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SMALL NEWS IS BIG NEWS

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Odell Faces Questions Over Possible Golf Course Discounts



DAVID PROPPER PHOTO

County Executive MaryEllen Odell's relationship with the Putnam County Golf Course came under skepticism last week following a report in The Journal News.

By David Propper

Putnam County Executive MaryEllen Odell faced questions last week whether her elected position was resulting in discounted deals at the Putnam County Golf Course following a report in The Journal News.

Odell has used the catering hall for 15 events in Mahopac, costing her campaign about \$77,000. According to The Journal News, Odell's campaign paid less than other clients for some events because the catering hall didn't include an 18 percent service charge nor the sales tax for food and beverages and the campaign paid

less for its buffet and cocktail parties than others. Additionally, Odell's campaign did not have to settle catering bills the day of the event, which is policy for most other customers, according to LoHud.

LoHud also reported a campaign check for \$6,310 for a 2015 event at the golf course was not disclosed in her campaign finance report.

The Odell campaign hit back against the LoHud report, defending the pricing and terms offered for events at the golf course facility which is owned by the county.

Nick Fannin, the campaign manager

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Putnam Could Raise Age to Buy Tobacco Products

By David Propper

Putnam County legislators were still trying to come to a consensus last week about whether or not to raise the age a person can purchase tobacco products at county businesses.

During a health committee meeting last week, lawmakers gathered more facts and figures about the effect of raising the age to buy tobacco products, including cigarettes, to 21 instead of the current age of 18. Health committee chairwoman Barbara Scuccimarra brought the proposal forward last month and wants to see the law changed.

During the committee meeting, Executive Director of Prevention Council of Putnam Kristin McConnell said in Dutchess County the law was recently defeated because it was too weak and is back in committee, but Orange, Sullivan, Ulster, and Rockland

*'This would
potentially save a
lot of people's lives.'*
-
Prevention Council
of Putnam's Kristin
McConnell

passed the law overwhelmingly. Westchester is the most recent county to pass the law in the Hudson Valley.

Overall, 17 counties and five

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100 Years And Counting



The year that Joseph Adamo was born marked the end of the First World War, the birth of Nelson Mandela, and the death of Nicholas II, the last Russian Tsar. Joseph was born May 28, 1918, and recently celebrated his 100th birthday at his home with a cast of well-wishers and admirers, including several local dignitaries. Joseph served his country during World War II as an Army Private. He was stationed in the Peleliu Islands, site of one of the hardest fought battles of the war. Joseph was discharged on December 5, 1945. Following the war, Joseph owned and operated a successful gas station in the Bronx. Joseph and his wife, Rose, moved to Brewster in 2009. The couple has four children-Frankie, Bobby, Michael, and Judy. They also have five grandchildren and one great-grandchild. Aside from members of his loving family, many elected officials were on hand to wish Joseph a happy birthday, including State Senator Terrence Murphy, Assemblyman Kevin Byrne, Putnam County Executive MaryEllen Odell, Joseph Castellano, Chairman of the Putnam County Legislature, and Putnam County Legislator Paul Jonke.

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Odell Faces Questions Over Possible Golf Course Discounts

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for Odell, said the campaign has held regular events at the golf course for years and is the top paying customer to the tune of more than \$85,000 over the past three years.

Fannin, describing the process, said the campaign requests available dates for prospective events from the private companies in charge and offers an estimated number of attendees. Billing and terms are “never” negotiated, Fannin said, and the campaign pays the invoices as they are received.

“When you see the volume of events and total amount paid to the private companies, it’s clear there are no unfair dealings; everything is done at arms length,” Fannin said. “We strive to ensure the campaign is always paid up and have not heard otherwise. Should there be any outstanding bills, the campaign will pay them promptly.”

But candidates for county executive running against Odell didn’t take the campaign’s claims at face value. Both Kent Supervisor Maureen Fleming, a Democrat, and Kent Councilman Paul Denbaum, a Republican, admonished Odell following the LoHud report.

Fleming slammed Odell, stating she feels entitled to use public facilities to dole out favors for political cronies



DAVID PROPPER PHOTO

Odell holds campaign fundraisers at the golf course throughout the year.

and give “sweetheart deals” to herself and the campaign. She argued Odell is “shamelessly abusing her position” to the benefit of her friends and allies.

“If you or I were to rent the facility, we would pay full price, just like the organizations who are not on Odell’s list of favorites,” Fleming said in statement. “Taxpayers are subsidizing Odell’s campaign. Odell parties, we pay.”

Denbaum called the golf course Odell’s own private country club and argued her campaign is benefitting at the expense of taxpayers. For every dollars discounted for her events, it’s a dollar out of the county coffers, Denbaum said.

“It’s really egregious,” Denbaum said. “It’s such an arrogance that she plays by one set of the rules and everybody else plays by a different set.”

Denbaum called on the county Legislature to examine how much money might’ve been lost due to the possible discounted rates

received by the Odell campaign and if her campaign will pay that money back.

He said depending on what could be discovered, state authorities might need to be contacted.

“It’s self dealing,” Denbaum said. “She basically gets taxpayer money for her parties because she’s the county executive. That’s unethical.”

Legislature Chairman Joe Castellano said in an email that when the whole picture is looked at, price setting is subjective to the “day of the week, time of the year and what is being request.”

“Putnam County has hired a General Manager at the Golf Course who manages

the day to day operation at the golf course and has not reported a problem to us,” Castellano stated.

Odell, in an interview, defended her use of the public property and said she was “extremely proud” of the improvements of the golf course under her tenure. She took exception to attacks claiming she was wasting taxpayer dollars. One example she used was not hiring a deputy county executive after Bruce Walker left the county, saving more than \$200,000 overall.

There has been a rise in revenue overall at the golf course, which has resulted in less of a burden on taxpayers, Odell said.

For the most part, she referred questions about events at the golf course to a campaign spokesman. She noted the campaign has a committee that is in charge of putting the events at the golf course together for fundraising purposes. When events take place at the golf course, they are “barebones,” Odell said.

She also named things she’s done as county executive, including improvements to the golf course and Tilly Foster Farm in Southeast and either reducing long term debt or eliminating short term debt.

“That’s my record, that’s what I’m running on,” Odell said. “I don’t have to use any facility or any person, place or thing to run my campaign. Period.”



Spinal Cord Stimulation Pain Relief When All Else Fails...

Ask the Doctor

Alain C. J. de Lotbinière, MD
Medical Director,
Cancer Treatment & Wellness Center
Co-Medical Director,
Gamma Knife Center
Northern Westchester Hospital

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Q: How can spinal cord stimulation help relieve chronic pain?

A: Pain pathways travel in specific locations within the spinal cord. Based on knowledge that the spinal cord can, under certain conditions, turn off the pain signals, medical research has developed ways of influencing the transmission of pain impulses passing through it.

Highly sophisticated computerized batteries have been developed that deliver individualized electrical impulses to the spinal cord. Today’s stimulator implant, which is similar to a pacemaker, can eliminate or significantly reduce chronic pain unresponsive to other approaches.

Q: Am I a good candidate for spinal cord stimulation?

A: Do you have structural problems, such as a herniated disc? Or, perhaps you’ve undergone several spine surgeries. Most patients referred for spinal cord stimulation are managed by a chronic pain specialist. They’ve probably tried a host of medicines, including narcotics, but over time, their pain has become increasingly resistant to medications. Many have undergone physical therapy treatments, weight reduction programs and a variety of

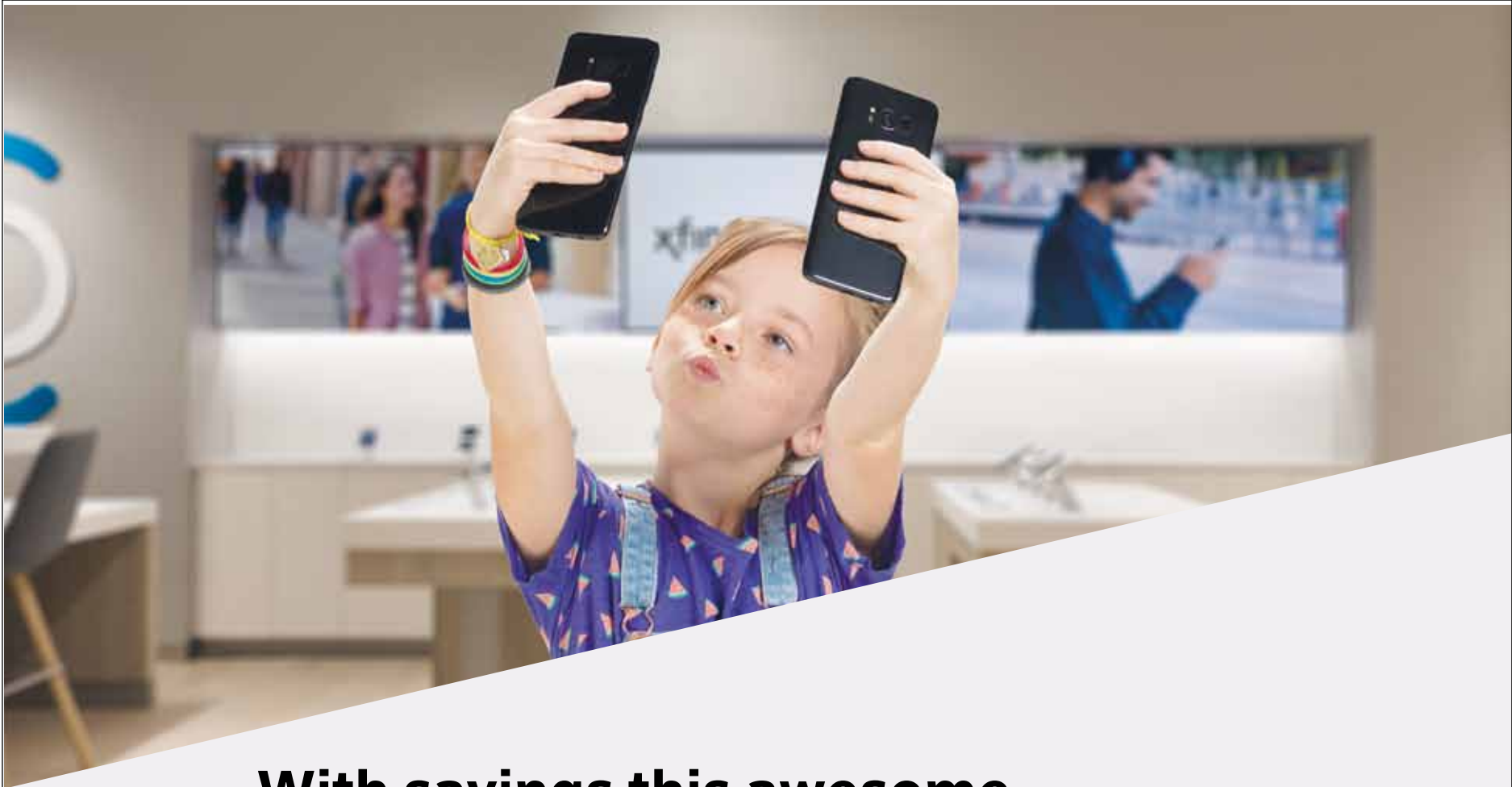
alternative medicine treatments such as acupuncture. Understandably, these people are desperate. They come to me to see if this will work for them.

Q: If I’ve been approved for the treatment, what’s next?

A: Guided by x-ray, an electrode is placed in your spinal canal. You’ll be brought into a state of light sedation in order to provide feedback as to placement. Once the electrode is in the area of pain, the patient is sent home to monitor its effect. If pain is reduced by 50 percent or more, you’re considered a candidate for permanent placement of a simulator.

Q: What are the outcomes of this procedure?

A: The permanent procedure takes about an hour and usually involves an overnight hospital stay. Post-surgery, the stimulator is individually programmed, and over the course of several visits with me, it is increasingly fine-tuned to provide the greatest pain reduction. Patients have different responses, with most people enjoying pain relief. For some, the implant eliminates virtually all pain. In others, pain is reduced by 50 percent. For a minority, the procedure is a failure. The battery life in today’s implants remains effective for about ten years.



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Carmel Officials Look to Broaden Water District Study

By David Propper

Carmel town board members declined to approve a Request for Proposal last week as officials continue to grapple with getting a handle on the problems occurring within water district #2 in the Hamlet of Carmel.

The Request for Proposal (RFP) was for a study that would have focused solely on the water treatment plant in district #2, which some town board members felt was too limited in scope. The treatment plant needs upgrades, town officials have asserted, with homeowners in the area dealing with brown water for years. (Despite the discoloration, health department officials have not deemed the situation an emergency.)

Town board members want the RFP to include more information into the possible analysis from the firm that could do the work concerning the water district.

Town engineer Richard Franzetti said 15 consulting firms were reached out to



Town engineer Richard Franzetti and town attorney John Fochetti both advised the Carmel town board at last week's meeting.

and a walk-through was attended by five firms. Two firms sent in formal RFPs to the town. The engineering department recommended Hazen and Sawyer over Arcadis, Franzetti said, because Hazen and Sawyer was ranked higher and offered a more robust source water evaluation. The cost for the study would be \$170,000 and could be taken from an unreserved

fund balance and from a repair reserve line, Franzetti said.

"They were the most responsive to the town's needs for this project," Franzetti said, adding later. "The end game is to understand what we need here."

Councilman Mike Barile said the work proposed by the firm was not wide enough in scope and water district #2 residents would face higher costs going forward. He believes the town is "piecemealing things," instead of looking at the "bigger picture." He wants alternative water sources explored and future Putnam Hospital water usage looked into.

"As soon as this patch job is done, we're going to patch another part and go through the whole thing again," Barile said. "It's a big problem that needs a big solution and big undertaking and I just

don't think we're doing that."

Councilwoman Suzi McDonough said she believes the town is getting a bunch of necessary information and from there they can figure out what the best options are going forward. She said the town board can't make a decision without getting all of the information.

"Unfortunately it is taking a long time and unfortunately it is taking a lot of money," McDonough said. "I think it's better than sitting and doing nothing."

Councilman John Lupinacci said the town might get some of the information Barile is seeking, but nothing is definitive. McDonough asked if the town could put more specific requests into the new RFP.

"Spelled out exactly what we want," Barile said. "There are a lot more questions that need to be answered."

Putnam Could Raise Age to Buy Tobacco Products

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municipalities, including New York City, have passed this legislation in New York, McConnell said.

McConnell noted that just two percent of overall tobacco sales are attributed to 19 and 20-year-olds. (Legislator Bill Gouldman questioned how much the new law would affect businesses at a committee meeting last month if the age were raised.) She noted tobacco companies provide cash incentives on a monthly basis if a local shop can prove financial hardship as a result of legislation.

Eighty-four percent of people that are in treatment for substance abuse disorders, McConnell said, smoke cigarettes.

"An addiction is an addiction is addiction, right," McConnell said.

McConnell added that with alcohol, when young people don't drink it until 21, there is a significant decrease in becoming addicted to it. If young people must wait until 21 to use tobacco, McConnell said there are a significant number of people that will never end up trying it in the first place.

"This would potentially save a lot of people's lives," she said.

A couple lawmakers have brought up the idea that residents could serve in the military at 18, but would not legally be able to buy tobacco products.

Legislator Amy Sayegh noted the armed services don't want their cadets smoking because they want them to lead healthy lives.

McConnell noted in the counties that

have passed the law, military bases in those counties have voluntarily adhered to new age requirements, even though they technically don't need to.

"It's a common sense law," Legislator Carl Albano said, with Legislature Chairman Joe Castellano noting he thinks New York State lawmakers should consider raising the age to buy tobacco products statewide.

Tourism chairman Barney Molloy, a Cold Spring resident who works for the Westchester County Legislature, said when Westchester was considering the law, many small business owners called lawmakers thanking them for making the raising the age so they wouldn't be forced to sell tobacco products to young people.

Southeast Councilwoman Lynne Eckardt said she was baffled why another health committee meeting is necessary because all the facts and figures indicate this proposed law would help younger residents not use tobacco products.

"And even if you don't all agree, I can't understand why this is taking as long as it is," Eckardt said.

Scuccimarra, who supports the law, said she agreed with Eckardt, but there are still a few legislators that have "issues" with the proposal. She would like to get every lawmaker on board.

The proposal will be discussed again next month in health committee.

"It's OK if you're 5-4, we would all love to have this passed," Eckardt said. "Just move it along."

"It's coming, it's coming," Scuccimarra said optimistically.

Golf Invitational a Hole-in-One for Putnam Hospital Center

More than \$60,000 was raised at the Putnam Hospital Center Golf Invitational to support healthcare services for the community.

The tournament took place at the Anglebrook Golf Club in Somers on Monday, June 4, and attracted 65 golfers for a weather-perfect day of golf and camaraderie.

Golfers were treated to lunch and dinner, as well as craft beer from the Bull and Barrel in Brewster and Broken Bow Brewery in Tuckahoe. Tuthilltown Spirits Distillery offered a tasting during cocktail hour. There was also a silent auction, a Hole-in-One car donated by Volz Auto and a 50/50 raffle held by the PHC Auxiliary.

The tournament is a major fundraiser for Putnam Hospital Center and is generously sponsored by Northeastern Anesthesia Services, PC. Donations support the hospital's top priorities for 2018, including expanding neurological, orthopedic and cardiac care services, in addition to the ongoing Emergency Department expansion and renovation project.

"Philanthropic support is so important in today's healthcare arena and I want to extend my sincere thanks to all who participated in what turned out to be picture-perfect weather," Putnam Hospital Center President Peter Kelly said. "I look forward to next year as this event grows in size and popularity."

Putnam Hospital Center is a nonprofit, 164-bed hospital that is supported by the fundraising efforts of the Putnam Hospital Center Foundation, including charitable giving and special events.

To donate or volunteer, visit www.healthquest.org/phcfoundation or call (845) 230-4763 (TTY: 800-421-1220).



Dr. Mitchell Cohn, president of Northeastern Anesthesia, on left, Peter Kelly, Putnam Hospital Center President Peter A. Kelly and Ryan Kelly.

PROVIDED PHOTO

State Audit Critiques Carmel Schools' Extra Classroom Clubs

By David Proper

A New York State audit of the Carmel school system revealed last week certain extra-classroom activities within the district were failing to keep thorough documentation for the money the clubs raked in.

According to the state comptroller's office, five clubs did not maintain supporting documentation for the collection of \$236,912 and two clubs did not maintain any records for the collection of \$89,165. Additionally, two collections resulting in \$5,144, including \$431 in sales tax, was not set aside to send to the state, the comptroller's office noted.

Overall all ECA clubs had receipts of \$849,946 during the audit period, which took place between July 1, 2016 and Nov. 30, 2017. Comptroller's officials reviewed 71 cash receipts that amounted to \$520,743 collected by ten clubs and given to the central treasurers for deposit.

Although five clubs had cash ledgers and deposit summary sheets, supporting documentation, like duplicate press numbered receipts or sales record were not kept.

"These discrepancies occurred because the clubs did not have adequate recordkeeping procedures and the District lacked formal written policies or procedures to provide guidance to staff," part of the audit stated. "Although the District provided annual training that describes how participants in ECA clubs should maintain their records, these practices were often not followed or enforced."

The comptroller's report detailed two instances where record keeping was below par. One example was when the middle school drama club deposited \$6,600 and the high school music department deposited \$4,401 from admissions to an annual fall performances, but student treasurers and advisors did not keep a record the number of tickets sold.

The other example was when a high school class deposited \$25,106 from dance ticket sales, but a record was not kept to determine the amount collected or for sales tax purposes. Because of inconsistencies, the sales tax could be either \$1,940 based on total deposit or \$1,743 based on list of tickets sold. The central treasurer was never apprised of either amount, the report stated, so there is no way of knowing how many tickets were really sold.

The comptroller's office also noted that students treasurers in seven clubs did not prepare proper records connected to fundraising activities and in a few cases, neither did the faculty advisors connected to the fundraising.

"When student treasurers do not prepare profit and loss statements, they miss the opportunity to learn the business aspect of ECA clubs," the report stated. "Additionally, if club ledgers are

not maintained or do not agree with the central treasurers' ledgers, there is an increased risk that errors or irregularities could occur and remain undetected."

The district's ECA policy is not comprehensive enough, according to the comptroller's report. There are 34 overall ECA clubs within the district.

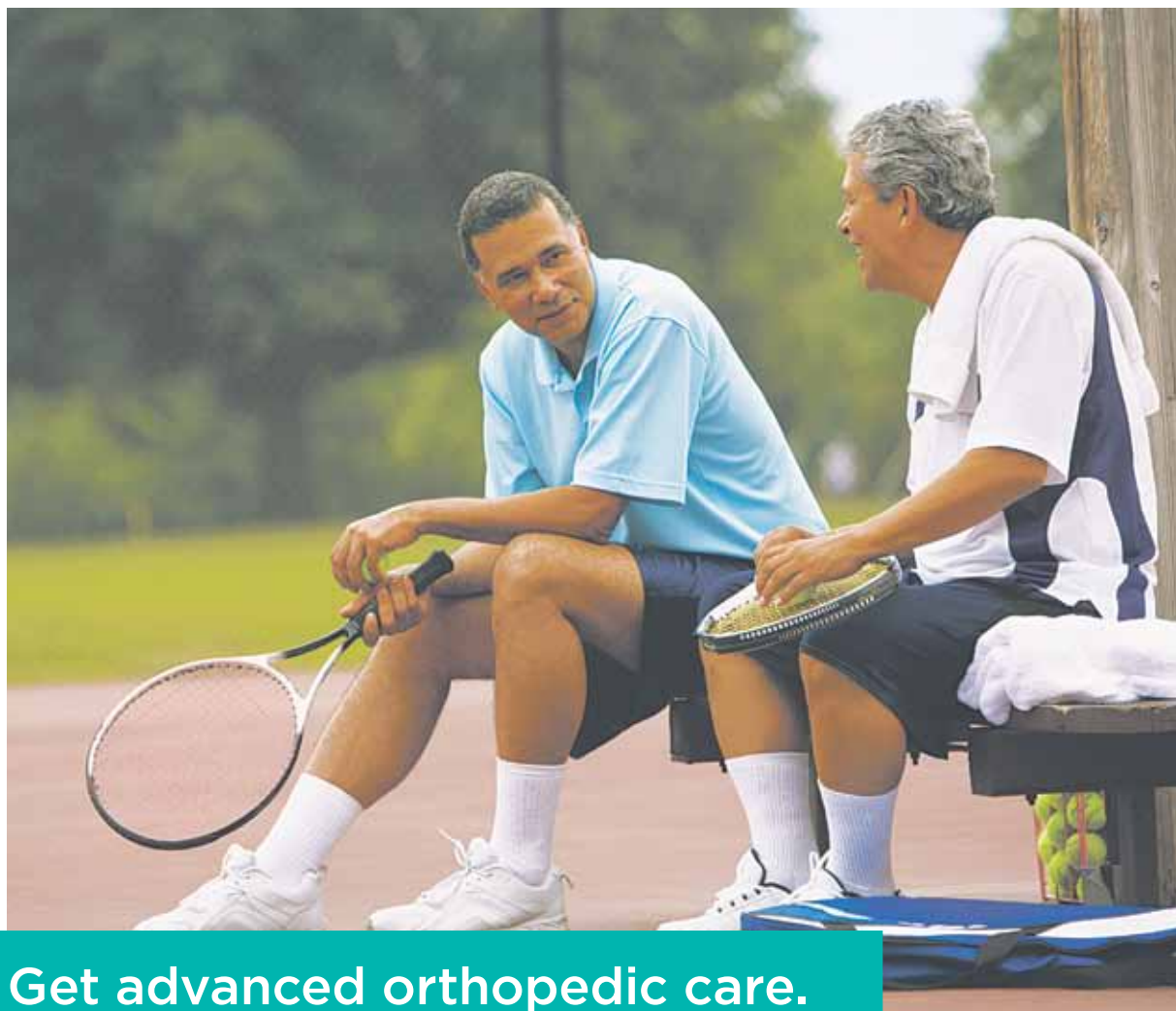
In a letter to the comptroller's office, assistant superintendent for business Eric Stark said the district agreed with the audit's findings. On May 22, business officials met with building principals

and central treasurers to discuss the audit's findings and "begin developing a corrective action plan" based on the comptroller's recommendations, Stark wrote.

Recommendations from the comptroller's office included keeping records and supporting documentations and maintaining ledgers for all receipts and disbursements, ensuring appropriate amount of sales tax is collected to give to the state, and updating the ECA fund policy.

Superintendent of Schools Andy Irvin said the district appreciated the auditor's review of the extra classroom fund activity.

"Although the clubs and student organizations support so many great things for our school community, we know that there is are large amounts of money handled and most of it is cash," Irvin said in a statement. "We owe it to everyone involved to have the best forms of accountability for those transactions and will work with the auditors' recommendations to put them in place."



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Special Needs Hockey Team Forming in Brewster

By David Propper

A new hockey team could be coming to Brewster this fall if Max Maksimyadis has his way.

In hopes of forming a hockey team, which will be called the Northern Bravehearts, Maksimyadis is hosting a informational session and open skate June 23, 9 a.m.-10 a.m. at the Brewster Ice Arena located at 63 Fields Lane. The league the team would join is the American Special Hockey Association, which provides individuals with physical and developmental disabilities the opportunity to play hockey.

Maksimyadis, a Mount Kisco resident, said he's played in the league for the past 20 years as a goaltender, but this upcoming year he didn't have a team to play with.

"I was very upset about that so I just decided to make my own team," Maksimyadis said.

His love for hockey began about 20 years ago when his mother saw a flier in a Westchester County newspaper for a special needs hockey team and mentioned it to him. When he started playing, he soon realized how much he enjoyed it and never looked back.

Maksimyadis, who has cerebral palsy and spastic hemiparesis, plays goaltender. Because he is mostly paralyzed on the right side of his body, he doesn't hold stick and tapes a blocker to his right arm. Regardless of any challenges he's faced, his talent has shined through with him earning the USA Disabled Hockey Athlete of the Year in 2008 from the league.

"It really molded me into the person I am today," Maksimyadis said.

So far, the Bravehearts have a couple players and a coach, he said. Maksimyadis hopes to fill a complete hockey roster by the time the season gets underway in

September. There are different levels in the league depending on how proficient and experienced a player is and it is open to all ages.

The team also gets to travel around, including to Canada and Washington, DC, Maksimyadis said. The Brewster Ice Arena will be the home ice for the Bravehearts this season, which runs from September to May.

"It's way cool," he said. "It's a really fun time."

Interested participants can call Maksimyadis at 914-960-3388.



PROVIDED PHOTOS

Max Maksimyadis playing in the American Special Hockey Association for the Montgomery Chiefs a couple years ago. He's hoping to form his own team this year.

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Chief ADA Takes Over Assault on Sheriff Case

By David Propper

The criminal case of the man accused of assaulting Putnam County Sheriff Robert Langley was pushed off another month last Wednesday as the district attorney's office continues to review the charges.

Brant Carter, in addition to the assault charge, a felony, is facing reckless endangerment in the 2nd degree, resisting arrest, DWI, obstruction of governmental administration in the 2nd degree, criminal possession of a controlled substance in the 7th degree, trespassing, unlawful possession of marijuana, disorderly conduct, failure to obey a police officer, and drinking alcohol in a motor vehicle on a highway.

Carter, 33 of Stilwell, OK., was arrested last month after drove into the Langley's driveway and the sheriff became suspicious of him, resulting in a wild

pursuit.

Handling the case for the DA's office is chief assistant district attorney Chana Krauss, who is the second in command to District Attorney Robert Tendy.

Carter didn't appear in Philipstown court last Wednesday afternoon, but his attorney, Ed McCormack, was there on his behalf. Appearing for the DA's office was ADA Patricia Rau, who typically handles cases on the west side of the county, though Krauss is the lead prosecutor in this case. The judge presiding over the case is the Honorable Stephen Tomann.

McCormack said Carter was currently out of the state for work, which Tomann took issue with because the terms of bail doesn't allow him to leave New York. Rau confirmed that Krauss was aware and consented to Carter being in Detroit, MI for the time being. During the short appearance, it was revealed the DA's office was not ready to move forward and Krauss was talking to sheriff, who had a central role in the arrest, about the case.

The next appearance for Carter would be July 11. Outside the courtroom, McCormack told The Putnam Examiner his hope is a plea deal is reached in the case.

SMALL NEWS
IS BIG NEWS

Petition Drive Could Force Vote on Cell Tower Location

By Kristen McNerney

A proposed cell tower that could be placed at Putnam Valley town hall to improve cell service is facing growing opposition from residents in the area.

An effort is underway to collect enough petition signatures in hopes of forcing the town to hold a voter referendum where residents would decide if they want a cell tower possibly constructed on town hall property. The tower would be more than 150 feet and placed in the backend of town hall property.

The majority of the town board believes the construction of the tower is necessary, as the surrounding homes have little to no cell service. The town board voted 3-1 to lease the town hall land to Homeland Towers last month during a meeting. Now, Homeland Towers would need approvals from the zoning board of appeals and planning board in order to put the tower up.

The cell problems in the area were evident when in the aftermath of a recent tornado, many residents were without communication during a widespread power outage, Supervisor Sam Oliverio said.

The initial proposed location for the tower was Town Park, which was fought by the board and instead was replaced with town hall as an alternate site. Oliverio said he believes that this is the

best location for the tower, far enough away from congested residences and public spaces. He stated that Homeland Towers, the chartered company that will be in charge of construction, could not use any other town-owned location except for Town Hall.

Oliverio's fear is that if the tower cannot be placed at town hall, the company will place it on private land that could possibly be closer to schools or private residences. He described these cell towers as "essential federally protected security utilities" and doesn't see the community functioning fully without them.

He claimed the construction of the tower serves the greater good and public safety expectations.

Despite town board's persistence with the project, there is currently a petition drive against the tower construction, led by Putnam Valley resident, Dorothy France. If the petition reaches 178

resident signatures, a ballot vote will be held on the issue. France believes that the town board has not put the community's best interests to work.

As a kindergarten teacher, she believes the proposed site is too close to the town's elementary school. She spoke for residents of Putnam Valley when she stated her concern for lack of research regarding the benefits of the tower. She also claims that the tower construction is based off the private agenda of local politicians, and that community voices have been largely excluded from the decision.

France said she is actively pursuing

supporters for the petition and is close to the minimum number of signatures needed after just a few days of canvassing. She said she wants community members to understand her cause and hopes to bring widespread awareness, working without the convenience of an excess number of public spaces where she would be able to bring the issue to public attention.

If the petition is successful, a ballot vote will cost the town \$5,500, Oliverio said. A vote would at least mean that all residents get a say about what is going on in their community, France argued.



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Letters to the Editor

Potential Bond in Carmel District Should Fail Again

On December 11, 2017, the voters of the Carmel Central School District went to the polls and overwhelmingly defeated two bond referendums totaling \$85 plus million in increased taxing and spending. Instead of feeling humbled and chastised by the rejection, the Carmel School Board has decided, in its infinite wisdom, to double down on their big spending, tax hiking ideas and to shove down the throats of the taxpayers, a new referendum in a disguised, scaled down version, because they believe that they know better what is

best for the rest of us. The Carmel School Board should take notice that this past May, the proposed school budget, along with its usual tax increase, was barely approved by the voters, and that was without any opposition being mounted against it. If the Carmel School Board has the arrogance (which they do have) to put their defeated referendum back before the voters, it will be met with vigorous opposition. The entire Kent Town Board is united in their opposition to the transportation component of the project

and will certainly vehemently oppose any new referendum. The proposed new multimillion dollar transportation facility, which was already overwhelmingly rejected, takes commercial property off of the tax rolls in the Town of Kent, which will result in an added tax burden for the town's taxpayers. Well, we the taxpayers have a little bit of news for School Board President, General Secretary (Greg) Riley and the other members of his dictatorial Politburo. If this referendum is put back before the voters in any of their sneaky,

disguised ways, we the voters promise them that a vigorous opposition will be organized to defeat it. To paraphrase Clint Eastwood – We the taxpayers have our veto pen drawn and ready to use and we have only one thing to say to the big spending tax increasers – Go ahead, make our day!

Frank Aversano
Lake Carmel

Murphy's Opposition to Reproductive Health Bills Hurts Women

Recently the Trump Administration's Department of Health and Human Services (HHS) proposed implementing a rule which would prohibit doctors from talking with patients about abortion services, even if the patient requests such information. This would effectively gag and restrict not only free speech but the sanctity and privacy of the patient-doctor relationship at clinics that receive Title X (family planning) funding.

Now, a rational person would think that an administration wanting to outlaw abortion would, therefore, want to

promote accurate information and easier access to contraception, thus making abortion a rare occurrence. But no. This same administration favors and promotes abstinence-only sex education. We all know how well that works, right?

With this going on at the federal level, we need New York State to shore up protections for reproductive rights. There have been two bills (the Reproductive Health Act and the Comprehensive Contraception Coverage Act) that would protect both access to abortion and affordable birth control. Both of these

bills have been passed at least three times by the Assembly but have been stuck in committee in the state Senate. Our own senator, Terrence Murphy, happens to be on both committees in which these bills are stuck. Sen. Murphy opposes both bills.

If you are sick and tired of men making decisions about women's reproductive options, here's what you can do:

-- Make a public comment about the gag rule on the government regulations web-site: <https://www.regulations.gov/document?D=HHS-OS-2018-0008-0001>.

-- Call Sen. Murphy's office at 914-962-

2624 to let him know that women can be trusted to make their own decisions about their reproductive health. This will fall on deaf ears, but you can and should voice your opinion.

-- Vote Murphy out in November. He has repeatedly demonstrated that he puts his own religious beliefs and the misinformation of his party ahead of the rights of women in his district.

Celeste Theis
Croton-on-Hudson

Murphy Not Doing Enough to Ensure Safe Schools

The hypocrisy of State Senator Terrence Murphy knows no bounds. He has the audacity to admonish the Assembly to pass what he calls school safety measures when he, himself, sponsored a bill to repeal the NY SAFE Act, a common sense gun safety measure which has done far more to prevent school shootings in NY than anything he and his Republican colleagues in the Senate have ever considered. He will not even look at the additional gun safety legislation already passed by the Assembly that has gone to die in Senate committees.

Mr. Murphy proposes adding school resource officers, a fine idea. But at the same time, he would repeal the prohibition on assault rifles in NY to ensure that those SROs would be outgunned and unable to adequately protect the students for whom they are responsible.

Mr. Murphy proposes to add mental health professionals to the schools, again a useful measure. But he will not support a red flag law that will allow judges to order guns to be removed from people determined to be a threat to themselves or others. So if that school psychologist has concerns regarding a particular student, there is nothing she can legally

do to prevent that student from bringing a weapon to school the very next day. In fact, Governor Cuomo has proposed a law that would permit the psychologist to go to court to attempt to restrict that student's access to guns. But does Mr. Murphy support that initiative? Of course not.

Because Mr. Murphy wants to have it both ways. He wants you to think he is all for protecting students while he twists and turns every which way to avoid confronting the NRA, which has given him a 93 percent rating and pours funds into each of his campaigns. Without addressing the real school safety problem—keeping guns away from those who should not have them—all the additional school personnel Mr. Murphy want to add will do little to ensure the safety of our students. It's clear to me that Mr. Murphy ranks his support from the NRA far above the lives of our children.

So stop lecturing the Assembly, Mr. Murphy. They have already done far more than you to ensure safety in our schools. If you really care about student safety, withdraw your bill to repeal the SAFE Act and get behind the common sense gun safety legislation already

pending in the Senate.

But we all know that's never going to happen, because it would anger Mr. Murphy's buddies in the NRA, and their support is obviously the most important thing to him.

We can change all of this by removing Terrence "Hypocrite" Murphy from the Senate in November. Support Democrat Robert Kesten who will vote for the common sense measures that will actually allow you to send your children

to school without fear. And no, Mr. Murphy, he does not want to take guns away from responsible owners nor repeal the Second Amendment. He only wants to ensure that your children, and ours, will be safe in their classrooms.

Joel E. Gingold
Croton-on-Hudson

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Business of the Week

By Neal Rentz

Ink Injection, owned by Mohegan Lake resident Fred Lounsbury, has been in operation for 14 years in Mohegan Lake providing tattoos and body piercings for its customers from a three-county area.

Benson, who goes by one name, has been the manager for 18 months and has been an employee for three-and-a-half years overall. Benson and Lounsbury also create tattoos in addition to their administrative duties.

Lounsbury said he chose the East Main Street because he lives close by. "I grew up a quarter of a mile from here," he said last week.

Lounsbury began working in the tattoo industry when he was hired to work at Brad's Tattooing in Mohegan Lake in 1982 at the age of 16. "I always liked artwork. It just sprung from there," he said.

Benson said he has been interested in art from an early age. His tattooing career began in an untypical way. He received a tattooing kit from his wife as a joke gift. "I just ran with it," Benson. "Now I can't stop. This is me. If I'm not getting ink, I'm giving ink."

Benson said tattooing is an art form that has "progressed over the years." In the 1960's the cliché was sailors coming back



NEAL RENTZ PHOTO

Mohegan Lake resident Fred Lounsbury (right) is the owner of Ink Injection in Mohegan Lake. Also shown above is Mahopac resident Benson, who is the manager of the business.

from their military service with a tattoo, he said. Today, tattooing is an art which is intensive and currently changing with new inks, technologies and new ways to

deal with skin, he noted.

Lounsbury said he likes the new inks, many of which are organic. Many of the inks used for tattooing in the past

contained lead, he said.

Tattooing has become a part of mainstream society and "big business," Benson said. "You see everyone with tattoos." Lounsbury agreed. "Now we're tattooing firemen, police officers, doctors, lawyers and so on," Lounsbury said.

Tattoos are often created for people who want to remember a loved one who has passed away, Lounsbury said. "It's like therapy sometimes," Benson said.

Tattoos are also used for cosmetic purposes to cover such things as scars and birth defects, Lounsbury said.

Under New York State law, a person must be 18 to get a tattoo, Lounsbury noted. Tattoo needles are only used once and are discarded as hazardous waste, Lounsbury said. "Now there's a more sterile environment" at tattoo businesses, he said.

Lounsbury said most of his customers come from northern Westchester, Putnam and Dutchess counties and Yonkers.

Benson said people easily become hooked on getting tattoos. "Once you have it the first time it is the most addictive things you'll ever do," he said.

Ink Injection is located at 1870 E. Main St. (Route 6) in Mohegan Lake. For more information, call 914328-8287.



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Obituaries

Esther O'Leary

Esther O'Leary, 98, of Mahopac, died on June 9, at Putnam Hospital Center. Mrs. O'Leary was born on January 21, 1920 in Brooklyn. She was the wife of the late, John Francis O'Leary and together they had three children; Timothy, Kathleen and Kevin. Before she retired Esther was a Clerk for Blue Cross in Manhattan. Although she enjoyed working it was her family and friends who gave her the most joy in her life. Esther was a devoted wife, a loving mother, grandmother and great-mother and a friend to many. Ester is survived by her loving daughter; Kathleen Clifford and son-in-law Dennis, her four cherished grandchildren and two adoring great-grandchildren all of whom she adored and each child held a special place in her heart. She is predeceased by her beloved husband John and her two loving sons; Timothy and Kevin.

Joseph T. Merrigan

Joseph T. Merrigan of Carmel, retired Detective Lieutenant of the Yonkers Police Department, died on June 13, at the age of 78. He was born on September 15, 1939 in Yonkers, to the late, Joseph and Mary (Wright) Merrigan. On June 16, 1962 he married the love of his life Marjorie Condon and they were blessed with 50 wonderful years. He is survived by his four loving children; Sheila Anne and her husband Anthony Dziedzic, Joseph Thomas Jr. and his wife Melissa Merrigan, Dianne Renee and her husband Greg Gaudin, Jean Marie and her husband Thomas Pinson. He is also survived by his ten cherished grandchildren; Joseph Tyler

(J.T.) and his wife Liz, James Cameron (Cam), Caleb, Chad, Brendan, Maggie, Eamonn, Gillan, John and Amanda.

Michael Pellino

It is with heavy hearts the family of Michael Pellino, age 56, of Mahopac, announces his unexpected death on June 14. Michael passed away surrounded by his loving family. Mr. Pellino was born on November 16, 1961 to Frank and Antoinette Pellino in the Bronx. On September 29, 1991 he married the love of his life, Susan in Yonkers, and they were blessed with three children Michael, John and Lauren. Michael worked as an Electrician in Yorktown Heights. He was a genuine craftsman and loved to work with his hands. He lived life to the fullest and showed everyone in his life that the simplest pleasures in life, gave you the greatest gift of all. Above all, family meant the most to Michael; he was the pillar of strength for his family and friends. Mr. Pellino was a loving husband, father, brother, uncle, cousin and a friend to many. He is survived by his devoted wife Susan, his three loving children Michael, John and Lauren. He is also survived by his adored sister Susan. Michael will be dearly missed but his legacy of love and devotion will continue to bless his family and live on.

William P. O'Dell

William P. O'Dell of Mahopac, died on Sunday, June 10, at the age of 64. He was born in Mt. Kisco, on March 9, 1954, the son of Wallace and Edna O'Dell. Bill was a retired auto body mechanic at Yorktown

Auto Body in Yorktown Heights. He loved country music, muscle cars and classic cars and his dog, Buddy. On October 22, 1996 he married Alice Mackenroth who survives at home. He is also survived by his daughter Miranda and son Donald as well as his sister, Ginny. He was predeceased by his daughter, Amanda Marie. Per his wishes, cremation services were held privately.

Andrew J. Durkin

Andrew J. Durkin 'Drew', a lifelong resident of Brewster, died peacefully with his entire family by his side at Putnam Hospital Center on Monday June 11. He was 89 years old. Born on July 29, 1928 at Mt. Kisco Hospital in Mt. Kisco, son of Andrew J. and Mary (O'Brien) Durkin. He attended St. Lawrence O' Toole Catholic School and graduated from Brewster High School in 1946. Drew honorably served in the US Army during the Korean War. Mr. Durkin married the love of his life Maureen Costello on April 16, 1955 at St. John's the Evangelist Church in Mahopac. They were blessed to be married for 63 wonderful years. Drew was the co-owner and president of Durkin Fuel of Brewster and Pawling. He was a past commissioner of the Brewster Fire Department for 25 years. He was also a member of the VFW Post 672, the American Legion and a charter member of the Brewster Elks Lodge. Drew was also a member of the Brewster Lions Club for over 65 years. He was an active parishioner of St. Lawrence O'Toole Church and a member of the Knights of Columbus for over 50 years. Mr. Durkin is not only survived by his loving wife,

Maureen, but also his 7 children; Maureen (Donald) Gibson of Florham Park, NJ, Andrew (Susan) Durkin of Pawling, NY, Thomas R. Durkin of Brewster, NY, Kathleen (Patrick) Evans of Rhinebeck, NY, Anne (Bruce) Hoelzl of Wilton, CT, Sheila Durkin of Brewster, NY, and Raymond C. (Nancy Schneider) Durkin of Brewster, NY, his 12 grandchildren; Meaghan, Clare, Erin, Andrew, Brian, Craig, Molly Kate, Peter, Celeste, Cara, Justin and Jack and his sister Virginia Kaminski of Buzzards Bay, MA. He was predeceased by his brother James Durkin in 2012.

Dennis G. Bunyea

Dennis G. Bunyea, a lifelong resident of Mahopac, died on Wednesday, June 13, at the age of 71. He was born in Mahopac on January 20, 1947, the son of Clinton R. and Theresa Murphy Bunyea. Dennis was a mechanic for the Town of Carmel Highway Department, retiring after 28 years of service to the town. Dennis owned stock cars and raced his number 61 car in many of the states surrounding New York, including Pennsylvania, Massachusetts and New Hampshire as well as in New York State. He is survived by his twin brother, Daryl and sister-in-law Jane of Vero Beach, FL and many nieces and nephews. He was predeceased by his brothers, Albert and Robert. Following private cremation services, a memorial visitation will be held on Thursday, June 21, 2018 from 6 p.m.-8 p.m. at Joseph J. Smith Funeral Home in Mahopac. In lieu of flowers, contributions in memory of Dennis may be made to St. Jude's Children's Research Hospital.

A Lost Colleague Inspires a New Row of Honor Ceremony

In remembrance of Richard Farrell of Yorktown, who worked for the Putnam County Veterans Service Agency, County Executive MaryEllen Odell joined his family, friends, colleagues and fellow members of Mahopac VFW Post 5491 at the Row of Honor along the shores of Lake Gleneida in Carmel, NY on Wednesday, May 30. Collectively, the group purchased

six American flags in Farrell's honor.

"Today is the day that Memorial Day was recognized for 200 years, and in Putnam County, we pay homage to those soldiers we have lost on both the observed federal holiday as well as the traditional holiday," said Odell. "Today we are honoring Richard, who was a dedicated soldier and an incredibly generous man. This ceremony has inspired us. Every year on the traditional Memorial Day, we will a remembrance service at the Row of Honor to honor every Veteran from Putnam who passed away the previous year."

Farrell, who served in the United States Marine Corps during the Vietnam Conflict and was a member of the New York City Fire Department with Engine Co. 80/Ladder 23, and retired as a Fire Marshall in 1989, died on Dec. 4, 2017.

"Rich was a great friend and colleague," said Veterans Service Agency Director Karl Rohde. "He is missed by all who knew him. The flags that were dedicated to him in the Row of Honor pay tribute to his friendliness and wise counsel and will help carry on his legacy for years to come. He will not be forgotten."



County Executive MaryEllen Odell (right) and Putnam County Veterans Service Agency Director Karl Rohde applaud Richard Farrell's wife Eileen and their daughters after they spoke about him at the remembrance ceremony held in his honor at the Row of Honor on Wednesday, May 30.

The Putnam County Veterans Service Agency will work in cooperation with the local Veterans organizations to collect the names. Residents can submit names to the agency. Each name will be read at the

remembrance ceremony on May 30.

To submit a name to the Putnam County Veterans Service Agency, call 845-808-1620 or email putnamvets@putnamcountyny.gov



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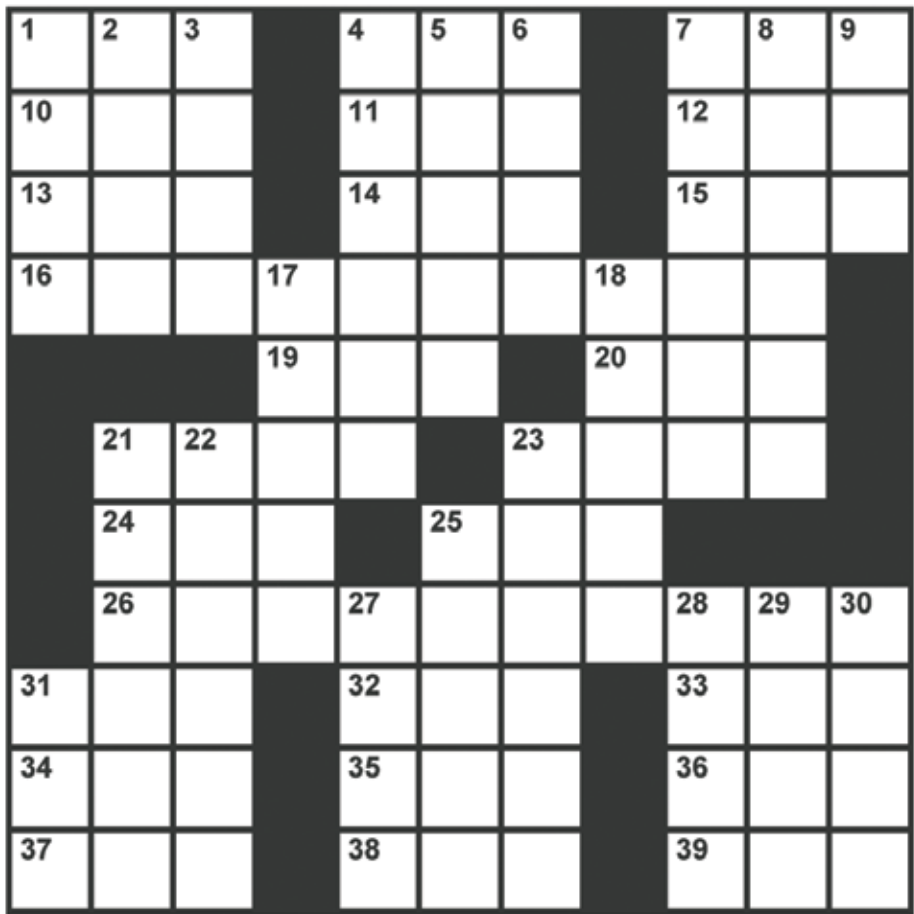
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Crossword Puzzle



Crossword by Myles Mellor

Answers on page 19

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- Across**
- 1. Untrained
 - 4. Complete
 - 7. Sunblock abbr.
 - 10. Long time period
 - 11. Emirates, for short
 - 12. Regatta instrument
 - 13. Bedridden
 - 14. Mud or apple
 - 15. Crooked
 - 16. Spend a buck to save a buck at this Baldwin Place store - _____
 - 19. Fleur de _____
 - 20. Abbr. in many French street names
 - 21. Burn
 - 23. Ice cream flavor (abbr.)
 - 24. Ability to hit a target

- 25. Going to happen
- 26. Showed up again
- 31. _____ baba
- 32. Tuna type
- 33. Artist's asset
- 34. Khaki shade
- 35. Access number
- 36. Historic beginning
- 37. Chinese food additive
- 38. Math subj.
- 39. Equinox mo.

- Down**
- 1. "American Pie" actress Tara
 - 2. "Last train" singer, Guthrie
 - 3. Barrier
 - 4. Nanny
 - 5. Hideouts
 - 6. "12 Angry Men" star, Cobb
 - 7. Region near Johannesburg
 - 8. 3.26 light years
 - 9. Small fish
 - 17. Cousin of a camel
 - 18. Milo of "Romeo and Juliet"
 - 21. Belonging to model Bruni, or Mohegan lake hair salon
 - 22. Going in haste
 - 23. Setting up an actor's entrance
 - 25. British doctorate, abbr.
 - 27. Family man
 - 28. Sales force
 - 29. Bronte heroine
 - 30. Bass
 - 31. Money machine

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Mahopac Library Displays Artwork by Longview School Students

A diverse selection of artwork created by students from Longview School, located in Brewster, are now on display in the Young Arts Gallery at Mahopac Public Library. Ranging in age from 3-years-old to 17, these students have been encouraged to develop their overall creativity through individualized art teaching. This is evident in this display of unique and imaginative drawings, paintings, and multi-media work produced by 23 students from this alternative school. The Longview School exhibit will remain on view through July 6, and can be visited during regular Library hours.

Longview art classes are labelled Art/Creativity. While students are introduced to basic drawing skills and to a wide variety of drawing and painting mediums,

heavy emphasis is placed on student-initiated experimentation with ideas and materials. In fact students are reminded again and again to be sensitive to the differences between an oil crayon sliding across a well-sized paper and a thin ink pen over watercolor, or between the rich, impasto thickness of heavy acrylic paint as opposed to a thin watercolor wash.

They are also led to become more and more observant, more aware of their environment and all that is contained within it. This hands-on, tactile approach provides experience of a sort often lacking in the lives of young people who relate to one another and to their surroundings through screens. Thus, in the current exhibit we see a grade schooler reveling in hues of blues and

greens arcing across black paper, a high schooler quickly sketching figures at a coffee shop, train stop, and on the street, and a middle schooler creating rows and rows of colorful robots each with its own functions and purpose.

Some classes introduce new materials or exercises; in others students are each working on their own projects and receiving instruction when necessary. All recognize ways in which Art/Creativity has helped them in a variety of other pursuits. The Longview students participating in this show are: Rio Vieira, Simonne Clarke, Emma Phillips, Marcus

Berichi, Adam Eichhorn, Alyse Santella, Julia Lang, Dylan Chouinard, Harry Howell, Jamie Nolf, Viola Velonis, Jordan Rienzo, Ken Russell, Ryann Weakley, Koryn Lindhjem, Max Hodge, Danyelle Becker, Hana Foulk, Kaylah Fusiak, JohnCarolo Hodge, Himuka Goto, Kayla Graham, and Eliana Graham.


For further information about Longview School, visit www.longviewschool.org. To learn more about the Young Arts Gallery which is located on the 1st floor of the Library, visit www.mahopaclibrary.org, or call 845-628-2009, ext. 108.



Artwork created by Kayla Graham, student at Longview School



Drawing created by Alyse Santella, student at Longview School



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The 'Man's Disease' Killing Four Times More Women

**By Dr. Harlan Weinberg, MD,
Medical Director of Pulmonary
Rehabilitation, Pulmonary and Critical
Care at Northern Westchester Hospital.**

The recent death of First Lady Barbara Bush put a spotlight on chronic obstructive pulmonary disease (COPD), which now kills four times women in the United States than men. Many people think the typical patient with COPD is a middle-aged male who smokes two packs a day, but the reality is quite different. In fact, women in the United States are more likely than men to develop the disease. More than seven million American women are living with this diagnosis, which encompasses emphysema and chronic bronchitis. Here, I'll discuss everything you need to know about COPD from diagnosis to treatment. By Dr. Harlan Weinberg, MD, Medical Director of Pulmonary Rehabilitation, Pulmonary and Critical Care at Northern Westchester Hospital.

Risk Factors and Symptoms

Cigarette smoking, which destroys lung tissue and causes inflammatory changes in the airways through which you breathe, is the number one risk factor for developing COPD. Symptoms include shortness of breath with activity, a chronic cough, or a chronic cough with spit. Over time, these problems cause increasing fatigue and diminish quality-of-life. COPD can affect the entire body. It can not only impact other organs, such as the heart, but can cause secondary medical problems, including various cancers.

Statistics from the American Lung Association (ALA) are sobering:

- Women comprise 58 percent of

the 14.7 million Americans living with COPD, and 53 percent of those who die from COPD.

- Nearly 8 percent of women in the U.S. have reported a COPD diagnosis, compared to just under 6 percent of men.
- Over the past three decades, the number of deaths among women from COPD has quadrupled.
- Women are 37 percent more likely than men to develop COPD.
- American women are more likely to die of COPD than of breast and lung cancer combined.

Why does COPD affect women more?

In general, women who smoke are more susceptible to the lung-damaging effects of cigarette smoke than male smokers because they suffer greater lung function reduction at a lower level of smoke exposure. As a result, female smokers are more likely to develop COPD, and they typically develop the disease at a younger age. What's more, women who develop COPD tend to actually smoke less than men who develop it. And once women have COPD, their shortness of breath is more severe.

The dramatic increase in the number of women with COPD is a legacy of the 1960s through early 1980s, when women started smoking in greater numbers. Because women are smaller, their smaller airways expose more lung area to the toxic chemicals of cigarette smoke. Women are also more likely to develop asthmatic airway changes than are men, and irritability of the airways (asthma) is an important risk factor in women for COPD.

In addition, women have more trouble

overcoming nicotine dependence than do men. One hypothesis is that female estrogen hormones may inhibit the body's ability to eliminate nicotine. Because nicotine is eliminated more slowly from women's bodies, it is more addictive. Women are also more susceptible to occupational and other environmental exposures which damage the lungs.

The need for better diagnosis and treatment:

Because COPD has long been thought of as a man's disease, women are often misdiagnosed with asthma. Due to the lack of data on the effects of cigarette smoking on women, there is less information available about their unique susceptibility to cigarette smoke. Women who live in poverty are especially impacted by limited access to health care.

Other consequences:

Women with COPD struggle more mentally and emotionally. Not only does this reduce quality of life, it has actual medical consequences. The quality of life for women with COPD is worse overall than that of men with a similar severity of disease because they are at higher risk for anxiety and depression. These mental health problems pose challenges when trying to follow a treatment plan, quit smoking, stay active, and obtain social and emotional support. This, in turn, increases the likelihood of disease flare-ups, emergency visits, and relapses.

If you've ever smoked, see a physician for an evaluation:

It's very important for woman who currently smoke or have ever smoked to go for an evaluation by either a primary care physician or a pulmonary physician—

even if you are not experiencing shortness of breath. Ask for pulmonary function testing (a breathing test) and a chest x-ray.

There is no such thing as a safe exposure to cigarette smoking, and there is persuasive evidence that women's lungs are more damaged by smoke. If you have never smoked, don't start. If you smoke, stop right away.

The Advanced Pulmonary Rehabilitation Program at NWH is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation and serves patients primarily in Westchester and Putnam Counties of New York. By combining medication that helps open up airways for a better airflow with breathing retraining, stress relaxation techniques and exercises that strengthen overall muscle mass function, the program provides state-of-the-art care that maximizes each patient's potential for improvement and enhanced quality of life.

The program features a full-time medical director who oversees every patient, while an exercise physiologist/respiratory therapist provides individualized rehab. Its holistic approach focuses on each patient's medical issues, mental health concerns, nutritional status and oxygen levels. While there is no cure for COPD, the program strives to increase each patient's physical well-being, lessen shortness of breath with activities, boost quality of life, and improve understanding and management of the disease.

To learn more about pulmonary rehabilitation, visit www.nwhrehab.org/pulmonaryrehab or call (914) 458-8700

Putnam County Dept. of Health to Offer Free HIV Testing

About 1.1 million people in the U.S. are living with HIV, and one in seven of them don't know that they are infected. These statistics from the Centers for Disease Control and Prevention (CDC) in Atlanta are the reason for having National HIV Testing Day each year on June 27—to encourage people of all ages to get tested. This year the Putnam County Department of Health will again be offering free HIV testing on Wednesday, June 27, at the main health department office at 1 Geneva Road in Brewster from 9 a.m. to 3 p.m.

"We have come a long way in improving the treatment for HIV since the disease was first seen in the U.S. decades ago," says County Executive MaryEllen Odell. "That's why it is important to get tested and start treatment early."

"Undetected and untreated, the human immunodeficiency virus, HIV, usually causes AIDS, which is often a fatal disease," said Michael Nesheiwat, MD, Putnam County's Interim Commissioner of Health. "However today numerous medications exist to treat the virus. Early diagnosis and treatment has transformed

patient outcomes and they can live long and productive lives. Even one death from AIDS today is too many. Early detection and treatment is also key to limiting spread of the virus. Everyone should be tested for HIV testing at least once, if not on a routine basis."

In the early stages of HIV infection a person may feel fine. The only way to know for certain if a person is infected is to get tested. Free HIV testing and counseling will be offered by the Putnam County Department of Health on June 27 with results ready in just 20 minutes. No appointments are necessary, and privacy and confidentiality are ensured. Free condoms, giveaways and educational information will be available.

This year the official CDC theme for the day is "Doing It My Way, Testing for HIV," which highlights the importance of HIV testing and that individuals can choose HIV testing on their own terms. For those who are busy on June 27, or wish to be tested at a different time, the health department offers free testing throughout the year as well. The walk-in

clinic hours are on Tuesdays from 1:30 to 3:30 p.m. and on Thursdays from 10 a.m. to 12 p.m. Other options include getting tested by a personal health care provider or at the federally qualified health center Open Door Brewster. When and where to get tested is a person's own choice. The important thing is to get tested. For questions or concerns about scheduling a test, or for more information about HIV testing or HIV/AIDS education and prevention, contact the health department at (845) 808-1390.

HIV can affect anyone regardless of age, sexual orientation, race, ethnicity or gender. Among new HIV diagnoses in 2016 in the U.S., 21 percent were among youth and young adults, aged 13 to 24 years of age. People aged 50 and older

have many of the same HIV risk factors as younger people, but may be less aware of their risk. In 2015, people aged 50 and older accounted for 17 percent of those living with HIV infection.

Today people with HIV and AIDS do live longer, healthier lives, and new research is promising, but there is still no vaccine or cure for HIV. Safe sex is still the best "primary prevention." Older Americans are more likely than youth to be tested later in the course of their disease. This means delayed treatment, and as a result, more health problems. Despite medical advances, HIV/AIDS is still a significant cause of death for some age groups. It was the 8th leading cause of death for those 25 to 34 years of age in 2014 in the U.S.



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When Two Combine Their Tastes in One Household

Sometimes when two people decide to get married or live together, the going can be tough in combining tastes for furnishing and decoration, especially among those who have lived on their own and established individual preferences.

Most people would agree that men let their wives take the lead in decorating their home. It just seems to be the natural order of things, right? Not so with my wife and me.

I think one of the reasons my wife decided to marry me was that she was impressed that I had decorated my bachelor apartment so well. The furnishings inventory of mostly 18th century reproductions and some originals, influenced by my having grown up near colonial Williamsburg, was impressive for a single guy, as was my debt to various department stores and antiques shops. While not originally to her taste, which was strictly modern, my wife adapted to the early American style, maybe because such a great investment had already been made in it.

She came to the marriage with her modern bedroom set and a good copy of the tulip chair designed by Eero Saarinen.



By Bill Primavera

However, when we bought our first home in Brooklyn Heights, built in 1826, those modern things disappeared because they looked out of place. I reigned supreme as the decorator for some years to come.

By the time we settled into a new condo building three years ago, I had conceded to my wife's preference for a more casual, modern look again. I was ready to be casual and comfortable.

So, we've been a good match in combining tastes, even when they change. In all these years, there has been only one disagreement about our décor – and it happened very recently. Enter the issue of the large Staffordshire figurines, two of which I liked and she hated.

Some years ago, I made a good buy on these figurines, the mainstay of Victorian mantelpiece decoration, and displayed them in a big English oak cabinet in our dining room. Little did I think they would become our one and only point of departure in taste. I share the story here because it may demonstrate how compromise works.

At our broker's open house when it was time to sell, we got busy de-cluttering and

creating more open space on our tables and shelves, as I advise seller clients to do. In the process, I noticed that the two Staffordshire pieces had disappeared from the haunts they had long occupied. When I asked my wife where they were, she said, "Oh, I don't think we should display them. I never liked them, and you did say to de-clutter."

My precious Staffordshires relegated to clutter?

She offered no hint about where they might be, but I knew that her favorite hiding space was in our kitchen's lower cabinets. Sure enough, I explored and found them tucked in between the mop bucket and the Drano, no less.

I returned them to their rightful home without saying anything. They remained for a couple of days, then disappeared again. And again, I retrieved them. Left in the dining room for a few days more, I was satisfied that my wife had given up trying to classify them as clutter.

The morning of our open house was quite busy with last-minute details. I didn't notice anything unusual until I set out on a personalized tour and entered the dining room. Darned if the figurines hadn't disappeared again!

Even though there were many realtors in the kitchen, like a man obsessed, I actually moved a couple of people aside to access the regular hide-and-seek place.

But surprise, surprise, the figurines weren't there. I then opened every drawer and cabinet in the kitchen, but they were nowhere to be found. I gave up.

A home stager with whom I worked regularly told me how to combine tastes peacefully.

"I find that since people are getting married later in life and they have already purchased pieces of furniture that they love and have grown attached to, the problem is that once they have found that perfect person they too come along with their own pieces that don't necessarily coordinate. His, mine and ours is how I refer to it. Usually it takes a little psychology, negotiation and compromise to dig a little deeper and combine their likes in decor so they complement each other."

I'm all for psychology, negotiation and compromise but it is very telling that when we had sold the house and packed up to leave, those Staffordshires were left behind for the new owners.

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.

Health Studies Abound But Which Ones Are Valid and Reliable?



By Nick Antonaccio

In past columns, I've written about the overwhelming conclusions of multiple studies on the health benefits of a moderate consumption of wine.

Two glasses a day for men and one a day for women provide antioxidants and other compounds (polyphenols) that aid in preventing diseases, protecting against premature aging and providing overall health benefits.

I've also written on the deleterious effects of wine consumption. Certainly, all alcohol is potentially harmful to our overall health and for the unintended social consequences of excessive drinking. A number of studies have proven the negative effects of alcohol consumption, even at lesser levels than recommended. The British national health overseer urges consumers to eliminate consumption of wine or limiting it to one or two glasses per week.

While valid studies surely abound, I've read numerous "respected reports" of small control groups that draw conclusions concerning entire age groups

and genders.

I've read numerous reports conducted over months, not years, that draw universal conclusions.

I've read numerous reports involving disease-afflicted volunteers that draw conclusions on every individual that walks the earth, sick or healthy, young or old.

In a perverse way, several reports are similar to those pervasive opinion polls to which we are perpetually exposed. Any topic and any issue seemingly will foment multiple conclusions. And multiple controversies. And embraced or rejected by the public to align with each person's private viewpoints or preferences.

For me, there hadn't been a convincing long-term study that provided indisputable evidence of the health impact of wine consumption.

Until last year.

The prestigious National Institutes of Health (NIH) announced a new study, one of the largest ever. As reported by The New York Times, this government agency would undertake a \$100 million global trial to determine the impact of wine consumption on the incidence of heart attacks, strokes and death in 7,800 volunteers aged 50 and

You Heard It Through the Grapevine

older in 16 countries over a six-year period.

A lofty goal, and much needed in the face of conflicting reports that currently exist in the infosphere.

When I reported on this encouraging new study, I noted several counterintuitive aspects of it and the suspicious provenance of its funding. Most notably, the overwhelming source of funding was being pledged by outside sources: five of the largest alcohol-producing companies in the world. But not to worry. Private-public studies are legal under certain circumstances and the public was assured these firms would have no influence on the study. It would be conducted by independent parties, under the auspices of the prestigious NIH.

Lo and behold, the NIH just this past week announced the termination of the study.

Why? According to an NIH advisory panel, a small number of government employees had conflicts of interest due to interactions with alcohol industry officials aimed at influencing the study's results. Surprise, surprise. The industry funding sources had attempted to influence the outcome and had successfully done so. The advisory panel found that employees attempted to "intentionally bias the framing of the scientific premise in the

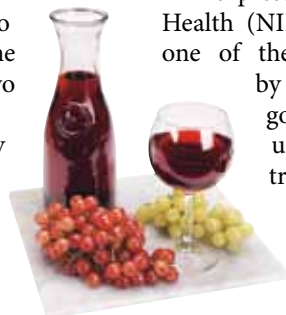
direction of demonstrating a beneficial health effect of moderate alcohol consumption."

Deputy Director Lawrence Tabak advised NIH officials these actions cast "doubt that the scientific knowledge gained from the study would be actionable or believable."

The overseer of the NIH, its director, Francis Collins remarked, "Is it even possible at this point that the results of such a trial would have sufficient credibility to influence anybody's decision-making?" As obvious as this may be, I credit the NIH for terminating the study before it gained more traction and careened toward any false conclusions.

Finally, a case of government controls and checks and balances performing their intended purpose. Continuing this study clearly could have resulted in a disputed conclusion that would not have resolved its intended purpose. Perhaps the role of government in self-regulating itself is back on track.

Nick Antonaccio is a 40-year Pleasantville resident. For over 20 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

2018 will mark the 13th anniversary of the Putnam Valley Residents Coalition's Farmers Market. Our market is located at Tompkins Corners Cultural Center at 729 Peekskill Hollow Road, Putnam Valley. The Market is outdoors, on the lawn and will run each Friday from 3 p.m. to 6:30 p.m. starting on June 29th and going to August 31st. TCCC will be offering music and other events following the close of many markets. Our vendors offer a variety of fresh, locally grown produce, beverages, baked goods and many crafts. Vendor inquiries are welcome. Contact us at putnamvalleyresidentscoalition@yahoo.com or call 845-528-0066.

Art on Display:

Sandra Gorman art on display at Kent Library: Throughout the month of June paintings by Sandra Gorman will be on display at the Kent Public Library. Although Ms. Gorman works primarily in oils and pastels, in this exhibit you will see paintings in inks on paper. The Kent Public Library is located at 17 Sybil's Crossing, off of Route 42 in Kent Lakes.

Ongoing:

Wednesdays: History Exchange: Calling all history enthusiasts! Join the Southeast Museum and Brewster Public Library for - History Exchange. Do you want to learn more about our local history? Join like-minded people to discuss local history and research unique archives. History Exchange meets the second Wednesday of every month from 6 PM to 7 PM at the Brewster Public Library and will be facilitated by Amy Campanaro, Director of the Southeast Museum. The first meeting is Wednesday June 13. To register please click call the Library at 279-6421.

Saturdays: Every Saturday in 2018, admission to Boscobel's grounds is pay-what-you-wish. At any donation level that is comfortable, visitors are welcome to explore 68 acres of Boscobel's property, including lush gardens and a woodland trail. Cold Spring Farmers' Market: Boscobel. Find fresh, local produce,

meats, and honey as well as high quality handcrafts. Supporting local, regional, and sustainable farms by providing an outlet for direct sales of agricultural products, the Cold Spring Farmers' Market's vendors are either farmers, farm employees, or food artisans selling fresh products with ingredients sourced from regional farms. 8:30am - 1:30pm. Every Saturday through October. Admission is free.

Tuesday, June 19

Open to Differences Discussion Group at Reed Library: 6:30 p.m. Facilitated discussion related to topics about understanding each other and our differences. Please call the library to register, 845-225-2439.

Wednesday, June 20

Want to know more about Fybromyalgia and Chronic Fatigue Syndrome? Come to the Kent Library on 6:30 p.m. - 7:30 p.m. to listen to Dr. David Connell discuss both topics. Registration is required. You may register for the program by going to www.kentlibrary.org or calling the Kent Public Library at 845-225-8585. The library is located at 17 Sybil's Crossing, Kent Lakes.

Thursday, June 21

CPR: A Life-Saving Technique: 1 p.m. - 2:30 p.m. Empower yourself with the knowledge to save a life in this amazing workshop. Learn the basics of CPR to help someone in cardiac arrest. For grades 5 thru 8. For more information or to register contact the Patterson Library at 845-878-6121 x10 or go to www.pattersonlibrary.org and click Calendar.

Friday, June 22

Mahopac Public Library presents the Children's Summer Reading Kick-off show. 2 p.m. Join us for an engaging and original musical comedy by Keith Torgan called "Last Night I Dreamt I Ate a Giant Marshmallow...and when I woke up my pillow was gone!" This fun-filled interactive show for ages 3 and up not only helps children explore their dreams and goals - it also gives them real tools

for achievement. Children will tell their favorite stories, jokes, and dreams as they follow the antic paths of the two big kids (Juilliard trained flutist and educator Barbara Siesel and award winning actor, storyteller and songwriter Keith Torgan) on stage. Registration is requested; register online at www.mahopaclibrary.org, or call 845-628-2009, ext. 139.

Tompkins Corners presents Bill and the Belles, 7:30 p.m. Tompkins Corners Cultural Center will present Bill and the Belles, a celebration of the diversity country music from sentimental Southern ballads to the popular songs of Tin Pan Alley to regional fiddle breakdowns, exquisite and playful vocals accompanied by fiddle, guitar, banjo and bass. Suggested donation is \$15 at the door or tickets can be purchased in advance at <https://www.brownpapertickets.com/event/3453199> or reserved on the TCCC website at www.tompkinscorners.org/reservations.html or by phone at (845) 528-7280. For further information, email info@tompkinscorners.org.

Birds of Prey: 1 p.m., - 2 p.m. Observe several raptor species up close while learning about their adaptations, behavior, ecological importance, and natural history. Demonstrations, games, and museum specimens will help illuminate the fascinating lives of these amazing avians. For ages 4 and up. For more information or to register contact the Patterson Library at 845-878-6121 x10 or go to www.pattersonlibrary.org and click Calendar.

Saturday, June 23

Free Ice Cream: Calling all kids: School's Out Stop by Warren Beach 1:30 p.m. sharp Putnam Lake Park District (Rain date: SUN 6/24)

Come to the Kent Library: 11 a.m., -12:30 p.m. and learn how to make tissue paper peonies. Program is for adults and has limited space. Registration is required. You may register for the program by going to www.kentlibrary.org or calling the Kent Public Library at 845-225-8585. The library is located at 17 Sybil's Crossing, Kent Lakes.

Sunday, June 24

Join Us at the Garden Around the Corner: Downtown Brewster, 67 Main St, across the parking lot from the library. The Studio Around the Corner has partnered with the Master Gardeners of Putnam County to bring gardening programs and a community garden to the town of Brewster at the Garden Around the Corner. You are invited to be a part of our healthy gardening community. Learn how to grow healthy organic vegetables, have fun gardening and help us maintain the garden throughout the growing season. Families or individuals can volunteer for 1 week to weed, water, and donate vegetables during the growing season to the Community Action Partnership in Brewster. What's Growing Now days at the Garden Around the Corner, 67 Main Street. Sunday, June 24 3 p.m. - 4 p.m. Sunday, July 15th 3 p.m. - 4 p.m. Sunday, August 19th 3 p.m. - 4 p.m.

Crossword Answers

1	R	2	A	3	W		4	A	5	L	6	L		7	S	8	P	9	F
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34	T	A	N					35	P	I	N			36	P	R	E		
37	M	S	G					38	A	L	G			39	S	E	P		



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LEGAL NOTICES

FORMATION OF NRMHA MANAGEMENT, LLC filed with the Secy. of State of NY (SSNY) on 4/30/18. Office loc.: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. The address SSNY shall mail process to c/o **New Rochelle Municipal Housing Authority, 50 Sickles Ave., New Rochelle, NY 10801. Purpose: Any lawful activity.**

BUILDER BOYS, LLC Arts. of org. filed with the SSNY on 04/25/2018. Office: 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 **39 Mitchell pl. #11B White Plains NY 10601. Purpose: Any lawful purpose.**

NOTICE OF FORMATION OF A2E COMMUNICATIONS GROUP, LLC. Articles of Organization filed with SSNY on 4/03/2018. Office loc: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **Maqsood Khan, 25 Rockledge Road, Apt. 1B, Hartsdale, NY 10530. Purpose: any lawful purpose.**

NOTICE OF FORMATION OF SMG HOMES, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on March 23, 2018. Office location Westchester County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: **7014 13th Avenue, Suite 202, Brooklyn, NY 11228. Purpose: Any lawful acts.**

NOTICE OF FORMATION OF ABIRI-MILAN MEDIA LLC Articles of Organization were filed with the SSNY on May 7, 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 **33 Westview Ave, White Plains, New York, 10603. Purpose: Any lawful act or activity**

NOTICE OF FORMATION OF ALVIN IRBY LLC. Articles of Organization filed with the Secretary of State of NY (SSNY) on January 21, 2016. Office location: Westchester County. SSNY has been designated as agent upon whom process against it may be served. The address to which the SSNY shall mail a copy of any process against the LLC is: **124 E 117th St, Apt 4D, New York, NY 10035. The principal business address of the LLC is: 124 E 117th St, Apt 4D, New York, NY 10035. Purpose: any lawful act or activity.**

Notice of Formation of ALTOGETHER SOCIAL, LLC. Arts. Of Org. filed with SSNY on 5/1/18. Office Location: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **Deborah Meringolo, 25 City Place, Apt. 6A., White Plains, New York. 10601. Purpose: any lawful act or activity.**

NOTICE OF FORMATION OF AR JAY HOME INSPECTIONS, LLC Article of Incorporation filed with the Secretary of State of New York (SSNY) on 5/14/2018. County of Westchester. SSNY designated as agent of the LLC upon whom process against it may be served & shall mail process to **P.O.Box 204, Armonk, N.Y. 10504. Purpose: Home inspections & Any Lawful general Purpose.**

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NOTICE OF FORMATION OF J&R WINDOWS LLC. Art. of Org. filed with the (SSNY) on 04/17/2018. Office location: Westchester County. SSNY has been designated as agent upon whom process against it may be served. The Post Office address to which the SSNY shall mail a copy of any process against the LLC served upon him/her is: 90 State Street, Suite 700 Office 40, Albany, NY 12207. The principal business address of the LLC is: 49 Park Drive, Mount Kisco, NY 10549. **Purpose: any lawful act or activity.**

NOTICE OF FORMATION OF HELLO METHOD, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on 02/05/2018. Office location: Westchester County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: 36 Ivy Hill Road, Chappaqua, NY 10514. **Purpose: Any lawful purpose.**

NOTICE OF FORMATION OF RED DOOR BAKING COMPANY, LLC. Arts of Org filed with Secy of State of NY (SSNY) on 04/04/2018. Office location: Westchester. SSNY designated as agent of LLC upon whom process against it may be served and mailed by SSNY to: 3199 Albany Post Rd. Suite 226A, Buchanan, NY 10511. **Purpose: Any lawful acts or activity.**

NOTICE OF FORMATION OF SAS CAPITAL ADVISORS, LLC. Arts of Org filed with Secy of State of NY (SSNY) on 01/17/2018. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served and mailed by SSNY to: 201 Willett Avenue #302, Port Chester, NY 10573. **Purpose: Any lawful acts or activity.**

NOTICE OF FORMATION OF KFAM VENTURES LLC ARTS. of Org. filed with the SSNY on 5/25/2018. Office:

Westchester County. United States Corporate Agents, Inc. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to **United States Corporate Agents, Inc., 7014 13th Avenue, Suite 202, Brooklyn, New York 11228. Purpose: Any lawful purpose.**

NOTICE OF FORMATION OF AMEN HOMES LLC. Articles of Organization filed with the Secretary of State New York on January 31, 2018 in Westchester County. The Secretary of State is designated as agent for service of process. The Secretary of State shall mail a copy of process to: **c/o Christopher Miller, 422 South 7th Avenue, Mount Vernon, NY 10550. Purpose: Any lawful purpose.**

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RAY GALLAGHER PHOTO

Brewster senior All-American Lauren Craft headlines a list of locals from the Putnam/Northern Westchester County regions to be named Player of the Year in their respective sports... see Sports



BORN TO CRAFT! GIRLS LACROSSE PLAYER OF THE YEAR LAUREN CRAFT, BREWSTER

The two-time All-American and Penn State-bound senior led the Bears where no Brewster team had gone before; all the way to the NYSPHSAA Class C semifinals. Perhaps the purest finisher in Brewster history, Craft finished the season with 77 goals and 21 assists, and concluded her standard-setting career with a school record 256 goals, to go with 81 assists and 102 GBs; by far the standard-bearing number, which future Bears will shoot for. Her impact on and off the field became immeasurable as she led by example and took younger players under her wing as the leader of the Bears the last two springs. When all was said and done, Craft took a four-win team as a freshman and completely changed the complexion of the program while emerging in a class all by herself. Off the field, she has many interests as well, including the National Honor Society. Additionally, Craft's been on the high honor roll five years running and chills with the Mu Alpha Theta Society (National Honor Society in

Mathematics). She also coaches youth lacrosse, and her benevolent side includes clubs like Students Against Cancer, Salty Hands (Cystic Fibrosis Club) and "Friends of Karen".

COACH'S QUOTE – "It has truly been an honor to coach Lauren for so many years. Lauren's level of maturity and the way she presents herself on the field and off make her a force within Section 1. Her work ethic and dedication to the game of



RAY GALLAGHER PHOTO

lacrosse is unlike any I have seen. Whether practice or a game, Lauren gives her all. She has given back so much to our program by running clinics, fundraisers and involving the youth players in events. She has helped make Brewster lacrosse what it is today. She is a role model for all the younger players coming up in our program. She has many strengths on both ends of the field. Whether she is taking the draw or on the circle, her stick skills are consistently on point. On attack, her quick feet, fakes and ability to place the ball in the back of the net have allowed Lauren to be one of our top scorers. Defensively, Lauren can read situations and communicate effectively with her teammates in order to stop the other team. What I'm most proud of is her ability to stay humble and realize what is good for the entire team." – *Brewster lax Coach Sara DiDio*

The Maryland-bound, two-time senior All-American will go down in Yorktown history on a list of all-time greats that few school districts can lay claim to. As a defenseman, it's nearly impossible to quantify the former Cornhusker greats that Makar ranks among, but over the course of three varsity seasons, the long pole defender put himself in the Top-5 category, according to those who often discuss the rank and file of Yorktown lax, former players within the Cornhusker lax family. In a rare year where Yorktown didn't win a Section 1 title for just the fourth time since 1997, Makar menaced opposing short sticks with the kind of technique and takeaway skills that drew comparisons to Chris Watson, Yorktown's only three-time All-American. In the end, Makar will be remembered equally for his on-field accomplishments, his off-field character and the fact that he is a once-in-a-generation type student athlete

and leader that Coach Sean Carney and the fabled Yorktown lax family will never forget.

COACH'S QUOTE – "It's not often you get an player that can have such a tremendous impact on the program, the school and community on so many levels. Brett is up there with the best to ever play at Yorktown. His physicality and tenacity on the field are second to none in my history of watching and coaching the game. His teammates believe they can do anything when they have Brett on the field. That was clear

MAKINGS OF SOMETHING SPECIAL BASEBALL PLAYER OF THE YEAR JOEY VETRANO, LAKELAND

The Boston College-bound sophomore is already near the top on the long list of all-time greats in Hornet history after the lefty put up one of the finest season ever at Lakeland after going 9-0 this season with a 1.48 ERA. In 29 playoff innings, Vetrano allowed just seven earned runs while fanning 34 batters and posting four complete-game victories for the 12th-seeded Hornets (16-10), including wins over Harrison, Section 1 runner-up Byram Hills, Section 9 champion Cornwall and three-time defending Section 8 champion Wantagh en route to Lakeland's first-ever NYSPHSAA championship appearance. He allowed just 12 hits to those four formidable teams.

In the regular season, Joey V went 5-0 with a 1.29 ERA over 38 innings with 54 K's, tipping the scales with near-90 MPH velocity. His numbers at the plate were equally impressive for the season. The smooth-stroking lefty clouted a robust .462 BA with 20 extra-base hits, including nine doubles, two triples, nine homers, 22 RBI, 29 runs, 9 for 9 on steals and an OBP of .566. The talk of the town this spring, they say the best is yet come for this humble, 6'3" 200-pound blue-chipper, and that is one frightening prospect. For sure: The Lakeland record books are on high alert and MLB scouts will be hot on the trail of Lakeland baseball over the course of the next two seasons as Vetrano blazes a trail that few before him ever have, one that



RAY GALLAGHER PHOTO

might lead to the pros.

COACH'S QUOTE – "Joey is a fierce competitor. As I told you in the Section 1 championship game, he was not letting me take him out of that game. He will do whatever is asked of him to help his team win. His teammates love him not just because he is a very good player but because he genuinely cares for them. He can go 0-for-4 with three K's in a game, but if we won the game he is smiling ear to ear. He is confident but not with any arrogance. He shows respect towards everybody on and off the field. He does everything the right way. He runs everything out, never letting up, but, then again, his teammates do the same thing. Joe does not like talking about himself one bit. He cares about his teammates so much and how much he wants to win another Section 1 championship with them and hopefully farther than that." – *Lakeland Coach Bill Casey*



RAY GALLAGHER PHOTO

STANDARD BEARING EVERY STEP OF WAY BOYS LACROSSE PLAYER OF THE YEAR BRETT MAKAR, YORKTOWN

in his football career here, and the last few years playing for us. You can only hope that the younger players saw the effort he gave each day of the year, not just in season, and hope they model themselves after him. To have a player like him also be a true gentlemen off the field in his dealings with the high school staff or youth players is extraordinary. He is truly a once in a generation type athlete. He has left a large footprint on Yorktown Lacrosse." – *Yorktown Coach Sean Carney*

Sports PLAYERS OF THE YEAR, 2018 SPRING SEASON

by RAY GALLAGHER, Examiner Sports Editor @DirectRays

AIN'T NO BULL SESSIONS! TRACK & FIELD FEMALE PLAYER OF THE YEAR JADE SESSIONS, CARMEL

The Lehigh-bound senior has established herself as one of the finest distance runners in Carmel history. As the anchor leg of the 4x800-meter relay team, Sessions helped the Rams run to a fifth-place finish at the NYSPHSAA, good enough for 7th overall in the Federation. Additionally, her anchor leg in the New Balance Nationals helped the Carmel 1600m sprint medley relay team (Sessions, Caroline Douglas, Lindsey Broderick and Kayla Sexton) to a 12th place national finish with a PR 4:05.74. Sessions also ran the anchor leg for the 4x800-meter relay team in Sunday's national race where the Rams placed seventh to

conclude the outdoor season in fancy fashion. Whether it's in or out of the classroom, on or off the track, the likeable Sessions has helped restore the luster to a track and field program that takes distance running seriously.

COACH'S QUOTE -- "Jade has helped maintain the championship values built in the early 2000's when a string of elite Carmel athletes put our program on the national map. Her dedication and discipline, her earnestness and grit, her humility and grace are what our younger athletes try to emulate. Most impressively, individual accomplishments have never overshadowed her focus of team; in fact,



her best performances are usually with her best friends on relays. Moreover, Jade is a well-rounded individual who performs in the classroom the same way she performs on the track. She inspires our athletes to train and to compete to the best of their abilities, and she does so with the maturity of a seasoned athlete." **-Carmel Coach Eric Schwark**

SALVAEGGI IS FIRST YORKTOWN HURLER TO REPEAT SOFTBALL PLAYER OF THE YEAR ERICA SALVEGGI, YORKTOWN

The list of two-time Section 1 championship pitchers at Yorktown is short, quite succinct... in that it only contains one name, Erica Salveggi. While Larissa Porcelli and Dana Bisaccia hurled the Huskers to back-to-back titles in 2007-08, the Wagner-bound Salveggi is the only wind-milling hurler in Yorktown history to repeat as champion. The two-time All-Section Salveggi shutout No.1-ranked John Jay East Fishkill and no-hit No.3 Suffern en route to the Huskers' second-straight appearance in NYSPHSAA tournament and a regional championship appearance. With a 1.07 ERA and 81 strikeouts on the year, Salveggi overcame the loss of her mom prior to the start of the season, took ownership of the Huskers and had an entire community pulling for her as result. Salveggi, who plays middle infield when she doesn't pitch, also mashed at the plate, supporting her own cause on the mound by hitting .502 for the season while raising the bar at Yorktown.

COACH'S QUOTE -- "This was Erica's best year yet statistically, but also mentally. This year, she was



just so much more mature. She put the team on her back and carried a heavy load. Watching Erica grow into the person she has become has been pretty special. I'm young and relatively new to being in the role of coach and mentor, but I finally understand what it's like for coaches to see a player mature. I knew her as a 14-year-old and now she's heading off to college. In the last year alone, I've seen her turn into a selfless leader, a giver, a competitive and confident go-getter, and honestly a nurturer. The grit she had this year to want the ball in every situation, to have the maturity to handle hitting and pitching in the same games really united this team as a whole. They had a mission this year to win back-to-back sectional championships, and it was a great experience to watch her propel this team forward. Erica has a lot in store for her life, and this was just a sliver of it that I'm happy to have been a part of."

-Yorktown Coach Ryan Iamurri

GOING THE DISTANCE TRACK & FIELD: CO-PLAYER OF THE YEAR GREG FUSCO, SOMERS

In a long line of Somers High distance trotters that begins and ends with Alex Bean, the Cornell-bound Fusco has put himself in the same sentence after a prolific body of work that saw him master Westchester County with 19 All-County appointments. Additionally, Fusco, an honor student to boot, was a 12-time All-Section choice and a five-time All-NYS honoree with nine NYS qualifier appearances and four national tournament certifications. The body of work includes four county titles, six Section 1 titles, a 3200-meter PR of 9:04 and a school record time in the mile (4:12.54), good for fourth in the NYS Federation. His times on the track are measurable, but it's what he does off the track that made an equally great impact on the Somers community.

COACH'S QUOTE -- "Greg is what our Program is all about. Greg is what Somers cross country and Somers track and field is all about. He puts his whole heart into our program. He loves this team and losing him will be tough for us, but I see some of Greg Fusco in all of our young kids. He helped them so much to grow, and that's what we will miss most about having him: Not the wins on the track, but the wins where he showed the kids on the team all about our program and how he showed them how to be leaders on and off the track. I have known young man since he was little kid because he lives across the street from me, and words can't even express how



RAY GALLAGHER PHOTO

proud I am of him and the young adult he is becoming. Somers is losing a fantastic runner and person, but Cornell is getting an amazing young man." **-Somers Coach Mike Lacko**



JUMP FOR JOY! TRACK & FIELD PLAYER OF THE YEAR JOSIAS LUCTAMER, WALTER PANAS

Interfaith Club. He also volunteers with the school nurse and the stage crew and sets a mean example each and every day.

COACH'S COMMENT -- "Josias is a special athlete. He was one of two athletes in the whole state to finish the indoor season ranked top in all classes in a vertical (2nd) and a horizontal (4th) jump in the last five years. Josias was so good this year that he didn't compete from April 7th through the middle of May. His first meet back he won a sectional title on his first jump! In his second meet back, he won the sectional qualifier, and after three weeks back in action he places second in the federation! It was remarkable."

-Lakeland/Panas Coach Ryan Johnson

Among the finest jumpers in Lakeland/Panas history, Luctamer long jumped 23'-2" this spring and high jumped 6'-4", both program records. That high jump would have placed him top five in the state this spring, but he decided not to do it at the state meet, playing it cautiously (for fear of injury) and concentrating on the long jump where he placed second in the NYS Federation spring meet. Off the field, Luctamer is just as diverse, serving as a member of the United Nations Club, Students Against Destructive Decisions and the

Carmel Athletes Killin' It on Big Stages



THERESA LARSON PHOTO

Carmel's Brian McCabe placed 11th out of 32 javelin throwers at the New Balance Outdoor Nationals in steamy Greensboro, NC, last weekend with a throw of 49.40m (162'-1") at Aggie Stadium on the campus of NC A&T State University.



The Patterson Pirates 14U team recently won the Super East National Qualifier Tournament in Hartford, CT, and qualified for the National Youth Baseball Championships on July 23-29 at Baseball Heaven on Long Island. Members of the Pirates include Kevin Dall, Nick Oster, Nick Montagna, Matt Demme (who hit a grand slam in the semis and tripled in the finals), Denis Ward (who fired a complete game victory in the title game), Ethan Ondreika, Mason Compton, Sandor Kozma, John Melarczik, Danny Monahan, Tim Albano and Brendan Murphy, plus coaches Ryan Dall, Jim Oster, George Murphy and John Ondreika.

Rams Representing in Track & Field, Baseball



Carmel's Sprint Medley Relay team of Jade Sessions, Lindsey Broderick, Caroline Douglas and Kayla Sexton enjoy a lighter moment at the New Balance Outdoor Nationals in Greensboro, NC, where they ran a blistering time of 4:05.74, which was 2nd in their race and a PR by five seconds over their previous best time. The Carmel girls ultimately finished in 12th place (among 34 teams) and set the new school record in the event at Aggie Stadium on the campus of NC A&T State University.



VINNY CASTRONOUVO PHOTO

Carmel's 4x800-meter relay team of seniors Angela Castronuovo, Jade Sessions and Kayla Sexton, plus freshman Katie Turk placed 7th at the New Balance Outdoor Nationals last Sunday in Greensboro, NC, where the Rams narrowly missed their bid for All-American status by one place at Aggie Stadium on the campus of NC A&T State University. Their time of 20:59.49, was less than :04 off of the 6th place finisher but was the end to an amazing run for this Carmel Relay team who had run together for three years.