

Threatening Letters Sent to Putnam Sheriff

By David Propper

A man that threatened the life of Putnam County Sheriff Robert Langley, a Cold Spring judge, and Cold Spring police officer was arrested earlier this month when a connection was found between the three victims in the case.

Eugene A. Vitello, of the Bronx, was arrested on several counts aggravated harassment and stalking after he sent letters to Langley, Cold Spring Justice Thomas Costello and Cold Spring police officer Edward Boulanger threatening them.

Langley received a letter in the mail in Nov. 2018 in which the author of it threatened to harm him and his family

continued on page 6



PROVIDED PHOTO

Eugene A. Vitello, of the Bronx, was arrested earlier this month.

New CCE Director Looks to Push Org. Forward

By Anna Young

Cornell Cooperative Extension in Putnam County is starting its year off to a fresh start after appointing a longtime employee to serve as the non-profit's newest executive director.

Following nearly four decades serving the community, including more than 20 years as the organization's executive director, Marjorie Keith stepped down last year hoping to usher new, creative ideas into the leadership role. On Jan. 2, Dutchess County resident Stefanie Hubert took the helm as CCE's executive director.

Hubert, who started her career with CCE in Orange County in 2005 as a nutrition/health educator, has spent the last five years as the non-profit's regional

continued on page 6



PROVIDED PHOTO

Stefanie Hubert

Brewster Students Raise Funds in Honor of Late Resident



PROVIDED PHOTO

Brewster Students Against Cancer presented the Janette Lambert Memorial Scholarship with a check for \$400 earlier this month. Lambert's oldest children, Emma and Kove, accepted the check on behalf of their family and shared memories about their warm and vivacious mother. Also on hand during the presentation were Tracey Walsh from the American Cancer Society and Michelle Villano, the group's advisor. Lambert died in 2016 after a 10-year battle with breast cancer, leaving behind her husband Joe and three children. Her youngest, Luke Lambert, is in fourth grade at CV Starr. Emma, who graduated in 2016, went to Westchester Community College and is now looking at schools in Oregon, Washington, and the Carolinas to study oceanography or atmosphere geology. Lambert's middle child, Kove, graduated from Brewster High School last year. A former member of Brewster Students Against Cancer, Kove is attending Coastal Carolina University where he's studying physics. According to Joe Lambert, his wife, the daughter of immigrants from Puerto Rico and Ecuador, made a big impact on the people around her. "Janette lived, she thrived, she was assertive, and she learned to be a highly effective communicator in both Spanish and English," he said. "Her positive personality and beautiful smile drew people in and her intelligence and financial acumen kept them in." Successful in the financial industry, Janette was "the hardest working woman in the room—especially a room filled with men," said her husband. In celebration of Janette's feisty, go-getter spirit, the Lambert family partnered with the Brewster Education Foundation to create a scholarship in her memory. The Janette Lambert Memorial Scholarship is presented to a Brewster High School Senior who is female, Hispanic, and attending college for a degree in business, finance or accounting. Last year Brewster Students Against Cancer voted to donate funds to the scholarship and this year they decided to do the same. Through various fundraisers including bake sales, t-shirt fundraisers, and survey fundraisers the club raised \$400 for the second consecutive year. "We love doing it," said Brianna Sayegh, the club's president, who was there with Treasurer Laura Rodriguez. "When we mentioned it to the club again this year, everyone said 'Yes! Let's do it.'"

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Cuomo Offers Wide Ranging Agenda for 2019

By Martin Wilbur and David Propper

With Democrats controlling every branch of state government, Governor Andrew Cuomo put forward his plan for a progressive New York during his annual State of the State address last week as budget season in the capitol begins.

The hour-plus speech in Albany last Tuesday highlighted nearly 20 initiatives under Cuomo's justice agenda "that is going to make history in the state of New York and is going to make history in the nation," the governor said. Arguing how the state is facing an assault from the federal government, Cuomo, a Democrat, said the state Legislature needs to be proactive.

"The federal government is not going to help us," he said. "It's up to us."

The justice agenda touched on a wide variety of issues to be enacted in the first 100 days, from healthcare-related topics, to public safety, transportation, campaign finance reform and infrastructure investment.

Among the many plans would be to codify the Affordable Care Act to safeguard healthcare coverage for people with pre-existing conditions; codify Roe v. Wade in the state constitution; pass an equal rights amendment; bolster gun laws by passing a red flag law, banning bump stocks and extending the waiting period



PROVIDED PHOTO

Gov. Andrew Cuomo addressed state lawmakers last week during his annual State of the State.

to buy a weapon from three to 10 days; and passing the Child Victims Act.

Other reforms on the table would be to pass the Dream Act to give all New Yorkers access to higher education regardless of immigration status; legalize recreational

marijuana; enact comprehensive campaign finance reform and overhauling the financing of campaigns; invest \$2.5 billion in clean water infrastructure; have the state derive all of its power from clean energy by 2040; approve sports

betting at the upstate casinos; adopt the strongest pro-labor union protections in the country; provide a middle class tax cut; and present a plan carrying \$150 billion in infrastructure and mass transit improvements.

Cuomo acknowledged his agenda is highly ambitious but said now is the chance for New York to pass long-awaited legislation that will stamp itself as the nation's leader for progressive change.

"It's a lot, there's no doubt about it but there's a lot that has been bottled up for many, many years that we couldn't get done, and in many ways, I feel the state is now liberated with the Senate Democratic caucus and we can get these things done and we can get them done together," he said.

In his budget message, Cuomo said that he would be making available nearly \$1 billion more for schools with about 70 percent of that directed to poorer schools. However, for too long, districts that have overseen the poorer schools have not provided the adequate resources to raise performance, the governor said.

He proposed about a \$338 million increase in foundation aid for districts across the state.

Cuomo touted economic development that he said has resulted in the state's

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

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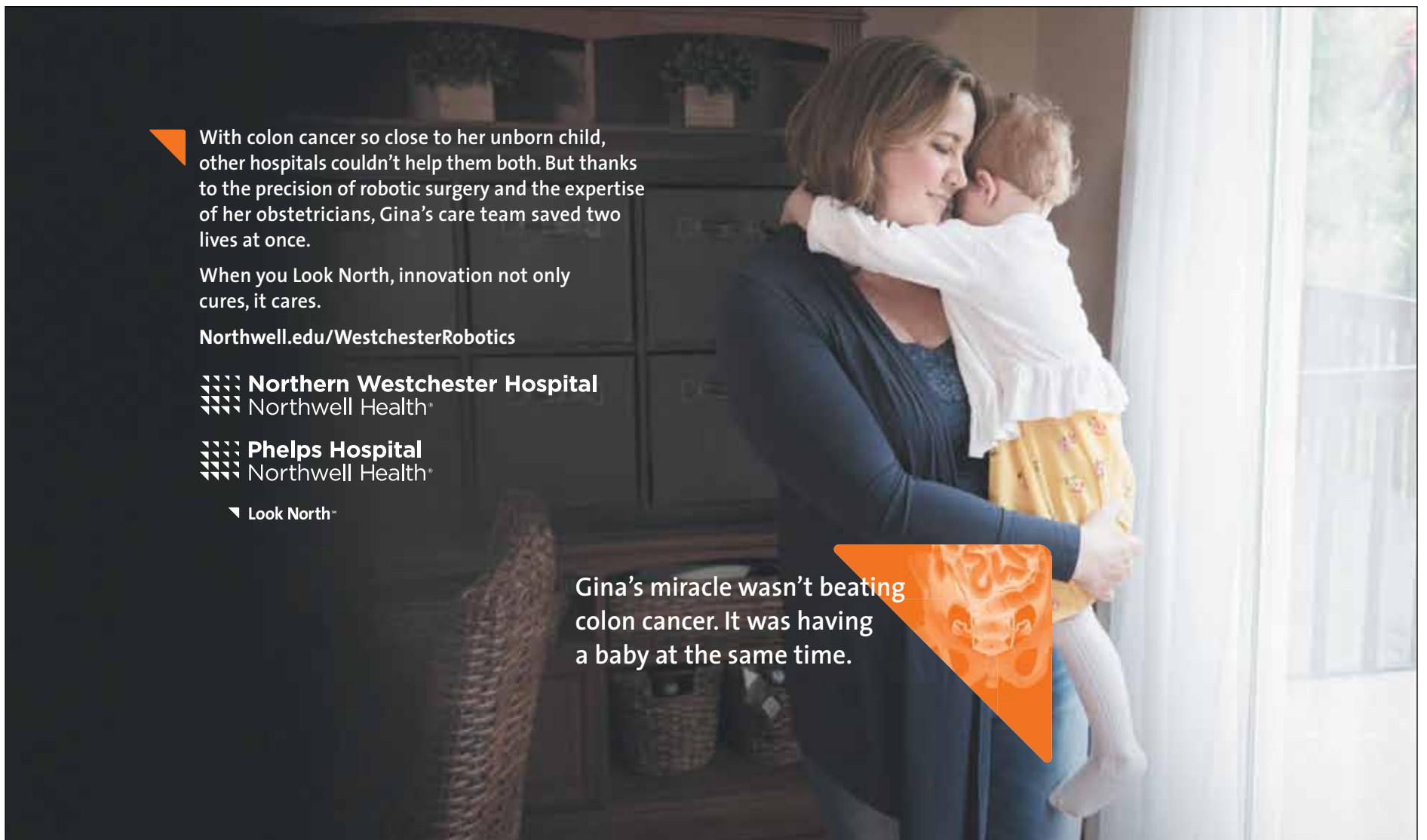
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Gina's miracle wasn't beating colon cancer. It was having a baby at the same time.



Cuomo Offers Wide Ranging Agenda for 2019

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highest credit rating since 1972 and the lowest middle-class tax rate since 1947.

When addressing legalizing marijuana for adult use, Cuomo touted how it would fix racial injustices and the economic boon it would bring to the state. Cuomo said a study showed the benefits of legalized marijuana outweighed the risks. It would reduce crime for people of color and generate \$300 million in tax revenue and create jobs, Cuomo said.

As he seems to do every year, Cuomo urged the need for ethics reforms and getting big money out of politics. The LLC loophole needs to be closed, a public financing system needs to be set up, and contribution limits for state and local office should be reduced, Cuomo said. If a candidate runs for a legislative seat, they should disclose five years of taxes and statewide candidates should have to disclose 10 years of tax returns, he said.

"I believe we can have the most productive 100 days in state history," Cuomo said. "We have a moment in time to change the state."

Republican lawmakers that represent parts of Putnam County offered their thoughts on Cuomo's budget and priorities for 2019.

Assemblyman Kevin Byrne, who is



DAVID PROPPER PHOTO

GOP Sen. Sue Serino is in the minority for the first time in her career in the state Legislature.

starting his second term in office, said he was encouraged that Cuomo wants to provide tax relief for the middle class and make the tax cap permanent. But Byrne said while Cuomo offered "some worthwhile proposals," it comes at a "high

price."

"Governor Cuomo's repeated gloating over total Democratic control of state government signaled his unfortunate unwillingness to reach across the aisle to solve New York's problems," Byrne said in

a statement. "I'll be reviewing the budget proposal in detail and participating in our upcoming budget hearings."

State Senator Sue Serino said the budget was once again full of policy proposals and each branch of government is running unchecked to pass the "most extreme legislation." Cuomo and Democrats should instead focus on reducing spending and cutting taxes, Serino said.

While Serino said she was happy to see Cuomo propose making the tax cap permanent and a middle class tax cut, other issues that matter locally were left out of the proposal. Serino and GOP colleagues in the senate outlined a "Real Solutions Budget Plan" that would reject new taxes and fees and push for a 2/3 majority to pass any new tax increase. The GOP would also fight to impose a cap on state spending, Serino said.

The GOP plan "focuses on delivering real savings to New Yorkers and investing in areas that will help make New York more affordable so residents across the state can thrive," Serino stated. "While state government is dominated by one political party, I will continue to stand up to ensure that our community has a voice in Albany as we fight for policies that make New York a place where people want to live again, instead of one they want to leave."

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After Initial Refusal, New PV Planning Board Member Appointed

By Neal Rentz

After not voting him through at the previous meeting, the Putnam Valley town board voted unanimously on Jan. 16 to appoint Anthony Williams to the planning board.

The planning board recommended that the town board appoint Williams to a one-year term.

Councilwoman Jackie Annabi said prior to the vote on the appointment she initially supported someone else for the planning board seat, but decided to back Williams after speaking with him earlier in the day.

Annabi stressed that the town board is not obligated to follow the recommendation of the planning board when it appoints members.

"It is the legal obligation of this elected town board to make appointments to all boards that will implement the vision of Putnam Valley," she said. "We ask for recommendations as a courtesy, but that's all it is, it's a recommendation. I personally think it's unfair that Mr. Williams got caught up in this mess, especially after speaking to him at length today."

Supervisor Sam Oliverio said he agreed with the comments from Annabi that the town board had the final decision on appointing planning board members.

"Yet the boards have to have



Anthony Williams was appointed to the Putnam Valley planning board by the town board on Jan. 17.

some measure of freedom in the recommendations because they are the individuals who will work with that person," he said. The planning board made a unanimous recommendation asking the town board to appoint Williams, Oliverio said.

"I'm astonished by the experience you have," Annabi told Williams, "The

information I had on you was limited."

The week before, Annabi argued Williams would've been used better on another board or committee. On Jan. 9, the town board voted 3-2 against his appointment. He had previously run for the Putnam County Legislature as a Democrat.

Planning board members butted heads

with the three councilmembers that voted against Williams the previous week.

Following the vote, Williams thanked the town board for its stamp of approval.

"I understand that my appointment had some initial contention, confusion," Williams said. "But I do appreciate your vote of confidence in me and the diligence in vetting the position."



Putnam Valley Councilwoman Jackie Annabi at the Jan. 17 town board meeting.

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Putnam County Ends Shuttle Service in Putnam Valley

By Neal Rentz

Due to lack of riders, Putnam County's commuter shuttle bus service from Putnam Valley to the Peekskill Metro-North station will end on Feb. 1, it was announced by Supervisor Sam Oliverio and county Transportation Manager Vincent Tamagna at the Jan. 16 Town Board meeting.

Tamagna said only two Putnam Valley residents have regularly used the county's shuttle service and as a result the state is no longer providing a grant for the service. Only one or two or no Putnam Valley residents per day would typically use the shuttle service, he said.

"The state can't fund if it doesn't fit the criteria of performance," he said.

The county spent over \$120,000 on the service, which began in April, Tamagna said.

Oliverio said the town will seek other options for one of the individuals who regularly took the shuttle. That person recently called him, expressing his concern about the end of the shuttle service, Oliverio said. He has not heard from the other regular shuttle rider, Oliverio said.



Putnam Valley Supervisor Sam Oliverio at the Jan. 16 town board meeting.

NEAL RENTZ PHOTO

Two Carmel Town Councilmen Not Running Again

By David Propper

Two two-term lawmakers on the Carmel town board have both decided not to run for reelection this year as one former councilmember has already made clear his desire to return to the political fray.

Republicans John Lupinacci and Jonathan Schneider are not running again this year for another four-year term after serving for eight years. But also confirming his intention to run for one of the two open council seats was Republican and former town board member Frank Lombardi.

Lupinacci, in an interview with The Putnam Examiner, said four years ago when he was up for reelection, he was 50-50 on whether or not to run for another term. This time before making a definite decision, he said he was 90 percent against running.

“Two terms is enough, eight years, it’s been a good run,” Lupinacci said. “I’m looking forward to the next chapter of my life. I did for eight years, I’m happy with what I did, but just looking for something else.”

Looking back on his time on the town board, Lupinacci said he was proud of the budgets that were kept below the tax cap and finding money where money wasn’t previously found. Parks



Councilman John Lupinacci (left) and Councilman Jonathan Schneider are not running for office this year.

in the town have also been improved, Lupinacci said, which he was proud of. Other improvements to aging infrastructure was another priority, he noted.

“Could we have done a better job, sure, you can always say you can do a

better job,” he said.

Schneider could not be reached for comment before press time, but he has told people he was not running and it was announced by the Carmel GOP committee last week.

With Lupinacci and Schneider

stepping aside, it makes Lombardi’s path to the town board easier.

Lombardi lost in a bruising GOP primary going up against Councilman Michael Barile and Councilwoman Suzi McDonough two years ago. Lombardi, who is an attorney, has remained active in the Carmel GOP committee and attended several events since his ouster. He will be vying for the GOP nomination when the committee holds its meeting at the end of the month. At least another GOP candidate is expected to come forward in the coming weeks. No Democrats have announced their intentions yet.

In an interview, Lombardi said he has a “passion for service and our town and I believe I have the experience that will help our town move into the next decade.” That experience—two terms on the board—is one aspect Lombardi plans to campaign on. (He was also deputy supervisor for six years.)

Starting on the town’s environmental conservation board before moving to the planning board, Lombardi said he’s been deeply involved in the community for many years.

“I have name recognition,” he said. “And I have a record of helping the town and moving us in the right direction.”

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Threatening Letters Sent to Putnam Sheriff

continued from page 1

members, which was the second letter of this nature Langley and his family received within the past year, according to the sheriff's office. Following that letter, an investigation began.

A few weeks after Langley received the second letter, the sheriff's office was contacted by the Cold Spring Police Department about a similar incident. Multiple letters had been received by the Cold Spring Justice Court, which

contained "concerning and threatening" language, including death threats toward village Justice Costello and village officer Edward Boulanger, according to authorities. From there, Cold Spring police began working with the sheriff's department in a joint investigation.

Sheriff investigators Ryan McMahon and Paul Piazza worked with Cold Spring police chief Larry Burke and investigator William Bujarski. The investigators began cross-referencing incidents that involved Langley, Costello and Boulanger

and Vitello became a suspect as a result, police said.

Vitello had been arrested by Boulanger in 2013 for stalking and harassing a Cold Spring business owner and Langley, who was a retired law enforcement officer at the time, was a witness in the matter, the sheriff's office said. The matter was adjudicated in front of Costello.

Earlier this month, Piazza and Burke traveled to the Bronx and interviewed Vitello who was subsequently taken into custody without incident and transported

to Putnam for processing.

Vitello was arraigned in front of Tim Curtiss, a Kent town justice, for Cold Spring court and released on his own recognizance. He will return to Cold Spring Feb. 13.

Orders of protection were issued for all affected parties and their family members.

When reached by phone, Langley declined comment because he is a witness and victim in the case.

New CCE Director Looks to Push Org. Forward

continued from page 1

director for a federal nutrition program that has provided obesity prevention and influenced the nutritional and physical activity behaviors of low-income families with children through evidence-based education.

"Working with the community and making an impact is something that I enjoy most," Hubert said. "I really hope to bring Cornell Cooperative Extension of Putnam County to the forefront of everyone's mind as the go to place for education."

CCE of Putnam is affiliated with Cornell University's land grant university, working in the areas of agriculture,

consumer horticulture, environment and natural resources, water quality, nutrition and community development.

Growing up in Queensbury, Hubert was inspired by her mother to pursue an education in health and nutrition. After watching her mother lead a healthy lifestyle involving exercise and nutritional values, Hubert quickly realized that she not only wanted to follow in her mother's example but provide the educational tools for others to do the same.

"It was totally subconscious to me," Hubert said. "It seemed like a natural thing to do. I have always felt that people need to take care of themselves first before they can care for others in their community."

After attending SUNY Plattsburgh and receiving her master's degree in community health education from Sage Graduate Schools in Albany in 1996, Hubert accepted a job working as a teacher in a public school in Texas. But in 2004, Hubert found her way back to New York securing a job with CCE of Orange County.

But after spending 14 years focusing on the nutritional education of youth within her community and other regions the organization serves, she felt serving in a leadership role within the organization would propel her ability to reach the community.

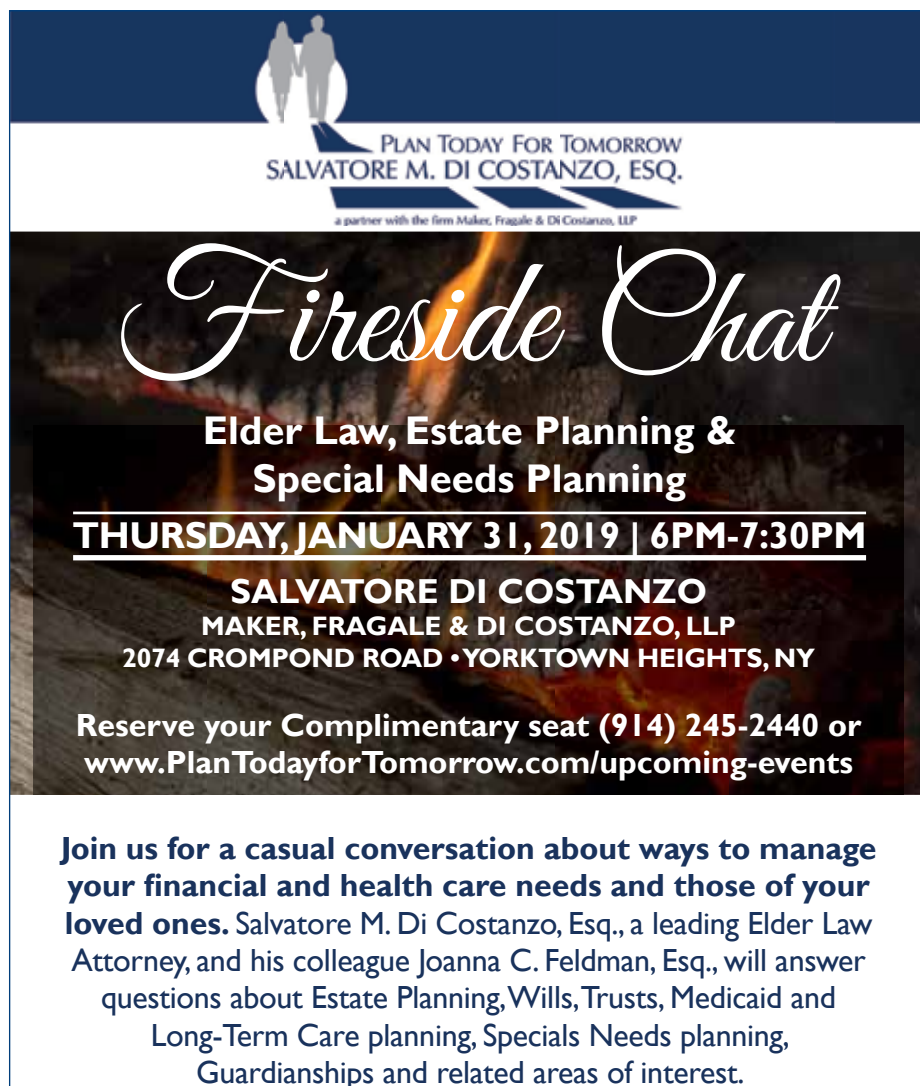
"I spent a good part of my career teaching youth," Hubert said. "This was an opportunity to continue using my teaching skills."

With roughly a month of experience under her belt as Putnam's executive director, she is already hard at work

collaborating with community members and county officials to foster a successful program that would tackle the county's most hard-pressed issues, including the opioid epidemic, food insecurity, the environment, and social, health and educational needs.

Hubert is also focused on sustaining the successful 4-H program that creates supportive learning environments in which diverse youth and adults reach their fullest potential as capable, caring and competent individuals. Included in that program is the organization's largest annual event, the Putnam County 4-H fair, which Hubert said she is already starting to plan.

"I'm looking forward to organizing and surviving the 4-H fair," Hubert said. "I learn something every single day and we have a great educators and staff in the Putnam office."



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Activists Who Shut Down Fracked Gas Pipeline Project Found Guilty

By Rick Pezzullo

Three activists who crawled into a 42-inch diameter steel pipe set to be pulled under the Hudson River near the Indian Point nuclear power plants in Verplanck in October 2016, halting construction of a fracked gas pipeline for 18 hours, were found guilty of trespassing earlier this month in Cortlandt Town Court.

Cortlandt Town Justice Kimberly Ragazzo rejected a climate necessity defense of Rebecca Berlin, David Publow and Janet Gonzalez that they exhausted all legal remedies before resorting to direct action. However, Ragazzo denied the Assistant District Attorney's sentencing request of a maximum fine and 300 hours of community service, instead granting Berlin, Publow, and González unconditional release, refusing a conditional release on the grounds that it would have a chilling effect on their future activism with no community service and no fines.

In her ruling, Ragazzo highlighted the strict, objective standard of New York's necessity defense and focused her verdict on the narrow grounds that the defendants had not exhausted all legal remedies, specifically citing the defendant's failure to file as "intervenor" with the Federal Energy Regulatory Commission (FERC).

According to David Dorfman, the defense lawyer for the three defendants

and a professor at Elizabeth Haub Law School at Pace University, "This was certainly not a complete victory, but we were able to fully and completely litigate the necessity defense. The judge appeared to accredit our arguments and expert testimony regarding the harms caused by shale gas, methane emissions, and the dire risk of pipeline explosions, especially near Indian Point. Where we came up short is whether my three clients exhausted legal means to stop the pipeline before resorting to direct action."

"We disagree with the verdict and

we will appeal. Perhaps as importantly, especially for my clients, they did not sustain criminal convictions and the sentence of an unconditional discharge is basically no sentence at all. No fines, no court costs, no community service. Nothing. That's a great thing. And the fight continues," Dorfman added.

The Spectra/Enbridge AIM pipeline transports fracked gas from Pennsylvania through New York, Connecticut, Rhode Island, and Massachusetts. The high-pressure pipeline runs within 105 feet of Indian Point.

During the trial, expert witnesses testified that in addition to its dangerous

placement near Indian Point, the fracked gas pipeline already substantially contributes to climate change and exposes the local community to harmful pollutants in fracked gas which lead to an array of health issues.

"It's unfortunate that the judge, and most people, still don't understand how the FERC system is designed to take power away from the people or how we are all part of collective action," said Berlin, a Yorktown resident. "We are, however, encouraged by her words and her sentencing, both of which show that she understands the AIM Pipeline's harms and the imminence of those threats."

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Red Cross Offers Winter Storm Tips

With possible snowstorms anticipated the rest of winter, the Red Cross offers these winter storm tips to help you safely weather the storms. Each year, hundreds of Americans are injured or killed by exposure to cold, vehicle accidents on wintry roads, and fires caused by the improper use of heaters.

"We want people to be safe and given the impending storm and frigid weather the Red Cross has put together some easy steps to take," said Mary Young, CEO, American Red Cross Metro New York North.

Prepare in Advance

Be sure you're Red Cross Ready. That means:

- Assemble an emergency preparedness kit.
- Create a household evacuation plan that includes your pets.
- Stay informed about your community's risk and response plan
- Download the Emergency App for iPhone >> or for Android >>

Winter weather tips to prep your home:

- If there's a power outage, go to a designated public shelter to stay warm.
- Keep your thermostat at the same setting day and night.
- Bring pets indoors. If that's not possible, make sure they have enough shelter to keep them warm and that they can get to unfrozen water.
- Run water, even at a trickle, to help stop pipes from freezing.
- Keep garage doors closed if there are water lines in the garage.
- Before taking on tasks such as shoveling snow, consider your physical condition.
- Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.
- Maintain heating equipment and chimneys by having them cleaned and inspected every year.



American Red Cross

- If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55° F.

If you're headed outside in the winter:

- Know the signs of hypothermia – confusion, dizziness, exhaustion and severe shivering. If someone has these symptoms, they should get immediate medical attention.
- Watch for symptoms of frostbite including numbness, flushed gray, white, blue or yellow skin discoloration, numbness or waxy feeling skin.
- Dressing in several layers of lightweight clothing keeps someone warmer than a single heavy coat.
- Mittens provide more warmth to the hands than gloves. Wear a hat, preferably one that covers the ears.
- Wear waterproof, insulated boots to keep feet warm and dry and to maintain one's footing in ice and snow.

Tips to stay safe in the car during a winter storm :

- The safest thing to do during a winter storm is stay off the roads if possible.
- Winterize your vehicle and keep the gas tank full. A full tank will keep the fuel line from freezing.
- Clean the lights and windows to help you see.

- If you can, avoid driving in sleet, freezing rain, snow or dense fog. If you have to drive, make sure everyone has their seat belts on and give your full attention to the road. Avoid distractions such as cell phones.
- If you have to travel, keep a disaster supplies kit in the car. Now is a good time to Be Red Cross Ready Don't follow other vehicles too closely. Sudden stops are difficult on snowy roadways.
- Don't use cruise control when driving in winter weather.
- Don't pass the snow plow truck.
- Find out what the weather is where you are traveling. Before you leave, let someone know where you are going, the route you plan to take, and when you expect to get there. If your car gets stuck, help can be sent along your predetermined route.

If you're stuck in the car:

- If someone does get stuck, stay with the car. Do not try to walk to safety. (Unless, of course, you can see a heated building that you can safely get to)
- Tie a brightly colored cloth (preferably red) to the antenna for rescuers to see.
- Start the car and use the heater for about 10 minutes every hour.
- Keep the exhaust pipe clear so fumes won't back up in the car.
- Leave the overhead light on when the engine is running to help rescuers see the vehicle.
- Keep one window away from the blowing wind slightly open to let in air.

Remember, when temperatures drop and winter storms roll in, check on your elderly neighbors and help those who may need special assistance, including people with disabilities and children.

Weather Alerts And First Aid Tips

Take immediate precautions if you hear these words on the news:

Winter Storm Warning:

Life-threatening, severe winter conditions have begun or will begin within 24 hours.

Blizzard Warning:

Sustained winds or frequent gusts of 35 miles per hour or greater, plus considerable falling or blowing snow reducing visibility to less than a quarter mile, expected to prevail for three hours or longer.

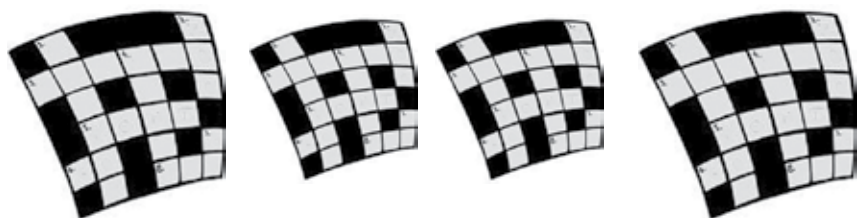
More winter storm words to listen for:

- **Wind Chill Temperature:** How cold people and animals feel when outside. As wind increases, heat is carried away from your body at a faster rate, driving down your body temperature and making you feel much colder. The wind chill temperature is not the actual temperature but rather how wind and cold feel on exposed skin.
- **Winter Storm Outlook:** Winter storm conditions possible in the next two to five days. Stay tuned to local media for updates.
- **Winter Storm Watch:** Winter storm conditions possible within the next 36 to 48 hours. Review your winter storm plans and stay informed about weather conditions.
- **Winter Weather Advisory:** Winter weather conditions expected to cause significant inconveniences and may be hazardous but not life-threatening if you are cautious.

About the American Red Cross:

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or cruzrojaamericana.org, or visit us on Twitter at @RedCross.

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**Business
of the Week**

Lake Mahopac Graphic Design Mahopac

By Neal Rentz

Westchester and Putnam residents and businesses seeking Web site creation and updates, business cards and advertisements have a resource in Lake Mahopac Graphic Design.

Barbara Tierney operates the business out of her home studio in Mahopac.

One of Tierney's current clients is the Mahopac-Carmel Chamber of Commerce. She is currently working on an advertisement for the Chamber.

Tierney said last week she provides a wide variety of services. "I do logos, brochures, posters banners and everything like that," she said.

Tierney has owned her own business since 2006. Previously, she was employed by International Masters Publishers in New York City as an art director in the creative department of the continuity direct mail company.

"We were the first company that started doing recipe cards and children's products and music products," she recalled. "You sign up and you just keep getting them." Tierney designed direct mail pieces.

Before being hired by International Masters Publishers, Tierney worked for the advertising agency Lois Pitts

Gershon in New York City. Some of the agency's clients included USA Today and MTV. "We were the agency that launched MTV and Nickelodeon," Tierney said. She did production work for the agency.

Tierney said she always wanted to be a graphic designer. After leaving Lois Pitts Gershon, Tierney went back to school in upstate New York. She worked a freelancer and was subsequently hired by International Masters.

In 2006, International Masters eliminated her position and Tierney said, "I had no choice" and became a freelancer full-time. One of her freelance jobs was working for the children's book division of Readers Digest. "I was getting



NEAL RENTZ PHOTO
Mahopac resident Barbara Tierney, a Web designer and art director, is the owner of Lake Mahopac Graphic Design.

a lot of freelance work, but I couldn't get a permanent position," she said.

At first it was difficult being a full-time freelancer, Tierney said. "It's really hard because you don't have a paycheck coming in."

Tierney said she publicizes her business through her web site and word of mouth. Some of her current projects

include creating a web site for a Reiki business and a project for United for the Troops in Mahopac. "I've got a lot of balls in the air," she said.

Tierney is redesigning the United for the Troops Web site. "They're a great organization. They put together packages for our troops that are deployed in Afghanistan and Iraq," Tierney said. The packages are filled with such items as toiletries and candy, she noted. "They get these wonderful letters from the soldiers," she said. "They have a lot of volunteers."

It is important for a business to have a web site, Tierney said. "A lot of people think that just having Facebook is enough," she said. "I don't think it's enough because it doesn't look like you're a legitimate business."

"Just having a web site isn't necessarily the best thing and just having Facebook is definitely not the best thing," Tierney said. "But having them combined with other social media is very important for any small business."

For more information about Lake Mahopac Graphic Design, call 914-907-2037, visit <https://lakemahopacgraphicdesign.com/> or send an e-mail to Barbara@LakeMahopacGraphicDesign.com.



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Former WCC President, Education 'Giant' Hankin Dies at 78

Longtime Westchester Community College (WCC) president Dr. Joseph Hankin, who was the longest serving community college president in the nation, died on Jan. 16. He was 78 years old.

"Assuming the mantle of one of the most admired community college presidents presented a unique opportunity to extend his legacy of service to students and community," said current WCC President Belinda S. Miles, as part of the college's announcement last Thursday of Hankin's passing.

"He made monumental contributions to the community college field as our institutions became increasingly important pathways to high quality and affordable higher education, and he did it with an exceptional team of faculty and staff who cared deeply about the college and surrounding community."

Hankin led WCC for 42 years when he retired in 2013.

Upon his arrival in 1971, he is credited with the near immediate transformation of the college. Following through on proposals shared during his interview process, such as opening the campus to the community, expanding academic programs and repairing infrastructure, he began a bold growth plan. Although relatively new as president, Hankin began his four-decade mission toward



PROVIDED PHOTO

Dr. Joseph Hankin, who served as Westchester Community College's president for 42 years, the longest tenure of any community college leader in the United States, died on Wednesday.

a commitment to quality, accessibility, affordability and expansion.

During Hankin's final decade as president, several new extension centers were opened and he oversaw the expansion of the Harold L. Drimmer Library and Learning Resource Center, which doubled in size. The Gateway

Center, a 70,000-square-foot structure to provide educational resources for thousands of students, also opened.

During the same time period, WCC expanded its online learning options, added a dozen new academic programs and instituted the Collegium, a resource for older adults interested in study and social exchange. Meanwhile, the college reached record enrollment figures for credit and non-credit study, more than doubling the numbers from 5,800 students early in his tenure.

Corresponding expansions to the college's 218-acre campus in Valhalla and numerous offsite locations and extension centers throughout Westchester increased access to education for students. Other new construction projects included the science building, Knollwood Center, administration building, children's center, bookstore and an academic arts building that now bears his name.

Westchester County Executive George Latimer last week called Hankin "a giant" who took over a relatively small college

and grew its operations with numerous satellite locations and thousands more students.

"Joe was one of the nation's longest tenured college presidents – longest at a community college – and what made this possible was his heart," Latimer said. "Joe cared for his students, and their success, with every fiber in his being. It is a legacy that will last for generations to come."

Hankin was a first-generation college student whose interest in education led him to teaching and scholarship. In addition to being a prolific writer and speaker with numerous published works, he served for 30 years as an adjunct professor at Teachers College, Columbia University. He inspired generations of students from across the country through teaching and serving on doctoral committees.

In 1986, a project sponsored by the Exxon Educational Foundation named Hankin one of the hundred most effective college presidents of two- and four-year colleges and universities. In 1988, the University of Texas included Hankin among the 50 best community college presidents, for which he earned the Thomas J. Peters Award for Leadership Excellence.

Westchester Community College was Hankin's second college presidency. Before serving at WCC, he was the nation's youngest college president in 1967 when leading Harford Community College in Maryland at 26 years old. He earned his bachelor of arts degree in social science from City College and his master's in history and doctorate in education from Columbia University.

Hankin is survived by his wife, Dr. Carole Hankin, three children and his grandchildren.

A spring memorial in his honor is being planned. Meanwhile, gifts in Hankin's memory may be made to the Joseph N. Hankin Endowed Scholarship Fund at the Westchester Community College Foundation, Westchester Community College, 75 Grasslands Rd., Valhalla, N.Y. 10595.

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Obituaries

Mary M. Spafford

It is with heavy hearts the family of Mary Margaret Spafford, age 86, of Carmel, was called home to the Lord on January 11. Mary was born March 12, 1932 to the late Margaret (O'Connor) and John Haggerty in Jersey City, New Jersey, she was one of 6 children and grew up in a Irish household filled with family, love and laughter. She would go on to marry the love of her life George and together they would be blessed with 7 children Mary, George, Anne, Margaret, Susan, John and Claire. Mary was a loving, warm, kind, patient and a caring person who blessed everyone's life she was a part of. Mary was very proud of her family, her religion and her Irish heritage. Mary adored her 7 children and made each one feel loved and cared for in her own special way. Mary's heart was made complete when she became a grandmother and then a again as a great grandmother. Mary was blessed with 17 grandchildren along with 4 great grandchildren each of whom she adored individually and loved beyond measure. Mary's kind soul and spirit will forever live on. Mary and George were happily married for 59 years and they built a beautiful life together. The family is comforted knowing that Mary and George will be together again. Mary is survived by her 7 adoring children Mary (Bob) Conway of Carmel, George Spafford of Naples, FL, Anne (Corrie) Durkin of Beacon, Margaret (John) Corsi of Newtown, CT, Susan Schmidt of Poughkeepsie, John Spafford of Carmel, and Claire (Dennis) Chiacchia of Holmes. She is also survived by her 17 beloved grandchildren Caitlin, Mary, Joe, John, David, Mark, Kaleigh, Corrie, Thomas, Bonnie Marie, George, Melissa, Tyler, Dylan, Anna, Zachary and Lilly as well as being survived by her 4 precious great grandchildren Ella, Nina, Molly and Jake each of whom held their own special place within her heart. Mary Haggerty Spafford also leaves behind her loving brother, Robert Haggerty, and his wife Mary Ellen.

Julie P. Haney

Julie P. Haney was born in Port Chester, to Connie & Danny Pennucci, who both predeceased her. She died on January 12 after losing her long and courageous battle with Ovarian Cancer. Julie graduated from Syracuse University and enjoyed a successful career as a human resources professional in the publishing, foodservice distribution and healthcare industries. She retired from New York-Presbyterian Hospital after 21 years of dedicated service, where she developed many life-long friendships. Julie was a long-time resident of Lake Carmel, with her loving husband of 27 years, Richard (Dick) Haney. Julie and Dick created a loving and welcoming home, which they shared with family and friends, and

especially their beloved pets, over all of those years. Julie made friends where ever she went, and she and Dick were cherished members of the neighborhood. Julie's love of cooking, socializing with friends and family and her love of the people in her life were all part of Julie's world, and we all were fortunate to be part of it. Julie is survived by her husband Richard (Dick) Haney of Lake Carmel, her sister, Marianna P. Knowles, and brother-in-law, Robert Knowles, of Lords Valley, PA and niece and nephew, Kate and Kayode Howard, of Port Chester. Julie is also survived by the countless friends who cared deeply for her and whose lives she touched so meaningfully. While Julie lost her fight with Ovarian Cancer she remained incredibly grateful to everyone who supported her during her long journey. Julie was very active in Support Connection, a support group for breast and ovarian cancer survivors based in Yorktown Heights. She received the Spirit of Hope Award from Support Connection in April of 2018, a testament to her ability to be a source of inspiration and support to others in spite of her own battles. She was also associated with The Clarity Foundation and Ann's Place.

Brandora Diamond

Brandora Diamond, a 64-year resident of Mahopac, died peacefully on Sunday, January 13th at the age of 95. She was born in Pittsburgh, PA on September 20, 1923, the daughter of John and Bambina (nee Pantusa) Biafore. Brandora grew up in Brooklyn and met her future husband Frank R. Diamond of Mamaroneck whom she married on December 3, 1941. They were married for 51 years before he passed in 1992. Brandora was a homemaker like no other. She took pride in raising her 5 children and mastered the art of culinary with her incredible sauce, meatballs, and homemade cheesecake. The joy of her life was always her family which spanned 5 generations before her passing. Brandora is survived by her children Louise Bertolino and her husband Sal, Diane Boenau and her late husband Joseph, Thomas Diamond and his late wife Beverly, Brenda Diamond, and Linda DelVescovi and her husband Michael. She was also blessed and survived by 11 grandchildren, 13 great grandchildren, and 2 great-great grandchildren. In addition to her husband, she was predeceased by her 7 brothers and sisters, and her grandson Robert.

Julia N. DiMaio

Julia N. DiMaio, of Brewster, died peacefully at Putnam Ridge Rehabilitation on January 13. She was 71-years-old. Born on June 2, 1947 in Manhattan, daughter of the late Michael and Angelina (Falivene) Verderosa. On September 20, 1969 she married the love of her life Leonard J. DiMaio. Mrs. DiMaio enjoyed

spending time with her family, taking care of her grandchildren and visiting Mohegan Sun. Julia is not only survived by her husband, Leonard, but also her children; Michele LaVia of New Rochelle, Danielle DiMaio of LaGrangeville, NY and Lisamarie Murphy of Ridgefield, CT, Her 5 grandchildren; Vanessa, Sara, John Leo, Max and Derek and her siblings; Lillian Lemieux and Michael Verderosa. A memorial Mass will be celebrated on Saturday January 26 at 10 a.m. at St. John & Paul Church, Larchmont. Interment will be private. Beecher Funeral Home, 1 Putnam Avenue, Brewster. Donations may be made in memory to St. Jude's Children Research Hospital.

Carmela A. Ansell

Carmela A. Ansell died on Monday, January 14, at the age of 92. She was born in Jersey City, NJ on August 4, 1926, the daughter of Nicola and Marina (Rucci) Naglieri. Carmela first worked as a secretary for the FBI in New York City. Following her work with the FBI, she became the "Lunch Lady" in the Eastchester School District. She worked for many years at the Greenvale Elementary School in the district and for several of the district's other schools prior to retirement. Carmela's husband of 65 years, Robert Ansell, passed away in 2011. She lived for over 65 years in Eastchester prior to moving to Carmel, to live with her daughter, Cynthia Panessa. In addition to Cynthia, she is survived by her sisters, Mary Wilkinson, Carol Taurone and Marina Williams; her grandchildren, Jennifer (A.J.), James (Kristen), Andrew (Ashley) and Cynthia; her great grandchildren, Christopher, Michael, Erik, Ryan and Andrew and her son-in-law William McGuire. Carmela was predeceased by her daughter, Janice McGuire, her son-in-law, Andrew Panessa and her brother, Anthony Naglieri. Cynthia wishes to thank "her angel's," Doris, Daniella, Donna and Zulley who took such wonderful care of Carmela during her illness.

Angelo W. Serman

Angelo W. Serman, known to many as Victor, died peacefully at his home in Brewster, on January 14. He was 73-years-old. Born on February 1, 1945 in the Bronx, son of the late Zachary and Frances (Vota) Serman. He attended and graduated from The Music and Art High School in NYC. On November 1, 1964 he married the love of his life Carol Ann Belluscio at Corpus Christi Church in Port Chester. In 1976 they moved to Brewster where together with friends and family they built their family home. They were married for 40 wonderful years before her passing on July 5, 2005. Vic was a proud business owner of Serman Construction Inc. for over 25 years serving Westchester County. He was also a musician that began in his

youth and continued throughout his life playing with many organizations. Angelo was not only a spectacular husband but also a wonderful father and grandfather. Mr. Serman was a parishioner of Sacred Heart Church and St. Lawrence O'Toole Church. Mr. Serman is survived by his three daughters; Victoria Piazza and her husband John of Brewster, Kimberly Henry and her William of Brewster, and Jessica Vrabel of Brewster, his 7 grandchildren; John, Elizabeth, Caroline, Nichole, Matthew, Madison and Robert and his Mother-in-law Rose Belluscio. He was predeceased by his sister Elizabeth Planeta.

Mark Ford

Mark "Sharkie" Ford of Cold Spring died unexpectedly on January 14, at the age of 51. Mark was born August 6th, 1967 at Butterfield Hospital in Cold Spring, to the parents of Barbra and Robert Ford. Mark leaves behind his brother Scott Ford, his aunt Mary, and Uncle Don. Mark was predeceased by his father Robert, mother Barbra, and brothers Robert and Eric. Mark was a lifelong New York Ranger fan who grew up rollerblading on Church Street taking snapshots at the side of the firehouse while "inadvertently" breaking a few windows. He enjoyed rooting for the New York Yankees and also the Dallas Cowboys. An 11-year member of the Cold Spring Fire Company, Mark could be found almost every weekend during his tenure as a member standing outside the firehouse ready to answer any call when needed. Mark took great pride in contributing to the Cold Spring Junior Fire Academy as an instructor and mentor to future first responders. He was also a current employee of Chemprene in Beacon, New York. Mark was extremely kind hearted and always a gentleman. Hewas a loving and caring friend, Mark will be greatly missed and remembered every day.

Anthony Trzaska

Anthony "Tony" Trzaska of Mahopac, died on Tuesday, January 15, at the age of 83. He was born in the Bronx on April 29, 1935, the son of Stanley and Ketryn (Chomentowska) Trzaska, the youngest of 15 children. Tony proudly served in the US Army. He worked as an Engineering Associate with AT&T in White Plains, NY for 29 years until his retirement in 1990. He loved skiing, swimming, traveling (especially to visit family in other parts of the country and the world!), taking cruises, as well as trips to the casino. He was a member of the senior drop-in which meets on Wednesdays at the Mahopac Volunteer Fire Department. On September 5, 1964 he married Elizabeth "Betty" Bertoldi at St. Joseph's Church in Yonkers. In addition to Betty, he is

continued on page 12

Mahopac Students Uses Senses to Predict Weather

Ms. Cat from Putnam Northern Westchester Board of Cooperative Educational Services visited Fulmar kindergartners with an engaging and hands-on presentation about what makes weather and how meteorologists measure and record weather conditions. The kindergartners used real meteorology tools to gather weather data, then analyzed the data and looked for local weather patterns.

There was also lively discussion about using senses for predicting and exploring weather. The students practiced heightening their own senses for reading the weather and learned how animals use their senses with the weather too. For instance, the children were able to meet "Bernard", the hedgehog whose keen senses cause him to hibernate in the wild when the temperature becomes too cold. Hedgehogs in the wild may go into a dormant period of activity called estivation when the weather is too hot and dry in the summer.

PROVIDED PHOTOS



Obituaries

continued from page 11

survived by his children, Ketryn Wallace and her husband, James of Celebration, FL, Anthony and his partner, Juli Edwards of Boca Raton, FL, Stephanie and her husband, William Karlin of Erie, CO, Joseph and his wife, Jessica of West Haven, CT, Stephen of Cambridge, MA, and Elizabeth Gosnell and her husband, Daniel of Drake, CO; his brothers, Walter and Peter and his grandchildren, Chelsea, Aiden, Ella, Jadzia, Selena, and Taryn as well as many nieces and nephews. Visiting will be held on Wednesday, January 23, from 2 p.m.-7 p.m. at Joseph J. Smith Funeral Home. A Funeral Mass will be celebrated on Thursday, January 24, at 10

a.m. at St. John the Evangelist Church in Mahopac. Private cremation services will follow after the mass.

George Mitesser

George Mitesser, 91, of Mahopac, died on January 16. A visitation will be held on Tuesday, January 22, 2019 from 2 p.m.-4 p.m. and 7 p.m.-9 p.m. at Cargain Funeral Homes, Inc., 418 Route 6 (for GPS 418 US6) Mahopac, NY 10541 (845)628-5655. A Mass of Christian burial will be held on Wednesday, January 23, at St. Elizabeth Ann Seton Church, 1377 E. Main Street, Shrub Oak, NY 10588. Interment will follow at the Gate of Heaven Cemetery in Hawthorne.

Barbara Harrington

Barbara M. Harrington of Cold Spring passed away peacefully on January 16, at home surrounded by her loving family. She was 78. Born on January 21, 1940 in Flushing Queens to the late John and Margaret Graham Falloon. Barbara was retired from the Putnam County Health Department as a Home Health Aid. She was the widow of John L. Harrington who passed away in 2010. Barbara was a member of the First Presbyterian Church of Philipstown for many years. She is survived by her loving children Lisa Harrington and her partner Nick Vertullo of Poughkeepsie, Dawn Larlee and her partner Todd VanWormer of

Voorheesville NY and Cheryl Lant and her husband Bruce of Queensbury. Cherished grandchildren Dana Harrington, Coleman Larlee, Brittany Larlee, Sara Chirico and Dominic Chirico, one great grandson Jack. Dear Brother John Falloon of Cold Spring, Dear Sisters Flora Edwards of Shelocta, PA and Mary Jane Falloon of Fishkill. A celebration of Barbara's life will be held on Saturday January 26, from 1:30 p.m.-6 p.m. at the North Highlands Firehouse, 504 Fishkill Road, Cold Spring, NY 10516. In lieu of flowers please make donations in Barbara's memory to the First Presbyterian Church of Philipstown Flower Fund, 10 Academy Street, Cold Spring, New York 10516.

CV Starr Students in Brewster Start Book Club

Fifth-graders in Stephanie Gilmartin's class at CV Starr set reading goals at the beginning of the school year. While one might expect goals like "Read the entire Harry Potter series" or "Read for 20 minutes every day," Jaylin Morales chose something different: she decided to create a book club with her classmates. By the end of October, the club, which meets at recess, was up and running.

"Isn't it every teacher's dream to have a student initiate such a great idea?!" Gilmartin asked in a Twitter post about the book club.

Morales started the club by first choosing a book from a bin of books Gilmartin provided. She chose *Key to the Treasure* by Peggy Parrish, explaining that "it was the biggest book and the blurb looked interesting." Plus, the book is part of a larger series the students can continue to read if everyone enjoys it.

During each meeting, students read the book together. They take turns, with Morales reading the majority of the passages and her classmates picking up when they feel like reading aloud. The students stop between every chapter or two for discussion.

"We talk about our predictions and

our thoughts," Morales explained. "We share what we think will happen and talk about how we could solve the problem in the story."

During discussions, the students pass around a "talking stick," another of Morales's ideas. Sometimes discussions got overwhelming with everyone talking at once. Morales began using a marker that the student speaking would hold to indicate that it was their turn to talk while everyone else listened. Eventually, she decided to decorate a popsicle stick and call it the Talking Stick to make it little bit more fancy. So far, it has worked well and the meetings run smoothly with lots of laughter and thoughtful discussions about the story.

"The students were given no help other than me providing them with the books and the chart paper to take notes about their discussions," Gilmartin said. "Other than that they are fully independent."

While the book club is an independent project run by the students, it's interesting to note the presence of many of the district's Strategic Coherence Plan skills: collaboration and communication, critical thinking, and adaptability.



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SMALL NEWS IS BIG NEWS

Docs Note: Women: Keep Your Head Up and Avoid Mom Posture

By Sarah Todd

If you're a mom, you may sometimes feel as though the weight of the world rests on your shoulders. And those shoulders – and back and neck – may be hurting!

“Mom posture” is a painful and chronic condition resulting in rounded shoulders, forward head position and a frontward pelvic tilt. While anyone can suffer from mom posture, especially heavy users of handheld electronics, women are more susceptible than men.

For busy moms, pain often occurs when lifting little ones, hunching over when nursing or changing diapers or from chauffeuring children to and from activities. Pregnancy also contributes to the problem. Aside from the heavy breasts and frequent nursing that can affect a woman's alignment, cascades of hormones during pregnancy cause a natural laxity of the ligaments, allowing muscles and joints to stretch to make room for a growing baby.

While this is helpful for baby's development, it's not so great for mom's posture. Fortunately, it's easy to treat with the following tips.

1. Be aware of your posture. Addressing mom posture involves recognition and modifications. First comes recognition. Look at your side view in a mirror. Are your earlobes in front of your shoulders? Do your shoulders lean forward instead



Sarah Todd

of aligning directly with your hips? Is your chin sticking out? If you find yourself answering yes to these questions, then it's time to take corrective action. Also pay attention to common physical symptoms, such as pain in the neck, back and shoulders.

2. Stretch and strengthen your muscles. A number of simple stretches can alleviate the discomfort of mom posture and bring your body back into alignment.

It's important to focus on stretches that strengthen muscles in the back of your body as well as exercises that work your abdominal muscles.

My favorite? Lie on your back on a foam roller, with your head supported by the roller and your knees bent, feet flat on the floor. Move your arms out to your side, forming a “Y” or a “T” until you feel a stretch.

Another helpful exercise is a doorway stretch. Find an open doorway, raise one hand and place it on the door frame so that you form half of the letter “Y.” Step through the doorway while your arm remains in position, until you feel a stretch. Switch arms and repeat the stretch.

3. Put down your phone. New moms should be careful of using phones and devices that contribute to poor posture. Of course, it's hard to put down the phone when you need it for checking sports schedules, staying in touch with friends or keeping up with work e-mails. For new moms who find motherhood isolating, smartphones allow them to stay connected to family and networks of other mothers and receive a friendly word or parenting tip when needed.

For moms who don't want to disconnect, I recommend bringing your handheld device to you instead of bringing your head and shoulders to your device. This simple change can make a significant difference in your posture and benefit anyone – not just mothers.

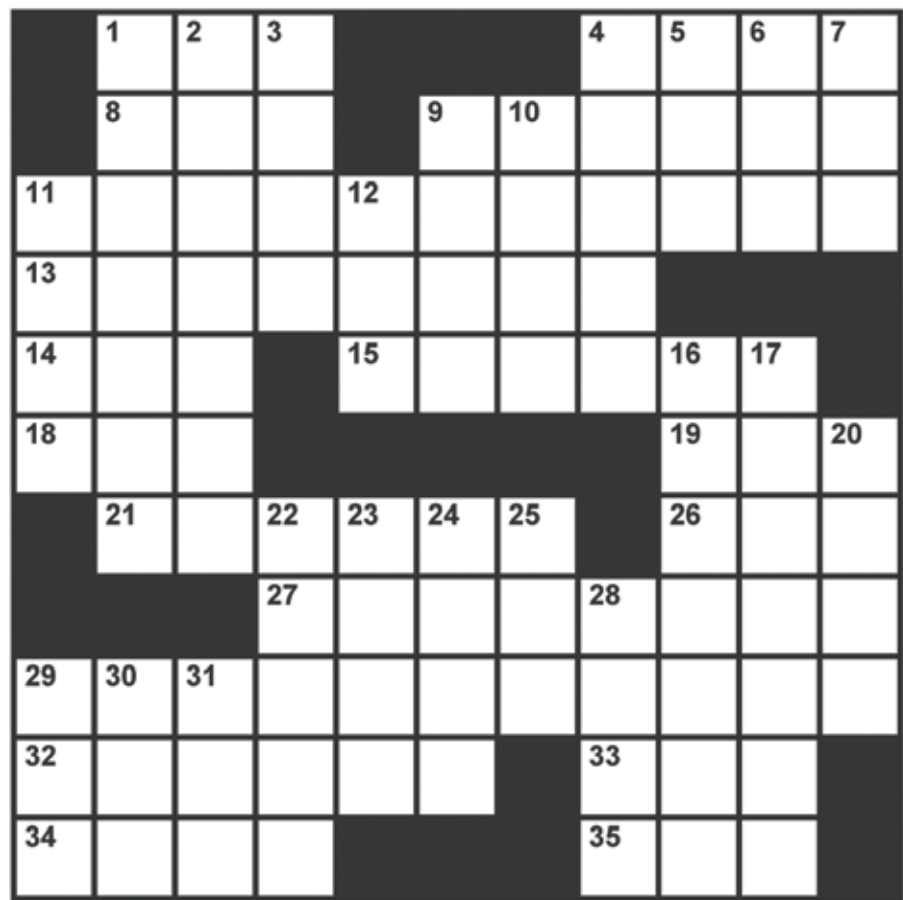
4. Try some positive exercise. For moms who want to get out and join an exercise class or focus on fitness in the comfort of their homes, I recommend various exercises. My favorites include Pilates, which addresses the core, hips, shoulders and posture in general, and techniques that strengthen and stretch, such as yoga. These exercises can also help relieve stress, which is useful for moms who carry stress in their necks and shoulders. Yoga, of course, offers other benefits, such as improved sleep, balance and focus. For women seeking to alleviate the pain of mom posture, it's a win-win.

If left untreated, mom posture can continue to worsen and cause other pain and orthopedic issues – as if moms don't have enough to worry about! Luckily, mom posture is 100 percent treatable with the basic lifestyle changes and fitness routines described above. And surgery is generally unnecessary, unless you're suffering from severe neurological impairments. If so, you should discuss with your physician.

So stand up straight, put down your phone and prepare to take back your body from the pain of poor posture. While motherhood involves many sacrifices, good posture doesn't have to be one of them.

Sarah Todd is manager of Northern Westchester Hospital's Outpatient Rehabilitation Program at Chappaqua Crossing.

Crossword Puzzle



Crossword by Myles Mellor

Answers on page 17

Across

1. Second letter addendum
4. German for “forest” or Cortlandt Manor realty agency
8. Annoyance
9. ___ Babies
11. Wintry precipitation
13. Song holder
14. Navy ship intro
15. Baseball's Guerrero and Martinez
18. Compass point
19. TV adjunct
21. California county or Mohegan Lake swimming pool distributor, ___ County Pools
26. Earlier, in a poem
27. Artistic masters
29. Cruising
32. Tree adornment
33. Adam's leaf
34. Marker
35. Cover charge, e.g.

Down

1. “Boy with a pipe” painter
2. Someone who removes wrinkles
3. Indy 500 time differentials
4. No-cal drink

5. Bibliographical suffix
6. Rapper prefix
7. Paris's Pont ___ Arts
9. 8 bits
10. Cornerstone abbr.
11. Critical hosp. areas
12. Agent (abbr.)
16. Cover
17. Mean guy at Christmas
20. Catch one's breath
22. Not to be missed
23. Hoopster Archibald
24. Earth sci.
25. Sixth sense, for short
28. Minor quarrel
29. Kind of stock, abbr.
30. Health inst.
31. Boyhood nickname in “Star Wars”



A Realtor Assesses Homes Rigged for Child Safety

When I observe all the child safety features in today's cars, strollers and homes, I wonder how any of us over 50 years old survived this long.

It's been a long time since I've had a toddler in the house, but I knew things had changed significantly when my daughter told me that we couldn't put my grandson into her old crib or high chair because they were too dangerous.

Considering that her bed, from the time she was a toddler until her teen years, was a stenciled antique from the 1840s made with no thought of safety at all, it's lucky that my wife and I weren't arrested for endangering the welfare of a child.

As a realtor, I once showed a home that was so heavily protected for child safety that I kept embarrassing myself by being unable to figure out the contraptions meant to stump toddlers. I wasn't immediately able to open the door to the basement or release a safety gate at the top of the stairs. I noted that there was even a safety lock on the toilet.



By Bill Primavera

Fortunately, my clients didn't ask to use it.

Had I stumbled and fallen, I'm sure my head would have bounced off something soft like a rubber guard along the raised fireplace hearth or spongy protection on the edge of a chest.

Today, parents of young children have a world of products that ensure their child's safety. After taking care of the safety issues, they can plan a child's room around fun, education and delightful themes.

When I was a child during the Dark Ages, my older brother and I shared a room that had two twin beds, a chair and one chest of drawers. Not much better than a monastery cell, the room had only one decoration: a picture of two orphans from Boys Town, where an older boy is carrying a younger one on his back through the snow, and below is the quote "He ain't heavy, Father. He's my brother." I still have that picture in my room.

At one time there was a children's furniture store in Yorktown that was a

fount of information regarding child safety. However, it was forced out of business by online options.

I remember clearly the child safety issues I discussed with its owner. When I asked about which safety products are the most essential for a home with children, I was told that there's no specific thing that is more important than the other. It's a combination of everything, depending on whatever might go wrong in any room in the house.

The first safety device described to me was a strap that attaches from a wall to the back of a flat screen television or any piece that is likely to tip over. Other safeguard products were identified as doorknob covers, cabinet latches, stove guards, microwave locks, refrigerator locks, electric socket covers and guards for folding and sliding closet doors.

I found it amusing when the store owner said that with toilet seat locks, he would suggest that homeowners remember to unlock them when expecting company.

His strongest caution was that safety gates at the top of the stairs be mounted into the wall, making them more secure than pressure gates. Pressure gates have a bar across the bottom, and no matter how many times you remind yourself,

you can easily trip over the bar when the gate is open.

Once the necessity of safety is addressed, there is a world of adventure in designing a child's room, starting with high-quality cribs that convert to full-size beds, using the back as a headboard and the front as the footboard, adding sidebars and slats. Beauty can be combined with practicality with multiuse furniture. A loft bed might feature storage for clothes while providing other functions as well.

I clearly remember that when I was about five years old, I turned the knob without a safety device leading to the basement, and I tumbled down the steps, landing on my head on a concrete floor.

I survived the mishap, but whenever I acted weird, even into my teenage years, my mother would always speculate that it was that bounce of my head against the concrete that was at the root of the problem.

Bill Primavera, while a publicist and journalist, is 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.

Today's Landscape of the Benefits and Detriments of Wine Consumption



By Nick Antonaccio

They seem to pop up each time I'm surfing the wine-centric internet: the numerous reports on studies that support or refute the benefits and detriments of wine consumption.

Each time I read these – regardless of the source – I attempt to validate them through the lens of my inherent objective thought processing.

But the more I read, the more I begin to question my objectivity. This typically occurs as I'm nurturing a fine red wine, my fingers gently curled around the stem of my wine glass.

For years, I've espoused to readers the health benefits of consuming red wine in moderation. The phenolic compounds present in red grape skins have been consistently shown to prevent disease and to improve our immune system's ability to fight the ravages of cell mutation. Numerous studies conclude that the benefits of red wine outweigh the potentially negative effects of moderate alcohol consumption.

Then, last year I reported on a report published by the

British Medical Society stating unequivocally that alcohol consumption in any form is detrimental to our health. While recommending abstinence, they nevertheless issued consumption guidelines far more restrictive than those published by their American counterparts.

So what's a fellow to do? In my self-centered universe of sorting available data and reaching measured conclusions, I've rationalized that I am a moderate and responsible wine consumer.

And so it's been for the past few years. But a thought always nags me. Is my mindset mainstream or fringe? How have others filtered these reports and studies? What conclusions have they reached concerning their consumption habits?

And now I know. The wine consumption pendulum is swinging.

Have you heard of the latest trend in alcohol consumption? "Dry January" has gained popularity across the United States and the British Isles. Health conscious adults are abstaining from alcohol this month in an effort to curb their drinking habit. Anecdotal results I've gleaned are all positive. In

You Heard It Through the Grapevine

Britain, the University of Sussex has been tracking the results of those who practiced a dry January in 2018. They report a "host of health benefits, like improved sleep, more energy, and weight loss."

A trend of declining wine consumption, even abstinence, among millennials, albeit fledgling, is being reported. As the largest generation in United States history, they are influential in driving trends across many cultural, economic and social platforms. Their focus on leading healthier lifestyles is increasingly evident in the food on supermarket shelves, restaurant menus and even fast food kiosks. This phenomenon is crossing over to the alcoholic beverage industry.

Here are other examples of this trend, which seems to have taken a greater foothold with millennials in the United Kingdom than those in the United States.

--42 percent of British Millennials are drinking less alcohol than they were three years ago (Eventbrite survey).

--41 percent drink zero to one alcoholic drink per week, far less than the average consumption across other generations (CLICKON Data Insights survey).

None of these studies and reports should be construed that excessive drinking is no longer a problem with younger generations. But any trend toward lower consumption is

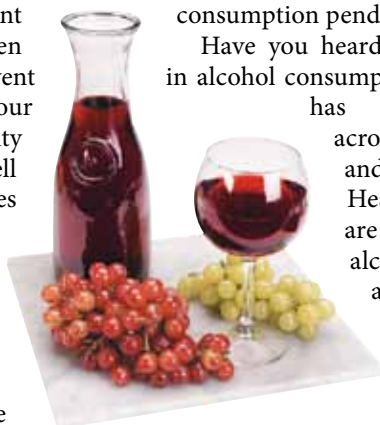
encouraging.

As one might expect, the trend toward reduced alcohol consumption and abstinence has spawned a new market for wine products. Rather than no alcoholic beverages, why not no alcohol in beverages?

In a past column I presented a new technology introduced by California-based ConeTech, Inc. They have mastered a process that lowers the level of alcohol in wine without reducing its flavor or aroma. Their "Spinning Cone Column" process essentially removes up to 92 percent of alcohol without affecting the other attributes of wine. I just read that ConeTech has enhanced their technology, reducing alcohol content in wine to 0.02 percent. Now consumers can have their wine and drink it, too.

The contradictory reports swirling around the benefits and detriments of wine consumption will persist for many years. Today's younger generations, focused on healthy lifestyles, bring a growing sensibility to this debate.

Nick Antonaccio is a 40-year Pleasantville resident. For over 25 years he has conducted wine tastings and lectures. Nick is a member of the Wine Media Guild of wine writers. He also offers personalized wine tastings and wine travel services. Nick's credo: continuous experimenting results in instinctive behavior. You can reach him at nantonaccio@theexaminernews.com or on Twitter @sharingwine.



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LEGAL NOTICES

NOTICE OF FORMATION OF KABATCHNICK ENTERPRISE HOLDINGS LLC Arts of Org filed with Secy of State of NY (SSNY) on 12/7/2018. Office location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: **18 Belmont St., White Plains, NY 10605. Purpose: Any lawful act or activity.**

NOTICE OF FORMATION OF ROMANOFF ELEMENTS, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on 10/25/2018. Westchester County. SSNY designated as agent for service of process on LLC. SSNY shall mail a copy of process to **Carol Romanoff 55 Byram Ridge Road, Armonk NY 10504 Purpose: Any lawful purpose.**

Articles of Organization (DOM-PROF. LLC). Erica O'Connor PT PLLC filed with the Secy. of State of NY (SSNY) 11/6/18. Office loc.: Westchester County. SSNY is designated as agent of DOM-PROF.LLC upon whom process against it may be served. The address SSNY shall mail copy of process to **c/o Schecter, 153 W. Main St., Mount Kisco, NY 10549. Purpose: The practice of Physical Therapy.**

NOTICE OF FORMATION OF EATON TAX SERVICE LLC. Articles of Organization filed with the SSNY on 01/02/2019. Office: Westchester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to **Eaton Tax Service LLC, 142 Mt Joy Pl, New Rochelle, NY 10801. Purpose: Any lawful purpose.**

The name of the LLC is Goodbear Holdings LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on December 20, 2018. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Westchester County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is **c/o 25 Bank St. Apt 214K, White Plains, New York 10606.**

The name of the LLC is Goodbear Property LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on December 20, 2018. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Westchester County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is **c/o 25 Bank St. Apt 214K, White Plains, New York 10606.**

DB PRINTING & PROMOTIONAL PRODUCTS LLC, Arts. Of Org. filed with SSNY 9/26/2018. Office loc: Westchester County. SSNY has been designated as agent upon whom process against LLC may be served. SSNY shall mail process to: **LLC: United States Corporation Agents, Inc., 7014 13th Avenue, Suite 202, Brooklyn, NY 11228. Purpose: Any lawful purpose.**

NOTICE OF FORMATION OF CASA CORDOVA, LLC. Arts. of Org. filed with SSNY on 1/16/19. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **1251 Wilson Road, Yorktown Heights, NY 10598. Purpose: any lawful act or activity.**

Town of Putnam Valley 265 Oscawana Lake Road Putnam Valley, NY 10579 NOTICE WT 1/2019 January 15, 2019 Notice is hereby given that the Town of Putnam Valley has received a wetlands application from the following applicant: **WT 01/19 Carolyn Rudowich 243 Lake-Shore Road TM# 41.6-1-6**

continued on next page



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continued from previous page

TOWN OF PUTNAM VALLEY ZONING BOARD OF APPEALS 265 OSCAWANA LAKE ROAD PUTNAM VALLEY, NEW YORK 10579 Phone (845) 526-3740 Fax: (845) 526-3307 EMAIL: mbabnik@putnamvalley.com

NOTICE: Notice is hereby given to interested parties that a Public Hearing will be held by the Putnam Valley Zoning Board of Appeals on **Thursday January 31, 2019 at 6:30 at Town Hall, 265 Oscawana Lake Road** for the purpose of considering the following petitions and requests together with all other matters that may properly come before the Board at this time.

AGENDA: Held Over **1. Correia, Carlos, 1135 Williams Street-84.-2-48;** CD Request front yard setback variance and 280A variance for two lot subdivision. New Application: **2. Mottola, Joseph, 75 Spruce Knolls- 73.5-1-21;** R-3 Request side and front yard setback variances for generator and propane tank. **3. Higgins, John, 116 Lake Shore Road, - 41.10-1-22;** R-3 Request side yard variance and variance under Section 165-44 A (1) of the Zoning Code for sunroom on existing garage roof. **4. Killmer, Daniel, 68 Oscawana Heights Rd.-52.-2-25;** R-3 Request variance under Section 165-27 I 2 of the Zoning Code for fence. **5. Fontanez, Ferdinand, 34 Floradan Road- 83.12-2-50;** R-1 Request front yard variance and variance under Section 165-44 A (1) of

the Zoning Code for roof over existing front porch. **6. Oliver, Michael, 956 Peekskill Hollow Road-53.-3-13;** R-3 Request front yard setback variance for existing generator and propane tank. **BY ORDER OF THE TOWN OF PUTNAM VALLEY ZONING BOARD OF APPEALS WILLIAM MASKIELL, CHAIRMAN**

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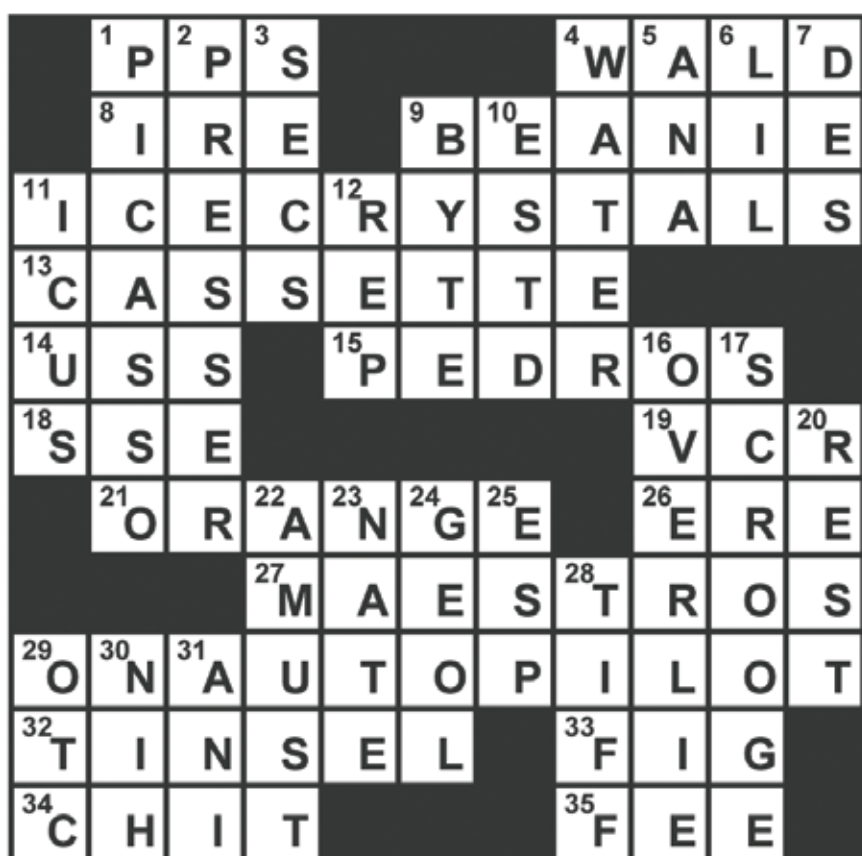
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Putnam Valley Central School District Board of Education: The Board of Education Business Meeting on Thursday, January 24, 2019, will convene at 6 p.m. in the High School library at 146 Peekskill Hollow Road, Putnam Valley. It is anticipated that the Board will immediately convene an Executive Session for one matter that may lead to the employment of a particular person. The public portion of the meeting agenda will reconvene at approximately 7 p.m. in the High School library. The February 21 Business Meeting of the Board will be rescheduled to Tuesday, February 12, beginning at 7 p.m. in the High School library. The full 2018-19 meeting list and the proposed meeting agendas can be found on the district website at: www.pvcsd.org prior to each meeting.

The Putnam County Computer Learning Center for Seniors holds registration the FIRST Thursday of every month from 9:30 a.m. – 11 a.m. Registration is held at the William Koehler Senior Center, 180 Route 6 in Mahopac. In all, we offer 13 different computer classes. A free drop in session is offered every Friday afternoon from 12:30 – 2:30PM for help with phones and tablets. A description of the classes can be found at: www.putnamrsvp.com/clc/ Registration must be in person. FMI, call Judy Kolt (845)-277-5422

Registration for Kindergarten: Brewster School District: Class of 2032 takes place the week of March 4- March 8. Children who will be five years of age on or before December 1, 2019, are eligible to register for September classes. Families residing within the Brewster School District are asked to call John F. Kennedy Elementary School at 279-2087 x 4111 for registration information.

Seeking Vendors: Brewster Music Festival: Vendors Spaces Available for the free Family-friendly event which includes live music, children's activities, raffles, food, and more. The 3rd Annual Brewster Music Festival will kick off summer on June 8, 2019 from noon-6 p.m. at Wells Park at 98 Oak Street in Brewster. For more information and to apply for a booth space, call (845) 363 – 8330, email brewstermusicfestival@gmail.com or visit www.BrewsterMusicFestival.com.

Ongoing Mondays:

Chair Yoga: Reed Library: Until Feb. 25 at 10:30 a.m.

Eating for Energy: Certified Health Coach Kristen Schneider every Monday in January. 6:30 p.m. Kent Library. Primary foods that increase & decrease energy, weigh less, live more, Sugar blues, Gut health, How to eat clean on a budget, How to create meals to fit a specific diet. This is a series for adults. Registration is required. The Kent Library is located at 17 Sybil's Crossing off Route 52 and can

be reached at (845) 225-8585 or www.kentlibrary.org.

Ongoing Tuesdays:

Hooked on Books: Every other Tuesday 4:30 p.m. - 5:30 p.m. A book club with something for everyone! Kids will read fun and fantastic books. Cool activities and projects will get them involved with the stories and one another. This club will be run by a high school student with our supervision as part of an honors project. For grades 3 and 4. For more information or to register, contact the Patterson Library at 845-878-6121 x10 or go to www.pattersonlibrary.org and click Calendar.

Music with Marlana: until January 22. 11 a.m. - 11:30 a.m. 18 months to two years. Marlana combines guitar, vocals, dancing, sing-a-longs, and more to get your child clapping, giggling and singing along. *Caregivers must remain in program. For more information or to register, contact the Patterson Library at 845-878-6121 x10 or go to www.pattersonlibrary.org and click Calendar.

Ongoing Wednesdays:

Short Story Book club at Reed Library alternating Wednesdays at 1 p.m. Join for a lively discussion of short stories, a different story each meeting. Next meeting is Wednesday January 23. Stories are available in the library, please call to register 845-225-2439.

Ongoing Thursdays:

Mid-Week Hikes - The leaders offer hikes of varying difficulty to different areas of the Mid-Hudson Valley. Hikes may be followed by a stop for refreshments. Leaders: Ginny Fauci, gefauci@gmail.com 845-399-2170 or Lalita Malik, Lalitamalik@aol.com (845) 592-0204. They will be held every Thursday, weather permitting. Contact the Leaders if you would like to join these hikes.

Watercolor Goache: Reed Library. Until Feb 14th at 10 a.m.: Goache is a painting technique in which an opaque white pigment is added to watercolors to produce opacity. Registration required.

Ongoing Fridays:

AARP Tax Help through April 12: The Patterson Library is hosting free AARP Tax Help for Seniors and other qualifying individuals. AARP volunteer tax aid counselors will be available by appointment on Fridays from 10:30 a.m. – 3:30 p.m. Appointments will be filled on a first come-first served basis beginning January 15, appointments can be made by calling 211 or 845-878-6121 x15.

Ongoing Saturdays:

Story Time: First Saturday of the month 10 a.m. - 10:45 a.m. Birth to 5 years old. We will read stories, sing songs, play with shaker eggs, and more! *Caregivers must remain in program. Older siblings are welcome. For more information or to register, contact the Patterson Library

at 845-878-6121 x10 or go to www.pattersonlibrary.org and click Calendar.

Tuesday, January 22

Snowfest at Reed Library: Join us for an afternoon of winter fun! We'll drink White Hot Chocolate, create snow slime, make white whoopie pies and more! For children age 5 & up. 4:30 p.m. please call the library to register 845-225-2439

Wednesday, January 23

Declutter and De-Stress at Reed Library: 10:30 a.m. Learn clutter-reducing techniques for your home, head and heart that will help you reduce anxiety and increase productivity in the coming year. Please call the library to register, 845-225-2439

FIT4MOM: 10 a.m. - 10:45 a.m. No time to get to the gym? Join us for a workout with your stroller and your little one. Each workout comprises strength training, cardio, and core restoration, all while entertaining your little ones with songs, activities, and fun! For ages up to 3. *Children must be in a stroller. For more information or to register, contact the Patterson Library at 845-878-6121 x10 or go to www.pattersonlibrary.org and click Calendar.

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

Thursday, January 24

The Last of the Mahicans: The Daniel Nimham Saga: 6:30 p.m. Peter Cutul from the Office of Parks, Recreation and Historic Preservation will discuss the largely forgotten yet harrowing tale of Chief Nimham and his people. Dispossessed of their lands and fighting for their survival during the American Revolution, the Wappinger were one of the few Native American nations to fight for the Patriots during the Revolutionary War. In 1778 Daniel Nimham and his son led the Stockbridge Militia in an epic battle in the Bronx against the notorious Captain Simcoe. Hear the tale of this skirmish and discover the fate of Chief Nimham and his people during this slide lecture. The Desmond-Fish Public Library is a fitting location for this talk as the land it sits on was once part of the Wappinger territory and a number of the main characters of this story, such as Beverly Robinson, lived right in the area. Peter Cutul is the Assistant Parks and Recreation Supervisor at Fort Montgomery State Historic Site. www.desmondfishlibrary.org or call 845-424-3020.

Toddler Sensory Playtime: 10 a.m. Curious toddlers and their caregivers play together with a variety of sensory manipulatives to enrich language

and learning. To register visit www.mahopaclibrary.org, or call 845-628-2009, ext. 139.

Drug Crisis in our Backyard will host an informative discussion about the Drug epidemic and how to recognize the early warning signs. Bring your questions. 6 p.m. Please call Reed Library to register: 845.225.2439

Friday, January 25

Trivia Night: 7 p.m. Snow Date: February 8 7 p.m. Enjoy a fun-filled night at another great trivia event! Come solo or bring a group of friends and play to win great prizes. Hudson Valley Trivia will host and bring Trivia Night to another level with music and questions on the big screen! While parents play, kids ages 3-7 can stay with Miss Kathy & Miss Jane for arts & crafts, movies, snacks and more while kids ages 8-13 can play Buzztime Kids Trivia for fun prizes. Registration required. For more information or to register, contact the Patterson Library at 845-878-6121 x10 or go to www.pattersonlibrary.org and click Calendar.

Fun Friday: 7 p.m. Hey parents. Want to attend trivia night for adults but need someone to watch the kids? Kids 3-11 can stay for arts and crafts, snacks, movies, and more during Fun Friday. This program is only open to children whose parents are attending adult trivia. 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, January 26

The Desmond-Fish Public Library will host an Estate Planning Seminar: 10:30 a.m. Attorney, Michael Martin will give an overview and answer questions to help you understand the basics of estate planning. Learn: The Desmond-Fish Public Library is located at 472 Route 403 (at the corner of 9D) in Garrison. For more information about any of the library's upcoming programs, please visit www.desmondfishlibrary.org, or call 845-424-3020.

Monday, January 28

Putnam Valley Monthly Commission meeting: 7 p.m. in the Parks and Recreation office. 265 Oscawana Lake Rd. 845- 526-3292

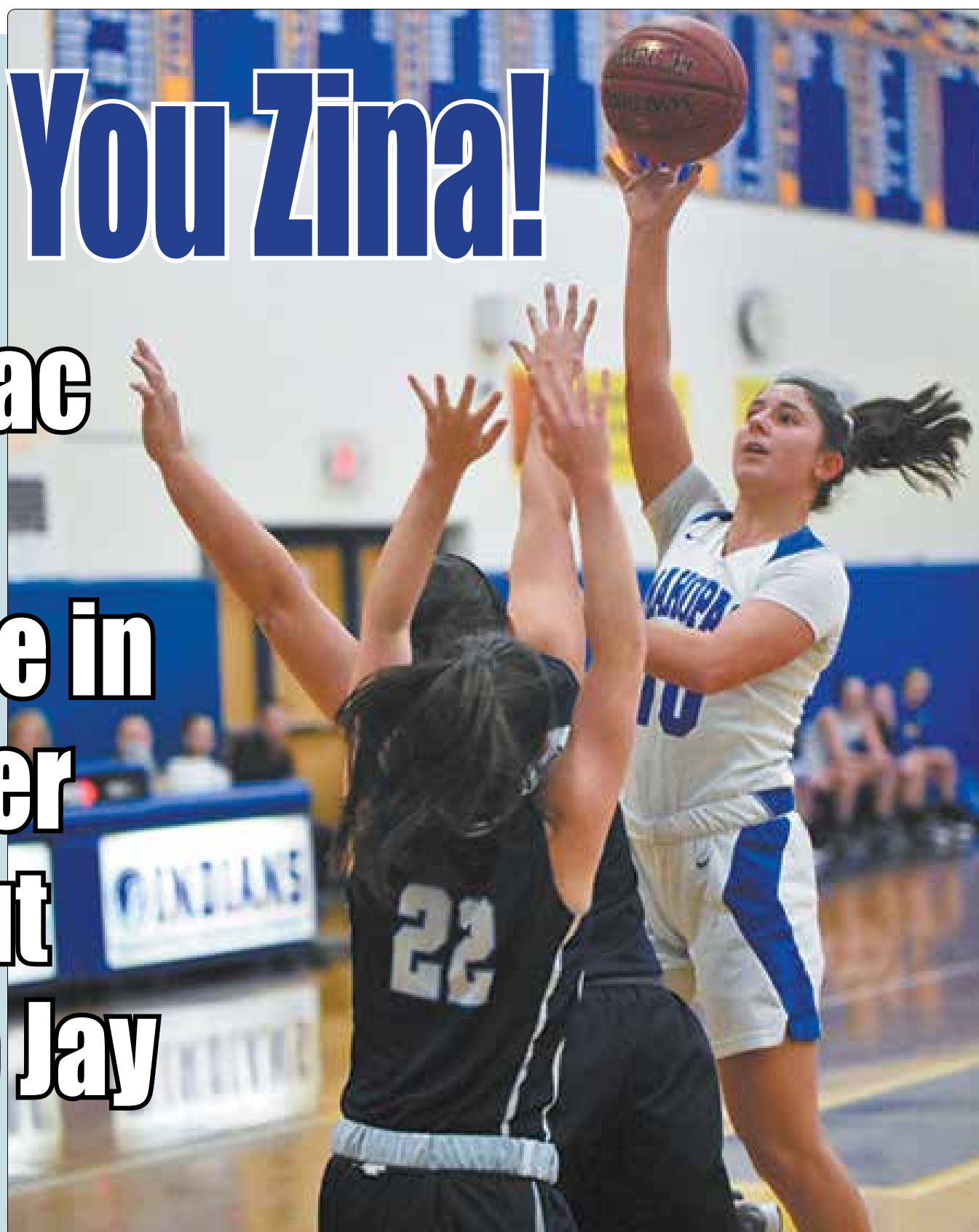
Twos in Town Thursdays: 10:15 - 10:45 a.m., Fridays, 10:15 a.m. - 10:45 a.m. Join us as we look, listen, sing, and have fun with picture books. Story time fun will include stories, rhymes, felt boards, and more. We will finish up with a simple craft or activity. For children age 2. For more information or to register, contact the Patterson Library at 845-878-6121 x10 or go to www.pattersonlibrary.org and click Calendar.

The Putnam Examiner Sports

Covering Putnam County and Northern Westchester Sports

Have You Zina!

**Mahopac
Shows
Promise in
Win over
RCK, But
Falls to Jay**



RAY GALLAGHER PHOTO

Mahopac senior G Zina McNerey goes up for two points in the Indians' 49-46 buzzer-beating setback at the hands of visiting John Jay EF last Thursday, thus ending the momentum they had built in last Tuesday's 63-51 upset of RCK, leading one to wonder which Mahopac team will show up for the League I-A stretch drive... see Girls' Hoops Notebook

Sports

Girls' Hoops Notebook

Lakeland Ends Panas Win Streak; Somers Gets Healthy

By Tony Pinciario

LAKELAND entered the 2018-19 varsity girls' basketball season facing a difficult task. The Hornets graduated three starters from last year's sectional-qualifying team and welcomed a new, young group, which made preseason more important than in previous years.

"We struggled a bit in the beginning of the season," Lakeland Coach Miranda Mangan said. "It was tough to lose three starting players and it just took our girls a few games to figure out how to really gel together."

Once the teams familiarized themselves with each other, the transition was complete and the Hornets got on a roll, winning five of their last seven games, including a defining victory last week.

Lakeland won two of three games last week, highlighted by a 58-52 victory over district rival and previously undefeated Panas.

The Hornets opened the week with a 67-21 win over Riverside, but John Jay-Cross River ruined their bid for a perfect week with a victory.

"I am really happy with how far we've come and we are hoping to keep this momentum going forward," said Mangan of her team, now 7-5 this season.

Lakeland handed Panas its first loss despite foul trouble to Alexa Cole, forcing her to the bench. Amanda Cole scored 17 of her team-high 20 points in the first quarter and Alexa Cole finished with 16



RAY GALLAGHER/BOB CASTNER/RICK KUPERBERG PHOTOS

Putnam Valley junior G Kelli Venezia dropped 26 points off six 3's in opening-round win of Yorktown Tournament.

points and seven rebounds.

"I really respect this Panas team," Mangan said. "I teach a lot of the girls in class (she splits time between Panas & Lakeland) and they are a great group with a lot of talent. The game was incredibly stressful until the final buzzer went off. Every minute felt like ten. I kept telling our girls that a team with their talent could cut a 15-point lead in a few short possessions, but our girls came with an energy and intensity that we haven't seen yet this season. We couldn't be prouder."

"Amanda Cole had a monster of a game and she really stepped up when Alexa was on the bench in foul trouble. Hannah Devane, Sarah Carroll and Tyler Hormazabal all played incredible defense to shut down their shooters. Hannah Devane and Sofia Portante really stepped up for us off the bench. They both had a few big shots and steals that kept us in the lead when Panas was cutting the lead in the fourth. The energy

from our bench was something we've never seen before. The whole team just came together and it was an exciting moment we hope to build off of."

Portante and Devane each had seven points in the win.

Alexa Cole poured in 25 points in the victory over Riverside and Tyler Hormazabal added eight points.

Alexa Cole has been the driving offensive force for Lakeland this season. However, Cole's leadership has been just as vital as her offense.

"Alexa truly is a special student-athlete," Mangan said. "We always knew she would be since the day she made our varsity team as an eighth-grader. She is the type of athlete coaches wish they had on their team; a natural-born leader, disciplined, resourceful and self-motivated with a passion for excellence you just can't teach kids."

"Alexa has always had a big hand in our program's success, but I am so happy that she is really making the most of her senior year. No one deserves it more."

One week after dropping two games, **SOMERS** rebounded to win twice, over Yorktown, 42-30, and Horace Greeley, 41-30.

"We've had so many injuries it's been tough to get in a good offensive groove," Somers' Coach Marc Hattem said. "We lost another starter with a concussion in the Yorktown game. We've had to get after it defensively and we certainly have."

Dani DiCintio led the state-ranked (No.25) Tuskers with a game-high 25 points in the win over Yorktown. Hattem said his team had a balanced scoring effort against Greeley as Hannah Angelini finished with 12 points and nine rebounds and inched ever-so-close to 1,000 for her career (11 shy). Pooja Rao grabbed 14 rebounds, the most by a Somers' player in three years, Hattem said.



Yorktown F Ashley Zeolla powers up for two of her 16 points in the Huskers' 55-51 win over Mount Vernon in opening round of Budries Tourney.

BREWSTER opened the week on the wrong side of a 58-35 score with John Jay-Cross River, but the Bears bounced back

continued on next page



Brewster's Grace Galgano and Lakeland's Brianna Monte have been instrumental parts of their teams' success this season.



Yorktown G Jesse Barer has been critical component of Huskers' superb start, including her performance in opening round win over Mount Vernon in Budries tourney.

Sports

Girls' Hoops Notebook

continued from previous page



Mahopac freshman G Melanie DeMeo drives baseline in the Indians' 49-46 last-second setback to visiting John Jay EF last Thursday.



Putnam Valley G Arianna Stockinger goes for two of her 15 points in Tigers' 78-44 win over Class AA Clarkstown North in Yorktown tourney.

with a 43-34 victory over Horace Greeley.

"It was a very difficult game from the start as we trailed, 17-5, after one quarter," said Brewster Coach Mike Castaldo of the John Jay game. "We were able to cut the lead to 24-18 in the second, but Jay scored the final seven points and we trailed by double digits at the half. Turnovers killed

us this game and when we did have the opportunity to score, we couldn't convert."

Meagan Beal finished with 10 points and 10 rebounds for Brewster.

Maggie DePaoli erupted for 22 of her game-best 26 points in the second half against Greeley, enabling Brewster to overcome a nine-point third-quarter deficit.

"Maggie took over the game and was incredible," Castaldo said. "She had two and-one's and two threes in the final three minutes of the third quarter when we trailed by nine. Maggie carried us in the second half, and she went 6 for 6 in the final minute from the line when the game was tight. Meagan (Beal) was tremendous on the boards and defensively for us in the fourth quarter. She does all the little things that don't show up on the stat sheet."

Beal seven points, 12 rebounds, two blocked shots and two steals.

YORKTOWN lost to Somers, 42-30, in game one of the week, then came back to defeat Mount Vernon, 55-51, in the first round of the Cornhuskers' Tournament.

Yorktown plays Putnam Valley in the championship game (TBA).

Yorktown Coach Brian Mundy said his team was trailing Somers, 17-13, late in the second quarter, but allowed a 7-0 run, due to four turnovers, to close out the first half.

Kat Severino led Yorktown with 17 points.

Severino was one of three players in double figures against Mount Vernon, finishing with 19 points. Ashley Zeolla added 16 points, Amber Bodden had 10 points and Jesse Barer scored seven points.

"After they took a 21-6 lead, and we took time to regroup, we had to go to a press a little earlier than we talked about in pregame," said Mundy of the Mount Vernon game. "It was a blessing in disguise because it caused them to a bunch of problems. The girls used that energy and got some momentum in the second and third quarters, and we went on a 34-9 run to take a 10-point lead. The defense definitely propelled the offense. I've said it over and over. There is no quit in this team. This could have easily been a different result not in our favor, but the girls stayed focused, kept their heads

straight and continued to chip away."

PUTNAM VALLEY advanced to the championship game of the Yorktown Tournament with a 78-44 victory over Clarkstown North. Kelli Venezia finished with a game-high 26 points, including six treys. Arianna Stockinger added 15 points and Eva DeChent contributed 11 points for the state-ranked (No.17) Tigers.

PANAS, ranked No.15 in NYS, experienced its first loss of the season – 58-52 – to district rival Lakeland.

"Lakeland jumped out to a hot start," Panas Coach Matt Evangelista said. "Although we closed the game to four in the fourth quarter, Lakeland was able to finish off the game for the victory."

Kristen Scrobola had a team-leading 17 points for Panas, now 10-1 this season. Julia Araujo and Kristen Cinquina had 11 points apiece.

HEN HUD lost a pair last week to two top Class B teams, Pelham, 55-50, and Briarcliff, 56-34. Hen Hud is now 6-6. Hen Hud trailed by two after the first quarter to Pelham, but the Pelicans went into the half with a 29-20 lead.

Caitlin Weimar led Hen Hud with 21 points and 17 rebounds. Aniyah Thomas added 12 points and Grace Moretti had five assists and four steals.

"We did play well," said Hen Hud Coach Ken Sherman of the Pelham game. "Caitlin got her third foul early in the second period. We had a four-point lead at that point and ended up being down by nine at the half for a 13-point swing."

Briarcliff seized control of the game in the second quarter, outscoring Hen Hud, 21-12, to take a 34-22 lead at halftime.

Weimar finished with 16 points, 18 rebounds and five steals and Thomas contributed 10 points.

MAHOPAC opened the week with a 61-53 victory over R.C. Ketcham, 61-53, then lost at the buzzer, 49-46,



Mahopac sophomore C Caitlin O'Boyle goes up for shot in the Indians' 49-46 last-second setback to visiting John Jay EF last Thursday.

to John Jay-East Fishkill. Mahopac used an offensive barrage in the second half to overtake Ketcham as the Indians scored 39 points. Mia Klammer led Mahopac with a game-high 18 points.

"The girls played a solid game," Mahopac Coach Chuck Scozzafava said.

John Jay overtook Mahopac in the fourth quarter, transforming an 11-point deficit into a victory. The Patriots outscored the Indians, 23-9 in the fourth quarter.

"As you can see, we went cold in the fourth," Scozzafava said. "It was a tough loss. The girls played hard."

Klammer had a team-leading 14 points for Mahopac.



Peekskill senior Sandra Murphy scored her 1,000th career point tonight and has been the backbone of the Red Devil program for four years running.

Sports

Boys' Hoops Notebook

NWE/Putnam County Super 7 Hoops Poll

No.1 PUTNAM VALLEY – Coach McDonnell's Class B state-ranked (No.9) Tigers (12-2) will get Class A's Pelham and Lincoln and AA Ossining to close out the month. Ending January at 15-2 is the goal, but doing so without injured senior F TJ Brescia (high ankle) makes for a tough but doable task. He's close to a full return. P.S. Emerging senior swingman John Millicker's rebound and instantaneous full-court pass to Shillingford for his 1,000th career point was the assist of the year.

No.2 SOMERS – Coach DiCintio's Class A Tuskars (10-2, 4-1) locked horns in a defensive battle with state-ranked (No.25) Greeley and the Quakers prevailed, 39-31 to win their seventh straight and improve to 9-2 behind 20 points and 13 caroms from Nicholas Townsend. Wing Nick Maestri led Somers with nine, which won't be nearly enough to get the job done against most of the Class A upper crust. Defensively, the effort was unreal, but 31 points won't get it done in any setting and the Quakers (9-2, 4-0) now control the destiny of League II-C. Nice 50-44 bounce-back win over Mahopac Saturday behind Maestri and Germaine (13 apiece), which is why they hold on to No.2.

No.3 MAHOPAC – Coach Simone's Class AA Indians (9-5) had a legit crack to make a move to No.1/2 in this poll but Somers denied entrance into the upper crust in a 50-44 setback, in which the Indians held a halftime lead behind Reahl Allen (12 points) and Drew Riolo (9).

Indians' 70-60 win over RCK earlier in week saw two players -- Allen (22 points, 10 boards) and Vin Bastone (18 points, 10 rebounds) -- post effective double-doubles



Putnam Valley G Ryan Soto goes up for two in Tigers' 54-36 win over North Salem.



RAY GALLAGHER/RICK KUPERBERG/BOB CASTNER PHOTOS
Putnam Valley F Adam Cekaj flips pass in Tigers' 54-36 win over North Salem.

as Mahopac won its sixth straight and moved to No.6 in the bracket. First-round playoff win had now become mandatory.

No.4 BREWSTER – Coach Nelligan's Bears (4-7, 1-4) chalked up biggest in of season in 58-56 win over John Jay -- CR when young Kobey Hart, a fresh-faced



Mahopac C Reahl Allen tries to block shot of Somers C Max Germaine in Indians' 50-44 loss to Tuskars.



Putnam Valley G Gabe Moise puts up shot in Tigers' 54-36 win over North Salem.

soph, scored the go-ahead hoop with 29 seconds left for Brewster and finished with 12 points. Veteran G Pat Nevin dropped a team-high 14 points for the grind-it-out Bears, who were pleased with the play of senior F Cameron Hart, too, upon his return from injury. Beating Greeley was asking too much, though, in Friday's 65-57 setback when Nevin and Kobey Hart



Mahopac's Tim Cegielski pulls up for shot as Somers' Max Germaine defends in Indians' 50-44 loss to Tuskars Saturday.



Put Valley senior G Charlie Gatewood drives lane in Tigers' 54-36 win over North Salem.

had 11 apiece while Harry Dignan and Cameron Hart had 10.

No.5 LAKELAND – Coach Fallo's Class A Hornets (7-5, 2-2) were supposed to put up much more of a fight in their 71-51 loss to John Jay CR, and it dropped Lakeland all the way back to No.12 in the bracket. Gotta take a hit for that, but #HappyJack Kruse is set to return this week and fortunes should change. Yes, the Hornets beat Brewster head-to-head but their win over Jay is eye-opening, thus the bump for the Bears.

No.6 CROTON – Coach Martucci's Class B Tigers (8-4, 2-2) needed to show more in a 72-60 loss to visiting Valhalla last Thursday in order to remain among the top five and secure home game for opening round of playoffs. Sniping swingman Sean Macarchuk led the way for Croton with 21 and F Sean Reynolds added 13, but the Tigers, who have dropped to No.8 in the bracket, needed this one – or at least a closer showing – to prove they can run with the big boys in Class B, like the third-seeded Vikings.

No.7 YORKTOWN – Coach Pavella's Huskers (4-8) advanced to 2nd round of George Budries tourney behind a 59-46 win over Panas behind Tommy Weaver (8 points), Schumer (17) and Joe Sgobbo (16).

HM CARMEL – Coach Brennan's Class AA Rams (4-7, 0-3) are a complete anomaly to us at this point in time after allowing John Jay EF to chalk up its first win of the season, 63-57, over the Rams, who lost despite a 25-point effort from Shane McNerney.

HM PEEKSKILL – Coach Turner's Red Devils (3-9) are a far cry from the old days but they gave Poughkeepsie fits in 79-69 loss. Shion's club could be tough post-season out.

–By Ray Gallagher

Sports

Two-Sport Shillingford Pushes G.O.A.T. Status, Scores 1,000th Point



By Ray Gallagher
Examiner
Sports Editor
@Directrays

The term G.O.A.T. gets tossed around pretty loosely these days, but in some cases the Greatest Of All Time are legit: NFL Patriots QB Tom Brady (remotely debatable between he and 49er great Joe Montana), NHLer Wayne Gretzky (no debate), NBA God Michael Jordan (only newbies challenge the notion with LeBron), MLB Sultan of Swat Babe Ruth (imagine if he were on steroids like Barry Bonds instead of regularly violating prohibition). Don't get me wrong, Bonds was otherworldly, but there's always that shroud of enhancement that hovers about.

The G.O.A.T. debate gets really speculative and subjective when it comes to collegiate athletics: To the point where

Miele and Joe Corace)? Was Ric Beardsley or Chuck Jones the greatest at Lakeland? Do you go with Tommy Cottrell at Panas or Sean Lindsay, or perhaps Cottrell's sister Tracy Cottrell-Parchen? Bryce Ford, at John Jay, is my hunch. Al Tandy, Greg Economou and Kathleen Staten ruled in their Hen Hud heyday as multi-sport studs in the '70s and '80s, but then student athletes like Mike Pritts, Kurt Thomas, Nicole Tamburri and TJ Olesczuk followed, so who's your pick there? You would think Elton Brand at Peekskill is a no-brainer, right? But Tré Johnson was the truth, too. Is recently-graduated Brett Makar really the G.O.A.T. at Yorktown when you have guys like Roy Colsey, Donnie Weese, Pete Cariello and Paul Santavicca having

the gold ball," the humbled Shillingford said in typical Shillingford style. "Playing varsity as a freshman people want to know if you can get 1,000, and I came in to school the year after (Ryan)

Basso did it, so it was fresh in everyone's mind, but me scoring 1,000 points doesn't guarantee us winning a gold ball, so it's a good moment but we gotta move past this and focus on the gold ball.

Everyone's picking it up, and it makes us wonder how good we can be when (injured) TJ (Brescia) comes back."

Shillingford, an A-student with Ivy League potential, can cement his "goatness" in Putnam Valley history this winter should he lead his state-ranked (No.9) Tigers (11-2) to the first gold ball and Section I title in PV hoops history, boys or girls. Even if he doesn't, it's still a widely held notion that Shillingford, an accomplished student and musician, is the best athlete in school history. Having talked with three longtime coaches at PV last week, we're all in rock-solid agreement: Shillingford, who is a walking double-double the past three seasons for hoops Coach Mike McDonnell, is PV's G.O.A.T.



Putnam Valley multi-sport senior F Darnel Shillingford is undeniably the G.O.A.T. in school history.



RAY GALLAGHER PHOTOS

Teammates and fans surround Put Valley senior Darnel Shillingford after scoring his 1,000th career point in Tigers' 54-36 win over North Salem.

some think Florida's Tim Tebow (Heisman Trophy winner and two-time finalists, but never stuck in the pros) is a G.O.A.T.; that Duke's Christian Laettner (1992 Dream Teamer who later masqueraded as a pro) is an all-time collegiate great; and Ohio State RB Archie Griffin (college football's only two-time Heisman winner, who never amounted to much in the NFL) was among the best running backs in college football history.

And the G.O.A.T. debate gets even dicier when it comes to high school preps, but Hen Hud A.D. Tommy Baker loves to get into this discussion once every couple of years with me and it goes something like this: Is Dave Fleming the greatest athlete of all time at Mahopac (undebatable, according to coaching legends like Frank

tread before him? It's debatable and fun to roundtable over.

Every school has its G.O.A.T.'s: There are many factors that go in to being the greatest of all time, but when you tally up the Putnam Valley High package in its entirety there's only one G.O.A.T., and (IMO) it's All-Section hoops/grid stud Darnel Shillingford, who became just the second boy in school history to score 1,000 career points in the Tigers' 54-36 win over visiting North Salem last Tuesday. This, on the heels of a record-setting All-NYS football campaign that saw the senior lead PV to its first-ever sectional championship appearance last fall.

"Getting 1,000 points is nice and all but it won't mean anything unless we get



Darnel Shillingford's teammates can hardly contain their glee after the Big Shill dropped his 1,000th career point last Tuesday in Tigers' 54-36 win.

Shilling' Like a Villain!

**Put Valley's
Shillingford
Thieving
Buckets,
Scores 1,000th
Career Point
in Tigers'
54-36 Win
vs. North
Salem**



RAY GALLAGHER PHOTOS

Putnam Valley senior F Darnel Shillingford (L) gets hammered by North Salem's Austin Waldron (34) but still powers his way for two of his most memorable points as this hoop gave him 1,000 for his career, making him just the second boy in school history to reach the milestone (Ryan Basso, 2015) during the Tigers' 54-36 League III-E victory over visiting North Salem last Tuesday. Teammates like John Millicker (inset) were thrilled for Shillingford, the model student athlete and Put Valley G.O.A.T, who is beloved by teammates... see Boys' Hoops Notebook