



Developer Scraps Kent Truck Stop but Mining Still Big Issue

By Abby Luby

Kent residents battling a proposed truck stop at Route 52 recently won their vehement fight after the developer said he would remove the truck stop component from the proposal.

At the beginning of the October 22nd Kent Town Board meeting, Kent Supervisor Maureen Fleming announced that she got a call from the developer's team earlier that afternoon who told her the truck stop was withdrawn from the application.

Responding to Fleming's announcement was a round of applause from the more than 60 people crowded into the courtroom.

"I was told the developer is listening to the people of the town of Kent and is responding to them," Fleming said. "The town board is listening to you too."

A public statement was released confirming the developer's statement and is on the town's website. https://www.townofkentny.gov/sites/kentny/files/uploads/memorandum_from_kent_country_square_llc.pdf.

The memo confirms that the intention of Kent Country Square, LLC is "to remove the truck-stop component of the site plan in view of a more community-based and amenable use(s) on that portion of the Project site." The memo was signed by Tejpal Sandhu, Managing Member.

Kent Country Square LLC owns the 137-acre parcel east of the intersection of Ludingtonville Road on Route 52. The original plan included a truck fueling and rest stop, truck service and repair shop, two hotels, an indoor waterpark, a restaurant and a convention center.

A grassroots movement galvanized a growing number of residents fighting the truck stop that would be located just 1500 feet away from Kent Elementary School and Kent Primary School. If the town had approved the plan it would mean blasting 54 acres of rock and mining down 180 feet. The planning board is the lead agency for the project and would need to approve a final site plan.

At the town board meeting a political skirmish surfaced when town board councilman Paul Denbaum lashed out at Fleming, blaming her for not telling the board about the truck stop removal during their earlier executive session, but rather making a politically motivated announcement when she had a full audience.

"Now that everybody is here — they left their homes on a rainy night — they left their kids home — you've come out with this political statement as if at the last minute," Denbaum said as the audience applauded.

Fleming countered Denbaum's attack. "The truck stop issue was not a proper forum to bring up in executive session," she said. "That's why I waited for the public town board."

"All I know is that you've been on the record for this truck stop from the beginning," Denbaum said. "You stopped me at every turn to have this public hearing."

Fleming told Denbaum, "That's absolutely false."

The public hearing Denbaum was

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Arsenic Mine in Kent Added to EPA Superfund Priorities List

By Rick Pezzullo

The U.S. Environmental Protection Agency (EPA) announced last week it was adding the Arsenic Mine Site in Kent to the Superfund National Priorities List (NPL).

The mine was one of two sites added to the NPL, where releases of contamination pose human health and environmental risks. The EPA proposed adding five additional sites.

"EPA's forward-leaning and proactive actions at the Arsenic Mine Site have addressed the immediate need to protect people's health by reducing residents' exposure to arsenic contamination in the short-term," said EPA Regional Administrator Pete Lopez. "Today we are announcing the next major step in the cleanup by listing the site on the National Priorities List, which arms the agency with the authorities to address contamination at the site over the long-term."

To reduce the potential for local residents' short-term exposure to elevated levels of arsenic in the soil, EPA installed barriers to contaminated soil in high-use areas. EPA has also implemented measures to reduce tracking of arsenic indoors by removing or replacing contaminated soil at the affected properties in gardens and areas used by pets and livestock. The specific measures vary based on the use of each property.

EPA has already initiated a focused feasibility study to identify options to address residents' exposure in the long-term. EPA is expediting this study and anticipates completing it in 2020.

Residents with elevated arsenic levels in their drinking water wells at the site are currently utilizing treatment systems

or bottled water. EPA is coordinating with government partners and conducts regular monitoring of residents' drinking water supplies to confirm that treatment systems continue to be effective. EPA continues communications with residents to ensure that drinking water systems are adequately maintained.

Before being added to the NPL, a site must meet the listing requirements and be proposed for addition to the list in the Federal Register, subject to a 60-day public comment period. The site will be added to the NPL if it continues to meet the listing requirements after the public comment period closes and the agency has responded to any comments.

The NPL includes the nation's most serious uncontrolled or abandoned hazardous waste releases. The list serves as EPA's basis for prioritizing Superfund cleanup funding and enforcement actions. Only releases at sites included on the NPL are eligible to receive federal funding for long-term, permanent cleanup.

Superfund cleanups provide health and economic benefits to communities. The program is credited for significant reductions in birth defects and blood-lead levels among children living near sites, and research has shown residential property values increase up to 24% within three miles of sites after cleanup.

Previously blighted properties are now being used for a wide range of purposes, including retail businesses, office space, public parks, residences, warehouses and solar power generation. At 529 Superfund sites returned to productive use, 8,600 businesses operate with 195,000 employees earning more than \$13 billion in annual income.



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Celebrating Halloween

CV Starr School Principal Maggie Andriello greeted students as they came off the bus on Halloween, dressed as a dinosaur. For more photos of Brewster students and teachers wearing costumes, see page 8.

Developer Scraps Kent Truck Stop but Mining Still Big Issue

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referring to was to consider a zoning change that would ease current height restrictions. Kent Country Square is expected to ask for this particular zoning change so the planned hotel marquees could be seen from a distance. After several residents voiced their objections to the zoning change, Fleming asked for a show of hands of those against the change. Everyone in the room raised their hand; there were no raised hands in favor.

But another serious issue looms over the town: Mining.

"The developer still intends to mine the site," said Eileen Civitillo, co-founder of the Stop Kent Truck Stop Committee. "The developer gave no indication the mining was going to be any different."

Kent Country Square still intends to 'prepare the site', which means leveling 54 acres and mining 180 feet of rock, according to Civitillo. "Were curious why he needs to do that," she said.

Currently the New York DEC (Department of Environmental Conservation) is the only regulatory agency that can issue mining permits. "We are truly at the mercy of the DEC to issue permits to developers," Kent resident Maureen Galway Croddy told the board. "There is no law that regulates mining in the town of Kent which means the town has no control."

Councilman Chris Ruthven said he is introducing legislation that will give Kent some control over local mining. A public discussion of the proposed legislation will be held on November 22.

The developer still has to propose a new plan for the parcel previously slated for the truck stop and will still need to mine that site. "We figure it's about 6,700,000 cubic yards of rock that has to be hauled away from that site," said Civitillo. "If a large truck can haul 75 yards of rock, it would take 89,333 truckloads — truckloads that will be on our roads, near the schools, and our school buses."



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Trunk or Treat

Deputy AJ Pizzuto represented the Putnam Sheriff's Office at the Kent Police Department's Annual Trunk or Treat. This event gives kids the opportunity to trick or treat safely.

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Dos and Don'ts During Flu Season

What you need to know...



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Fever. Body aches. Chills. When the flu hits, it zaps you of energy. Flu season starts as early as October and runs as late as April; the virus thrives in cold dry weather. To minimize your exposure, follow these dos and don'ts from Dr. Debra Spicehandler, Co-Chief of Infectious Diseases at Northern Westchester Hospital.

Do:

Take positive precautions. The best way to prevent the flu? Wash your hands with soap and water! Start washing from your wrist down and sing the 'Happy Birthday' song in your head three times.

Get a flu shot. The second best way is to get the flu vaccine. Washing hands prevents infections from spreading, but if someone who has the flu sneezes in your face, there's not a lot you can do. That's why the vaccine is important.

If you don't get your flu shot, there's a possibility that you'll spread the flu to others, including those who are at high risk for complications, such as grandma and grandpa, your baby nephew, your pregnant sister, and those with chronic health conditions.

Disinfect your home. "Influenza can be transmitted when someone sneezes, coughs, or even talks; or if you touch an object that someone with the virus has just handled—a computer mouse or doorknob, for example. Wear disposable gloves when cleaning surfaces, throwing away used tissues, or handling other items, such as laundry, that a sick person has touched or worn.

Don't:

Don't go to work or school with the flu. Even if you think the flu has come and gone, play it safe. Stay home for 48 hours after you stop sneezing and coughing and only return to work or school when you've been fever-free for 24 hours.

Don't rush to the hospital. Call your doctor before heading to the emergency room. Hospitals get overwhelmed during flu season and in most cases they can't eliminate your flu. However, seek immediate medical attention if you have severe symptoms such as a fever that won't break with medicine or an inability to hold down fluids—or if you have an underlying condition such as cancer or an autoimmune disease.

Don't drink alcohol. While your grandmother may have sworn by the hot toddy, alcohol may cause dehydration that can worsen flu symptoms.

Assistant Scoutmaster Charged with Sexually Abusing Boy

An assistant scoutmaster for the Boys Scouts of America has been accused of sexually abusing a 12-year-old boy multiple times in incidents that occurred at retreats and meetings in Long Island and in the Hudson Valley, including in Putnam Valley.

According to the Nassau County Police Department, Jonathan Spohrer, 26, of North Bellmore, Long Island sexually abused the boy on multiple occasions from January 2018 through November 18, 2018.

The incidents took place during Boy Scout sanctioned retreats and meetings that occurred in Putnam Valley, Suffolk County and Nassau County.

On October 31 at 1:15 p.m., after an extensive investigation, Spohrer was located at his residence and placed under arrest without incident.

Spohrer has been charged with second-degree course of sexual conduct against a child. He was arraigned November 1 at First District Court in Hempstead.

Anyone that feels they may have been a victim of a similar incident could contact Nassau County Crime Stoppers at 1-800-244-TIPS, Special Victims Squad at 516-573-4022 or call 911.



PROVIDED PHOTO
Jonathan Spohrer, 26, of North Bellmore, Long Island.

Brewster Man Sentenced for Embezzling \$1.5M from Nonprofit

A Brewster man who embezzled \$1.5 million from a nonprofit organization he helped found in Connecticut is going to spend more than a year in prison.

Paul Gileno, 47, of Brewster, the founder and CEO of the United States Pain Foundation, was sentenced in Bridgeport District Court to 12 months and one day in prison, followed by two years of supervised release, for embezzlement and failing to pay federal income taxes.

Gileno operated the Middletown, Connecticut-based nonprofit organization, which was designed to find support and

resources for individuals with pain issues.

Between 2015 and 2017, Gileno embezzled more than \$1.5 million from the foundation. He also failed to pay more than \$532,943 in federal income taxes on the embezzled income, and other income, for the 2015 through 2017 tax years.

As part of his sentencing, Gileno will also be required to pay full restitution to both the United States Pain Foundation and the IRS, including penalties and interest. Gileno pleaded guilty in June to one count of wire fraud and one count of tax evasion. He is scheduled to report to prison on January 6.

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DEP Completes Construction of Stormwater System in Carmel

The New York City Department of Environmental Protection has announced the completion of a stormwater collection system that will enhance the city's protection of Croton Falls Reservoir in Putnam County. The \$2.8 million project, completed in October, will protect water quality by capturing runoff, sediment and nutrients from a 15-acre drainage area in the Town of Carmel.

"Stormwater controls are key to maintaining the high quality of water in our system, especially in portions of the watershed where our reservoirs are near communities or impervious surfaces," DEP Commissioner Vincent Sapienza said. "These sensible investments in watershed protection keep New York City's drinking water tasting great, while also helping to save money on more costly forms of treatment or filtration."

The project will collect stormwater runoff from an area of Carmel near Drewville Road, Drew Lane, and Stoneleigh Avenue. This community is located on a large peninsula on the northern side of Croton Falls Reservoir. DEP improved and reinforced an existing drainage trench that ran along Drewville Road to properly collect stormwater from the community. That trench, known as a swale, feeds a new treatment stormwater detention basin that will capture sediment, debris and nutrients. The basin will be surrounded by native trees, shrubs, and grasses that will consume some of the nutrients captured by the system. The basin also includes an outlet structure that will allow clean water



PROVIDED PHOTO

to pass into a stone-reinforced channel that leads to Croton Falls Reservoir.

DEP officials estimate the new system will capture nearly 10 pounds of phosphorus each year. In large quantities, nutrients such as phosphorus can degrade water quality by exacerbating the growth of algae, or by changing the taste and smell of drinking water. More than 100 stormwater control practices have been constructed near the City's reservoir to capture sediment and nutrients, 14 of which are considered detention basins. Each of those basins is cleaned annually to ensure their proper function.

The Drewville Road stormwater project was a requirement of New York City's

Filtration Avoidance Determination (FAD), the state permit that allows the City to operate its Catskill-Delaware Water Supply System without filtration. While Croton Falls Reservoir generally operates at part of the City's Croton Water Supply System, which is filtered, a pumping station at the reservoir is capable of moving water into the unfiltered Delaware Aqueduct to support the City during times of drought or planned infrastructure outages.

Croton Falls Reservoir stores 14.2 billion gallons of drinking water at full capacity. That water is collected from a 10,228-acre watershed, largely located in the towns of Carmel and Southeast. Built in 1911, Croton Falls was the last reservoir in the Croton

Water Supply System, which provides about 10 percent of New York City's drinking water on a typical day.

DEP manages New York City's water supply, providing more than one billion gallons of high-quality water each day to more than 9.6 million New Yorkers. This includes more than 70 upstate communities and institutions in Ulster, Orange, Putnam and Westchester counties who consume an average of 110 million total gallons of drinking water daily from New York City's water supply system. This water comes from the Catskill, Delaware, and Croton watersheds that extend more than 125 miles from the City, and the system comprises 19 reservoirs, three controlled lakes, and numerous tunnels and aqueducts. DEP has nearly 6,000 employees, including almost 1,000 scientists, engineers, surveyors, watershed maintainers and other professionals in the watershed. In addition to its \$70 million payroll and \$168.9 million in annual taxes paid in upstate counties, DEP has invested more than \$1.7 billion in watershed protection programs—including partnership organizations such as the Catskill Watershed Corporation and the Watershed Agricultural Council—that support sustainable farming practices, environmentally sensitive economic development, and local economic opportunity. In addition, DEP has a robust capital program with \$20.1 billion in investments planned over the next decade that will create up to 3,000 construction-related jobs per year.



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A close-up photograph of two young children. On the left, a boy is shown in profile, whispering into the ear of a girl on the right. The girl is smiling broadly, showing her teeth. The background is blurred.

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Brewster Family Dental Celebrates First Anniversary

Dr. Krishna and his staff celebrated their first anniversary with an Open House and Ribbon Cutting on Friday, October 11. Brewster Family Dental is located at 504 N. Main Street in Brewster.

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Brewsterfamilydentalny@gmail.com

Dr. Krishna has been practicing dentistry for the past 17 years. He graduated from Dental school in 2002, and later went on to pursue his career in Maxillofacial Surgery. Dr. Krishna completed his surgery program in 2007 in India, and moved to the United States and went on to finish Fellowship in Urgent Care and completed Advanced Education in General Dentistry at Eastman Institute of Oral Health. After which he went on to take multiple courses on Implantology. Dr. Krishna worked as an associate dentist for three years after which he decided to take the reins on his own. He started his own private practice in Brewster on October 1, 2018.

Dr. Krishna enjoys taking time to establish a genuine rapport with his patients, he believes dentistry is the perfect combination



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of health and beauty. Dentistry is a hybrid of many things, including relationships, science and research. "I enjoy that it is hands on, requires me to think outside the box and demands that I constantly build upon my education," he said.

Dr. Krishna wishes to help many people who have given up on their oral health. "I find rewarding to be able to problem solve with my patients and provide reasonable solutions, so that they can regain their self-confidence and improve their lifestyle," he said.



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Kent Library Award

The Kent Public Library received an award at the Mid-Hudson Library System annual meeting on October 25 for participating in "The Great Give Back" in several ways. Meanwhile, the Kent Library will be collecting non-perishable food for a local food pantry through "Food for Fines" in November. Library patrons will have \$1 waived from current overdue fines for each can or non-perishable food item donated. Donated food may not have passed its expiration date. "Food for Fines" can only apply to Kent Public Library fines, not fines from other libraries, and cannot be used to pay for lost or damaged items. Collected food will be donated to local community food banks. Annual Trunk or Treat. This event gives kids the opportunity to trick or treat safely.

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Brewster Students, Teachers Get in Halloween Spirit



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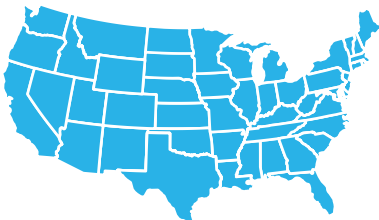
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Mahopac Schools Hosts Family Night for ENL Learners

"If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart."
Nelson Mandela

Despite the cold and rainy evening, the gymnasium was filled with warm smiles and conversation for the Mahopac Central School District second annual English as a New Language (ENL) Family Night at Lakeview Elementary School on October 16. Parents and caregivers throughout the district joined the Mahopac Schools ENL team, school administration members and community resources who help support an education and healthy living.

Leigh Galione, ENL Chairperson, and Jackie Vasquez, the district translator, kicked off the evening with a welcome and overview of Mahopac Schools services and offerings to students with English as a new language.

"This evening is about you, your children and your families. It is important to know how much we care about you. We are very proud of all the wonderful programs our schools offer to ensure our children have a successful school career," said Galione, with

Vasquez translating to Spanish.

Superintendent of Schools Anthony DiCarlo gave the crowd a welcome in Spanish and spoke of the mission of Mahopac Schools to "foster a partnership between our teachers, parents, caregivers and community members to ensure our ENL students receive a strong academic, social and career foundation with high standards of excellence and achievement."

The evening continued with the opportunity for parents and caregivers to get information and assistance from Mahopac Schools educational and support services, community health and well-being resources. Tomas Vasquez and Emmanuel Pichardo from the district's Information Technology department were on hand to help parents with any questions, such as the parent portal sign up and student Chromebooks.

"The district has a translation service we can provide in order to promote productive conversations; we don't want families to feel they cannot contact the schools. If you need assistance, we will be here for you," Vasquez said.

Marine Corps Reserve Toys for Tots

The Putnam/Northern Westchester Counties Toys for Tots program is now getting underway. For more information, contact coordinator Bill Lewis at 845-528-7987 or mahopact4t@yahoo.com.

For drop off locations, visit www.toysfortots.org and click on drop off sites. Toys for Tots will be at the Jefferson Valley Mall on weekends starting on November 15.

New, unwrapped toys may be dropped off at any drop off location. Checks can be made payable to: The Toys for Tots Foundation and mailed to 44 Somerset Lane, Putnam Valley, NY 10579.

SMALL NEWS IS BIG NEWS

Putnam Hospital Center Hosts Diabetes Lunch and Learn

In observance of National Diabetes Awareness Month, clinicians at Putnam Hospital Center will lead a community discussion on diabetes focusing on how to manage the disease, reduce your risk factors and lead a healthy lifestyle during a lunch-and-learn event.

The luncheon is from noon to 2 p.m., Wednesday, November 20, in the hospital's Michael T. Weber Conference Rooms, 670 Stoneleigh Ave. Seating is limited to 45 people.

Enjoy a complimentary, diabetic-friendly lunch while hearing from Family Nurse Practitioner Lena Petersen, Clinical

Nutrition Supervisor/Diabetes Educator Indrani Dhar and Diabetes Educator Joanne Greene on what to do after being diagnosed with prediabetes or type 2 diabetes, what and when to eat and other strategies to incorporate healthy habits for busy lives.

"Diabetes does not have to define you," Dhar said. "There are many ways to enjoy a long and happy life with thoughtful management of the disease."

Registration is required. To reserve a seat, please email [Marcela Rojas at marcela.rojas@nuvancehealth.org](mailto:Marcela.Rojas@nuvancehealth.org) and/or call 845-230-4773 (TTY 800-421-1220).



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Presented by Heather McKay, PhD, OT/L, Dementia Care Specialist

Alzheimer's disease and other types of dementia are challenging conditions for both the person with the disease and their caregivers. Even in early stages of the disease, communication between caregivers and the people they support is difficult as the person's brain changes. This seminar is designed to help caregivers better understand why communication changes with dementia. Heather and family caregivers share real stories and offer new ideas to improve interactions when communication is a challenge.

Please RSVP by Friday, November 15th.

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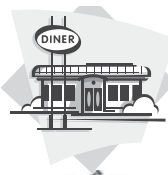
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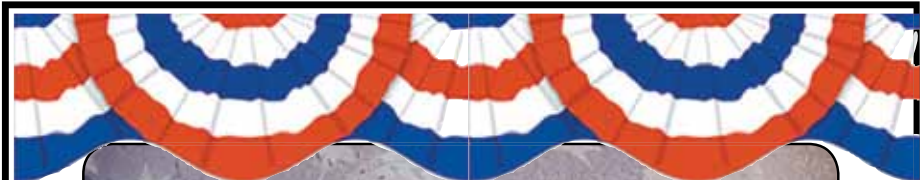
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Veterans: Show Potential Employers You Are a Team Player

If you're a veteran, you have proven you can work on teams and, in many cases, lead them. Yet corporate recruiting experts say it's crucial to properly frame your experience to maximize your chances of getting hired.

"Veterans bring many valuable skills and qualities to the corporate environment," said Jerry Quinn, head of Military & Veteran Talent External Recruiting and Enterprise Military & Veteran Initiatives at Wells Fargo. "These include traits like strategic planning, critical thinking, problem-solving, communications and adaptability. In my experience, however, veterans sometimes have trouble conveying their unique

contributions and effectiveness on teams."

The post-9/11 veteran unemployment rate is at an all-time low of below four percent, according to the Bureau of Labor Statistics. This figure may not paint the full picture about the transition to civilian life. Many veterans remain underemployed or in jobs that do not use the full range of their skills.

So, what's the best way to approach your job search? Consider these tips from Quinn and Wells Fargo's Hands on Banking program:

Make the Conversion

While in the military, people often speak in terms of what "we" did together. In the corporate world, it's more important to be able to clearly state what "you" did to help the team succeed.

So look through your resume, converting "we" to "I," citing specific, measurable criteria where possible. And remember that potential employers may not always be familiar with military jargon and acronyms, so use language any civilian recruiter will understand. For example, "I was a leader of a team of 100, with seven direct reports," or "I was responsible for maintaining more than \$2 million worth of specialized government equipment."

Use Keywords

Remember to customize your resume each time you apply for a job. Most job

descriptions provide clues that you can use to figure out what role on the team the company is seeking to fill – whether it be a leader, a manager or an individual contributor. Use these clues to determine what attributes and teamwork experience to highlight on your resume.

Get Ready

Practice answering some of the most common interview questions – succinctly. You can count on getting questions like, "How do you demonstrate you're a team player?" or "Give an example of a time you had a conflict with others and how

you handled it." In a brief and organized way, be ready to highlight your personal contributions.

For career opportunities and other tips and resources, visit www.wellsfargojobs.com/military.

"Teamwork means getting things done and trusting that you can count on others," said Quinn. "Being able to show that teamwork is inherent to your own values and experience will put your job candidacy at the top of any stack."

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ACL Injuries Growing Occurrence: How to Prevent and Rehabilitate Them

By Rachel Amarosa

With the growing popularity of and participation in adolescence sports, there has been a substantial increase in the occurrence of youth athletic injuries nationwide.

Anterior cruciate ligament (ACL) injuries are one of the more devastating and frequent injuries that occur in our athletic youth population today. The ACL is one of four major ligaments that provides stability in the knee joint. Ligaments are non-stretchable, strong fibers that hold bones together.

Often when the ACL is either damaged or torn it is common to have an injury to the medial cruciate ligament (MCL) and/or the meniscus structures as well. The MCL is another one of the four major ligaments of the knee that provides stability and the meniscus is soft tissue that acts like a cushion within the knee joint, between the tibia and femur bones. An injury to the MCL or meniscus in association with an ACL injury can make the overall return to action slightly more complicated and usually longer.

Here comes the shocking news: Nearly one in 60 adolescent athletes will suffer an ACL injury during their athletic participation. Many of these athletes will then undergo an ACL reconstruction, which is a 6- to 12-month recovery. In adolescent athletes, females are up to eight times more likely to tear their ACLs compared to their male counterparts.



Rachel Amarosa

There are several studies that indicate anatomical, physiological and behavioral factors between males and females that are the reasons for such a large ratio difference. The differences in strength, landing mechanics, cutting mechanics, hormone levels and training programs have all been identified as possible risk factors for ACL injuries in adolescent females. Furthermore, most of those ACL injuries occur with little to no contact.

Most non-contact ACL injuries occur

from a sudden change in direction, sudden deceleration or by landing incorrectly from a jump. All these movements happen across most sports, making it all the more important to learn what you can do to help reduce the risk.

Many well-designed sports training programs will create comprehensive workouts to prevent several types of sports-related injuries. For an ACL prevention training program, it must include balance, proprioception, strengthening, endurance, conditioning, agility, proper landing mechanics and sports specific exercises. A key is to make sure you are doing exercises properly with a focus on quality of movement.

In addition to learning general prevention of an initial ACL injury, it's important to consider how athletes return to sports following an injury. After ACL reconstruction, an athlete can expect at least six months of physical therapy and possible upwards of a year. Physical therapy will help you regain full range of motion, stability and strength. They will also address proper movement patterns, landing techniques and sports specific training.

It is essential to continue a comprehensive training program because adolescent athletes with an ACL injury have a 15 times greater risk of sustaining a second ACL injury of either the same or opposite leg after returning to sports. Research has shown that even though an athlete is cleared to return to their sport, there often continues to be some residual

muscle weakness and asymmetry, along with compensatory movement patterns. This not only shines a light on continuing a training program after sustaining an ACL injury but should make you do whatever you can to initially prevent an ACL injury.

Understanding the need and timing of certain interventions is hard for an adolescent athlete to do on their own. It can require some help from their families, coaches and local professionals. Physical therapists and certified athletic trainers are healthcare professionals that can perform extensive functional assessments and screenings to help determine where the weaknesses, imbalances and concerns can be for your athlete.

For the female adolescent athlete there is a hyper-focus on assessing their proper landing mechanics, form when squatting and lunging and general testing of their overall lower extremity strength. They then use the information to provide a comprehensive training program designed to help prevent the risk of an unwanted ACL injury along with many other types of injuries as well.

Rachel Amarosa is a certified athletic trainer and the marketing and communications director at ProClinix Sports Physical Therapy & Chiropractic with locations in Armonk, Pleasantville and Ardsley. For more information about this article or about ProClinix, Rachel can be reached at 914-202-0700 or at ramarosa@proclinix.com. You can also visit www.ProClinix.com.



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Tuesday, November 5

The Reads at Reed Book Club: 7 p.m. "How it all Began" by Penelope Lively. Reed Memorial Library, 1733 Route 6, Carmel. Contact 845-225-2439 with any questions.

Wednesday, November 6

Holiday Baking: 7 p.m. Volunteer to bring dessert when getting together with friends and family this holiday season. Chef Thierry Danvin of the Brewster Pastry Shop will share his secrets for baking holiday treats so your dessert will be the star of any party! For more information or to register, contact the Patterson Library at 845-878-6121 x10 or go to www.pattersonlibrary.org and click Calendar.

Thursday, November 7

Christmas Bazaar: 9 a.m. to 3 p.m., (Snow date 12/14.) Crafts, Baked Goods, Gift Items, Decorations, Breakfast and Lunch served. First Presbyterian Church, 411 Rt 6N (at Secor Rd) Mahopac. For more information: presby411@verizon.net or 845-628-2365.

Friday, November 8

Marine Corps Birthday and Veterans Day Celebration: Chili and Beer party at the Mahopac American Legion. 7 p.m. @ \$20 per person. All Marines and all veterans are invited as well as those who support us. Sponsored by The Putnam County Marine Corps League. Dan Lynch 845-278-0598

Crafters Holiday Craft Sale: Beautiful handmade items created by The Butterfly Quilters. Mahopac Public Library. 3 to 6:30 p.m., also: Saturday, November 9, 10 a.m. to 2:30 pm. Shop local, shop early, shop for family and friends on your gift list.

Saturday, November 9

VWF Post #1374 Penny Social: 5 p.m. Gleneida Avenue, Carmel - Local merchants and private contributors have donated a variety of gifts to help sponsor our event. Proceeds will go towards helping local veterans and updating the Post, which is used by many community members. Join us for a night filled with wonderful raffles,

sweeps, food and fun.

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Hebrew Congregation of Somers Shabbat Service: Please join us for a Shabbat service at 9:30 a.m., followed by Lunch & Learn, a discussion of the week's Torah portion led by Rabbi Shoshana Leis. Kiddush luncheon will be served. The service will be led by Rabbi Leis and Cantor Ruth Ossher. Hebrew Congregation of Somers is a small, informal and friendly synagogue affiliated with the Reconstructionist movement. First-year membership is free and includes High Holiday tickets. Email info@hebrewcongregationofsomers.org or call 914-248-9532 for more information.

Monday, November 11

Learn to Speedcube: 1 to 2 p.m. (ages 5-9) 2:30 p.m. to 4:30 p.m., (ages 10+) @ Mahopac Public Library Calling all Cubers and want-to-be cubers! Get an inside look into the speedcubing community and learn to solve a 3x3 cube. Have fun while you are learning, and take home a cube of your own! Registration is required. Register here for the 1 p.m. session. Register here for the 2:30 p.m. session, or call 845-628-2009, ext 139.

Xi Chi Omega Chapter of the Alpha Kappa Alpha Sorority Inc. will honor our veterans with a day of service at the Montrose Veteran's Home, in Montrose, located at ,2090 Albany Post Road, Montrose from 10 a.m. to Noon.

Tuesday, November 12

Barre Basics: 11 a.m. Follow Iryna Stanisic of The Exercise Barre Studios as she leads us through a fun, energizing low impact workout class. The class combines elements of barre, dance, and yoga choreographed to fun and motivating music for all fitness levels. Bring a yoga mat or beach towel for floor exercises. For more information or to register, contact the Patterson Library at 845-878-6121 x10 or go to www.pattersonlibrary.org and click Calendar

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The Evolution of the Dining Room and Dining Table

As a realtor who writes about homes, as a writer who sells homes, I am always curious about various features of a home, specifically their history. My curiosity recently focused on the dining room, and in particular, the dining table.

I remember my first dining room set, which looked more like a kitchen set since it was made of chrome, was purchased from Macy's for \$35. That was more than a half-century ago. In 2019 dollars, that would be \$297, but still a bargain. A modest start, but considering that I never could cook and never sat at the table for a meal when I was a bachelor, there was no need for anything more substantial.

Today my dining table is a massive slab of beveled glass set upon two truncated Ionic columns, with six modern chairs, all purchased wholesale 30 years ago from a Chicago furniture mart for \$10,000.

It's hard to imagine a time when the dining room table wasn't the focal point of the dining room. Through most of history, people dined on small tables or stone platforms rather than large dining room tables. Tables were used for writing and playing games, not for dining.



By Bill Primavera

The Greeks were the first to design rooms specifically designed for eating – or in their case – feasting. These rooms featured couches of stone or wood which accommodated only men, chauvinist pigs that they were, while women stood by and youths sat on the ground.

Ancient Romans also ate their meals in a special room, and obviously liked the company of women a bit better than the Greeks, accommodating them on the same kind of couches where the men ate.

It wasn't until the 16th century that dining room tables became popular. Although many types of tables had been around since ancient times, they were

not the dining room tables we know today, which are smaller and more feminine in style, embracing the furnishing styles of their various periods.

By the Victorian era, well-to-do consumers spent lavishly on their dining rooms, outfitting them with upholstered chairs, mahogany sideboards, beautiful bone china and expensive linen napkins and tablecloths. Mealtime for them was an event, and they staged their meals as comfortably as they could afford, which included a table substantial enough to

support its lavish offerings.

In most homes the dining room table was in or near the kitchen. However, that was not always the case. Historically, the dining room and kitchen were far from each other, on a different floor and sometimes even in a different building. Since kitchens could get hot and were sometimes the cause of house fires. That can be found in restorations such as Colonial Williamsburg and nearby at Van Cortlandt Manor in Croton-on-Hudson and the Roosevelt home in Hyde Park.

Through the years, the dining table has shrunk from long trestle tables with benches in the Middle Ages, designed to seat everyone in the castle. The dining table became smaller as the nobility began to prefer more intimate gatherings in parlors off the main hall.

At the beginning of the 18th century, it was not uncommon for the ladies to withdraw from the dining room after dinner. Because gentlemen would stay to enjoy drinks and cigars, the dining room became more associated with men, and its décor and furniture reflected this more masculine bent.

Amusingly enough, in Victorian times, any suggestion in décor of the female shape was considered risqué. This included table legs. Therefore, unseemly table legs were kept out of sight and covered up to avoid inciting men's imaginations.

Before the late 18th century, it was

difficult for American families to dine together regularly, in part because dining rooms and dining tables were not yet a thing. Rooms and tables had multiple uses and families would eat in shifts, if necessary. If there weren't enough chairs for all family members, the men would sit and the women and children might stand, coming and going from the table.

The rise of the American family dinner depended upon the arrival of the dining table and the dining room from Europe, where they had been embraced since Elizabethan times. One of the first American homes to have a room specifically meant for dining was Thomas Jefferson's Monticello, built in 1772. The dining room, with the dining table at its center, began to be incorporated into wealthy homes across the country, eventually trickling down to the middle class.

My home may not be Versailles or Monticello, but as I sit at my dining table with family and friends, I indeed feel like the king of my castle.

Bill Primavera is a Realtor® associated with William Raveis Real Estate and founder of Primavera Public Relations, Inc., the longest running public relations agency in Westchester (www.PrimaveraPR.com), specializing in lifestyles, real estate and development. To engage the services of The Home Guru and his team to market your home for sale, call 914-522-2076.

Factors for Families to Consider Before Adopting a Dog

By Susan Marie

How many times have you heard someone declare, "I really want to get a dog!" and thought to yourself, "Really? You're never home."

Or you look around their home and see all of the dying plants and wonder if they could take care of a dog.

Getting a dog is a responsibility that not everybody is ready to take on. In theory, it sounds great to add a furry family member but sometimes the reality of someone's lifestyle can get in the way.

Once you get all of the logistics in order, then it might be time to start looking around for the perfect pup for you.

1. The first thing to think about is what is best for your family and your new "forever" friend. Do you have children? If so, maybe an active dog who enjoys running, playing and swimming would be ideal. Are you a senior citizen? Maybe a smaller senior dog who would enjoy cuddling with you on the sofa would be best.

It is important to keep in mind the pup's size, breed, temperament and what your home and lifestyle can reasonably accommodate. Remember that you are looking to give your pup a home and that your local shelter or rescue can help you choose which pup is best for your home and family. It is important to plan and prepare for your new pup because this is a lifetime commitment of unconditional love.

2. How much time will you be able to spend with the pup? Who will look after



them during the day if you are working or the children are in school? If for any reason you or your children will be away from home it is recommended that you hire a professional pet sitter to visit your home in the morning and afternoon for bathroom breaks and exercise. Recognizing that a pup is a family member that needs lots of love and attention will ensure that your pup will thrive in their new surroundings.

3. If you plan on getting a puppy, what

do you know about training? Oftentimes, people become exasperated with their puppy's behavior and may give up on the new member of the family far too soon. Keep in mind a puppy relies on training from their pet parent to learn house rules and what they can or can't do.

Prepare yourself by researching your puppy's breed and temperament – identifying potential behavioral issues and what should be done to teach the pup in the proper way to behave in their new home.

Some pet parents feel that crating is not a good thing for their puppy, but canines feel secure having a den-like space of their own. Crate training takes time and effort in order to have it be a positive experience. Please remember the pups are not meant to be left in their crate for long periods of time; the ASPCA advises puppies less than eight weeks old should be crated no longer than an hour and crate time should be increased gradually.

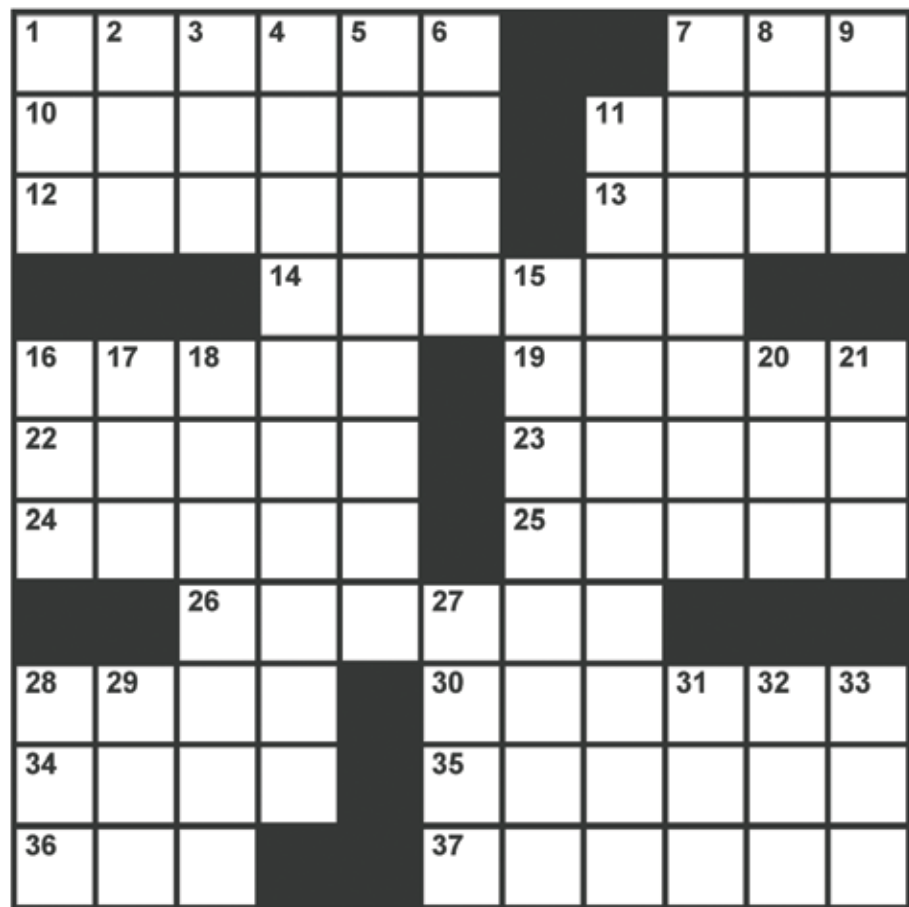
As they grow older pups should ultimately be given a bathroom and play break after three or four hours. If you have questions or concerns about training your puppy please contact a professional dog trainer.

4. What if you have a cat or a dog and you're looking to add to your family of four-legged friends? How much does the shelter/rescue know about the pup you want to adopt? Don't be afraid to ask questions. Questions are expected and encouraged from prospective pet parents. Do they know what the dog's previous living situation was? Do they know if the dog gets along well with other dogs or if they are aggressive towards cats?

Check ahead of time to see if they have a play/neutral area where you can introduce your current pup with the one you wish to adopt.

For more than 15 years, Susan Marie has been spreading the word about puppy love through her nationally syndicated weekly radio show, "The Doggy Diva Show." Susan is also the author of the award-winning children's book, "Miss Olive Finds Her Forever Home."

Crossword Puzzle



Crossword by Myles Mellor

Answers on page 20

- Across
1. Break

7. Keaton flick: "Mr. ____"

10. Low point on a director's resume

11. Dredge (up)

12. Metaphor

13. Pulls the plug on

14. Belonging to actor Griffin or White Plains pub

16. Political pundit Bill

19. Middle East chieftains

22. Muscat resident

23. Member of a wolf pack

24. Father Christmas

25. Copier substance

26. Grunted

28. Material for a volcanologist

30. Baltimore member

34. Olympics jump

35. Looked suggestively

36. A pop

37. Part of the total
- Down

1. Football positions

2. Film distributor and record company

3. Goes with dot

4. Relating to crime investigations

5. Age of the first air breathing mammals

6. Spotted

7. Stately residence

8. Authorized

9. Spanish for month

11. In the next life

15. Fixed by a vet

16. Criminal patterns, for short

17. Physician's org.

18. Indiana college or Yorktown electric contractor

20. Corinne Bailey ____ 2007 Grammy nominee

21. Orch. section

27. Caffeine source

28. Baby seat

29. Paul Bunyan's tool

31. Great Lakes cargo

32. Spy novelist, Deighton

33. Outfielder Roush



An Answer to the Search for New Age Wines



By Nick Antonaccio

There is so much good wine being produced today. A good portion of it can be found on your local wine retailer's shelves.

Yet there are a growing number of wines from lesser-known regions and/or lesser-known producers. These wines lurk in the shadows of the wine world, waiting to be discovered and brought into the United States for the consideration of the increasing number of wine lovers (many of whom are millennials) seeking the next great wine to enjoy, to taunt their friends and to assert their wine geek status.

The latest generation of winemakers across the globe – whether generational on family plots or hired by wealthy patrons smitten with the allure of producing esteemable wines – has access to the latest techniques and technology. They are combining each to produce what I consider the greatest era of quality, affordable wines in recent history.

If you have been following my recent columns, I had the opportunity to enjoy the rewards of this renaissance at the Cantine Ciani winery in the Campania region of

Italy. Last week's column focused on my first visit last month to the winery. There, I enjoyed the wines of Cantine Ciani, including three whites, two sparkling wines a rosé and a red. The website describes each offering in detail. I enjoyed each of the seven offerings, but my opinion may be construed as a bit biased, so I'll leave such opinions to others.

I also witness this new world of winemaking in my frequent forays to eclectic retail wine shops and sponsored tastings in New York City. One of these forums, the Wine Media Guild, recently held a tasting and luncheon, featuring the wines of Campania. This week's column focuses on the wines I sampled there, including Ciani.

The Wine Media Guild is an organization of professionals whose mission is to inform and educate others in the dynamics of today's global wine markets. At their October event, 17 Campanian wineries were represented, with 31 wines offered spanning nine grapes. Several of the Cantine Ciani wines were included, notably Fiano di Avellino, Greco di Tufo, Aglianico and rosé of Aglianico. To my palate, all of the wines exemplified the unique characteristics of these ancient grapes.

On a broader scale, the wines presented were a smattering of the wines produced in the broader

You Heard It Through the Grapevine

region of Campania. But here's the rub: many of these wines are being consumed in-country, without the benefit of marketing in the United States. I expect many more will be imported into the New York region in the next 12 to 18 months. Ask your local retailer to expand their offerings.

The quality and affordability of Campanian wines are squarely aimed at the United States market – and the producers are aggressively knocking on the doors of importers and distributors.

My favorite producers included:

Falanghina: Marisa Cuomo Furore Bianco, 2018, Costa d'Amalfi, DOC.

Fiano: Tenuta Sarno 1860 Di Maura E Adele, 2016, Avellino, DOCG.

Greco di Tufo: Donnachiara Aletheia, 2017, Tufo, DOCG.

Aglianico: Contrade di Taurasi (Cantine Lonardo), 2013, Taurasi DOCG.

One further note on my personal favorite grape of the event: the Aglianicos were well represented by vintner and by vintage. From 2017 to 2019, a tasting journey through the aging potential of this age-worthy grape included three from the highest regarded Campanian sub appellation of Taurasi. As might be expected, each of the eight Aglianicos presented were of differing terroirs and styles, including those from Taurasi. Each of these intense wines, rich in red fruit aromas, high in acid and tannins in youth, should continue to age well.

'the greatest era of quality, affordable wines in recent history.'

For the opinions of these Campanian wines from other Wine Media Guild members, visit the guild's website and Instagram accounts.

The opportunities abound to experience new wines of excellent quality at affordable prices. Begin your search in Campania. It promises to be highly rewarding.

Nick Antonaccio is a 40-year Pleasantville resident. For over 20 years he has conducted wine tastings and lectures. Nick is a member of the Wine Media Guild of wine writers. He also offers personalized wine tastings and wine travel services. Nick's credo: continuous experimenting results in instinctive



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10	B	M	O	V	I	E									11	R	A	K	E	
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36	P	E	R							37	A	D	D	E	N	D				



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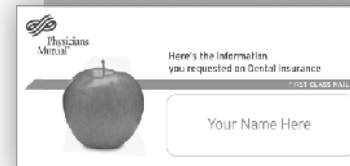
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LEGALS

NOTICE OF PUBLIC HEARING

The Board of Trustees of the Village of Pleasantville will hold a Public Hearing on Thursday November 14, 2019, 8:00pm, prevailing time, 80 Wheeler Avenue, Pleasantville, New York to hear comments as it pertains to Introductory Local Law No. 9 of 2019 to amend Chapter 173, Article VII, Section 60, of the code of the Village of Pleasantville, as it pertains to parking on Martling Avenue. **Eric Morrissey Village Administrator/Clerk, Village of Pleasantville, NY**

NOTICE OF ADOPTION OF LOCAL LAW #1 of 2019 - Adoption of the Septic Pump Out for Protection of the Lake Oscawana Water Body Amendment to Section 90.1 **PLEASE TAKE NOTICE** that the Town Board of the Town of Putnam Valley duly adopted RESOLUTION # R19-286. **Sherry Howard Town Clerk Dated: 10-30-2019**

Town of Putnam Valley Town Board Meeting November 6, 2019 6 PM Pledge of Allegiance **Public Hearing** Public Hearing on the Preliminary Budget and the Fire Department Budget. **Regular Pre-Meeting 1.** Resolution to set November 13th at 5 PM as the Public Hearing on Proposed Local Law #2 to override the tax levy limit if necessary. **2.** Authorize the Supervisor to accept the Town Board minutes from September 11, September 18,

October 2, and October 16. **3.** Discussion on the de-icer law

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Carmel senior RB James Cox found a revolving door to the end zone last Friday, making three trips to the house in the state-ranked (No.26) Rams' 48-7 shellacking of visiting Spring Valley in the Section 1 Class AA semifinals. Cox, who gets a lift here from OL Matt Murphy, rushed for 200 yards and Carmel (8-1) will face state-ranked (No.3) New Rochelle (9-0) Saturday (7 p.m.) in the Rams' first Section 1 championship game since 2008, seeking their first title since 1998 against the four-time defending champion Huguenots... see Grid Notebook