. "I dare you."

CrossFit OSA, Fitness Redefined is located at 919 Route 52 in Kent. Look for the milk jugs at the entrance.

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## Letters To The Editor

### Town of Kent Resident Backs Legislator LoBue

In the July 17th edition, Letter to the Editor section, of Publisher, Elizabeth Ailes' Putnam County Courier, a letter was printed castigating Legislator Dini LoBue for living up to her responsibilities as a member of the Putnam County Legislature, when she questions how and where the tax payers money is

spent and, unfortunately in too many cases, misspent.

Any day of the week, I'll take a dozen Dini LoBue type legislators, male, female, Republican, Democrat, Conservative, etc.

Curiously the letter is signed by a Drew Barrett, who identified himself as being a taxpayer of Kent Cliffs.

However, there is no record of such a person listed as a taxpayer or even a resident in the entire Town of Kent! So, will the real Drew Barrett please stand up and identify yourself.

Arthur Singer  
Kent Cliffs

### Administration Taking Correct Approach to Tilly Foster

Some people see a glass half full, while others see a glass half empty.

Recently I received a communication from the Putnam Valley Residents Coalition (of which I am a member) with an attachment, a call to arms from Ann Fanizzi. Her goals for the farm appear to be altruistic, but her format leaves a great deal to be desired. Instead of uniting the residents of Putnam County for just a cause, she is just being misguided. She should be working with our county officials to perpetuate constructive uses for the property; instead she is going in the opposite direction.

Years ago, the county under the leadership of Robert Bondi, the county acquired the Tilly Foster Farm. At the time there was an ongoing debate as to the future to see its potential.

It was then decided to lease the farm to George Whipple, who did his best to run the farm as a refuge for a heritage breed of animals. However, Ms. Fanizzi with her negative attitude forced Mr. Whipple to leave the farm.

Again, it seems like the squeaky wheel gets the grease.

Her criticism of the farm and this administration is incorrect. When someone gives you lemons, you make lemonade. If Ms. Fanizzi had her way the farm would be closed to the public. This farm belongs to the people of Putnam County.

I lived and taught in Missouri, and every day I had the opportunity to observe working farms. The farms did not have manicured lawns as the animals trampled the ground each day.

The current administration, has a different vision for the use of the farm. It is their intention to restore Tilly Foster. They plan to slowly bring back variety of farm animals. In addition, they plan to have a registered clinical veterinarian nurse reside on the property. She will be able to oversee the care of the animals.

In order to have support for the farm, we need to open the barn doors to allow everyone to partake and experience this wonderful place.

In order to finance this farm it will be necessary for the county to hold events on some parts of the land. It has been suggested that we hold a garlic fairs, a classic car show, and the possibility of working with the Putnam County Chamber of Commerce to show case businesses in our county. These fairs will be held apart from the farm. The remainder of the acreage will be put to good use. Our county officials do not want this venture to be a financial burden on the backs of the taxpayers.

Instead of focusing on the naysayers, we should focus on the positive side of the county's plan. This administration welcomes any suggestions in reference to the farm. We all hope to make this venture a success for the people of Putnam County.

Marie Zarcone  
Former County Legislature  
Member of Putnam Valley Residents  
Coalition

## Obituaries

### Eleanor T. Simmons

Eleanor T. Simmons, a former longtime resident of Lake Carmel died at her home on Friday, June 20. She was 90 years old. Surviving is: 1 son - Alan Dickson, 3 grandchildren-Christopher, Kimberly and Jessica, 3 great grandchildren and 3 sisters. Beloved wife of the late Stephen Simmons. She was retired from MRI (now the Westchester Institute for Human Development) as a lab supervisor. Mrs. Simmons enjoyed gardening,

and was very proud to be a part of the Kent Library. She was Treasurer, on the Board of Trustees and also involved with the Friends of the Kent Library Organization. Mrs. Simmons was very involved with the status change to a public library, expanding the library and also with the new library building. She also enjoyed working on their book sales. Mrs. Simmons was a fun loving woman who had a big heart and loved her community. She loved to travel, through the United States in her camper with her late husband and then internationally with her sisters, Phyllis Backof and Jean Groszmann. Books were also very important to Mrs. Simmons, she had a large library; one of her last important tasks was finding homes for all her books to the right person. We will be having a Memorial Gathering at the Walter Brewster house in the near future; notifications will be made at a later date.

## 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

1	2	3		4	5	6		7	8	9
10				11				12		
13			14					15		
			16				17			
18	19	20				21			22	23
24							25			
26				27		28				
		29			30					
31	32			33				34	35	36
37				38				39		
40				41				42		

Crossword by Myles Mellor

Answers on page 15

**Across**

- 1 You don't have to wear pyjamas to eat at this Mahopac restaurant
- 4 For health supplements it comes right before H,O & D
- 7 Engineers' org.
- 10 Wood
- 11 Baby girl
- 12 Family
- 13 Window dressing
- 15 "Holy moly!"
- 16 Cold Case Files action
- 18 "The King"
- 21 Best Buy purchase
- 24 Badly wound
- 25 Continental coin
- 26 Cry of surrender
- 28 Unfasten, in a way
- 29 Data entry clerk
- 31 "Give it \_\_\_!"
- 33 Event with pairs and eights
- 37 Part of a price
- 38 Mercury or Saturn
- 39 "Wheel of Fortune" buy
- 40 Thickness
- 41 Nine-sound signal
- 42 "Little Women" woman

**Down**

- 1 It carries peas
- 2 It holds the mayo
- 3 Pandora selection perhaps
- 4 Butters used to fry paneer
- 5 Cruel Roman Emperor
- 6 Underground chamber

- 7 Joins
- 8 Brewpub offering
- 9 \_\_\_ out a win
- 14 In a proper fashion
- 17 Get-togethers
- 18 Australia's big bird
- 19 Network type
- 20 Win
- 22 Before, once
- 23 Enclothe
- 27 Long stories
- 28 Facebook friends, e.g.
- 30 Civilian flying org.
- 31 "Angry Birds," e.g.
- 32 Stylist's stuff
- 34 Emotive actor
- 35 1989 Bee Gees' song
- 36 Top secret?

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# To Enlarge or Renovate Your Home, Hire an “Ombudsman” First!

It was more than 40 years ago, but I still feel the sting of being swindled by an unscrupulous home improvement contractor.

As a young couple, my wife and I had just managed to qualify for a mortgage and cobble together enough money for a down payment to buy our large historic house that at the time was in fairly poor condition. We didn't have much money left for needed improvements but it was essential to renovate the mudroom, which was literally falling off the house. It was the main entrance from the driveway to the kitchen and needed the works: a cement floor, new framing, roof, new door, insulation, a half bath and closet.

Our friends Linda and Michael, who had moved to Westchester just before us, recommended a contractor who gave us a quote of \$2,000 for the job and told us he required a \$500 deposit to pay for materials. Naïve as we were, we went with him, not having checked references or knowing whether he was licensed. He took our check, cashed it quickly and we never saw him again.

Recently in The White Plains Examiner, I read about a new service that safeguards homeowners who may be as naïve as I was



By Bill Primavera

then and, in many ways, still am. I thought it would be a good idea to share this information with other readers because so often I receive complaints about unsatisfactory home improvement jobs.

Called the Homeowners Ombudsman Program, the service was created by Richard Cirulli of Kymar Limited, a White Plains-based construction management company. Cirulli, who holds a doctorate in engineering, has spent over 30 years in facilities and construction management for major companies. Now

in his own business, he offers himself as an ombudsman, or advocate, to homeowners to protect themselves from making mistakes when renovating their homes.

“I should be the first person homeowners call when planning a home improvement, not a contractor,” Cirulli said. “For a reasonable consulting fee, an ombudsman can prevent a homeowner from the pitfalls so common to the industry. For instance, such an advocate knows enough to ask the contractor which bank would hold the client's escrow account as required by New York State lien law. And he lets that contractor

know that a waiver of liens will be required with each progress payment.”

I've been around the real estate and home improvement business for a long time and I've never heard of these requirements. Shame on me! Now I am aware and will suggest this mentorship program to all my clients planning to renovate.

In my own case, for many years I have been dreaming about leaving my mark on my beloved Ebenezer White House, built in 1734, that has not had a change to its exterior appearance since 1861. I've delayed that decision year after year, probably because of that first bad experience. As I've disclosed time and again, the “guru” attached to my column is only the expertise I channel from the real experts. On my own, I'm only a vessel.

I have already engaged my architect, Michael Piccirillo, for a novel idea. I've taken the shape of that 1861 wing, which is a story-and-a-half structure with a lean-to on the back, making it appear like a saltbox, recreating it, attaching it in reverse and structuring it almost completely in glass, facing our pool and gardens. This will be the “open” floor plan I've coveted to complement the traditional proportions of the rest of the house. It should be a stunning modern statement, yet in complete harmony with

the home's heritage.

At our first meeting, Cirulli told me that he will study the plans, create a schedule for the project, spec the materials and estimate the costs. From there, he will set up an escrow fund and handle the employment and financial dealings with the subcontractors, always seeking my approval along the way.

The first step is to plan the re-grading of the lawn area upon which the new wing will sit so that there can be crawl space beneath the structure to accommodate the space for a new HVAC system that I plan to install throughout the house. Ebenezer White, with a little expert help, I can't wait to introduce you to all the new technologies of the 21st century!

Ombudsman Richard Cirulli can be reached at 845-380-2872 or at [profcirulli@optonline.net](mailto:profcirulli@optonline.net).

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](http://www.PrimaveraPR.com)), specializing in lifestyles, real estate and development. His real estate site is: [www.PrimaveraRealEstate.com](http://www.PrimaveraRealEstate.com) and his blog is: [www.TheHomeGuru.com](http://www.TheHomeGuru.com). To engage the services of The Home Guru and his team to market your home for sale, call 914-522-2076.

## A Fledgling Trend to Consider in Wine Innovations



By Nick Antonaccio

wines.

I recently came across a fledgling trend that may portend the future of winemaking offerings.

As a wine journalist I'm frequently offered wines to sample and write about. I rarely accept these; every so often I come across an offering that has a unique twist to the thousands of wines screaming for attention on wine shop shelves. So it was that I recently accepted samples of a new wine label just arriving in our local markets.

At first blush the new wine label was a bit off-putting, a bit too ostentatious. But the pedigree is excellent.

The Marvelous Wines brand is the brainchild of a top South African winemaker and a top South African chef, backed financially by a new investor in South African wines. Together they have created blended wines that should appeal

In my travels through the wine world, whether caressing a handful of soil or the keyboard on my computer, I always keep a peripheral watch for new trends, wines or approaches to the marketing of

to the typical American palate: pleasing fruit, medium acidity and mild tannins.

The expertise of each team member is highly recognized and lauded. One is the winemaker at the famous Mulderbosch Winery, another is the executive chef for the South African Relais and Chateaux high-end resort chain and the third is the controlling partner in Terroir Selections, a growing U.S.-based winery investment conglomerate.

What makes this partnership unique, other than their pedigrees, is the approach they have taken to pairing wine and food. At Marvelous Wines, the pairing takes place during the production phase of the wine. The winemaker, Adam Mason, and the chef, Peter Tempelhoff, work together to create a balance of blended wines that pair with specific recipes—that can also be easily mixed and matched with similar ingredients to those suggested by Tempelhoff.

Mason gained acclaim as the winemaker at Mulderbosch Winery before taking a parallel path under the financial wing of Charles Banks, who had recently acquired the Mulderbosch winery.

Here is a review of the two Marvelous Wine blended offerings I've sampled along

You Heard It  
Through the  
Grapevine

with recipe suggestions from Tempelhoff, who favors local South African ingredients. This offers Americans a new twist but may require a bit of foraging.

Marvelous Yellow 2012 (with a “K” stamped on the top of the bottle foil for its hyperbolic name, Kapow!): A blend of Chenin Blanc (60 percent), South Africa's signature white grape, Chardonnay (30 percent) and Viognier (10 percent), this wine creates a fresh and aromatic profile of fruit and acid. The underlying tropical fruits of the Chenin Blanc are complemented by the peach aromas of the Viognier, offset by the fresh acidity of the Chardonnay. Retail price: \$15.

Chef's pairing suggestion: “Malay scented prawn risotto with heaps of coriander & lime is a perfect match for this white blend. There is more than enough fresh acidity in the wine to handle a good squeeze of the lime, and the wood is just enough to compliment the buttery risotto.”

Marvelous Red 2011 (with an “S” stamp, for Shazam!): A blend of Syrah (83 percent), Grenache (9 percent), Mouvedre (5 percent) and Viognier (3 percent), I found peppery aroma and flavor that were well-balanced with dark

fruit elements. The medium-intensity profile reminded me somewhat of a Southern Côtes du Rhône, but with a unique spiciness I attributed to the local growing conditions of South Africa. Retail price: \$15.

*‘A South African offering with a unique twist’*

Chef's pairing suggestion: “Our Karoo lamb is especially suited, as it feeds on the fynbos herbs which come through in the flavour of the fat. Braised springbok shoulder is also a no-brainer, as the wine's velvety texture harmonises perfectly with the rich saucy meat.”

Since the end of apartheid in the mid-1990s, South Africa has marketed heavily into the United States with limited and sporadic success. Perhaps this new approach will prove successful.

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](mailto:nantonaccio@theexaminernews.com) or on Twitter @sharingwine.

## Parenting Pep Talk: Should My Child Disclose His Asperger's To Peers?



By Dr. Jaime  
Fleckner Black

Parents often fret about disclosing an autism spectrum disorder (ASD) to teachers, parents, and their children's peers. Particularly in ASDs like Asperger's, some parents hope their children can slide by unnoticed because they are so high functioning. This strategy is typically intended to protect children from ridicule and ostracism. Parents fear that children will become targets for rejection or bullying.

Handling the issue of disclosure becomes more complicated with age. First of all, we want children to accept and respect their own strengths and weaknesses as they learn to better understand themselves. Asking them to keep quiet about their diagnosis sends a message that something is wrong and should be kept secret. Second but equally important, "children are disclosing, inadvertently, all the time" says Brenda Dater, mother of children with ASDs and ADHD, and author of *Parenting without*

Panic. Neurotypical children notice when other children behave in confusing ways and respond by devising their own labels. ASD children tend to be called "weird" or "strange" because other children just don't understand their behaviors.

According to *Parenting Without Panic*, here are some ways children disclose without intending to:

- Having meltdowns at school.
- Using a loud voice in the classroom.
- Being inflexible when working in a group.
- Not joining in at recess or lunch.
- Doing "private" behaviors in public (nose picking, masturbation).
- Pacing in the classroom.
- Standing or sitting too close to others.
- Using classmates' supplies without asking.
- Talking about a special interest even when others show their disinterest.
- Not picking up on teacher's nonverbal communication.
- Chewing on clothing or gum.
- Their nonverbal communication seems "off."

In addition to the negative ways that children inadvertently disclose, children with ASDs display a variety of positives that neurotypical children might

appreciate. Here are just a few Asperger ("Aspie") strengths according to renowned authors and practitioners Tony Attwood and Carol Gray in *The Discovery of Aspie Criteria*:

- Peer relationships are characterized by loyalty and are free of agism, sexism, and cultural biases.
  - Ability to listen without judgment or assumption.
  - Unique problem solving abilities.
  - Desire for substantial conversations with little small talk.
  - Persistence.
  - Attention to detail (which can translate into helping peers with complex academic and other problems).
- You and your child might decide to disclose a diagnosis to an entire class in grade school, though as children enter middle or high school they may want to do it individually or in very small groups. If your grade-school child feels ready, he could prepare a presentation with the help of a teacher. Children will want to include:
- A clear explanation of Autism Spectrum Disorders.
  - Their own strengths and weaknesses, possibly with humorous anecdotes.
  - Ways other people can help.

It's a good idea to end with a Q&A

session like Noah, one ASD child in *Parenting Without Panic*. In Noah's presentation, one of his classmates asked, "Is there a cure for Asperger's?" Noah responded, "You don't need a cure. It's not a disease." His point was clear. Asperger's was something you needed to understand so that you could provide support and accommodations—it was not something you needed to eradicate.

This framework for disclosure can be applied to any diagnosis from ADHD or Tourette's Syndrome to physical disabilities like Cerebral Palsy. All children can benefit from learning to advocate for themselves or from hearing a classmate have the courage to do so. We all struggle in one way or another and we need to teach our children to recognize our commonalities and respect our differences.

*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](http://www.spectrumservicesnyc.com), e-mail [JaimeBlackPsyD@gmail.com](mailto:JaimeBlackPsyD@gmail.com) or call (914)712-8208.*

## Three Mahopac Troop 371 Scouts Receive the Eagle Scout Award

Scouts Ricky O'Neill, Danny Quigley and Anthony Trotta of Troop 371, Mahopac were honored and awarded the rank of Eagle Scout at a special Court of Honor on Sunday, June 1 at the Mahopac Firehouse.

Twelve years ago these scouts entered Scouting as Cub Scouts. Seven years ago, after earning the Arrow of Light, the highest Cub Scout award, they crossed over and joined Troop 371. Since then they have actively participated in the troop program and worked their way through the ranks. From Scout to Tenderfoot to Second Class and First Class they learned and applied the skills of Scouting: citizenship, camping, cooking, hiking, knots and lashes, map and compass, first aid, nature, swimming and physical fitness. As they advanced through Star, Life and on to Eagle, leadership and service were required. Each scout had to earn at least 21 merit badges including 13 that are required from among the 132 available choices and hold leadership positions in the troop. The skills learned were passed on to the younger scouts during skill instruction periods at troop meetings and campouts. They had to perform many hours of community service culminating in the planning, development and leadership of a major Eagle Scout project.

All three scouts who graduated from Mahopac High School in June of 2013 have completed their first year of college.

Eagle Scout Ricky O'Neill earned 29 merit badges, attended more than 90% of the troop meetings for six years, earned the 100 BSA Anniversary Award in 2010, the Ad Altare Dei Award, the World Conservation Award, the 50 Miler Award, Totin' Chip, Fire'n Chit and attended scout camp for five summers including a 75 mile kayaking trek on Lake Champlain. He held leadership positions in the troop as Assistant Senior Patrol Leader, Assistant Patrol Leader, Den Chief and Instructor and participated in leadership training. He earned the Boston and Philadelphia Historic Trail Awards during weekend in those cities. His Eagle Scout project on the grounds of Saint John the Evangelist Church consisted of replacing three temporary handicap parking signs with permanent ones, putting in a garden in front of the newly installed handicap ramp and creating a walkway from the Our Lady of Life Statue to the sidewalk.

Eagle Scout Danny Quigley earned 23 merit badges including, earned the Ad Altare Dei Award, the World Conservation Award, Totin' Chip and attended scout camp for three summers. He held leadership positions in the troop as Assistant Patrol Leader and Instructor. His Eagle Scout project was the replacement of fencing and clearing brush between the picnic area and the pond at Sycamore Park and removing the old, damaged charcoal barbecues in the picnic area.



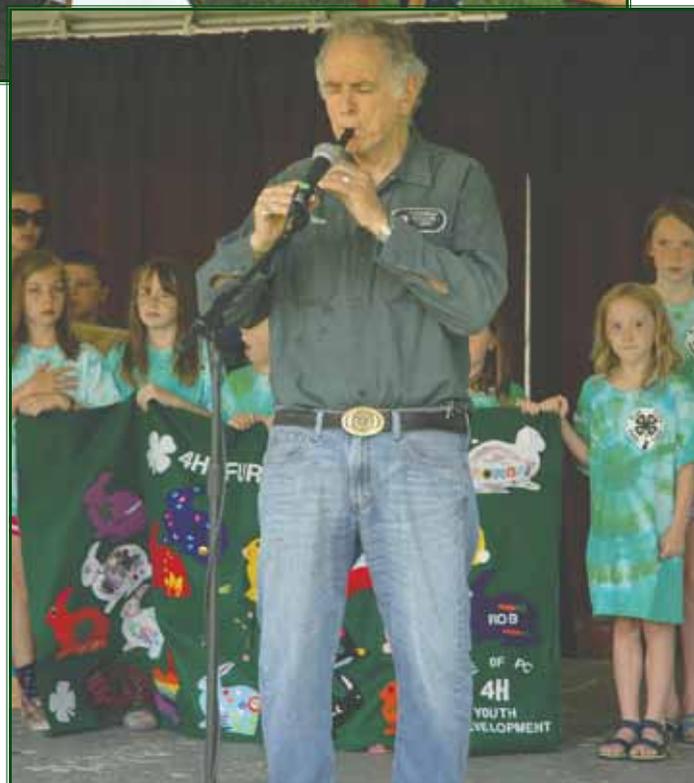
From left to right: Ricky O'Neill, Danny Quigley, and Anthony Trotta.

Eagle Scout Anthony Trotta earned 24 merit badges, attended more than 90% of the troop meetings for three years, earned the 100 BSA Anniversary Award in 2010, the Ad Altare Dei Award, the World Conservation Award, the 50 Miler Award, Totin' Chip, Philadelphia Historic Trail Award and attended scout camp for four summers including a 75 mile kayaking trek on Lake Champlain. He held leadership positions in the troop as Assistant Senior Patrol Leader, Patrol

Leader, Troop Guide and Instructor and participated in leadership training. His Eagle Scout project was to construction three tier bleachers with ground mats for one of the baseball fields at the Crane Road Park and to replace the water spigot with a new water fountain.

Troop 371 is proud of the achievements and accomplishments of these outstanding young men that have contributed to the scouting program and the betterment our community.

# Putnam's 43rd 4-H Fair Fun for Everyone



PHOTOS COURTESY OF CHUCK DELUCA

# 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.

**Save the Date:**

**Saturday, August 9**

**She Loves Me Yeah, Yeah, Yeah:** Free Concert: Putnam Valley Town Park. The Beatles Faux Sale. 7 p.m. Music, Food and fun for all. Call Visit: pvpr.com 845-526-3292.

**Ongoing**

**Boscobel Expands Playgroups for Tots:** Due to the popularity of its spring playgroup series, Rhyme Time by the Hudson, Boscobel is now offering three more sessions for young children in 2014. The interactive, educator-led playgroups are designed for children ages 1 through 5 with their parents, grandparents or caregivers and take place in Boscobel's spacious pavilion tent off the west meadow, as well as its inspirational Hudson River scenic overlook. SUMMER SESSION (3 weeks) July 25, August 1, August 8 Members: \$30 for 2 (caregiver & child) Not-Yet Members: \$45 for 2 (caregiver & child) \$15 each additional child early fall session (4 weeks) September 5, 12, 19, 26 late fall session (4 weeks): October 3, 10, 17, 24 Members: \$40 for 2 (caregiver & child) Not-Yet Members: \$60 \$15 each additional child To register for a Playgroup, contact Lisa DiMarzo: ldimarzo@boscobel.org or 845.265.3638 x140. Memberships can be purchased at Boscobel.org.

**Sizzling summer at the Library:** The last bell of the school year barely rang when over 200 kids, parents and neighbors came to the library to enjoy the big Summer Kick Off Block Party. Visitors of all ages enjoyed the festivities held in the beautiful Patterson Library Park. Great food, games, a hula hoop demonstration, music and dancing kept the crowd buzzing all afternoon. The Block Party was the first on a list of fun events for adults and kids taking place all summer long. From movie screenings, Beer Making & Country Line Dancing Under the Stars, to gardening and cooking classes there is something for everyone. In addition to great programs, the library offers museum passes for free and discounted admission to great area museums, a wonderful teaching vegetable garden sponsored in part by a grant with the United Way, plus great services including free eBook downloads, Kindles, audiobooks, Open Computer help sessions plus great summer reading programs raffles & giveaways. For more information on programs and services, visit our website at www.pattersonlibrary.org & click on calendar or call 845-878-6121 x 10. Follow us on Facebook & Pinterest for more library happenings.

**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.)

**Tuesday, July 29**

**The Brewster Rotary Club's** regular meetings take place Tuesdays at 12:15 p.m. at Aversano's Restaurant in the Brewster Town Centre, Routes 22 and 312. If you're interested in Rotary's work in the community, you can learn more at www.brewsterrotary.org.

**The Putnam Valley Volunteer Fire Department** will be hosting a blood drive. 2:30 p.m.-8:30 p.m. at our main headquarters.

**Professional Women of Putnam hosts:** Cocktails & Connections at the Chophouse Grille to benefit Putnam CAP Please bring a donation of school supplies with you. 6 p.m.-8 p.m. 957 Route 6 Mahopac. Includes appetizers. Cash Bar. \$15pp PWP Members, \$20pp Non Members. www.professionalwomenofputnam.com

**Thursday, July 31**

**Four Part Series:** Breathing Techniques & Meditation to Reduce Stress: 6 p.m. - 7:30 p.m.

**Somers Library.** 6 p.m. to 7:30 p.m.. An internationally acclaimed seminar based on innovative breathing techniques that can reduce stress and heighten mental clarity and awareness. The techniques and processes introduced during the seminar are easy to learn and practice, improve human performance in the workplace, create a greater sense of commitment and team unity, improved relationships, and enhance the overall quality of life. This program is presented by Manjula Khanna, and offered through Art of Living Foundation, www.ArtOfLiving.org. Seating is limited and registration is required. Call the library to register at 914 232-5717. Or register online at www.somerslibrary.org

**Friday, August 1**

**The Pied Piper Youth Theater** is proud to present the summer workshop production of Hairspray Jr.. The 1950 s are out and change is in the air! Hairspray Jr. the family-friendly musical piled bouffant high with laughter, romance, and deliriously tuneful songs is adapted from the Original Broadway Version which won 8 Tony Awards including Best Musical. It's 1962, and spunky plus-size teen Tracy Turnblad has one big dream — to dance on the popular Corny Collins Show. When she finally gets her shot, she's transformed from social outcast to sudden star. In balancing her new-found power with her desire for justice, Tracy fights to dethrone the reigning Miss Teen Hairspray, Amber von Tussle, and integrate a TV network in the process. With the help of her outsized

mom, Edna, and guest DJ Motormouth Maybelle, the rhythm of Tracy's new beat just might prove unstoppable. August 1st & 2nd matinee (Cast #1), August 2nd & 3rd matinee (Cast #2) August 1st @7:30pm, August 2nd @4 p.m. & 7:30 p.m., August 3rd @3 p.m. Tickets: \$12 adults, \$7 children. If you buy your tickets online, you are let into the theatre first for first pick at seats. The Melrose School, 120 Federal Hill Road, Brewster.

**Sunday, August 3**

**Free Music Concert:** Bandstand at Main Dock Cold Spring. Parsonfield. Folk Rock.

**Tuesday, August 5**

**Country Line Dancing Under the Stars:** Patterson Library, 1167 Rte. 311 Patterson. 7 p.m., Rain Date: August 12. Adults join us for a great night of country line dancing outside in the Patterson Library Park! Learn the latest steps as we dance to top country hits with a live DJ. 18+ only. Kids 5+ can dance in the Community Room with Miss Jenn and a line dance instructor! Registration required for kids. Registration preferred for adults, walk-ins welcome if space allows. To register or for more information, visit us online at www.pattersonlibrary.org and click on calendar or call 845-878-6121 x10. Free program.

**Wednesday, August 6**

**The 42nd Infantry Division Band of the New York Army National Guard** will be performing at the Patterson Recreation Center in Patterson, NY at 7 p.m. on August 6. The 42nd Infantry Division Band is the musical ambassador for the 42nd Infantry Division (Mechanized),

New York Army National Guard. The band's base of operations is Camp Smith, Cortlandt Manor. The 42nd Infantry Division Band was mobilized and deployed for a tour in Iraq in support of Operation Iraqi Freedom III in 2005. While on deployment, soldiers provided music and entertainment to the troops, musical support for soldier memorials, musical assistance to the Chaplain Corps, and conducted Iraqi Military and Police graduations. The Band also supported security operations. The 42nd Infantry Division Band has a variety of performing groups which include Concert Band, Marching/Ceremonial Band, Brass Quintet, Woodwind Quartet, Jazz Combo, Latin Band, Stage Band, Rock Band and Buglers. The majority of our skilled musicians are adept at more than one instrument, which enables the band to perform with great flexibility and versatility for any type of military and civic function. The 42nd Infantry Division Band is under the command of Chief Warrant Officer Mark L. Kimes and First Sergeant Leslie G. Saroka. For More Information Contact 914-944-6552, or e-mail to: becky.rapp@us.army.mil

**Saturday, August 9**

**Free Concert: Putnam Valley Town Park.** The Beatles Faux Sale. 7 p.m. Music, Food and fun for all. Visit: pvpr.com

**The Muddy Puddles Mess Fest 2014:** The Ty Louis Campbell (TLC) Foundation . 11 a.m. to 4 p.m. Mahopac (Carmel). CampKiwi. www.eventbrite.com/e/the-muddy-puddles-mess-fest-2014-tickets-7738208189

## Crossword Answers

1	P	2	J	3	S		4	G	5	N	6	C		7	S	8	A	9	E				
10	O	A	K				11	H	E	R				12	I	L	K						
13	D	R	A				14	P	E	R	Y			15	G	E	E						
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40	P	L	Y										41	S	O	S				42	M	E	G

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The Putnam  
**Examiner**  
**Sports**  
*Covering Putnam County and Northern Westchester Sports*

July 29- August 4, 2014

SMALL NEWS IS BIG NEWS

SPORTS SECTION

# Something Brewing in Brewster



## WPBA U-13/14 Team Undefeated

After a sub-par record on the varsity circuit, Brewster High could be getting some much-needed help in the not-to-distant future on the baseball diamond. The Brewster Bears of the WPBA's 13/14 Division are tearing it up this season, currently undefeated with a record of 13-0. Over the last two weeks, Brewster has steamrolled Yorktown (6-0), Mt. Kisco (11-8), Ossining (13-9), Somers (14-9), Bedford Hills (9-3 & 16-5) and two games against Carmel by 3-2 counts. Key pitching contributions have come from Ryan Cabiatti, Kove Lambert, Luke Juncaj, Ryan Goodliffe, Michael Charbonneau and Brendan Brooks and consistent big-time hitting from Brendan Brooks and Timmy Holler. Coached by Brian Brooks and John Goodliffe – with additional support from Joe Charbonneau -- Brewster hopes to lock down the No.1 seed in the upcoming playoffs this week. (above) Steady Brewster IF Aiden Ossorio slaps tag on an Ossining runner in recent Brewster win.

## Sports

## Softball Notebook

# The Stadium vs. Peekskill Brewery for all Marbles in Put Valley

## PV to Host Alumni Softball Tournament for N. West/Putnam Alumns

by Ray Gallagher  
Examiner Sports Editor

The Putnam Valley Parks & Recreation and Town of Cortland Men's Softball Leagues are two of the more competitive open adult softball leagues in the region, featuring teams and players from Ossining to Mahopac and all points in between. Some of Section 1's top former baseball players and athletes from a variety of other sports are still keeping their competitive juices flowing by hitting the diamond regularly from April-August and then again in the fall leagues run by both recreation departments.

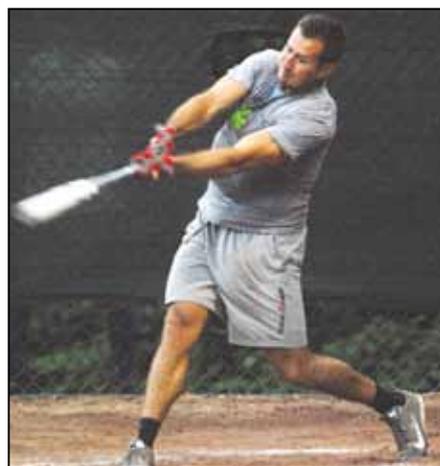
Both Cortland and PV find themselves in the throes of their playoffs in A, B and C divisions, with the A-Leagues featuring former Lakeland greats like Tim and Chris Murray; Hen Hud studs like Kurt Thomas and Mike Reynolds; Mahopac's Devin Scalabrini; Panas' Kyle Pierce, Mike Parrish, Nick Corales, Ryan Sullivan, Greg Sellazzo, Eric Mantell, Mike DiDomizio and others; Put Valley's Anthony Tyndal,



Panas grad Mike Parish trots the basepaths after homering in semifinal win for The Stadium.

Tommy Cottrell, Danny Turner and the Meister brothers; Yorktown's Dan Magro and Brian Battista and Carmel's Eric Mittelstadt. I'd been covering these guys' escapades since 1989, shortly before I truly got into lax and the insane Yorktown / Lakeland lax rivalry got me completely hooked on the sick pockets within the Hudson Valley. Baseball was better before the turn of the century in our neck of the woods and these guys are proof positive. You ask a kid like 2011 PV grad Anthony Tyndal if the guys he played with in high school could hold the Murray's jock straps or carry Kurt Thomas' bags and he'll be honest with you. Baseball is dying a slow death in the coverage area of Northern Westchester/Putnam County, but we're looking to resurrect yesteryear with a twist.

Here's the plan: My boy Danny Turner - he of the Just Say No & Go campaign we're all very high on - and I were brainstorming with our Panas buddies Ross Mantel and



RAY GALLAGHER PHOTOS

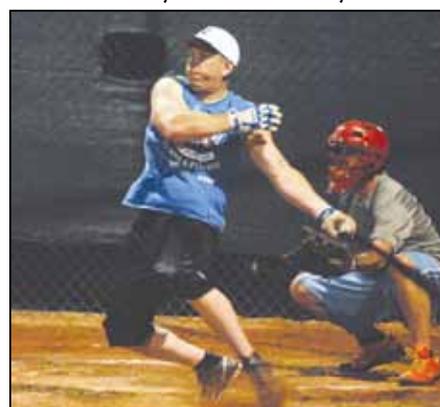
Lakeland grad and Niagara alum Chris Murray cracks a game-clinching shot.

Mike Parrish and we decided it would be something if we could generate a buzz about a softball tournament that might determine local supremacy among the guys I've covered at places like Lakeland, Hen Hud, Yorktown, Somers, Panas, Mahopac, PV and Carmel High. Heck, we'll take teams from anywhere - Peekskill, Fox Lane, John Jay et al. (\$200 entry fee)

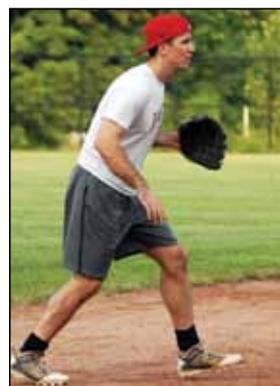
But here's the deal in the tournament we're dubbing "The Inaugural Just Say No & Go Softball Scramble": the tournament's primary rule is simple; you went to Hen Hud you play for Hen Hud High; same goes for Lakeland and Panas, which has already committed two teams. If you didn't play high school ball in the area, you can try to latch on to the roster within your current school district.

Put Valley guys are Put Valley's guys; not Lakeland or Panas or JFK or Peekskill; or any other place Put Valley used to send its kids off to before got its own high school. If you would have gone to PV High in the 90s, you're on the PV roster; catch my drift. Anyone interested in participating should contact Ray Gallagher (rgallagher@putnamvalley.com) or Craig Cotone (ccotone@putnamvalley.com).

On most any night, in either Put Valley or Cortlandt you'll find many of these



John Fay grips and rips for Kappus Pumps.



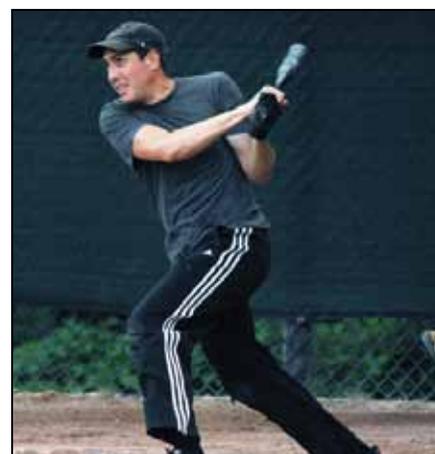
Lakeland grad and Notre Dame alum Tim Murray flashed some mean leather en route to the championship series in the PVPV Men's Softball League.

(13-1), which was the No.1 seed heading into this week's playoffs. Captain Mike Heaslip's team was the clear favorite to repeat for a third-straight year with a pair of RHP in Jim Caputo and Steve DiRenno, but the sticks came up short and Shooky was swept by the Peekskill Brewery.

Captain PJ Male of The Stadium drew the No.3 seed and survived a scare from Magro's Boar's Head club when RHP Kris Brandt cracked a seventh-inning walk-off grand slam in the opening round last Monday for a 9-7 win. The Stadium then went on to sweep second-seeded Kappus Pumps & Plumbing in shocking fashion, setting up a Peekskill Brewery vs. Stadium championship this coming week.

"Obviously, The Stadium is a big obstacle but we'll see what happens," Tim Murray said. "Josh and Timmy pitching out of their minds, and we're making the plays. A few minor line-up tweaks, like moving Donnie Ricciardi to 2nd base, and we're money now."

Fifth-seeded Peekskill Brewery (6-9), which features both Murray brothers, knocked off No.4 Brodies (7-8) on a Tim Murray three-run dinger. The former



Shook Construction SS Mike Heaslip cracks a triple.

competitors and others flashing the leather, seeking the extra base or looking to go yard at Lent's Cove in Buchanan or Keating Field in PV.

Put Valley's A-Division features the defending champion Shook Construction

Notre Dame slugger may be the finest shortstop in the history of the league and he looked the part with several spectacular plays at short. LHP Tim Colligan baffled Brodie's sluggers, including Craig Cotone and Jon Cosenza, with an array of fastballs and off-speed changes. The Murray boys followed that up with a stunning 2-0, nine-inning win over Shook Construction in their semifinal opener; each knocking



Putnam Valley grad Anthony Tyndal, who recently competed in the NCAA Division II World Series for Westchester Community, takes a rip in recent PV softball playoff action.

in a run with a sac fly off Caputo in the ninth. They completed the sweep of the defending champions with a 7-0 win.

In PV's B-League, Kekembas holds a 1-0 series lead over the Brew Crew and Stuart's Farm will face Wheelabrator Isotopes in the other semi. In C-League action; No.11 Dougie's Big Dawgs swept No.4 House of Pain to advance to the finals while No.2 Appalachian Market and No.3 J&B Tree split their semis to force a win-and-you're-in Game 3.

**Cortlandt's playoffs** are getting started this week and the team to beat, as always, is Will Mauro's Fulgum's club. Featuring the gifted Milt Waltzer on the hill, Fulgum's is the No.1 seed after defeating Shook Construction, 11-9. The sluggers on the team include Kurt Thomas, Kirk Larson, Chris Kelly, Ant Capicotti and Will Mauro; legitimate hitters, all of them.

Fulgum's will be challenged by Shook, McHales and The Stadium for A-League supremacy in Cortlandt. Fulgum's will be up against it without Kurt Thomas (vacation) and Kirk Larsen (torn ACLU), leaving two big holes in the lineup. Plus, Shook Const. was embarrassed in PV and will look to save face in Cortlandt by giving everything they got to knock off Fulgum's.

## Sports

# Looking Forward to Week 2 of Football Season; Somers vs. Yorktown



**By Ray Gallagher**  
**Examiner Sports Editor**

In this space and in this neck of the woods, it's never too early to speculate the upcoming football season; be it Section 1, college, NFL or fantasy football. The off-season – if there is such a thing with the best football programs around – is the key, and the premier clubs are prepping as we speak.

Around here; Class A football has been our best bet for championship-caliber ball, though that is not a knock on Class AA Carmel nor Mahopac.

You can bet reigning two-time Section 1 Class A champion SOMERS (10-2) is at it right about now, preparing for an unprecedented third straight title and fourth overall since Coach Tony DeMatteo took over the reins of the program just after the turn of the century. The stable of backs include the bulls Tim Fazzinga, plus gear-changing shifty RBs like Matt Morgante and Joe Spor, but the big question in Tusker Nation is who takes over at QB for Tim Cousin, a dealer in the art of improvisation? For now, it's Nick Lombardo's job to lose. The last in a long line of Lombardo boys, Nick is the first QB among the Lombardo boys, who could straight up run the rock as bruising RBs.

"I'm so jacked up to three-peat, we all think about it every day," said the 6' 190-pound Fazzinga, who rushed for

12 TDs and 681 yards on 91 carries last season. "We all wake up at 5:30 every morning for team lifts... we're so ready to go!"

Defensively, the Tuskers will attack behind DL Tom Castelluccio and a bevy of ball-hawking LB/DBs.

And you can bet the ranch that YORKTOWN (6-3) is at it, too; high on hope and loaded with expectation after suffering a quarterfinal defeat at the hands of Rye last year. I would expect that Coach Mike Rescigno's Huskers will have a special campaign in 2014 with speedster Ryan Baker under center and No.1 target Dan Del Bene (WR) serving as a lethal combination. My boy Baker has a stable of backs with which to toy, including Tim Forbes, Nick Santavicca and Mike Dedvukaj. The line play, a strength under Coach Big Mike, is rumored to be above average.

We won't have to wait long to see which of the two bordering schools has a leg up on the Class A circuit as the Huskers will host the Tuskers in a Week 2 showdown that will feature two of the premier programs in the section. Early pre-season rankings show Somers at No.1 with Rye checking in at No.2 among most pollsters, with Yorktown coming in among the top five. So Week 2 will be huge.

"Yorktown has always been my grade's biggest rivalry," Fazzinga said of the Huskers, who recently tussled with the

Tuskers on the junior varsity level. "This is football... not lacrosse. We can't wait!"

Baker assures that Yorktown and its infamous Crop will be waiting with open arms, anxious to swallow the Tuskers whole.

"It's gonna be a war, with the crop out in full force," Baker assured. "But all our focus right now is on Eastchester, and House (Rescigno) is getting us well prepared for them."

My buddies at JOHN JAY CR are also stoked for what should be a hum-dinger of a year. It's always more fun when Coach Jimmy Clark's Indians (7-2) are in the thick of the chase, which is often. Clark, Section 1's answer to New Orleans' Saints Coach Sean Payton, has the skill-position players to make a legit run. Jay will battle both Somers and Yorktown this season in what should be a couple of humdingers.

"It's exciting how we all play each other, too," said Baker. "Both huge games. We can't wait."

Imagine if PANAS (6-3) is good again; that would make three-straight seasons in which Coach John Patronik's Panthers were relevant. I can't say for sure, but it's been maybe 20 years or longer since

anyone typed anything like that, but I suspect the Panthers will be better than people are expecting with White Plains transfer Emeka Carranza toting the rock behind a fairly veteran offensive line. My boys Chris Totten and Kris Brandt – assistant coaches at Panas – said they enjoy flying under the radar, but I don't think they'll be there for long if QB Justin Lee can handle the snaps effectively.

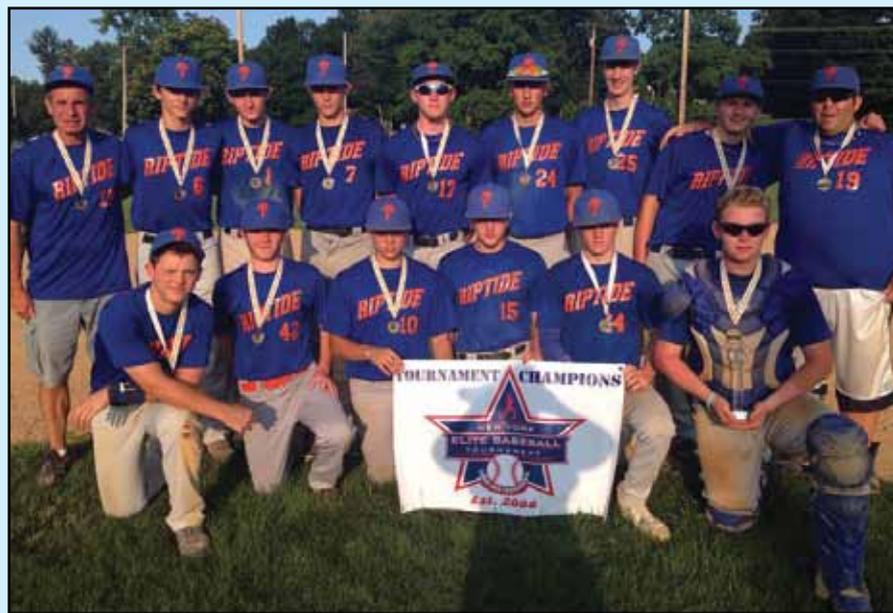
Upon my return from vacation, we'll really dive into the football scene but I've got a wide girth that needs some sunshine and a fantasy football mag that needs some scouring over, so we'll catch up on August 12th. Ciao for now!



*"This is football, not lacrosse! We can't wait for Yorktown!"....*

*Somers RB/LB Tim Fazzinga on the Week 2 showdown with the Huskers*

## Riptide are Gripping & Ripping



Putnam Riptide players Tommy Brundage, Matt Catalano, Chris Dietz, James Langworthy, Eddie Lent, Matt Marrusich, Devin O'Connor, Zach Onufrick, Danny Owens, Joe Raguso, Lucas Rendich, Ben Washburn, Mark Weaver and Riptide Coaches Mike Smith and Marrusich pose with the hardware after taking New York Elite 16-U Tournament title in New Windsor last weekend.

## Bad Brad Makes Like Hulk



At a powerlifting meet this past weekend at the Adrenalin gym in Peekskill, Brad Ettinger of Cortlandt Manor competed only three weeks after competing at the SPF Summer Showdown competition, posting a national record of 12th in the nation in the 198lb weight class (raw with wraps) totaling 1715 points. The meet was hosted by Manzo Powerlifting this past Saturday, and Ettinger once again competed in the 198lb weight class, weighing in at only 185 lbs (three pounds less than his weight in at the WPF Summer Showdown). He took the overall with a 1670 total; 425lb bench press, 630 lb deadlift, and a 615lb squat. He is currently shutting down for rest & will commence training at the end of August when he will start preparing for Nationals in Miami - the RAW Classics Powerlifting Championships.

# Kurt-in Call!



RAY GALLAGHER PHOTO

## Stadium vs. Peekskill Brewery for Put Valley Title

Hen Hud grad Kurt Thomas takes a rip in recent Putnam Valley Parks & Recreation softball action, helping his team — The Stadium -- reach the finals of the ultra-competitive A-League fast pitch softball league after knocking off Panas grad Rich Montesarchio's Kappus Pumps & Plumbing squad in last week's semis. The Stadium will take on the Peekskill Brewery in the finals. Plans are also in order for the Putnam Valley Parks & Rec. to team up with the "Just Say No & Go" initiative for an alumni softball scramble this September, which will include local high school alumni from across Northern Westchester and Putnam counties to determine local supremacy... see Softball Notebook