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SMALL NEWS IS BIG NEWS

Volume 10, Issue 504

## PV Student Ordered Home After Social Media Threat

By David Propper

A Putnam Valley High School student currently suspended from school is fighting back on social media, after his presence at the school caused a stir throughout the community last week.

The student, a male 14-year-old, allegedly wrote threatening messages on social media last week that led to

his suspension from school. After the Putnam County Sheriff's Office apparently told the parents of the student he could not attend school on Nov. 15, the student got on a bus en route to the campus anyway, but was detained by an assistant principal right away the same

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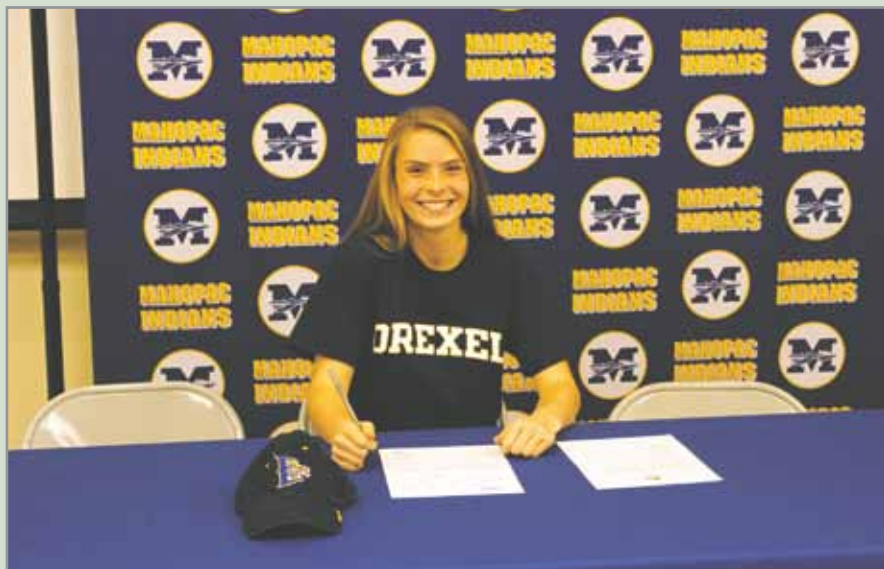
## Airport Field Project Takes Flight in Mahopac



NIKKI GALLAGHER PHOTO

Members of the Carmel Town Board and the Carmel Recreation Department gathered for the ceremonial groundbreaking at the site of the proposed Airport Field Master Plan Enlargement off Hill St. in the center of Putnam County where the implementation and renovation is expected to be completed sometime in 2020 and will include four fully refurbished multi-purpose fields with all the trimmings, a children's playground and picnic area, walking/Audubon trails and much more. (L-R) at the groundbreaking ceremony were MSA Board Member Ed Binns, MSA Board President Roger Garcia, Mahopac Superintendent of Schools Anthony DiCarlo, Carmel Town Board & Recreation Advisory Liaison John Lupinacci, Parks & Recreation Director Jim Gilchrist, Town of Carmel Supervisor Ken Schmitt, Mahopac School Board & Carmel Recreation Advisory Board Member Mike Mongon, Putnam County Legislator & Carmel Recreation Advisory Board Member Neal Sullivan, Carmel Recreation Advisory Board Member Ray Gallagher, Carmel Town Board & Recreation Advisory Liaison Suzie McDonough, Carmel Recreation Advisory Board Chairman Dave Fufaro (and his granddaughter) and Carmel Senior Recreation Leader Nina Kallmeyer.

## Mahopac High Celebrates Letter of Intent Signing



PROVIDED PHOTO

Emma Goodrow, Mahopac High School senior, signed her letter of intent today to play Women's Soccer for Drexel University as a student athlete for the 2019-2020 academic year. Goodrow's family, friends, coaches and teammates were in attendance of her letter signing, as well as Athletic Director Jon Augusta, High School Principal Dr. Matt Lawrence and Superintendent of Schools Anthony DiCarlo. "On behalf of the entire District and community, we congratulate Emma and her parents her academic and athletic scholarship. Emma is a fine example of the "Mahopac Way." We wish her ongoing success as a student-athlete at Drexel." said DiCarlo.

## Putnam Leg. Takes Aim at Polystyrene Products

By David Propper

With the dangers of polystyrene becoming better known, an outgoing Putnam County legislator wants to see the product banned across most of the county.

With less than two months before her tenure comes to a close on the county Legislature, lawmaker and

health committee chairwoman Barbara Scuccimarra is pushing to see many food service businesses in the county outlawed from using polystyrene (also known as Styrofoam) products, including trays and cups. During a meeting last Wednesday, the health committee passed a resolution 2-1 to send the proposed law to the full

*continued on page 6*

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# Mahopac Father and Son Share Bond Over Volunteerism

By David Propper

Growing up a son can get plenty of encouragement from his father to get involved in different activities and causes. In the case of Louis Scagnelli Sr. and Jr. though, the father followed in the footsteps of the son.

When Louis Scagnelli Jr. joined the Mahopac Volunteer Fire Department, it was only a matter of time before his father, Louis Sr., also decided to sign up for the neighboring Mahopac Falls Volunteer Fire Department. The two men, father and son, both contribute to the community and connect in a way that's improved the bond between the two of them.

Louis Sr. first wanted to join the department 15 years ago, but could not because he was working two jobs and didn't have the time to volunteer effectively. When he walked away more than a decade ago, he never thought he would one day join.

But when his son joined the neighboring department about six years ago when he was 17, Louis Sr. saw what he was doing and wanted to be apart of that, too. About a year and a half after his son began, Louis Sr. decided to follow his own ambition.

"He's a community service type of kid," Louis Sr. said. "It definitely helped him grow up and become a better kid."



Louis Scagnelli Sr. and Jr. have committed to helping the community through their service with volunteer fire departments.

PROVIDED PHOTOS



Louis Scagnelli Jr. joined the Mahopac Volunteer Fire Department more than five years ago.

Louis Sr. volunteers for the department about five days a week and helps where he can. He's an interior firefighter and drives the trucks and ambulances when necessary.

While Louis Sr. noted joining a volunteer company changed his son, he admits it has also changed him for the better. He called it a "wake up call" where

he saw how much people really depend on each other and volunteer departments.

"The feeling you can get when you can make a difference, I can't explained the feeling," Louis Sr. said. "It doesn't always end in a happy ending, but you give it your best shot and most of the time people appreciate that you're there."

Louis Sr.'s desire to volunteer was so

strong that when he was interviewing for a job with Krasdale Foods, he made it clear he could only take the position if he was given flexibility to continue in his role as a firefighter in his community. Company officials were behind him "100 percent," which meant the world to Louis Sr.

*continued on next page*

With colon cancer so close to her unborn child, other hospitals couldn't help them both. But thanks to the precision of robotic surgery and the expertise of her obstetricians, Gina's care team saved two lives at once.

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Gina's miracle wasn't beating colon cancer. It was having a baby at the same time.



## Mahopac Father and Son Share Bond Over Volunteerism

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As for Louis Jr., he knew from a young age he wanted to be part of the first responders' community. For many years, he was part of the Putnam County Sheriff's cadets program. Pointing toward the future, he wants to be a law enforcement officer one day and currently works for Putnam Hospital Center doing security.

While volunteering for the Mahopac department is hard work and time intensive, it has changed his life and woven him into the fabric of the community, he said. The camaraderie among all first responders is strong in Putnam, Louis Jr. said.

"I like helping people in the community," Louis Jr. said. "It really is a full-time thing."

When his father approached him about whether or not to join the Mahopac Falls department, Louis Jr. encouraged him. He said his father has become more involved than he ever thought he would and has gained so many friends.

While the father and son are in different departments, they still run into each other plenty on calls because Mahopac Falls and Mahopac help each other out consistently.



Louis Scagnelli Sr. became a member of the Mahopac Falls Volunteer Fire Department almost two years ago.

The two departments also train together often so the father and son see each other then, as well.

Louis Jr. said he probably sees his father more at fire department events and responding to incidents than at home because of different work schedules.

It makes volunteering all the more rewarding.

"It doesn't get better than that when you can do it with your own kid," Louis Sr. said.

## Putnam Examiner's Sister Paper Defaced with Hate Symbols

By Rick Pezzullo

Peekskill police are investigating the defacement of a copy of this week's Northern Westchester Examiner with swastikas and the letters KKK.

The hate symbols were discovered Wednesday at about 8 a.m. at a Chase bank branch at 1025 Brown St. in Peekskill.

The lead story of this week's Nov. 13-Nov. 19 edition of the paper was about the election of Yorktown High School graduate Alexandria Ocasio-Cortez to Congress.

A reader who discovered the defaced copy of the paper filed a report with Peekskill police Wednesday.

"The Holocaust & Human Rights Education Center commends the action of the citizen who, upon discovering the hate symbols on the newspaper, immediately brought it to the attention of the Peekskill Police Department to investigate," said Millie Jasper, executive director of the Holocaust & Human Rights Education Center. "We encourage the officers to investigate this matter thoroughly, sending a clear message to the community that the Peekskill law enforcement agency does not tolerate behavior showing prejudice and bigotry."

Examiner Media Publisher Adam Stone said the reader who discovered the defaced

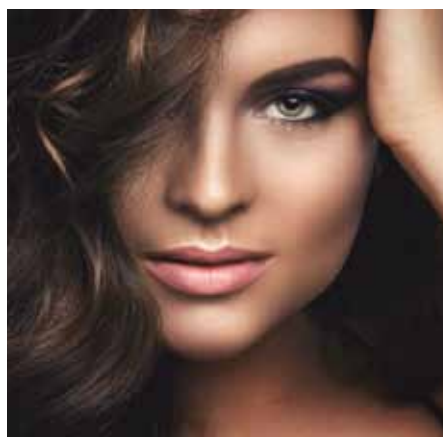


newspaper decided to contact police on his own. But Stone has subsequently followed up with Peekskill police to check on the status of the investigation.

"After speaking with the assigned officer, I'm confident Peekskill police are taking the matter seriously," Stone said. "All of the anti-Semitic and racist incidents arising across the country are deeply disturbing, and it's incredibly troubling to see the volume of incidents increase the last two years. It's vitally important to shine a bright spotlight on all of these incidents and resist any temptation to accept them as the new norm."

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# PV Student Ordered Home After Social Media Threat

*continued from page 1*

morning, Superintendent of Schools Dr. Fan Wills said. He is currently not attending classes, Wills said in an interview last week.

In a Nov. 14 message to the community, Wills said the high school administration was told by a teacher he overheard about "threatening comments" made by this student. The sheriff's department was contacted and initiated an investigation, which included questioning the student's parent. It was determined by the sheriff's office the student did not pose a threat to the district, Wills said.

Later that evening on Nov. 14 though, a concerning social media post was allegedly made by the same student and brought to the attention of the district administration, which again contacted the sheriff's office. At that point, school officials decided they did not want the student on campus and when the sheriff's investigators went to the home again, the parents were told not to send their child to school Thursday, Wills said.

One social media message that raised red flags was the following:

"F--- Putnam valley and f--- the police, 5 days after some sh-- I said, two f-- faces

exaggerated it and a teacher overheard it and the school flipped sh--. Let's keep a long story short, I had my house raided and my gun taken. Whoever f---ed up is going to have one hell of a problem tomorrow u made a big mistake buddy."

In an interview, Wills said an "old shotgun" was removed from the home of the student Wednesday night. A sheriff's spokeswoman had no knowledge of a weapon being taken from the home when contacted by The Putnam Examiner last week.

No arrests were made regarding the incident. When the student was taken away by the assistant principal, he had no weapon on him, Wills stressed. He was taken to the principal's office and his parents were called.

"This student never made any threat to use a weapon against the school," Wills said. "The (social media) posts were questionable, that's what was concerning."

The student, whose name is being withheld by The Putnam Examiner because he is a minor, posted a more than 1,000 word message on Facebook in a community group page from his mother's account giving his side of events and apologizing for some of his actions.

The student claimed his troubles began when he "jokingly" said he wanted to shoot up CNN. When a teacher overheard him, she approached him and told him that type of statement was inappropriate and she would have to report his comments to the administration, the student wrote. He wrote he received in-house suspension for one day. The following day, when he got home his parents told him the sheriff's office came to their house and took an old shotgun. From there, the student confirmed he posted the threatening message toward the school, but before he was able to delete it without anyone seeing it, the sheriff's office again came to house and this time they forced him to go to Putnam Hospital Center for a mental evaluation. The student also said his father's shotgun was taken by sheriff officers.

He claimed the psychologist that spoke with him told him he was OK and he also claimed the sheriff's department never told him not to go to school the next day. But when he arrived at school, he was taken away by an assistant principal and a sheriff's officer and has been suspended five days with a superintendent's hearing this week, he wrote.

"I don't know who started a viscous lie

about me wanting to hurt anyone," the student wrote. "Nothing could be farther from the truth."

The Putnam Examiner spoke with the student's father on Monday, who verified the Facebook post came from his son. The father also said the family has hired an attorney, Peter Tilen, of a White Plains firm. A call to Tilen was not returned before press time.

The Putnam sheriff's office declined comment on the Facebook posts, with a spokeswoman only stating school administrators told the minor and the parent that the minor was not allowed on campus, which appears contradictory to school officials stating the sheriff's office told the student not to attend school.

Wills declined to comment on the Facebook post because of student privacy laws and could not reveal the punishment the student could or has already faced.

"I will say only that social media presents a challenge for school districts as we attempt to keep our schools safe," Wills stated. "We have to balance the rights of individual students with the right of a safe environment for all of our students. We strive for 'freedom from fear' as a prerequisite for teaching and learning--our core mission."

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# Patterson Considering Construction of EMS Building

**By Neal Rentz**

The Patterson town board is seeking to construct a building to house the town's emergency medical services personnel.

At the Nov. 14 Town Board meeting Supervisor Richard Williams said the board has hired architect to consider what should be built. The town has purchased a private home located behind Town Hall, which is located off Route 311. The garage in the back would be knocked down

and replaced with a new structure for EMS staff. Williams said it would be less expensive to take down the garage and create a new building rather than to make renovations to the current structure.

Williams said the board is considering two options -- either a one-story or a two-story building. Councilman Shawn Rogan said he favored the two-story building, which would have adequate space for two ambulances and the gear the

vehicles would need to be stocked with. Rogan said he wanted a cost analysis of each option.

Williams and Councilwoman Mary Smith said they preferred a one-story structure. A bathroom and a shower would need to be added for a single-story structure, Williams said.

Following last week's meeting Williams said he did not have the square footage numbers for the one-story or two-story buildings.

Currently, the Putnam Lake Fire Department is allowing EMS workers to use some of its firehouse space, Williams noted.

# Carmel Town Advisory for Winter Parking

The Town of Carmel Police Department would like to remind all residents that the winter all-night parking regulations (Town Code 147-17) states that no person shall park a vehicle upon any highway within the Town of Carmel starting on November 15 through April 15 between the hours of 6 p.m. through 9 a.m.

The purpose of this regulation is to facilitate the safe and effective removal of snow during the winter season. The Town of Carmel Police Department asks that residents be aware of the parking restrictions and comply with them.


For more information about the Carmel Town Code and alternate side of the street parking; please visit the town website at <http://www.ci.carmel.ny.us>.

If you have any questions or inquiries, please contact Chief Michael Cazzari at 845-628-1300.



NEAL RENTZ PHOTO

The Patterson Town Board at its Nov. 14 meeting.



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# Putnam Leg. Takes Aim at Polystyrene Products

continued from page 1

legislature for a vote next month.

Scuccimarra noted that several food chain restaurants would be affected, including McDonalds, Starbucks, Dunkin Donuts, Burger King, Applebee's, Dominoes and KFC, according to the health department, but warned the health risks outweigh any inconvenience for those establishments.

Polystyrene doesn't break down; it just breaks up and remains around for decades, Scuccimarra said. She added when a person drinks anything hot, that

person is drinking Styrofoam particles.

"This is really a detriment to our health and Putnam County in general," Scuccimarra said.

The proposed law would result in a written warning for a first offense, and if there were another violation, it would result in a fine not to exceed \$250. If there continued to be repeated offenses, it would translate into a fine that cannot exceed \$1,000. The health department would enforce any new regulation.

Businesses that have a gross income of less than \$500,000 would be allowed to file for a waiver to avoid the new law for at least one year.

Scuccimarra and Legislator Amy Sayegh voted to send the measure forward, but lawmaker Bill Gouldman voted against the proposal. It's unclear whether or not enough votes would be secured to enact the law, which would need six lawmakers to sign on.

Legislator Ginny Nacerino said she was concerned businesses would not have enough time to comply with the law if it is passed by the legislature. Before the meeting, the law stated businesses would have 60 days after it is filed with New York state, but after some discussion businesses would get a six-month grace period.

Legislator Paul Jonke questioned if the legislature should reach out to businesses

that would be forced to change their methods in order to get their input before a vote held.

He noted while these are big corporations, some of the owners of the franchises are still on a small business level. He also wanted to know if these businesses would have a paper alternative instead of polystyrene.

"I'd like to hear from these people, I think we owe it to them to find out if they can," Jonke said.

Sayegh said her hesitation with the legislation is more products could be outlawed next after polystyrene, crunching businesses further.

"We're just taking over the whole packaging and materials," Sayegh said, with Scuccimarra cutting in, "We're taking it over for a reason because it's polluting Putnam County, it's polluting our environment."

Legislator Carl Albano said it should not be too difficult for businesses to adjust and Scuccimarra noted when the county banned polystyrene in their offices a few years ago, the transition was seamless.

"We're impacting their business, I think they have a right to know what we're doing," Jonke said, calling for a pause in the process.

Scuccimarra remained undeterred, telling Jonke a vote for the legislation



DAVID PROPPER PHOTO

Legislator Paul Jonke was skeptical of a ban on polystyrene for many food businesses in the county.

would not be delayed.

"These are things we're now realizing are a detriment so this is the way we should go and some people may need a little push to go in that direction," Scuccimarra said.

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9am–12pm



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**Items Not Accepted: Industrial or commercial type and/or quantity hazardous waste or reagents, inclusive of:** Electronic waste (e-waste), used oil, latex paint, plastic bags, tires, unlabeled/unidentified containers, household batteries (AAA, AA, C, D, 9V), ammunition, explosives, fireworks, asbestos products, construction debris, furniture, toys or clothing, medical waste, old medications.

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For additional information about waste disposal options, recycling and more, please visit:  
[www.putnamcountyny.com/green-putnam/](http://www.putnamcountyny.com/green-putnam/) or call (845) 808-1390 ext. 43125

VD 2018

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## Westchester Community College PEEKSKILL EXTENSION CENTER

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The Peekskill Extension is one of Northern Westchester and Putnam County's vital resources and is located in downtown Peekskill at North Division Street. This Center offers 3-credit courses in all areas and has specialized facilities that support the digital arts and film. The Center also offers a non-credit certificate and related courses in User Experience (UX) Design and now, this spring, in 3D animation, as well as ESL and other student services. Learn in a cutting-edge environment equipped with a Maker Space outfitted with 3D printing.

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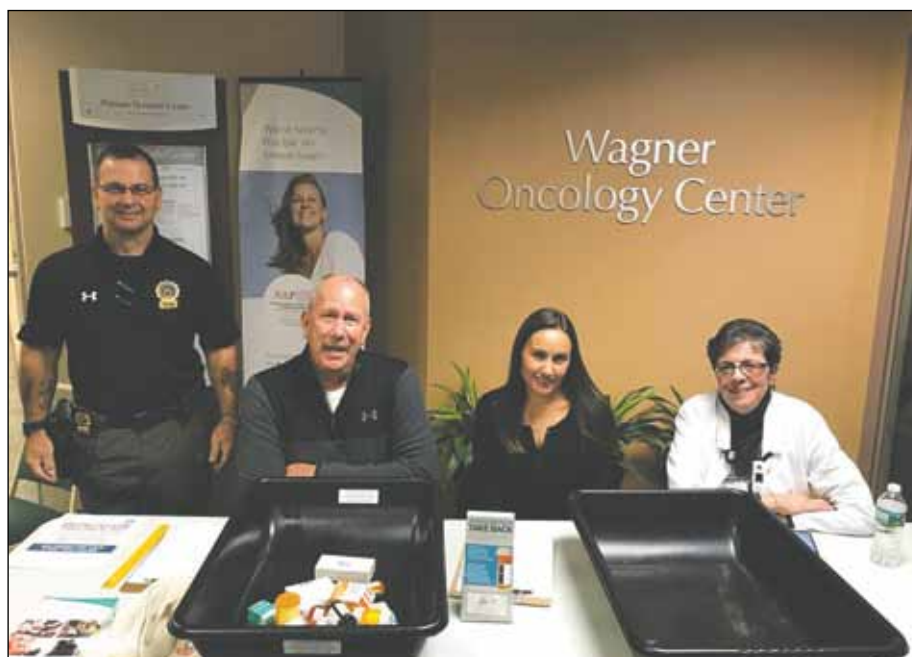




# Med Take Back Day Success Despite the Weather

On Saturday October 27, despite the weather, over 85 Putnam County residents came to the Putnam Hospital Center to participate in the Putnam Communities That Care (CTC) Coalition's Medication Take Back Day. The event, which is co-sponsored by the Putnam Hospital Center, the Department of Health, The DEA and the Sheriff's Office, collected over 375 pounds of unused or expired medications. "Keeping these medications out of the water supply as well as out of the hands of potential abusers makes this day so important," says Kristin McConnell, the Executive Director of the Prevention Council of Putnam and co-chair of the Putnam CTC Coalition.

The Putnam CTC Coalition holds this event bi-annually. However, for those people who cannot make the event, there are MedReturn boxes throughout Putnam County in the following locations: Kent Police Department,



PROVIDED PHOTO

Law enforcement and drug prevention advocates pitched in to get prescription drugs out of people's medicine cabinets last month.

Putnam County Sheriff's Office in Carmel, Philipstown Town Hall, Putnam Valley Town Hall, Patterson Town Hall, and in the lobby of the Kern Building in Brewster. The boxes in the police departments are open 24/7. In Philipstown and the Kern Building in Brewster, the box is open Monday - Friday 8:30 a.m. to 4 p.m. and in Putnam Valley, the box is open Monday-Friday 8 a.m. to 4 p.m. and in Patterson, the box is open Monday - Friday 9 a.m. to 4 p.m. Those boxes can take all unused or expired prescription medications, OTC medicines, prescription ointments, pet medications and vitamins. They will not accept any needles, hydrogen peroxide, aerosol cans, lotions, liquids or IV bags.

For additional information, contact the Putnam CTC Coalition at 845-225-4646.

Please visit and join us on Facebook by searching "Putnam Communities That Care - NY".

## Obituaries

### Henry I Adams

Henry I Adams, age 82, of Lagrangeville died on November 12, at the regional hospice of Danbury Connecticut. Henry was born locally in Mahopac on December 20, 1935 to the late Luella (Tompkins) and Robert Adams. He went on to marry the love of his life Patricia Lockwood and together they were blessed with three daughters Darcy, Donna and Gayle and a son Henry Adams Jr. Henry joined the U.S. Air Force and proudly served along side men he would have lifelong connection to. He was a proud veteran and strongly advocated for all service men and women. Mr. Adams would go on to earn an Associates degree, which was a big accomplishment during a time when the same importance of education and college, was not what it is today. Henry was a man's man and

enjoyed sports, especially golf, he had a love of hunting and fishing and was a true sportsman. He loved spending time with all of his buddies telling stories about their golf, hunting and fishing adventures. In his younger years he was a High School Football athlete and he never lost his sense of athleticism bringing into with him well into the later years of his life. Mr. Adam's lost his beloved wife in 1998 well before her time and she truly took a piece of his heart the day she passed. Henry was not a man of many words but spoke honestly and strongly, he was well respected and loved. He will be dearly missed by all who knew and loved him. Mr. Adams is survived by his three cherished daughters Darcy, Donna and Gayle Adams-Schleis. He is predeceased by his loving wife and his only son. He is also survived by the service men and women of the United States Air Force that he was so proud to have served with.

to Cold Spring, Sally continued to follow her passion for teaching, and she was a professor at Vassar College, Marist College, and most recently, SUNY New Paltz until her retirement in 2010. Sally was a communicant of Our Lady of Loretto Church in Cold Spring where she sang in the church choir for 20 years. She was also a dedicated member of the North Highlands Fire Department Ladies' Auxiliary and the Highland Garden Club. Sally loved to read, to travel, to do crossword puzzles, and she spend every day trying to learn something new. Sally was the widow of Paul, who passed away in 1995, and she is survived by her loving children Harry Singh of Brooklyn and Monica Singh of Cold Spring as well as her dear brother John M. Hey, his wife Marie, their daughters Susanne Brown, Diane Grubb, and Juley Moss (John), and her in-laws Jas and Devinder Singh and

Brij and Meena Singh and many beloved nieces and nephews.

### Thomas F. Smith

Thomas F. Smith of Wingdale, died November 15, died peacefully at his home surrounded by his family, he was 63. Thomas was born on September 30, 1955, in Mahopac, to Alfred and Mildred (Barrett) Smith. He grew up in Mahopac and Brewster and later moved to the Dover and Wingdale area. He worked for over 25 years for Vogler Bros. Septic Co. in Brewster, as a driver. Thomas is survived by his companion of 19 years, Barbara Thiele, five children: Thomas Ross, William Ross, Louis Smith, Nicole Neal, Samantha Smith, and a Nephew Ronald Gallagher. Also, he has five grandchildren: Tyler, Nathaniel, Hayven, Jilliana, Jayse, and a great-grandchild.

### Sally H. Singh

Sally H. Singh of Cold Spring died peacefully on November 12, at NY Presbyterian Hospital in Cortlandt Manor. She was 80 and was born on June 13, 1938, in Lawrence, Massachusetts, to the late John A. and Rose Scanlon Hey. Sally graduated from Mount Holyoke College in 1960 with her BA in Economics and went on to earn a PhD in Economics from Johns Hopkins University in 1970. Early in her career, Sally taught at Lawrence University in Appleton, Wisconsin, worked for the Federal Reserve Bank in Washington, DC, and also taught in Boston, where she met Kul Paul Singh and was married in 1972. After moving



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**Business  
of the Week**

# Roosevelt Veterinary Center

## Brewster

By James Miranda

The first steps a customer takes inside of Roosevelt Veterinary Center in Brewster are met with a large photo of a white French Bulldog engulfed by a green landscape and smiling.

The French Bulldog, Wilbur, belongs to Roosevelt's founder and main veterinarian Allison Glassman and it was taken by one of her patients who happened to be a photographer. But the photo represents the sense of community that Glassman wants to create at Roosevelt.

Glassman, who also owns a Bassett/Beagle mix named Blue along with Wilbur, opened the center in October 2005 in Route 22's Lakeview Plaza and remained there until they established their new location in June 2018, also on Route 22.

"Me and my husband moved up here, there was an opening at [Lakeview Plaza], and I just called up and asked how much it was," said Glassman, who graduated from Ross University School of Veterinary Medicine in 2001. "We were really limited in our space [at the old location]. Here we have a full boarding kennel, room for daycare, and a lot more room for the hospital. It was a big expansion."

Roosevelt specializes in cats and dogs.

Like most animal hospitals, their services range from general and emergency care, dentistry, bathing, a daycare program, and surgeries like spays and neuters including laparoscopic spays—a relatively new and less painful variation that allows a quicker recovery time.

Glassman, however, doesn't want to be seen as just another animal hospital.

"When I drop [my dog] off it's not just 'Oh, we're going to take him for the day,'" said Carla Churyk, a 10-month customer who adopted her Shih Tzu/Bichon mix Bailey under Roosevelt's recommendation. "They send me pictures, they post some things that I gave them permission to post online, and the actually engage with him."

Many animal hospitals have a corporate approach with customer care and tend to be more expensive than privately-owned practices, according to Glassman.

Conditions like periodontal disease, cancer, or joint injuries are common amongst cats and dogs and tend to require a procedure of some sort to be corrected.



JAMES MIRANDA PHOTO

Roosevelt Veterinary Center was named after Dr. Glassman's mother's dog Roosevelt.

Procedures for the aforementioned can be lucrative, however, with prices ranging from \$600 to \$3,000, according to CBS News, which is why Roosevelt offers low-cost spays and neuters amongst other cheaper services.

"Along with the cost of a spay and neuter is not the drugs or the equipment, it's the doctor's fee for doing the procedure," said Glassman, who named the center after her mother's deceased dog Roosevelt. "Not only has our program gotten a lot of animals spayed and neutered, but it's

gotten us a lot of new clients."

This all plays into their "family doctor" approach and is what they claim is their best service. Knowing clients and their families by first name, staying up to date with their lives, or compromising with clients if they can't afford the more expensive procedures are all a part of Glassman's goal to create a family atmosphere and a community.

"You definitely have the sense that these are people that care what they're doing and they're very committed," said Michele Gasparre, a six-month customer who owns two dogs. "I think [Glassman] is just very engaged in what she's doing, which is nice because I haven't had that experience with some of the other vets I've been to."

All it took for Glassman to decide to attend veterinarian school was a phone call and that's all it takes for her patients to become a part of their family.

*Roosevelt Veterinary Center is located at 2001 Route 22 in Brewster, NY. It's open from Monday 8 a.m. to 6 p.m., Tuesday 8 a.m. to 8:30 p.m., Wednesday to Friday 8 a.m. to 6 p.m., and Saturday 9 a.m. to 2 p.m. For more information, call 845-279-6578 or e-mail rooseveltvetinarycenter@gmail.com.*

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Cost:	\$25.00 cash or check only (Anyone with Medicare Card—FREE)

No appointments necessary.

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Vaccine consent forms are available on the Putnam County website at [www.putnamcountyny.com/health/immunization](http://www.putnamcountyny.com/health/immunization). Download the forms, complete them and bring them with you to the clinic. Forms will be available at the clinic if you are unable to download them.

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# Brewster Students Start Up Laundry Service

The Brewster Bubbly Bears laundry service had its grand opening and ribbon-cutting ceremony recently. Made possible by the Brewster Education Foundation (BEF), the service is run by the Brewster High School Career Skills class and serves the entire district.

The Bubbly Bears will wash, dry, and fold school items like physical education pennies, uniforms, nurses' blankets and spare clothes. Students will each have specific jobs. Some will do the washing, folding or drying. Others will be in charge of taking orders or making deliveries.

Thanks to grant money from the foundation, the class was able to purchase a stackable washer and dryer. From there, teachers Sarah Barnes, Donna Schneider, and Stacie Pearl guided students in creating a business plan including figuring out how and where to advertise. They created flyers that were distributed to gym teachers, custodians, and nurses throughout the district.

To celebrate the grand opening, students did a presentation to explain all of the work they've done before having a ribbon-cutting ceremony. While bubbles floated through the air, Alberta Kozma, President of the foundation, cut the ribbon to an enthusiastic

response.

Afterward, students hosted a small reception. They prepared all of the food, including cut fruit and baked goods. They even got to take their first official order: a bucket full of towels from Lars Olenius, head custodian at Brewster High School.

The excitement in the room was palpable. Not only were teachers and administrators beaming with pride, but students were thrilled to be getting their business off the ground.

"I can't wait!" said Kevin Kaufman. "I'm excited. It should be a good experience."

Kevin went on to explain what a big responsibility the students have. Taking orders alone requires several steps. "We have to write the name, school, precise item—like towel or shirt or pennies—and when they will be returned."

Still, Kevin was undaunted. "I can't wait," he said with a big grin.



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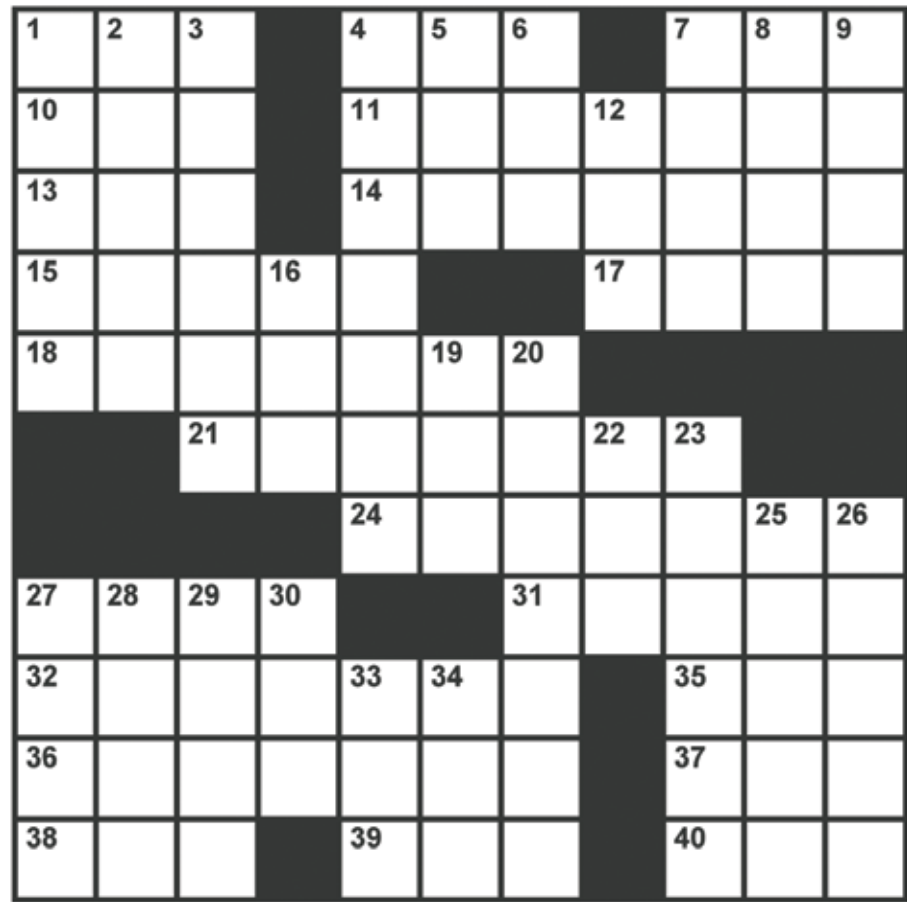
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Crossword Puzzle



Crossword by Myles Mellor

Answers on page 17

- Across
1. Dated

4. Prefix with day or night

7. Deep sleep

10. Choice in a pub

11. Animals made of paper

13. Baseball stat

14. Elvis' home location or Croton BBQ restaurant, \_\_\_\_ Maes

15. Crag nest

17. Cold capital

18. Pertaining to pleasure

21. Alfresco

24. Bars

27. Once \_\_\_\_ a time....

31. Near to home

32. Japanese sushi restaurant in Croton

35. Egg cells

36. Simulate

37. Cleveland cager, for short

38. Upper house member, abbr.

39. " \_\_\_\_ Como Va" (1971 Santana hit)

40. Acapulco approval
6. Not well lit

7. Cheers

8. Mickey Mouse adversary \_\_ Eagle

9. Fermented soybean paste

12. Org. that produces the Congressional Record

16. Marker

19. Mont. neighbor

20. Crash into

22. Tic-tac-toe win

23. Ornamental architectural style

25. Military ship related

26. Spartacus was one

27. Ben Franklin's baby

28. Whittle (down)

29. Premonition

30. Eccentric

33. Olds classic

34. Whatever

- Down
1. Singer Mclachlan

2. "Seascape" playwright

3. Eccentric

4. Brief time, intervals

5. Steam

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Putnam CCE's Educator Earns NYS Excellence in IPM Award

Jennifer Lerner, Cornell Cooperative Extension of Putnam County educator, just received the New York State Excellence in Integrated Pest Management (IPM) Award.

A 14-year veteran of Putnam County, Lerner's work as an invasive species educator, pollinator advocate, and turfgrass researcher has demonstrated her commitment, enthusiasm and mastery of IPM tools and tactics. Promoting IPM through education, demonstrations, and inclusive programs, Lerner has empowered her community with effective, science-based techniques.

"Jennifer Lerner's willingness and enthusiasm for extending information to her region is legendary," says Dr. Elizabeth Lamb, Cornell University's IPM Ornamentals coordinator. "She's a gem."

As a coordinator and collaborator for the Hudson Valley portion of the multi-year, multi-state project on Keeping Weeds Out of Sports Fields on a Budget, Lerner, local sports turf managers, and volunteers used "repetitive over-seeding" on high-use sports areas. The result? Safe playing surfaces that filled back in game after game. Why does it matter? Because we'd rather use seed than herbicides—and weeds make for slick footing and, too often, expensive falls.

Lerner also made Putnam County's Cornell Cooperative Extension a leader in lily leaf beetle research. Notorious for



decimating lilies, this pest is a pain for nurseries and householders alike. Enter an IPM management option: the release of a parasitoid wasp that feeds on the beetle larvae. Lerner secured a plot of land for the project, trained Cornell Cooperative Extension's Master Gardener volunteers on the life cycle and proper handling of the tiny wasps, and organized their successful release. Lerner's most crucial contribution? Her outreach and clear communication skills, says lily leaf beetle project manager Brian Eshenaur, New York State integrated Pest Management Ornamental Crops specialist.

A stalwart champion of bees and the native plants they depend on, Lerner so inspired the Master Gardener Volunteers from her advanced pollinators classes that they took what they learned and passed

it on to over 530 community members at farmer's markets and county fairs. Under her guidance, these volunteers created a special section—"Beauty and the Bees"—at the Master Gardeners' annual plant sale. This section, now three years old, dwarfs the inventory of non-natives plants offered for sale.

There's more, of course. Lerner, with Master Gardener Volunteer help, also managed a demonstration pollinator garden located beside the Putnam County Department of Motor Vehicles, which attracts hundreds of patrons day in and out.

"Jen has been an important influence in promoting native plants," says Janis Butler, Cornell Cooperative Extension of Putnam County Master Gardener Volunteer. "Whether it's through engaging lectures, newsletter articles or in-person demonstrations, she illustrates the importance of planting natives wherever possible."

Lerner received her award on November 14 at the Cornell Cooperative Extension's annual statewide in-service training in Ithaca. Learn more about Integrated Pest Management at nysipm.cornell.edu and Cornell Cooperative Extension of Putnam County at putnam.cce.cornell.edu .

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# Keeping Your Health on Track During the Indulgent Holiday Season

The holiday season can be an indulgent one, full of cookies, candies, heavy meals and eggnog. While no one wants to rein in the fun during the merriest time of year, there are simple ways to keep your health on track during this indulgent holiday season.

- **Stick to Routines.** To the best of your ability during this hectic time of year, attempt to stick to routines that promote wellness. Set a bedtime and honor it. Hit the gym. Meditate. Do whatever it is that keeps you grounded and feeling your best.
- **Drink Up.** Many people associate dehydration with the warmer months. But in winter weather it can be especially easy to forget to stay well-hydrated, especially when you're indulging in alcoholic beverages at all those holiday parties. Remember, water doesn't need to be the only source of hydration you think about this season. Soups and purees made from hearty winter vegetables, as well as citrus fruits do the trick, too, and their nutritional properties can help keep you healthy in winter.
- **Keep Things Organically Sweet.** Staying on track doesn't mean you can't enjoy the sweetness of the season. Instantly boost the flavor of your favorite meals



with organic honey. One great option is Organic Honey in The Raw. USDA Organic Certified and Non-GMO Project Verified, it's made from pure nectar collected from exotic wildflowers found in the remote Caatinga region of northeast Brazil. The hand-harvested, sustainable honey is raw (never heated

above 117 degrees) and unfiltered, so it retains the benefits of bee pollen. And just one tablespoon of organic raw honey provides the right amount of sweetness and flavor for any dish or drink, including year-round staples like oatmeal, yogurt, tea, and more. You can also consider giving a honey

makeover to all your favorite holiday recipes, including glazes and sauces for meat and poultry, cocktail recipes, and of course baked treats.

- **Make Substitutions.** Other healthful substitutions you can make this holiday season include topping pies with Greek yogurt instead of cream, using apple sauce in place of oil and nut flour instead of white flour in baking, and serving vegetable mash as an alternative to mashed potatoes.
- **Be Mindful.** The holiday party circuit can be dangerous when it comes to making nutritious choices. When you enter a party with a buffet set-up, it can be tempting to reach for the richest foods first. Before indulging in the canapes and Swedish meatballs, try filling up a plate with crudité first. While you're doing so, get a good look at all the options available. This way, you'll be more likely to savor choice items you'll truly enjoy.

A joyful holiday season doesn't mean you must pack on pounds or feel under the weather. By keeping your health on track throughout this indulgent time of year, you can start 2019 with your best food forward.

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# Putnam to Participate in STOP-DWI Thanksgiving Effort

Putnam County Sheriff Robert L. Langley, Jr., Town of Carmel Police Department Chief Michael Cazzari and Kent Police Department Chief Kevin Owens announced that their departments will participate in a special enforcement effort to crackdown on impaired driving.

This Thanksgiving weekend, millions will hit the roads eager to spend time with family and friends. It's one of the busiest

travel times of the year, and unfortunately more people on the roadways means the potential for more vehicle crashes. In a combined effort to stop impaired driving, prevent injuries and save lives law enforcement officers across New York State will take to the roads. The statewide STOP-DWI Crackdown efforts start on November 21, and will end on November 25.

Research shows that high-

visibility enforcement can reduce impaired driving fatalities by as much as 20 percent. Sobriety checkpoints play a key part in raising awareness about the problem. New York State Police, County Sheriff and municipal law enforcement agencies across the state will be out in force.

The STOP-DWI Thanksgiving Weekend Crackdown is one of many statewide enforcement initiatives promoted by STOP-

DWI NY and the Governor's Traffic Safety Committee. Throughout the remainder of the year the Statewide STOP-DWI Crackdown Campaign will also target the national Holiday Season in December.

While STOP-DWI efforts across New York have led to significant reductions in the numbers of alcohol and drug related fatalities, still too many lives are being lost because of crashes caused by drunk or impaired drivers. Highly visible, highly publicized efforts like the STOP-DWI Crackdown Campaign aim to further reduce the incidence of drunk and impaired driving.

You can help to make a difference by having a sober plan! Download our mobile app – "Have a Plan" and you will always be able to find a safe ride home [www.stopdwi.org/mobileapp](http://www.stopdwi.org/mobileapp). Impaired driving is completely preventable. All it takes is a little planning. Have a safe and happy Thanksgiving Weekend!

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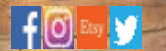
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# Holiday Tips for Houseguests and Hosts This Season

Planning for the holiday season? Whether you're a guest or a host, there are easy ways to ensure that everyone enjoys their time with family and friends. Check out these tips for a joyful holiday season:

## A Helping Hand

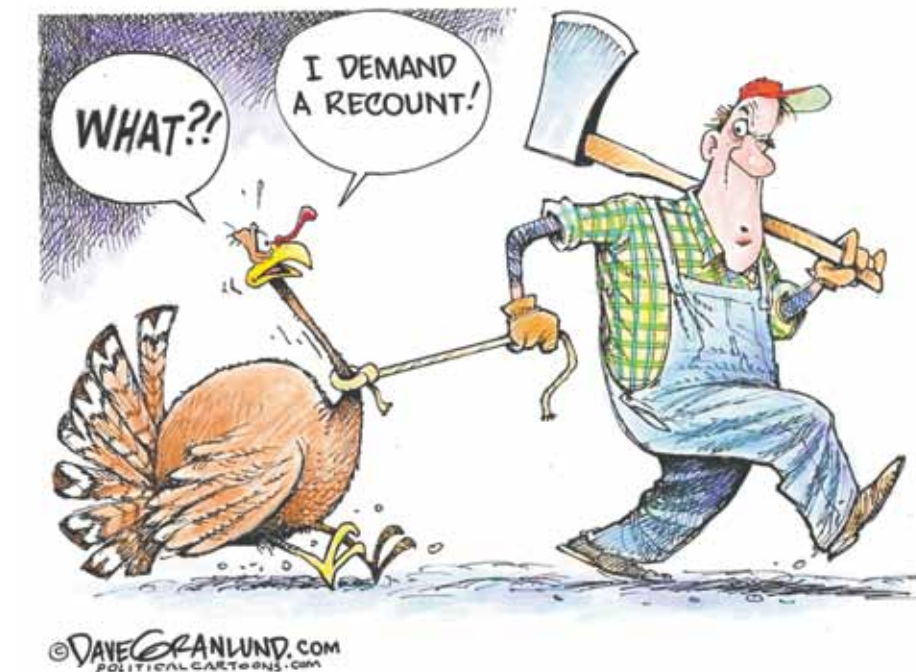
Holiday hosts are often bogged down by tasks and chores. Make yourself useful. Keep areas you are using clean and offer to help around the house.

If you're the host, don't be shy about delegating simple tasks to your guests. Most guests will appreciate the opportunity to make their stay less stressful on you.

## Comfort is Key

When extended family or friends get together for the holidays, ensure everyone has a comfortable place to sleep. A must-have for both travelers and hosts is a high-quality air mattress that's compact and easy to inflate, and these days, some brands have elevated their offerings to luxury standards, helping to create a more comfortable night's rest.

For example, Intex offers a range of comfortable airbeds with impressive features, such as a headboard, raised bed height (up to 24 inches), built-in USB chargers, a plush dual air pillowtop system, various sizes and supports to choose from and more. Their airbeds



provide enough comfort and luxury that guests may even consider extending their stay.

Worried about the time and energy of set-up? With internal electric air pumps, these high-quality, durable airbeds take just minutes to inflate and deflate, saving families both time and energy. That means more time spent enjoying each other's company and making memories.

And they're super easy to stock up on, available online or in-store at most major big box retailers.

## Snack Time

Beyond the main holiday meal, there are breakfasts, snacks and other meals to consider. Guests and hosts should work together on this one to ensure that there are foods and beverages on hand that meet

everyone's dietary needs and restrictions. Hosts should ask their guests in advance if there are any allergies, sensitivities or particular foods to avoid. Children can be particular about food, so knowing if there are any favorites to stock the fridge and pantry with can also be helpful. As a guest, consider packing your own snacks to take with you. You can also help your hosts by letting them know of any issues in advance: from peanut allergies to medical restrictions.

Whether you are traveling or staying put, with a bit of preparation you can make sure everyone feels comfortable, so that you can focus on what the holidays are all about -- making great memories together.

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# Airport Park Project Underway in Mahopac

Carmel Town Board and Mahopac Sports Association members were out in force for the ceremonial groundbreaking at the Airport Field Project, including L to R: Scooter Hatch, MSA Soccer; Sharon Butler, MSA Soccer; Ed Binns, MSA Board of Directors; Roger Garcia, President of MSA; Angie Cronin, Mahopac Fierce Eagles; Scott Cronin, MSA Soccer; Ryan Cronin, Future Soccer Star; Tony Mastrangelo, MSA Soccer; Suzi McDonough, Town Board;

Emma Dicob, Mahopac Ponytails; Dave Furfaro, President Carmel Rec Committee; Rich DeCola, President of MSA Soccer; John Lupinacci, Carmel Town Board; Jim Gilchrist, Director Carmel Parks & Recreation; Kenny Schmitt, Carmel Town Supervisor; Fernando Martinez, MSA Soccer; Joaquin Martinez; Neal Sullivan, Putnam County Legislator; Nina Kallmeyer, Carmel Parks & Rec. Senior Leader.

DAVID PROPPER PHOTOS



## CoveCare Center CEO to Step Down

CoveCare Center has announced the retirement of Chief Executive Officer Diane E. Russo, effective January 2019.

Speaking on behalf of the Board of Directors, Chairperson Sal Gambino said, "Diane has guided the agency through 20 years of growth and success, positioning CoveCare Center as a leader in providing quality mental health and substance use treatment and prevention services to those in need. We thank her for her many years of dedication to the agency and her steadfast belief that recovery is possible

for all."

Russo began her career with CoveCare Center as Associate Executive Director in 1998, became the Executive Director of the agency in 2010, and was named Chief Executive Officer in 2015. Responsible for the overall leadership and management of the organization, corporate development, business operations and strategy, Ms. Russo has kept CoveCare Center and Putnam County in the forefront of New York State behavioral healthcare initiatives.

Under Russo's leadership, CoveCare Center has partnered with Coordinated Behavioral Health Services Independent Practice Association, whose shared goal is to provide exceptional and cost-effective healthcare to the Hudson Valley region. CoveCare Center has also partnered with CareMount Medical, St. Christopher's Inn, and Brewster Head Start, and has formed an affiliation with the Mental Health Association in Putnam. "Diane is a wonderful advocate for those in need. I admire her steadfast dedication to the



community and her commitment to improving the lives of the most vulnerable

*continued on page 19*

## Brewster Student Athlete Signs Letter of Intent

Brewster High School senior Meagan Beal will take her lacrosse skills to the collegiate level next fall, having signed a letter of intent Wednesday to play for Furman University in Greenville, S.C.

Calling Beal "hardworking and friendly," Athletic Director Dean Berardo said Meagan was not only a force on the lacrosse field but was an important player on the girls basketball team as well. "I look forward to following her success in Division 1 Women's Lacrosse next year," Berardo said.

A midfielder, Beal was named All Section last year and Academic All American.

"I have had the honor of coaching Meagan since she was in second or third grade and the years have been amazing," said Lacrosse Coach Sara DiDio. "She is such a leader on and off the field...our girls love her."

Meagan, who plans to study neuroscience in college, praised Brewster teachers and coaches for helping her



Brewster student athlete Meagan Beal signs a letter of intent last week.

PROVIDED PHOTO

succeed.

"I have had really great teachers who have prepared me not only for the academic setting but for college in general, and have helped to make me a well-rounded person," she said. "My basketball and lacrosse coaches were two of the best coaches in the whole section and they have prepared me for every aspect of this."

Meagan was joined by her parents, Adam and Cindy Beal, and her brother, Austin, and her grandfather for the official letter of intent signing ceremony.

Cindy said signing a commitment letter was "the culmination of several years of hard work and shows that she is capable of playing at the highest level" of collegiate sports.

For her dad, the day was a milestone in a "tremendous journey that began when she was 7 years old and picked up that lacrosse stick for the first time...I am so proud of her."



# NWH Committee Helps Veterans Transition to Civilian Workforce

By Cliff Brunelli and John Paine

Service members often return home from military duty to become business and community leaders, inspiring others with their work ethic and patriotism. But the transition isn't always easy.

That's why the Veterans Committee at Northern Westchester Hospital is committed to doing whatever it can to take care of our veterans and show our deep appreciation for the sacrifices they make on behalf of us all. We're proud to show our respect and gratitude for the service of America's military members and veterans as well as their families.

Two years ago, Dr. Michael Rosenberg, vice president of physician surgical services and associate medical director at Northern Westchester Hospital and a retired U.S. Army plastic surgeon, gathered patriotic employees, both veterans and non-veterans, to hold a Veterans Day celebration at the hospital.

After a successful event, we saw the overwhelming support that our hospital and community provided and decided to form a committee to further our goal of helping veterans in the community. We like the idea that the committee can include anyone at any time so long as they want to help veterans in need. It is comprised of veterans and non-



veterans, clinicians and non-clinicians.

The committee looks for opportunities in the community to help veterans. Whether it be painting the Mount Kisco American Legion post, raising money and awareness for disabled veterans through our annual World TEAM Sports Liberty Ride or sending boxes of toiletries and supplies to family and friends of our co-workers serving overseas, the group seeks to help in any way it can.

## Barracks to Business

Barracks to Business is a Northwell Health veterans employment initiative that helps veterans take their valuable

military skills and transfer them to the civilian workforce. Veterans possess strong leadership qualities, teamwork capabilities and are focused on goals and missions. These are skills and ideals that we value within our organization.

## ProVetus Veterans Mentoring Program

The ProVetus Veterans Mentoring Program is a program that provides peer mentorship for veterans in need. Cliff Brunelli is the first ProVetus mentor at Northern Westchester Hospital. To find out more about becoming a member, visit [www.provetus.org](http://www.provetus.org).

We honor, thank and commemorate

all those who have served. We are afforded great freedoms in this country and it is because of a very small group of selfless individuals that we maintain that freedom. It should not go unnoticed or forgotten.

## How can veterans access our services?

Please call the Veterans Committee hotline at 914-242-VETS (8387).

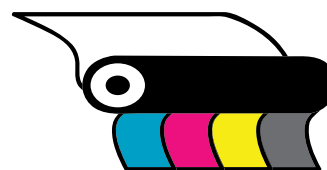
*Cliff Brunelli, a former sergeant in the U.S. Air Force, and John Paine, administrative director of physician practices, are members of the Veterans Committee at Northern Westchester Hospital.*

## Crossword Answers



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# Those Darned Roof Ice Dams Are a Damned Nuisance

When I moved from the city to a suburban house, I really enjoyed our first winter of heavy snow. I remember that when I built a snowman for my four-year old daughter, it stayed clean, fresh and white rather than becoming speckled with black soot like the one the year before in Brooklyn.

I also remember looking up at the roofline on the northern side of my house and admiring the icicles hanging from the fascia and gutters thinking that they added interest to the wintry scene, much like a perfect Currier and Ives print.

Little did I know, naïve as I was as a homeowner at the time, that icicles were a byproduct of an ice dam, a winter roof phenomenon that can cause leakage into the house, damaging insulation, ceilings and walls. And that's exactly what happened to me, in a year full of surprises as the new owner of an old house.

I've since learned that ice dams form in a complex interaction resulting from heat loss from a house, snow cover and outside temperature. What happens is that snow on the upper part of the roof, where the temperature might be above 32 degrees, melts and flows down to the lower part of



By Bill Primavera

the roof where the temperature might be below 32 degrees. There it freezes to form the ice dam.

The dam continues to grow while the water trapped behind it finds cracks and openings in the exterior roof covering, dripping into the attic space. From there, it flows into the exterior walls and ceiling. It can be a mess.

The solution is complicated because many factors can contribute to the possibility of ice dams, including exhaust systems that come from the kitchen and bathrooms, recessed lights, skylights,

complicated roof designs and heating ducts in the attic.

Once an ice dam forms there is little that can be done for an immediate remedy. Trying to break the ice dam physically can do more damage than the dam itself.

That first year, one well-meaning neighbor suggested that next time it snowed, I should physically remove the snow from the north side of my roof with a roof rake and push broom. Sure thing, I thought, all I have to do is climb on the roof when it's snowing. Suicidal I am not.

Another possibility is to create channels through the ice dam where water can run

through them to the ground. But that, too, can be a dangerous proposition.

On many houses you see electric cables along the roof ridge, and while some roofers say they may be dangerous if the wires wear thin, several homeowners told me that they work fine. At less than \$1 for a linear foot, it makes a cheap and quick fix. But that doesn't fix the long-term problem.

If you have an ice dam, the best action is to call in a contractor to see if your ceiling is air-tight so that no warm, moist air can flow from the house into the attic space. After that, it can help to increase the ceiling and roof insulation to cut down on heat loss by conduction. That's what I did and it worked.

If you live in a relatively new house, you're probably the beneficiary of state codes for proper ceiling and roof insulation levels that all but eliminate the possibility of an ice dam. Or, if you live

in a house with a high-pitched roof, the problem is less likely to occur.

But if you are a homeowner with a lower-pitched roof and you see that ominous buildup of ice and icicles, call in a contractor to assess and address the situation.

In the meantime, if you experience leakage from an ice dam into your house this winter, wait until the ceiling and walls have totally dried out before you attempt any repair work. More importantly, interior repair should be done in concert with correcting the heat loss problem that created the ice dam in the first place or the damage will occur again.

*Bill Primavera, while a publicist and journalist, is also a Realtor® associated with William Raveis Real Estate and Founder of Primavera Public Relations, Inc. (www.PrimaveraPR.com). To engage the services of The Home Guru to market your home for sale, call 914-522-2076.*

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## The Long History of an Arid Yet Plentiful Spanish Region



By Nick Antonaccio

This week's column, part four of my reprised multi-focus virtual tour of Spain's primary wine-producing regions, focuses on the second of Spain's six wine regions – Meseta Central. More than any other wine region in Spain, this is an area of contrasts between the old Spain and the new Spain.

In many respects the people, and especially the winemakers, cling to centuries-old traditions of agricultural mediocrity. But there is a slowly emerging awareness of this region as a force in the EU and therefore in the world economy. From wines to cheeses to tourism, the Meseta Central is an up-and-coming area emblematic of Spain's growing reputation as a modern, forward-thinking country.

But before I get carried away and have you believe the Meseta Central is the next Napa Valley or the next Maipo Valley in Chile, let me set

the record straight – it's not (yet). Let's explore the geography and climate to understand this vast region.

Ever since the Spaniards drove the Moors back to Africa through this area in the 15th century and Don Quixote was battling windmills with Sancho Panza in Castilla-La Mancha, the Meseta Central region has been a rather drab area. Geographically it is a large plateau (meseta in Spanish) that covers nearly 40 percent of the entire land mass of Spain. Its barren, flat landscape occasionally gives way to looming mountains.

Standing on any hilltop, one's vision is of miles and miles of vineyards planted along the mesa plain. However, as with many mesas, the climate is not overly conducive to agriculture: the summer

temperatures typically exceed 100 degrees while the winters average 10 degrees. Rain is sparse as it is surrounded by mountains and long-term droughts have been commonplace throughout its history.

### You Heard It Through the Grapevine

Historically, the wines produced have been consumed locally and have not been embraced in the United States. For good reason. The dominant grape is Airén, a white grape of little note

that accounts for 80 percent of wine production. The red grapes are Garnacha and a variety of Tempranillo called Cencibel. These are grown in the two dominant classifications regions: Castilla-La Mancha and Valdepenas.

As I've reported in previous columns, the Spaniards are an enterprising people. They have taken a step back, evaluated the potential of this vast area, and are beginning to produce (and export) very acceptable wines – at very acceptable prices. How? They are increasing the plantings of Garnacha and Cencibel by ripping out Airén vines (a good thing) and have discovered that new plantings of Syrah and Merlot are surprisingly adaptable in this region. Coupled with the low cost of labor in the area, local winery owners have adapted and are now exporting their New Spain wines across the Atlantic.

Here are several wineries to consider, all available locally.

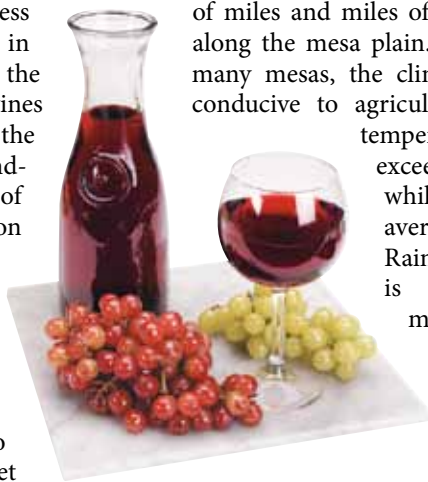
From the Valdepenas region: Bodegas Real, Don Aurelio and Bodegas Navarro

Lopez. These are typically Cencibel-focused. As new winemaking techniques are introduced, these wines are gaining critical acclaim for their well-rounded berry flavors and for their balance of fruit and tannins. Many sell for under \$15.

From the Castilla-La Mancha region: Finca Antigua, Vinasoro, Campos Reales, Volver, Protocolo and Bodegas Atalaya Laya. These are predominantly Cencibel (Tempranillo) or red blends that are full of blackberry and blueberry aromas and flavors, with a lingering touch of spice and soft tannins. Many are \$12 or less.

Although the Meseta Central wines are slowly building their reputation in the United States, be assured that they are currently being appreciated in Spain. Madrid, the largest city and the epicenter of the Old and the New Spain, is embracing these "new" wines, enjoying them as quaffing wines and in combination with local tapas. Usted debe aprender la forma Español – learn from the Spanish!

Nick Antonaccio is a 40-year Pleasantville resident. For over 25 years he has conducted wine tastings and lectures. Nick is a member of the Wine Media Guild of wine writers. 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.





# 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](mailto:nikki@theexaminernews.com)

**Save the Date: December 9.** A Compassionate Friends Worldwide Candle Lighting for family and friends to remember a child or sibling who has died at any age from any cause. Trinity Lutheran Church Fellowship Hall, Route 6, Brewster. Set-up is at 12:30 p.m. with the program to follow. This non-denominational event includes readings, music, lighting of candles and reading of names. Those attending may bring a photo or small memento for the remembrance table. For more info and to RSVP call 845-225-4076.

## Saturday, November 24

**Holiday Boutique at the Desmond-Fish Public Library** will be on Small Business Saturday, 10 a.m. - 4 p.m. Featuring unique handcrafted items from over 75 talented artisans from throughout the Hudson Valley. Great gifts for your family and friends or for yourself will be available to purchase, including quilts, pottery, jewelry, and knitted items. The sale continues on Sunday, Nov 25 from 1 p.m. to 5 p.m. and the next two weekends from Thursday to Sunday during Library hours. 845-424-3020 or email [karen@desmondfishlibrary.org](mailto:karen@desmondfishlibrary.org).

**The Patterson Recreation Annual Holiday and Craft Bazaar:** 9 a.m., to 3 p.m. This event will be held indoors.

Choose from a variety of unique, hand-crafted gifts, jewelry, confections and more. Located at 65 Front Street Patterson New York 12563. For more information call 845 878-7200.

**D Painters: Kids' ceramic painting workshop at Brewster Library:** Kids and teens ages 11-15 are invited to Brewster Public Library. 1:30 p.m. for fun and artistry. Participants will choose from a variety of ready-to-paint ceramic pieces and bring their imaginations to colorful life. All materials will be provided by the library. To register, visit [brewsterlibrary.org](http://brewsterlibrary.org) or call 845-279-6421.

## Family Read-A-Long

**Book club for beginning readers and their families:** Brewster Library also Monday, November 26 at 4:30 p.m.. Through a guided reading process, letter practice and text-related crafts and activities, kids will sharpen their reading skills. Meanwhile, older siblings and guardians will learn how to support them at home in becoming stronger readers. To register, visit [brewsterlibrary.org](http://brewsterlibrary.org) or call 845-279-6421.

**Virtual Reality Games for Adults:** Learning Lab at Mahopac Library. 7:30 p.m., Come and play with our Oculus Rift and Virtual Reality Viewers! Registration required; register online at [www.mahopaclibrary.org](http://www.mahopaclibrary.org).

[mahopaclibrary.org](http://mahopaclibrary.org), or call 845-628-2009, ext. 100.

## Tuesday, November 27

**Mindfulness Meditation and Book Group:** 6 p.m. to 7:30 p.m. Learn tools that can strengthen mindful awareness, compassion and intentional living. Book discussion, meditation and camaraderie. All are welcomed. This month's book, *Big Magic: Creative Living Beyond Fear* by Elizabeth Gilbert. Please call the library to register, 845-225-2439.

**Jack and Annie Book Club:** 4:30 p.m. We will discuss the book *Thanksgiving on Thursday* with trivia and a fun, festive craft! Registration is required. The Kent Library is located at 17 Sybil's Crossing in Kent Lakes off Route 52 and can be reached at (845) 225-8585 or [www.kentlibrary.org](http://www.kentlibrary.org).

**Virtual Reality Games:** Ages 14-18 in the Learning Lab at Mahopac Library. 3:30 p.m. Come and play with our Oculus Rift and Virtual Reality Viewers! Must sign the waiver when you register online. Visit [www.mahopaclibrary.org](http://www.mahopaclibrary.org) to register.

**Mahopac Public Library Board of Trustees meeting:** 6:30 p.m. The public is welcome to attend. For more information visit [www.mahopaclibrary.org](http://www.mahopaclibrary.org), and click the 'About Us' link.

## Thursday, November 29

**Snow Family Holiday Welcome Plaque: Ceramic workshop** 6:30 p.m., 7 p.m. - 10 p.m. \$35 per person Create a 7" x 12" ceramic piece using acrylic paint and glitter. Take home the same night. Location: Westchester/Putnam Pottery 3685 Hill Blvd, Jefferson Valley Includes all materials, snacks, thank you gift and additional raffles for sale. Register online at: [www.spcaputnam.org](http://www.spcaputnam.org) 100 percent of proceeds will go to the Putnam County SPCA.

## Observance of National Diabetes

## CoveCare Center CEO to Step Down

*continued from page 16*

among us while demonstrating leadership, compassion, and kindness to everyone she meets," stated Megan Castellano, Executive Director of MHA in Putnam.

Russo was recently presented with the Sid Gibson IMAGINE Award at CoveCare Center's 2018 Dinner Dance, an award that celebrates those who have dared to imagine a world where everyone has hope for wellness and recovery. She was also the recipient of the 2016 Putnam Community Services Network Distinguished Service Award for an Individual, and in 2018, Ms. Russo was presented with the Rabbi Solomon B. Acrish Humanitarian Award in recognition of her exemplary leadership, dedication, compassion and kindness in seeking to improve the lives of those with mental health and substance use issues in the Lower Hudson Valley.

**Awareness Month:** clinicians at Putnam Hospital Center will lead a community discussion on diabetes focusing on how to manage the disease, reduce your risk factors and lead a healthy lifestyle during a Lunch and Learn event. The luncheon is from noon to 2 p.m. in the hospital's Michael T. Weber Conference Rooms, 670 Stoneleigh Ave. Seating is limited to 40 people. Registration is required. To reserve a seat, please email Marcela Rojas at [mrojas1@health-quest.org](mailto:mrojas1@health-quest.org) and/or call 845-230-4773 or 800-421-1220

## Friday, November 30

**The Putnam Chorale,** Douglas Anderson Music Director, enthusiastically announces it fall Concert Program *Holy Haydn*: The Chorale will sing four sacred works of Franz Joseph Haydn including his Mass in Time of War, *Insanae et Vanae Curae* *Salve Regina* and *Te Deum*, with full orchestra and guest soloists! Two performances of the Holy Haydn! 7 p.m. at St Joachim-St. John the Evangelist Church, 51 Leonard Street in Beacon and again on Sunday, December 2, at 3:00pm at First United Methodist Church, 83 Main Street, Brewster. Tickets for this special concert are only \$20 per person, \$15 for seniors and students (under 12 is free). Discounted tickets are available for the Beacon Concert. Visit [www.PutnamChorale.org](http://www.PutnamChorale.org) for details This season the Chorale will also be featured at the "Christmas at Boscobel with the Putnam Chorale" on Saturday December 15 with 4:30 p.m. and 6 p.m. performances and mansion visits. The Chorale will also conduct its annual Community Messiah Sing on Saturday December 8 at 8 p.m. at the Gilead Presbyterian Church in Carmel.



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## LEGAL NOTICES

**LEGAL NOTICE – AXEL YANES, Plaintiff v. MARY CIVITELLA, Defendant**, under index number 61040/2018 in Supreme Court, Westchester County. This is a personal injury action in which plaintiff is seeking to be compensated for injuries sustained at the premises known as 421 Elm Street, Port Chester, NY, including but not limited to pain and suffering and other damages sustained on July 27, 2015 as a result of the defendants' negligence. Plaintiff is seeking compensation in an amount in excess of the jurisdictional limits of the Trial Court. Defendants are in default and must appear and/or Answer the Summons and Complaint under Index Number 61040/2018. If defendants fail to interpose an Answer, a default judgment will be entered against the property.

**NOTICE OF FORMATION OF STARDUST ADVISORS, LLC.** Articles of Organization were filed with SSNY on 08/02/2018. Office location is New York County. SSNY designated as agent of LLC upon whom process it may be served. SSNY shall mail process to **70 Pine Street, Apt. 3204, New York, NY 10005. Purpose: Distribution of educational products and services to all NYS schools.**

**NOTICE OF FORMATION OF THE ART CLOSET LLC.** Articles of Organization were filed with SSNY on 09/26/2018. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **50 Old Roaring Brook Rd., Mount Kisco, NY 10549. Purpose: Any lawful act or activity.**

**NOTICE OF FORMATION OF CURATED FOR YOU BY KATRI.** Articles of Organization were filed with the Secretary of State of NY (SSNY) on 10/25/2018. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, **6 Barron Cir., Chappaqua, NY 10514. Purpose: Any lawful purpose.**

**NOTICE OF FORMATION OF 306 PRESCOTT STREET, LLC.** Art. Of Org. filed with SSNY on 10/26/2018. Office Location: Westchester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to **7 Arbor St, Yonkers, NY 10701. Purpose: any lawful purpose.**

**NOTICE OF FORMATION OF WEBER ROSSELLI & CANNON LLP** filed with SSNY on 8/8/2018. Office in Westchester, SSNY designated as agent upon whom process against it may be served. SSNY shall mail process to: **7 Skyline Drive – Suite 350, Hawthorne, NY 10532. Purpose: any lawful purpose.**

**APPLICATION FOR AUTHORITY OF SURETY TITLE AGENCY COASTAL REGION, L.L.C.** filed with the Secy. of State of NY (SSNY) on 11/6/18. Formed in NJ on 10/12/99. Office loc.: Westchester County. SSNY is designated as agent of LLC upon whom process against it may be served. The address SSNY shall mail copy of process to 853 Mill Creek Rd., Manahawkin, NJ 08050. The office address required to be maintained in NJ is **11 Eves Dr., Ste. 150, Marlton, NJ 08053. Cert. of formation filed with State Treas., 33 W. State St., Trenton, NJ 08608. Purpose: Any lawful activity.**

**NOTICE OF FORMATION OF ALTERNATIVE ENERGY RESOURCE LLC.** Articles of Organization were filed with the SSNY on 08/03/2018. Office location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **Alternative Energy Resource LLC 36 Primrose Ave, Mount Vernon NY 10552. Purpose: Alternative Energy Consulting.**

## LAND FOR SALE

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

# Moved to Cheers!



AGE KAMALSKY PHOTO

Carmel High School Cheer had nine girls named All American at cheer camp over the summer and four of those girls — Isabella Faudar, Madison Finney, Samantha Imperati and Tatiana Canada -- were recently selected along with more than 500 junior high and high school cheerleaders and dancers from across the U.S. to perform in the 99th Annual Philadelphia Thanksgiving Day Parade, the oldest Thanksgiving Day parade in the nation. The foursome will return home and look to help lead the spirited Rams into the winter cheer campaign where they have had lots of team success in recent years.



# Sports

## Grid Notebook

# Haldane Falls, 6-0, Denied its First Trip to State Finals

By Ray Gallagher  
Examiner Sports Editor  
@Directrays

Haldane High came as close as its ever come to making the program's first trip to Syracuse for the NYSPHSAA Class D championship on Thanksgiving weekend, but a 6-0 state semifinal loss to

just 2-of-11 3rd-down plays, advanced into Moriah territory in the waning moments but a late Haldane fumble sealed the deal with 1:32 left in the game. The game was a defensive battle until Moriah RB Maddox Blaise plowed in from three yards out to cap a 65-yard drive with 9:01 to play.



Haldane DL Matt Ortiz (R) was named Blue Devils' Defensive MVP in state semifinal loss to Moriah.

Section 7 champion Moriah last Sunday at Middletown High School denied Coach Ryan McConville's Blue Devils (7-2) their first crack at a state title.

Moriah (9-2) advanced to take on Section 6 champion Clymer/Sherman/Panama Friday in the title game at the Carrier Dome.

The Blue Devils, who gained just 102 yards from scrimmage and converted on

"It was a defensive battle throughout," Coach McConville said. "We played real tough on defense and forced a bunch of stops inside the red zone. The kids played physical we just could not get going on offense. I'm unbelievably proud of these guys, especially the seniors: two sectional and regional titles and going 13-5 over the last two years. The guys put their hearts and souls into these last four



RYAN HAYNER PHOTO

Haldane RB Sam Giachinta stiff arms his way ahead in Blue Devils' 6-0 loss to Moriah in NYSPHSAA semifinals last Sunday.

years. Just a great group of men."

Haldane senior RB Sam Giachinta was named Offensive MVP after he rushed for 80 yards on 22 carries but was kept out of paydirt for one of the few times in his sterling career, which concludes with a slew of school records, including his season long rushing records (1,377 yards and 18 TDs) and career rushing totals (4,066 yards and 43 TDs). Defensively, DL Matt Ortiz was named Haldane's top player. Brad and Craig Dowd had 10 and six tackles, respectively, to lead Haldane.

There's little doubt about where the grounded, hard-working Giachinta stands in the annals of Haldane football, having put together one of the greatest

careers in school history. When they comb through the record books and the Haldane historians put their heads together to determine the all-time greats, there's little doubt Giachinta will be the first one mentioned.



# Stepinac Wins Fourth CHSFL AAA Championship in Five Years Crusaders Beat Hayesmen, 29-18, to Repeat as AAA Champs

By Albert Coqueran

NY Giants wide receiver Odell Beckham, Jr. could learn something from the 2018 Stepinac High football team. When your team is 1-7 and your season is on the line, there's no need to talk publically about winning the final games of the regular season and a championship; just go out and do it.

Yes, since Beckham announced his plan to win the final eight games and a championship, the Giants have won two crucial games. Nonetheless, Stepinac's record was 1-4, after losing to Chaminade High School, back on October

6, and they made no public predictions or announcements. All the Crusaders (7-4) did was battle on the gridiron to win the next six-straight games and the CHSFL AAA championship when they put their resiliency on display ever since, and did so again in last Saturday's AAA CHSFL championship game. The Crusaders erased a 12-point deficit to defeat the sixth seeded Cardinal Hayes High School, 29-18, to repeat as CHSFL AAA champs.

"This time of the year, either you put your gear away or your opponent puts their gear away, so they knew what was at stake," said Stepinac Coach Mike O'Donnell.

The season was rough, both on and off the field, early on.

"What we went through at 1-4 and coming out and winning every game since, makes this feel even more amazing," said Stepinac QB Joey Carino. The junior signal caller, who hails from Somers, had a remarkable game for the second seeded Crusaders, completing 10-of-16 passes for 234 yards and three touchdowns without an interception, including seven passes for 150 yards and two touchdowns to Offensive MVP Shawn Harris, the Stony Brook-bound senior.

Defensively, the Crusaders were led by

defensive MVP Joe Garbowski of Putnam Valley.

"It was not easy when we were 1-4 and people were saying that things were bad and bleak. But the players kept working hard and did not listen to the outside noise. My hat is off to them. They did a great job and are a great group of players," O'Donnell said.

The Crusaders advance to the CHSAA AAA New York State championship game where they will host Monsignor Martin Conference Champions St. Francis High School from Buffalo, Saturday, at 1:00 P.M.



## Sports

# Local Boys Endure Rough Start, Finish Strong at Stepinac



By Ray Gallagher  
Examiner Sports  
Editor

As we transition from the fall sports season into the winter campaign, with just a Thanksgiving Day break bridging the gap, it's time to flip the page and brace for what I suspect will be a harrowing winter. So, I'll be hold up in gymnasiums throughout Westchester and Putnam County from now thru March, looking forward to the the possible championships out of Ossining and Putnam Valley where, respectively, the Lady Pride are the favorites to win a ninth-straight Class AA title, and the Class B Tigers, the darlings in the eyes of many, have set their sights on the first Class B boys' title in school history.

We'll be going around the dial next week in our basketball preview edition, featuring the best of the best among the girls' and boys' programs in Northern Westchester/Putnam County. Local varsity hoops coaches: Please send your preview info to raygallaghersports@gmail.com. Until then, I want to wish each and every person on the planet a blessed Thanksgiving and the happiest of holiday seasons. Love is in the air, if only you breath it...

Now, before we go on to hoops, we need to tip our collective hats to a bunch of local boys I don't get to see since they play their football down at Archbishop Stepinac High in White Plains where the Crusaders (6-4) are once again the talk of the town after knocking off Cardinal Hayes, 29-18, to repeat as CHSFL

'AAA' champions.

Through five weeks of the regular season, the once-bustling scene outside of Mamaroneck Ave. had turned into a dead end, the reigning champion Crusaders reeling through a 1-4 start and dealing with the controversial loss of a beloved assistant coach, Sheddric Wilson.

But the unit never wavered, and doubt never crept in to their locker room, according to SMU-bound senior DL Joe Garbowski.

"This is definitely better than last year just because of how much we went through and how the only people who believed in us was ourselves," said Garbowski, the 6'3" 255-pound Putnam Valley resident who was named Defensive MVP. "Everyone though it was the end of a dynasty after we lost to Chaminade. But the championship was a crazy game and we couldn't be happier with the outcome."

Crazy was only fitting during an insane season, which will conclude, win or lose, this Saturday when the Crusaders will vie for

its third Catholic state title in four years at Stepinac against Buffalo-area Catholic champ St. Francis.

A bunch of local boys will be on the Step' gridiron looking to repeat for the first time in school history, including senior LB/RB De'Andre Smith (Cortlandt Manor), junior WR Gianni Cardenas (Ossining), junior WR Matthew Edwards (Cortlandt Manor), junior RB Kevin McKenna (Somers), senior OT/DT Jonathan Mucciolo (Mahopac), junior OL Michael Tartaglia (Shrub Oak), senior DT Nermin Metjajic, plus a pair of stars in Garbowski (Putnam Valley) and junior



AL COQUERAN PHOTO

Stepinac players, many local to the N.West-Putnam region, hoist the coveted hardware after winning CHSFL title last Saturday in Uniondale.

QB Joey Carino (Somers), who fired three TD passes in the title triumph, including two to Shawn Harris Jr., the Stony Brook commit, who snared seven passes for 150 yards...

I need to let y'all know that one of the finest athletes in the history of Section 1 sports will be returning to his old stomping grounds on Saturday, November 24th (noon - 2 p.m.) when former Lakeland High and Syracuse University All-American Ric Beardsley returns to 'The Hive' for a full detail of defensive skills and drills that no long pole in the region should miss if at all possible. The itinerary includes defensive holds, footwork, approaches and Beardsley's signature takeaway checks.

When I go back over the course of my 30-year career on the Section 1 sports circuit, there haven't been many athletes like Beardsley (on and off the field), who was the top defender on a pair of national championship teams at 'Cuse after leading Lakeland to its only NYS title appearance (loss to West Genny). As the current varsity lacrosse coach of the Christian Brothers Academy in the Syracuse region, Beardsley has won two more sectional titles with teams renowned for their defense.

The clinic at Lakeland is open to both boys and girls, and it's one you certainly won't want to miss if you can fit it in to your busy holiday schedule...

I can only hope that over the course of the next four/five years, NY Mets P and recent National League Cy Young Award winner Jacob DeGrom can become for my son what former Mets P Tom Seaver

was for me during my childhood... the kind of clean-cut, hard-working role model to admire during one's formidable years. DeGrom's season was statistically insane, despite the 10-9 record, but it's his humility and work ethic that serves as the most impressionable characteristics. Kind of get a similar feeling from Giants RB Saquan Barkley, who, little does he know will have his jersey packaged neatly under our Christmas tree in junior's tidy pile of gifts.

It's been a rough couple of years here in New York with the Yankees falling short of their goals, the Mets doing what the Mets do, the Jets and Giants combining for just six wins this season, the Knicks redefining futility but finally on the come and the Rangers in a hopeful rebuild mode, but having guys like DeGrom and Barkley in town sure helps to ease the pain...

I'd like to see the Saints and the Chiefs to make it to Super Bowl LIII this February in what I suspect would be one of the most entertaining games we've seen and the most combined points in the history of the big game. Thinking this is the year of the Saints and loveable QB Drew Brees, yet another guy you can't help but root for. And thank you, NFL. I know it's been a rollercoaster ride you've had with many of us fans the last few years -- from the various domestic abuse matters to the national anthem issue -- but you still provide me every Sunday from September to February with a four hour can't-miss-window-of-time with my fifth-grade son, which just happens to be the best period of every week: Side by side, daddy and son time... nothing quite like it.



Former Lakeland and Syracuse All-American Ric Beardsley will host a lacrosse clinic this Saturday at Lakeland High School.



# In Full Garb(o)!



## Putnam Valley's Garbowski Wears it Well, Wins MVP in Stepinac's CHSFL 'AAA' Title Win



ALBERT COQUERAN & SUBMITTED PHOTOS

Putnam Valley's Joe "Garbo" Garbowski (95), a senior DL at Stepinac High School, gets his hands on the coveted Michael Cunnion Memorial AAA Catholic High School Football League trophy after being named Defensive MVP in the Crusaders' 29-18 come-from-behind win over Cardinal Hayes last Saturday night at Mitchel Athletic Complex in Uniondale. The Stepinac program made its fifth-straight championship game and won its fourth title in that time and will play for a third Catholic State Title in four years this Saturday (1:00 p.m.) at Stepinac against St. Francis, the Buffalo-area Catholic champs. (Inset photos) Stepinac Head Coach Mike O'Donnell (left) presents the Michael Cunnion Memorial Trophy to Team Captain and Offensive MVP Shawn Harris (center), Garbowski (right) and his 2018 CHSFL AAA Championship Crusaders while Garbowski later celebrated with mom and dad (inset).