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SMALL NEWS IS BIG NEWS

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## Abortion Remains Hot Button Issue in Putnam

By David Propper

The debate over abortion rights raged on in Putnam County last week as county lawmakers put in motion a resolution calling on New York State to repeal the Reproductive Health Act.

During a marathon health committee meeting on March 18, county lawmakers moved a resolution forward to the full legislature meeting next month in which the county would call on the repeal of new state abortion laws put in place earlier this year.

The RHA states an abortion is legal within the first 24 weeks of the start of a pregnancy or anytime after that if a woman's life or health is at risk or if the fetus isn't viable. Abortions could also now be done by other healthcare professionals, not just physicians.

The state Legislature, voting along party lines, approved the RHA this January and Gov. Andrew Cuomo signed it into law shortly thereafter, leading to outrage among many conservatives across the state and country.

The county resolution called on the state to "protect the unborn" and criticized the RHA for expanding abortion rights past 24 weeks of a pregnancy that could lead to the "pain and suffering" of the

baby in the womb. It criticized the RHA for allowing non-physicians to perform abortions, which the resolution stated could lead to "abuse" and also argued a late term abortion could be performed to protect the health of the mother, but the patient's "health" is vague and undefined in the law.

Most county lawmakers at the meeting bashed the law, calling it far more extreme than when Roe V. Wade was implemented following an historic Supreme Court case from the 1970s.

Legislator Ginny Nacerino offered some of the most stinging words against the RHA. She called it a travesty that Cuomo (a practicing Catholic, she noted) would sign this bill into law because of its disregard for human life.

She believes most county residents are against the newly implemented RHA.

"I cannot recall any act so morally and ethical abhorrent," Nacerino said of the RHA.

The county resolution comes on the heels of the Carmel town board voting unanimously to advocate for the repeal the RHA earlier this month. No other town or village board has come forward with a similar resolution.

*continued on page 6*

## Putnam Recognizes Red Cross Month



PROVIDED PHOTO

Putnam County Executive MaryEllen Odell met with representatives from the Greater New York Region of the American Red Cross recently and recognized their valuable service. Mary Young, CEO of the Metro New York Chapter, Abigail Adams, Regional Communications Program Manager, Greg Amato, Volunteer Leader, and Elizabeth Carson-Tompkins, Disaster Action Team Supervisor, were all in attendance for the meeting. Odell presented the organization with an official Proclamation celebrating March as Red Cross Month and recognizing their valuable contributions. The Red Cross Metro New York North Chapter, which serves Putnam County, assisted in nearly 200 local disasters in 2018. They installed 2,647 free smoke alarms and educated over 1,500 adults and children in emergency preparedness. In the Putnam County area, the Red Cross provided over 1,000 services to military members, veterans, and families in 2018. Over 9,000 units of blood were also collected by the Red Cross from generous blood donors. Odell also reminds Putnam County residents that the need for blood is constant, and bloodmobiles are scheduled throughout the month. In addition, Red Cross Giving Day is March 27.

## Carmel Councilman Faces Scrutiny Over Swan Cove Purchase

By David Propper

Carmel Councilman Michael Barile and the Swan Cove property the town bought a year ago continues to be at the center of a storm as questions persist about Barile's role in the purchase.

According to lohud, it is alleged that Barile, a Republican, misled his town board colleagues about water and sewer permits connected to Swan Cove, which was owned by developer Frank Cotaj until he sold it to the town for \$1 million in March 2018. The town failed to obtain an independent appraisal for the land before it struck a deal with Cotaj and the project also lacked sewer, water and building permits when the town obtained the property, according to lohud. Barile did not disclose his previous ownership of Swan Cove in a 2017 financial disclosure form, lohud



DAVID PROPPER PHOTO

The Swan Cove property in downtown Mahopac has led to ongoing headaches for Carmel town officials since they purchased the property last year. Councilman Michael Barile has been at the center of the controversy.

reported.

The lohud article states the town board was under the impression Cotaj had all his approvals for condos, which could have led to the larger price tag.

Barile was an advocate for the purchase of Swan Cove dating back to when he wasn't even on the town board. During a meeting on Nov. 1, 2017, as referenced in lohud's reporting, Barile told the town board that Cotaj wanted to sell the property and wanted it to be a park.

Swan Cove was assessed by the town assessor's office for \$924,300, according to lohud and Barile sold the property to Cotaj for \$725,000 in 2016.

"I don't want to see the town lose this piece of property, the man is willing to sell it" Barile said at the Nov.1 meeting,

*continued on page 4*

# Putnam Valley Officials Continue Debate on Airbnb

By Neal Rentz

Putnam Valley town officials debated potential regulations for Airbnb at the March 20 town board meeting.

Putnam Valley Town Assessor Sheryl Luongo and Assistant Assessor Anthony Toteda provided their opinions on regulating Airbnbs last week.

"We've both been in real estate our entire adult lives," Luongo told the town board.

"Real estate law does not permit for daily rentals," Toteda said, adding the minimum rental for a private home to meet the law is 30 days. "As a resident, I don't want to see abuses of Airbnb," he said.

Airbnb began with homeowners renting out a room in their residence on a room-sharing basis while they continued to live in it, Toteda said. Now, entire homes are being rented out by investors who do not live in them, he said. "Airbnb has always been in a grey zone whether it's legal or not," he said.

Stricter rules are needed in town and when they were in place some people who are not properly living in Airbnbs would be forced to leave local residences, Toteda said. The town should only allow Airbnb if it is room sharing with the person who owns the home continuing to occupying it, he said. Daily rentals are an abuse, he

said.

Airbnb has a major impact on home values, Toteda said. An investor would be willing to pay twice as much as a home is valued if they rented it out without living there and that would inflate the values of other homes in town and result in higher property taxes, he said.

Councilwoman Jacqueline Annabi said the town board agrees that Airbnbs should only be rented out if it's a primary residence. But Annabi said she did not agree with the proposal from the assessor's office that would require the owner of a house to be physically present when they are renting a room. The home which is serving as an Airbnb would have to be registered as an Airbnb and provide a contact phone number, she said.

Councilman Steven Mackay asked what were the tax implications of having a home serve as an Airbnb. "Who's collecting the taxes?" Mackay asked. Annabi said the homeowner would need to provide government entities with a record of revenue generated by their house. Mackay said if cash was accepted by the homeowner renting out a room that person may not report the income generated by the rental to the town.

Supervisor Sam Oliverio said some town residents support the concept of allowing a homeowner to rent out a room

for less than 30 days if Airbnb were "very strongly regulated."

Annabi said for those who would seek to rent a room in Putnam Valley they would do so typically for a weekend, for reasons such as attending a graduation ceremony at West Point, but not during periods all year long. "As a resident I feel that infringes on our quality of life" if a series of strangers rent rooms in local houses, Toteda replied.

"It is none of your business" if a person chooses to rent out their home and pay a permit fee to the town, Annabi said. But Toteda said if a home is being run as a business, it is illegal. Annabi said if Airbnb was legal in town, regulations would need to be followed. Toteda said Airbnb homeowners want to be anonymous and he doubted they would be willing to pay a fee to the town.

County Legislator Nancy Montgomery said a person seeking to allow their home to be an Airbnb could be fined if they do not follow town regulations is adopted,

which could include a provision that would limit the days a home could be used as an Airbnb. Montgomery added the town could impose a tourist tax.

Oliverio said he agreed with Montgomery's belief that Airbnb need to be regulated. "If you don't have something somewhere, it's going to run rampant and how do we stop it?" he said.

Councilman Louie Luongo said an investor renting out his house could make so much income that they would not mind paying an Airbnb fee to the town.

Town Counsel William Florence said an Airbnb fee should pay for the regulation of them, which could mean hiring a person to do so. "A pretty significant fee" would be needed, he said. At least another full-time employee would need to be hired if Airbnb was allowed in Putnam Valley and they need to be regulated, Oliverio said.

Oliverio thanked the assessor's office for their comments. "We're going to continue this discussion," he said.



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#### Q: What are the symptoms of a kidney stone?

**A:** You might feel waves of severe pain in your back or side below the ribs. Pain might spread to your groin and lower abdomen. Nausea, vomiting and blood in the urine are possible. If you experience extreme pain, vomiting, or fever, go to an urgent care facility, or your hospital ER. Otherwise, have your symptoms evaluated by your primary care physician.

#### Q: What actually is a kidney stone?

**A:** A stone is rock-like material formed within the kidney. Most stones have a calcium component, and are caused by inadequate fluid intake, an overabundance of calories, and excessive salt intake. Stones with a uric acid component are caused by an excessive meat intake. When a stone passes out of the kidney and enters the ureter, the tube becomes blocked, urine backs up, the kidney swells and pain results.

#### Q: What are my treatment options?

**A:** A small stone may "pass" from your body naturally. If necessary, your physician can provide medication for pain and nausea and allow natural passage of the stone. Uric acid stones can sometimes be dissolved

with medication. A large stone blocking a kidney, or a stone associated with an infection, can be life-threatening and must be treated urgently. For stones that cannot pass on their own, a urologist may advise one of three outpatient procedures, depending on the size and location of the stone.

- (a) External shock waves to shatter the stone, turning it to smaller stones that can then pass on their own.
- (b) Inserting a small telescope to laser the stone into tiny fragments.
- (c) If the stone is very large, a telescope is passed directly into the kidney through ones back to fragment and remove the stone.

#### Q: Can I help prevent kidney stones from forming?

**A:** Yes, however, once a kidney stone is removed, if a person does not change his or her diet or fluid intake, there's a 70 percent chance another will form. Help prevent calcium stones by remaining well-hydrated. Avoid consuming large amounts of dark leafy vegetables, peanuts, Vitamin C tablets and chocolate. To avoid forming a uric acid-type stone, limit meat, including red meat, chicken or fish.



# Nelsonville Elects New Mayor, Two New Trustees

By David Propper

It was a clean sweep for three Nelsonville challengers last Tuesday when voters selected a new mayor and two new trustees to serve on the village board after an ugly campaign season.

Current Trustee Chris Caccamise narrowly topped incumbent Mayor Bill O'Neill and Dove Pedlosky and Lisa Mechaley were able to beat out current Trustee Alan Potts. Caccamise, who was appointed to the village board in August, garnered 110 votes while O'Neill collected 95. Pedlosky led the three trustee candidates with 117 votes and Mechaley received 116 votes, 13 more votes than Potts, who came up short with 103.

The trio ran as a team calling for more open communication and transparency from the board, which they felt was lacking under O'Neill, who served as mayor for one term. Caccamise, Pedlosky and Mechaley will be sworn in at the beginning of April. Caccamise, who is Mexican-American, is the first minority to become mayor and Pedlosky and Mechaley are the second and third woman ever to sit on the board.

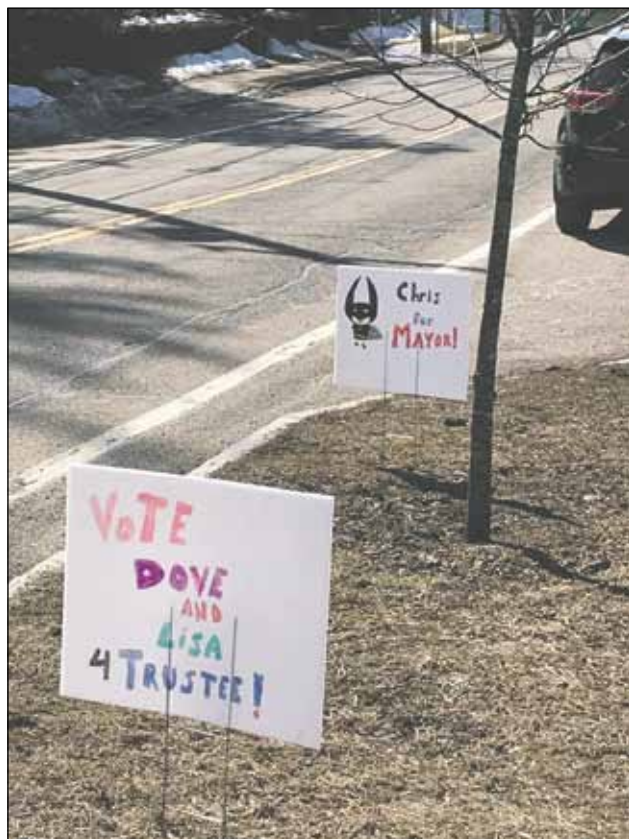
In an interview, Caccamise said he was honored to be elected and excited to start his mayoral term. He admitted the race got ugly, but the three winning candidates tried to run a positive race "and I think the voters realized that." Rumors even spread during the course of the campaign that the three candidates wanted to eliminate the village and join the Town of Philipstown, which Caccamise called "complete nonsense."

"We just want to improve our village and not the hurt the village as much as we can," he said.

Caccamise and O'Neill both bickered throughout the past several weeks, with Caccamise arguing O'Neill was not allowing the appropriate flow of information to the public and O'Neill calling Caccamise a "disappointment."

Now with the race over, Caccamise called O'Neill and Potts "wonderful men."

"I just hope that we can remain positive and we can run the village in a positive



Homemade signs supporting Chris Caccamise, Dove Pedlosky and Lisa Mechaley cropped up around the small village.

PROVIDED PHOTO

way," Caccamise said, adding he hopes residents become more engaged with village government.

But there was still some lingering resentment with O'Neill complaining about the actions of two residents that supported Caccamise's ticket. O'Neill claimed Trustee Michael Bowman and resident David McCarthy got voter rolls from the village clerk that election inspectors are given and with that information, the two called in "friends" to come and vote that hadn't yet.

O'Neill said he spoke with GOP election commissioner Tony Scannapieco about the issue. When reached for comment, Scannapieco said he spoke with O'Neill and that it was legal to give a voter list

to anyone that requests it and only poll workers should not call people to come and vote.

O'Neill stressed his complaints aren't meant to be viewed as sour grapes and called the election loss "small potatoes" compared to the success he's had over the course of his life.

"I feel privileged to have served this village over the past two years and I do want to express gratitude to be able to achieve some important things for the village," O'Neill said. He said the contentious cell tower proposal and ensuing lawsuit connected to them distracted people in the village of the good work that was done.

He has already put his house up for sale, noting, "I don't even want to stay here after this" and is ready to go overseas on vacation. He hated the tenor of the entire campaign season.

*'I just hope that we can remain positive and we can run the village in a positive way.'* - Mayor-elect Chris Caccamise

"This is a pretty bad show that took place," O'Neill added.

Bowman, when reached for comment, said the three winning candidates requested poll watcher information, including who had voted and compared it against their voting list to call supporters that hadn't voted yet "like you do in every election."

"I just think the mayor is a little bent out of shape that he lost," Bowman said.

Bowman said he and O'Neill started off with a good relationship, but when he started to be challenged, tensions rose. Bowman is now optimistic the new board in place will get along better.

"It's going to be night and day," he said.



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# Private School in Brewster Eyes New Campus

By David Propper

Longview School, a private school based in Brewster, is eyeing a new home in the village, school officials revealed during a Southeast town board meeting on March 14.

The 14-acre parcel that Longview would use is located at 188 Jones Hill Road in Brewster and has an unfinished dwelling on the property, an architect hired by the school, Peter Scott, said.

Longview director and co-founder Mark Jacobs and his mother started the school in 2001 and spent nine years based in Cortlandt Manor renting a space and then moved to Brewster to rent a space previously held by another private school that had shuttered. The school is unique, Jacobs noted, with only 30 students in the K-12 education program. It's a personalized education for students, including those with special needs and more traditional learners, Jacobs said.

"We're really teaching citizenship and government in a way that's rarely done in schools," Jacobs said.

The building on the parcel is 5,200 square feet that needs interior removal because it's sat vacant for two decades. Once the interior is gutted, it would be turned into a school environment, Scott said. The hope is to add trails to the



Longview director Mark Jacobs speaks during a Southeast town board meeting earlier this month. The school wants to have its new headquarters on Jones Hill Road in the Village of Brewster.

DAVID PROPPER PHOTO

forested area and a new 5,000 square foot building that would have an auditorium and could also be used as a gymnasium.

There would driveway upgrades and landscape buffer improvements, Scott

said.

Scott said there are two phases to the project: the first is renovating the inside of the current building and correcting the entrance driveway and the second

phase would construct the new building.

If Longview is able to purchase and use the Jones Hill parcel, it might slightly expand how many students it accepts to as many as 40. School staff explored several properties in Brewster they could move to, but the one they've pinpointed has unique characteristics that would fit how they want to instruct.

Programs run by the school would match up nicely with the proposed new property, Caroline Trott, assistant director for the school, said. Longview wants to pursue a "forest school" which would allow children to be outside and used it as a learning environment.

Supervisor Tony Hay said the town board needs to issue a special permit for Longview to get the green light and site plan approval and SEQRA would also be necessary.

"We're working within a shell," Scott said, noting there aren't many environmental changes that would occur on the property.

Jacobs stressed the school would like to stay in Brewster and they've been "very strong" members of the community. Like public schools, Longview has a traditional school day and a traditional school schedule, Jacobs said.

"This project really excites us," Jacobs said.



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# County Lawmakers Take Firm Stance Against Legal Marijuana

By David Proper

As the New York State Legislature nears a budget deadline that could include the legalization of marijuana, most Putnam County lawmakers came out swinging against the contentious proposal last week.

During a health committee meeting on March 18, lawmakers grappled with the complex topic that would allow people in the state to purchase and use marijuana once they reach the age of 21. Two invited speakers made the case why legalized marijuana could result in more harm than good while residents in attendance were evenly split over the proposal. County lawmakers overall voiced discontent with idea of legal marijuana use.

The Prevention Council of Putnam executive director Kristin McConnell said if the recreational drug becomes legal, more minors might think that marijuana is OK to use. In 2018, 35 percent of Putnam high school seniors said in a survey they have used the drug in the past 30 days, which is above the national average.

"It leads people to believe marijuana is safe," McConnell said.

People can become dependent and even addicted to marijuana, McConnell said, adding there are some stats that

show marijuana is a gateway drug to harder opioids. Marijuana can cause mental complications as well, she said.

"We really need to slow down and look at all the costs associated with this type of policy," McConnell said.

Sheriff Robert Langley said there are real dangers associated with legalized marijuana that could lead to a sharp increase in fatal accidents. In Colorado where marijuana is legal, there was a 151 percent spike in marijuana driving accidents from 2012 to 2018, Langley said.

Homelessness and crimes would also increase, Langley asserted.

"This is going to far outweigh the tax revenue base," he said. "We are going to pay for this... we're going to turn this state into a drug dealer."

Langley, a Democrat, impassionededly argued that a statewide voter referendum should decide whether or not to legalize, calling the decision too big to only be made by New York politicians.

A representative for Sen. Peter Harkham, Jordan Hardy, said at the meeting the issue was very important to the lawmaker. Harkham recently held a forum about possible legalization and is taking in all the information and opinions from his constituents, Hardy said. Harkham has yet to take a public

stance on it.

Legislator Amy Sayegh said it was imperative for New York to slow down before a decision on legalization is made so law enforcement could get ahead of the possible impact of the legislation.

Legislator Neal Sullivan feared allowing marijuana use would lead to runaway costs and more bureaucracy.

"There's a real need to slow this down," Sullivan said.

Residents in the attendance held passionate views on the topic.

Mahopac resident Marsha Waldman, a supporter, said only through legalization can marijuana be regulated so it isn't as potent. She questioned if marijuana is really a gateway drug, calling it a scare tactic used by people against legalization.

"I have honestly seen much more danger to people through alcohol abuse than I have ever seen through marijuana abuse," Waldman said.

Carmel resident Scott Reing, who was for legalization, said if Putnam tries to opt out of selling marijuana, residents will drive down to Westchester County to get it anyway and Putnam will lose any revenue from sales.

Cold Spring resident Rebecah Ramirez said everyone in the room wants their kids and families to be safe, but she wanted lawmakers to do more

research into the proposals and look into how other states have fared with legal marijuana, including positive aspects. Cold Spring resident Kathleen Foley wanted to know why the health committee didn't bring experts in that would explain why legalization is the correct way to go.

Some residents were adamantly against legalization.

Carmel residents Dennis Storen asked how many people that support legalization would allow their teenagers to smoke it, which led to a brief back-and-forth in the audience.

Putnam Valley town board member Steve Mackay said the town would be passing a moratorium that would delay the opening of any marijuana shop if it became state law. He strongly recommended the county take the same action.

There are currently proposals that would either allow a county or a town to opt out of the sale of marijuana, but if the drug is decriminalized, the county must follow the state penal code.

Mahopac resident Frank Del Campo, a former Carmel supervisor, said as an educator, legalization would weaken communities.

"This is harmful," he said.

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# Abortion Remains Hot Button Issue in Putnam

continued from page 1

Linda Cochrane, a nurse who is the CEO of three pregnancy centers in Connecticut, appeared in front of the legislature to advocate against the RHA. Because of the new state law, Cochrane fears there will be an increase in the number of abortions for healthy and viable babies. The RHA gives more rights to the parents rather to the unborn child, Cochrane claimed.

Another speaker against the RHA was Pastor Andrew Columbia of the Mount Carmel Baptist Church. He said the decision to have an abortion could leave many women with psychological trauma that would require long-term counseling.

"I'm not here to debate politics with you," Columbia said. "I'm here to tell you there are repercussions when things are done that affect people's lives and God is in the business of giving life."

Legislator Carl Albano said he

supported every line of the resolution because it "truly reflects what I believe." Legislator Amy Sayegh said no one is talking about throwing out Roe V. Wade, but she has a problem with the current state law that pushes it further.

"We have fundamental differences," Sayegh said of the schism between pro-life and pro-choice residents.

Legislator Toni Addonizio said scientific advances have shown a heartbeat can begin as early as four and a half weeks in the mother's womb with many people believing an abortion should not stop a beating heart.

Legislator Nancy Montgomery, the sole Democrat on the board, was the only lawmaker that spoke out against sending the resolution to the state. She pointed out the resolution was flawed in several different sections with inaccuracies and called it embarrassing to send a resolution up to Albany that lacks facts.

The point of passing the RHA was to

codify Roe V. Wade and ensure women had access to safe abortions, Montgomery said, noting less than 10 percent of women get an abortion after 14 weeks and the reasons at that stage in a pregnancy are not frivolous as some of opponents of the RHA have claimed.

Residents packed the meeting on the third floor of the county office building and were hotly divided on the issue and the county's role in pushing for a repeal of the law. Some lawmakers and pro-choice residents clashed as well with the meeting devolving into a screaming match at times.

Cold Spring resident Kathleen Foley asked lawmakers why they didn't invite experts that are in support of the RHA to speak, to which Addonizio replied as health chair she gets to decide who will appear at the meeting.

"You're not at church, you're in your public job and you have a constitutional obligation to separate your personal faith

beliefs and your legislation," Foley told lawmakers. "Don't say you're doing this in the name of Putnam County, you're not doing it in my name."

Mahopac resident Marsha Waldman, who is in support of the RHA, said the law has not changed the care of a born baby, with Nacerino, Addonizio and even legislative counsel Robert Firriolo pushing back against that assertion. Waldman also said by allowing more healthcare professionals like midwives and nurse practitioners to perform the procedure, it will allow for safer access to abortions at the earlier stages of a pregnancy.

Other residents criticized lawmakers supporting the county's resolution, arguing they were wasting their time with this symbolic measure and not focusing on important issues in the county.

"If you're dissatisfied, that's when your vote counts," Nacerino told those people bothered by the legislature's proposal.

## Carmel Councilman Faces Scrutiny Over Swan Cove Purchase

continued from page 1

which is on videotape. "He has all his approvals now."

Barile said during that meeting buying the property would change the entire landscape of downtown Mahopac.

Barile has consistently defended the purchase during his tenure on the town board. The hope is to turn Swan Cove into a lakeside park and open up more parking for downtown Mahopac.

Supervisor Kenny Schmitt could not

be reached for comment prior to press time, but he told lohud that he doesn't think the town overpaid for the land. Town board members John Lupinacni and Jonathan Schneider, who both voted to buy the land, told lohud that they didn't know the parcel did not have the approvals that would've been necessary for ten condos.

Carmel Democratic committee chairwoman Jennifer Colamonico said in an interview the revelations raise many questions that haven't been answered. She wondered why Barile inserted himself into the deal the way he did and why the town did not do an appraisal of the property.

"Why did everything have to happen so quickly," Colamonico said. "I don't understand what was the sense of urgency."

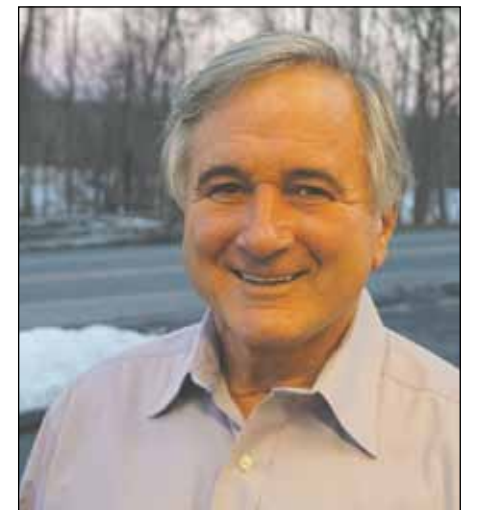
If it's true Cotaj did not have water and sewer permits, then the land was not worth the \$1 million the town paid for it, Colamonico said.

"People are owed an explanation," she said. "It's just bizarre to me."

The controversial purchase has even resulted in NYS Sen. Peter Harckham weighing in on the matter.

In a statement, Harckham said taxpayers have the right to expect transparency from government officials, especially when it comes to the expenditure of public funds.

"When questions are raised, allegations need to be independently investigated both to restore taxpayer confidence in the system, and to allow those accused a fair and impartial hearing," Harckham stated "I am in no way insinuating that there was any impropriety on the part of town officials."



PROVIDED PHOTO

Carmel Councilman Michael Barile

In a follow-up statement, communications director for Harckham, Nancy Fink, clarified Harckham's previous statement was only general and he was not calling for a formal investigation in this instance.

When reached by phone over the weekend, Barile said he planned, with Schmitt's blessing, to go through the purchase with residents and defend himself during a town board meeting inside Carmel town hall this Wednesday. The meeting starts at 7 p.m.

"In response to the news articles published this past week, I will be addressing these accusations and will be providing information that will show the other side to this obvious 1-sided 'journalism.'" Barile posted on his Facebook page. "I urge everyone to come to the meeting or tune into the public educational government access channel. Hope to see you there."



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## Business of the Week

By David Propper

For almost four decades, East Road Motors has been tucked away in a mostly residential area but the lack of drive-by traffic has never hurt owner Bill Zacotinsky.

His professional auto service has been such high quality that East Road Motors' reputation speaks for itself. The Carmel based business has been repairing cars and keeping vehicles on the road since the Ronald Reagan administration. And East Road Motors offers more than just quality car service, with the shop featuring professional lawnmower and outdoor power equipment repairs, commercial equipment repairs and generator repairs. The shop has also done work for local municipalities and is now an authorized service center for Home Depot, Lowes and John Deere. East Road also represents seven major generator manufacturers as a service provider.

Zacotinsky followed in the footsteps of his father, who was an auto mechanic, though ironically his father told him to never become one. So Zacotinsky went into the engineering field and ended up at NASA for several years. After the Berlin Wall fell, the country didn't need to focus on as much defense so Zacotinsky was out



DAVID PROPPER PHOTO

East Road Motors owner Bill Zacotinsky and his son Andrew work together to make his repair shop one of the most sought after in the area.

of a job.

He had to consider what to do next.

"Well I know how to fix things," he said, so he went into the auto repair business, using the garage his parents owned as his headquarters. It was a garage that

Zacotinsky used to spend hours in growing up and building racecars.

"I was a very mechanical type kid," he said.

Zacotinsky's family has been in Carmel for 71 years and the family has been

entrenched in the community. Zacotinsky was on the Mahopac Chamber of Commerce board for six years, including three years as vice president and as board chairman for one year. He also helped run the chamber's street festival for several years.

One of Zacotinsky's sons, Andrew, is an imperative part of the business who will one day own and run the business, Zacotinsky said.

Zacotinsky has cherished his time running his own shop.

"I always had a dream of owning a business," Zacotinsky said. "I always thought 'wow that's a man who owns a business, that's somebody important' and I always thought that'd be the coolest thing in the world to own your own business. I never realized how much work it was, but I like it."

And even through all the trials and tribulations, Zacotinsky has been around for now 37 years. And he's still passionate about the work he does.

"I still like what I do," he said. "That's the best part."

East Road Motors located at 58 Carolyn Road in Carmel Hamlet and its phone number is (845) 225-3503.

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## Letters to the Editor

# County Lawmakers Have Facts Wrong on RHA

*Editor's Note: Below is a letter written to the Putnam County Legislature that was also sent in as a Letter to the Editor.*

Dear Putnam County Legislators:

Upon hearing reports from the March 18 County Legislature meeting, I find it imperative to write to you in case you haven't actually read the text of the Reproductive Health Act. Frankly, I'm not sure how logical people could read it and conclude anything along the lines of the fear-mongering fantasies that have been bandied about in town meetings, and now the legislature.

The pertinent section of the RHA reads as follows:

*Section 2599-aa. Abortion. 13 § 2599-aa. Abortion. 1. A health care practitioner licensed, certified, or authorized under title eight of the education law, acting within his or her lawful scope of practice, may perform an abortion when, according to the practitioner's reasonable and good faith professional judgment based on the facts*

*of the patient's case: the patient is within twenty-four weeks from the commencement of pregnancy, or there is an absence of fetal viability, or the abortion is necessary to protect the patient's life or health.*

This means that a health care practitioner may perform an abortion if a) a woman is less than 24 weeks pregnant, as already guaranteed by Roe v. Wade; OR b) the fetus is not viable or the woman's life is in danger. It does not mean that abortions will suddenly be performed willy nilly beyond 24 weeks. As we all know by now but some choose to ignore to suit their personal viewpoints, the percentage of women who seek abortions after 24 weeks is infinitesimally small. Between .2 percent and 1 percent, and there is almost always a compelling reason - believe it or not, most women who carry their child to 8 or 9 months do not WANT to abort it--regardless of their race or ethnicity.

Which brings me to another fake point that has been made in some of these

meetings around the county (Mahopac's, for one): that women of color are on some kind of abortion free for all.

Here are some statistics from the Guttmacher Institute: "As of 2014, some 60 percent of women having abortions were in their 20s; 59% had one or more children; 86 percent were unmarried; 75 percent were economically disadvantaged; and 62% reported a religious affiliation. No racial or ethnic group made up a majority: Some 39% of women obtaining abortions were white, 28 percent were black, 25 percent were Hispanic and 9 percent were of other racial or ethnic backgrounds."

What that means is that the people having the most abortions on a national scale are the economically disadvantaged. In most places, this is people of color. 49% of abortion patients live below the poverty level. But you want them to be forced to carry to term despite probable lack of access to health insurance or

healthcare, and poor prospects for being able to handle the economic burdens of a child? Then, when they are forced into the welfare system, you will belittle and shun them, I'm sure. How very considerate of you. But as long as non-viable fetuses are safe!

Finally, the laughable false flag that physicians will no longer be present during abortions. I can't even waste my laptop battery on this - talk to doctors, please. Ask what goes on during these procedures--who is qualified to conduct them, who makes the decisions about who will conduct them, where they are performed and what backup plans are in place. If you really think doctors will see this law as a green light to allow unqualified practitioners to endanger the lives of their patients, you must not think very much of your doctors.

Eileen McDermott  
Brewster

## Local Discussion on NY Reproductive Health Act is Pointless

A strange phenomenon is occurring in local government today. Town and County Boards are conducting lengthy, passionate discussions on an issue over which they have no jurisdiction. And, what is their goal? They are drafting and preparing to vote on resolutions condemning the New York Reproductive Health Act.

Maybe this is happening because Roe v. Wade is in peril of repeal by the Supreme Court. Maybe it is happening because the Blue Wave in the 2018 election changed the balance of power. Maybe it just feels good, in the arenas of secular

governmental bodies, to declare religious support for forcing women to give birth. Maybe it rallies their tribe.

Whatever the reason, it is pointless. Since 1970 New York State has legally allowed women to make reproductive health choices for themselves. Prior to 1970 women's choices included either having an illegal, back-alley abortion that risked their health and life, or being forced to give birth followed by adoption. Remember that in 1970 our religion-backed society condemned pregnancy out of wedlock. Well, society's view of

parenthood has expanded to accept a loving relationship between a single parent and child. As a result, for the past 49 years, women have had the choice of a legal, safe abortion or raising their own child.

The "changes" enacted in the RHA are spuriously being maligned. The 1970 law and the RHA allow choice during the first 24 weeks of pregnancy and thereafter allow for consideration of the life, and (newly added) health of the mother. Moving the law from criminal to health law reflects yet another societal change.

Acknowledging the expansion of medical roles, to include trained, qualified, and licensed professionals to perform procedures, reflects modernization in the medical profession.

So, in the last 49 years, the mandate in New York regarding women's reproductive health remains constant. True, the balance in the Supreme Court is different, yet the Supreme Court's reverence for state's rights also remains constant.

Marianna Stout  
Peekskill

## Obituaries

### John Joseph Moran

John Joseph Moran, age 83 of Brewster, died on March 12, surrounded by his family after a long, hard-fought battle with brain cancer. True to his nature to the very end, he never gave up. John was born on May 12, 1935 in Bronx, NY to John and Anna Moran, Irish immigrants to New York City. He attended St. Ann's Academy where he was a member of the track and basketball squads. He played basketball at St. Ann's, where he was nicknamed "The Plumber" for his stingy defense, for future Hall of Fame Basketball Coach Lou Carnesecca and was selected to the All-City basketball and track teams. John was a veteran of the US Army who served the majority of his time with the 753rd AAA Gun BN at Misawa Air Base in northern Japan during the 1950s. He was a recipient of the Good Conduct Medal and was proud of his service to his country. John married his lovely wife of 62 years in

1957 and together they proceeded to raise a family of seven children in their house in Brewster Heights. John could often be seen umpiring and coaching Little League baseball and CYO basketball games, attending countless children's activities, including sports and St. Lawrence O'Toole sponsored events, and driving to all corners of Brewster to deliver his children to the numerous jobs they held around town. John was a parishioner of St. Lawrence O'Toole Catholic Church since 1965, a parish lector since 1980, and a member of the Knights of Columbus, VFW and other organizations. He counted the people he met through these organizations as some of his closest friends. He was an avid supporter and volunteer for Graymoor, Franciscan Friars of the Atonement in Garrison. John had a highly successful and distinguished career in the food industry for over thirty years where his enthusiastic and

engaging personality provided him with unparalleled knowledge of the industry. Anybody close to him knew to steer clear of any topics remotely related to cherry or apple pie preparation. One of his

last positions before retiring was Vice President of National Accounts for Sara Lee though he held similar positions at Nabisco, Chef Pierre, and Michaels.

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# BHS Counselor Recognized at School Counselor of the Year Gala

Brewster High School counselor Jessica McCann recently represented New York state at the American School Counselor Association's (ASCA) 2019 School Counselor of the Year Ceremony in Washington, D.C. Recognized during a black-tie awards gala, McCann was the New York State School Counselor Association's 2017 School Counselor of the Year.

According to the ASCA, "State school counselor of the year honorees were selected based on several criteria, including: school counseling innovations, effective school counseling programs, leadership and advocacy skills and contributions to student advancement."

Before the gala, the counselors were invited to attend a presentation at the National Press Club with Jill Biden and John King, former United States Secretary of Education. Later in the evening, there was an awards gala at Union Station to celebrate the state Counselors of the Year and choose a national winner.

"School counselors make significant contributions to the overall well-being of students and their success. Their unique qualifications and training allow them to support students' academic achievement, career development and social/emotional needs," said Richard Wong, Ed.D., ASCA executive director.



Brewster High School counselor Jessica McCann holds her award from the American School Counselor Association.

McCann said that one of the most important things happening in the Brewster High School guidance department is their small group guidance model. School counselors meet with groups of ten to twelve students, which

helps build relationships and encourages students to see the guidance office as a safe place where they can feel welcome and turn to if they have questions or concerns.

"We shifted from classroom push-ins to small group guidance about five years ago," McCann explained. "That has really made a difference in how well we've gotten to know our students, how frequently we can interact with them, and helps to ensure that the curriculum we're delivering is comprehensive and consistent across all counselors and through all of the grades. It's really made a difference."

Humble, McCann noted that the Brewster guidance department as a whole deserves as much credit as she does.

"We're working very hard to develop a comprehensive K-12 guidance program. Everyone who is in this department, including the social workers, mental health counselors, and school psychologists, are working towards the goal of supporting students and helping them to be successful in high school. The collaboration amongst the department is really the key to our success. They deserve as much credit as anyone else. It's the fact that we're all working together so closely towards this common goal."

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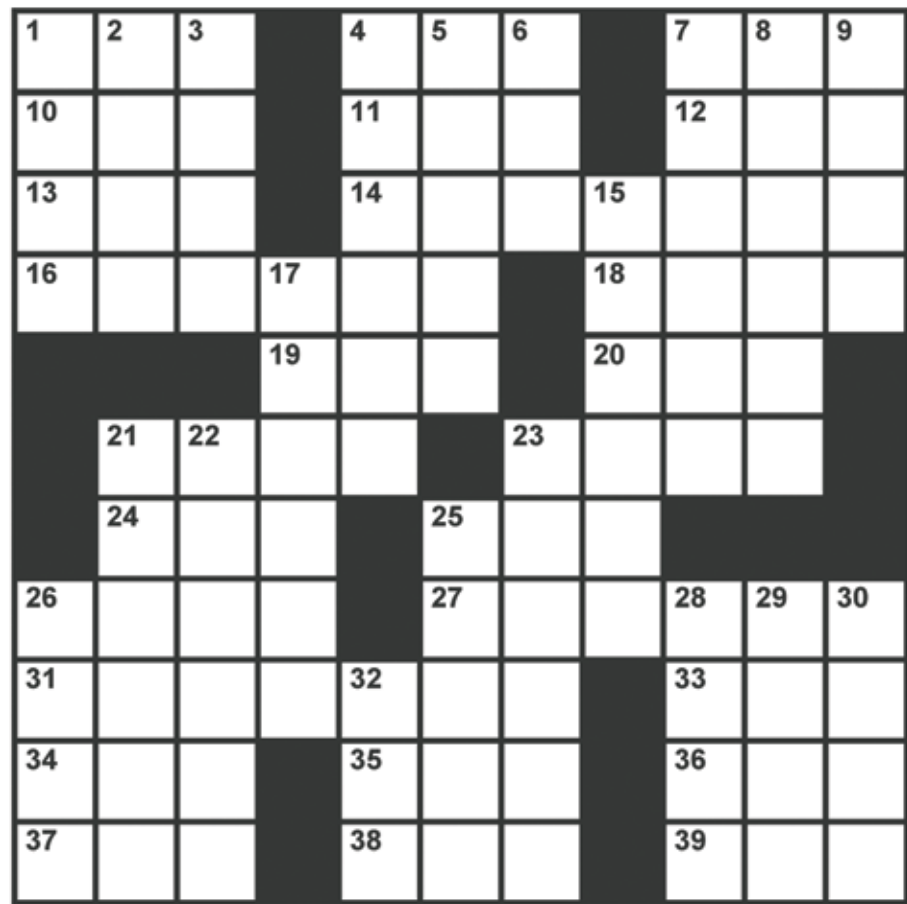
To find a cancer specialist, call 914-788-4635  
or visit [nyp.org/hudsonvalley-cancer](http://nyp.org/hudsonvalley-cancer)

COLUMBIA

NewYork-Presbyterian



# Crossword Puzzle



Crossword by Myles Mellor

Answers on page 16

### Across

- 1. "Game of Thrones" network
- 4. Afternoons and evenings, briefly
- 7. Chat room "I think ..."
- 10. Summer mo.
- 11. A as in Austria
- 12. Road material
- 13. Compass point
- 14. Tell tales
- 16. "Mission Impossible" character or Croton hospital
- 18. Eclectic collection
- 19. "I think, therefore \_\_\_" De cartes
- 20. Lidded container
- 21. Giant computer company founder
- 23. Abbreviations for certain companies
- 24. Cartridge contents
- 25. Recognize
- 26. Foe in the first Indiana Jones film
- 27. Rock star Prince would be partial to this White Plains restaurant, \_\_\_ Corn
- 31. Coveted medal
- 33. 1984 Summer Olympics host
- 34. Male cat
- 35. Inseparable
- 36. Taxi or limo
- 37. No one can be rejected on the basis of this
- 38. Mogul Turner
- 39. Gold units, abbr.

### Down

- 1. Door fastener
- 2. Shrub
- 3. Double curve
- 4. Letter writer
- 5. Unhealthy atmosphere
- 6. Elder
- 7. Bologna's home
- 8. Morning Prayers
- 9. Circular cookie
- 15. Thief
- 17. "Magic Stick" rapper
- 21. Kind of box
- 22. Pepsin, e.g.
- 23. Mild expletive
- 25. Backbone
- 26. Part of N.B.
- 28. Robin Goodfellow
- 29. Future J.D.'s hurdle
- 30. Canal sites
- 32. Money that is battled for



## Obituaries

continued from page 8

John was preceded in death by his parents John and Anna, and his sister Eileen. He is survived by his wife of 62 years, Dorothy, and children Christine Magruder (Dan), Lisa Reynolds (Kevin), Deirdre Palmer (Scott), Matthew Moran (Kerry), Stephen Moran (Susanne), Dorene Chiudina (Jim), Andrew Moran (Erin), his oldest sister Nancy, 23 grandchildren, 9 great grandchildren and numerous nieces and nephews.

### Manuel Colon

Manuel Colon 'Manny', of Patterson, died peacefully at Danbury Regional Hospice on March 12, after a valiant battle against cancer. He was 71-years-old. Born on September 13, 1947 in Queens, son of the late Jesus and Celia (Pena) Colon. He honorably served in the US Air Force. Manuel met the love of his life MaryAnne Rezack over 30 years ago and together moved to Patterson, NY in 1992. Manuel was a sheet metal worker with the Local Union #38 in Brewster. Manny was a parishioner of St. Edward the Confessor Church in New Fairfield. He also was a member of the Knights of Columbus and the Brewster Elks Lodge. He enjoyed antique cars, cooking and dancing- he loved to dance to all types of music.

Manny is survived by his loving wife MaryAnne, his daughters; Kristina Colon of Riverdale, Jennifer Donato and her husband Christian of Riverdale, his three grandchildren; Emma, Logan, Keira and his sisters; Belinda, Elba, Sonya, Irma, Margaret and many nieces and nephews.

### Dolores Foley

Dolores Foley died on Wednesday, March 13, at the age of 87. She was born in the Bronx on June 6, 1931, the daughter of Louis and Mary (Phelan) Zamarippa. Dolores lived at Putnam Ridge in Brewster, for the past two years and in Yonkers prior. While in Yonkers, Dolores was very active in her parish, St. Paul the Apostle Church on McLean Avenue. She volunteered for many activities in both the church and the school and was a collection counter for many years in the parish. While at Putnam Ridge, she enjoyed taking part in many of the activities that the facility provided and made many friends while living there. On November 16, 1957 she married Ronald W. Foley at St. Luke's Church in the Bronx. Mr. Foley passed away in 1985. She is survived by her son, William and his wife Sheryl of Mahopac; her daughters Debra Heffer and her husband, Joseph of Bethpage, and Eileen Perine and her husband,

Michael of Hopewell Junction; her seven grandchildren, Ryan, Chad, Dana, Kaitlyn, Samantha, Megan and Kelli as well as her nieces and nephews.

### Phyllis MacGregor

Phyllis MacGregor, longtime resident of Ludingtonville, Carmel, and Lake Carmel, died March 13 at the Paramount Rehabilitation and Nursing Center in Somers following a recent stroke. Phyllis was born in New York City on August 11, 1924 to Roy G. and Gertrude Bowman. Her father operated the Bowman Brothers Trucking Company in the Bronx and delivered steel and other supplies to many of the important construction projects and bridges in New York as it expanded into today's major metropolis. Her brothers, Bob and Dick, became well-known in their respective fields—Bob as a doctor and researcher at the National Institutes of Health who invented one of the first medical fluorimeters and Dick as the Chief Aeronautical Engineer at Republic Aviation where many of the important World War II aircraft were developed. Phyllis was married to James MacGregor during World War II and in the 1950s after the war moved to her father's summer house in Lake Carmel with her husband and son James. With her family's help, they built her long-

term home in Ludingtonville. After her divorce in the later 1950s she lived at her Ludingtonville house and worked for the Putnam County Department of Health for many years until moving to the Plaza at Clover Lake in Carmel in 2008. Phyllis is survived by her son Jim and has wife Judith, her granddaughter Jennifer MacGregor and her husband Jigar Shah and great granddaughter Adhira, and Jim and Judith's foster son Robert MacGregor and his wife Scheherazade and their four children Alistair, Aidan, Asher, and Avery.

### Margaret B Christie

Margaret B Christie died on March 18 at the age of 90 in Carmel. She was born on June 3rd 1928 in Mount Kisco New York. She lived in Brewster until her marriage to her loving husband Robert Christie on September 6th 1953. Margaret was a homemaker and loved her family. She is survived by her loving son Robert of Carmel and many loving nieces and nephews as well as a caring fun and energetic nurses aid Julia. She is predeceased by her husband of 49 years and her daughter Merrilynn. In lieu of flowers contributions can be made in Loving Memory of Margaret Christie to Trinity Lutheran Church 2103 route 6 Brewster New York 10509.



## Summer Camp Guide

# Top Ten Things You Never Knew About Camp

Camp has become a staple of the summer season. Each year, millions of children, youth and adults head to the hills, lakes, valleys and parks to participate in the time-honored tradition of camp.

While most people easily conjure up images of campfires and canoes, there is a lot more to the camp experience. Here are 10 things you may not have known about the camp experience.

10. Camp is older than dirt, almost literally. Started in 1861, the camp experience turned an impressive 150 years young in 2011. The secret behind the longevity? "Camps are adapting to meet the needs of today's campers," said Tom Rosenberg, president and CEO of the American Camp Association (ACA). "At the same time, the impact camp has on campers, the life-changing experience, has remained after all these years."

9. Camp is worth its weight in gold, and then some. The camp experience is life-changing – developing friendships and memories that last well beyond the final campfire. And, there is a camp for literally every budget. Often camps offer special pricing or financial assistance, and some camp experiences qualify for

tax credits or for payment with pre-tax dollars. Visit ACA's Affording Camp page for more information.

8. Green is "zen." Research shows that first-hand experience with nature, like those at camp, reduce stress in children and help them better handle stress in the future. In addition to teaching children how to be good stewards of the environment, camps are teaching children how to enjoy the world around them and take a minute to breathe deep and feel nature, which ultimately teaches them how to de-stress the natural way.

7. Mommies and Daddies do it too. Camp is not just for children and youth. There are family camp experiences, and camps for single adults, senior adults and any adult that wants to relax and enjoy all camp has to offer. Adults benefit from the same sense of community, authentic relationships and self-discovery that children do. Camp is an excellent vacation option, allowing adults to try a variety of new activities in a safe and fun environment.

6. Try this on for size! Camp is a great place to try new activities and hobbies. According to ACA research, 74 percent of campers reported that they tried new activities at camp that they were afraid

to do at first. Those activities often leave lasting impressions. In the same survey, 63 percent of parents reported that their child continued new activities from camp after returning home.

5. Manners matter and often linger. The camp experience teaches more than just archery or lanyard making. The entire experience is made of teachable moments. Perhaps one of the biggest is how to live with a group of people. Campers learn to pick up after themselves, respect each other's property and to say "Please" and "Thank You."

4. Veggies taste better with friends. Hollywood and fictional novels may have given camp food a bad reputation, but in truth, camps are constantly exploring healthy food options and often are at the forefront of things like allergy specific diets, healthy snack options and vegetarian meals. The ACA's 2011 Emerging Issues survey, found that 90.7 percent of responding camps indicated that healthy eating and physical activity was an important or very important issue.

3. If everyone else went to camp, maybe there's something to it. Camp has played an important role in the lives of some very talented people. The

ACA's family resource site offers a list of notable campers – including business professionals, celebrities, artists and great thinkers.

2. Camp gets those neurons pumping. Education reform debate and concern over summer learning loss have pushed academic achievement into the spotlight. Research shows that participation in intentional programs, like camp, during summer months helps stem summer learning loss. In addition, camp provides ample opportunity for developmental growth, which is a precursor to academic achievement. Because of the hands-on nature of camp, children who often struggle in traditional education settings do well at camp.

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For more information on preparing your child for an independent, fun-filled summer, visit [ACAcamps.org](http://ACAcamps.org).

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## Summer Camp Guide

# Protecting Your Child's Teeth During Sports

**By Dr. Benjamin Dancygier Valley Pediatric Dentistry**

With the start of any sports season, we are always reminded of sports safety, such as wearing helmets, kneepads, and chest guards, but we should not forget about the importance of protecting the mouth and teeth.

How many times have you cringed (crinkled your nose) when your child is hit in the face and they walk off the field with their hand covering their mouth? You think, "Oh dear, I hope their teeth are OK?!" Well you are right to think this because according to the National Youth Sports Safety Foundation (NYSSF) dental injuries are the most common type of orofacial injury sustained in sports.

The majority of these injuries are preventable with the use of a mouthguard. In fact, an athlete is 60 times more likely to sustain a dental injury when not wearing a mouthguard. So, why is it that a survey completed by the American Association of Orthodontics (AAO) found that 67 percent of parents admitted that their children do not wear a mouth guard during organized sports? Typically, the reason is that it is not required for many sports or due to a common misconception: mouthguards are very expensive. There

are many types of mouthguards so cost can vary (between \$20 to \$500). However, the cost of treatment of a fractured tooth or other dental trauma is far greater (between \$500 to \$5,000 or more).

The most effective mouthguard to buy is a custom fabricated piece created by a dental professional because it fits well, covers the teeth and gums, resists tearing and allows for normal speech and breathing. These types of mouthguards are best used when the child has all their permanent teeth. When a child is in the mixed dentition (both primary and permanent teeth present), a mouth formed (boil and bite) guard is great alternative, which can be purchased at any sporting goods store. Stock mouthguards, or guards that are just purchased and placed in the mouth with no fitting or molding, are the least effective, least retentive, and often bulky which makes them uncomfortable and less likely to be worn.

The American Dental Association recommends wearing custom mouthguards for the following sports: acrobats, basketball, boxing, field hockey, football, gymnastics, handball, ice hockey, lacrosse, martial arts, racquetball, roller hockey, rugby, shot

putting, skateboarding, skiing, skydiving, soccer, squash, surfing, volleyball, water polo, weightlifting, and wrestling. Mouthguards should be worn at all times during competition; in practice, as well as in games.

Contact your dentist for more information on mouthguards and advice on which one may be best for your child.

Protecting your child's teeth during the sports season does not mean just from trauma, but from decay as well. Careful consideration should be given to the type of beverage that is used to hydrate your child during sporting events.

Before we begin to decide what drink is appropriate for your child, you must first understand the difference between sports and energy drinks. Sports drinks have a very specific role. They serve as a fluid and electrolyte replacement that is lost in sweat during vigorous physical activity because they contain carbohydrates, minerals, and electrolytes. Energy drinks on the other hand often contain "stimulants" (e.g. caffeine, guarana) with various amounts of carbohydrates, protein, amino acids, sodium, and other minerals. According to the American Journal of Pediatrics, stimulants have no place in the diet of a child or adolescent, thus energy drinks

are completely unnecessary for any child or adolescent to consume.

Although some pediatric athletes can benefit from drinking sports drinks during very intense vigorous exercise; most do not need it for routine or daily physical activity. Water is the best fluid replacement for children during most sporting events or physical activities. When sports drinks are consumed unnecessarily, they increase risk of teeth decay, weight gain, and obesity.

How do sports drinks increase risk for decay you ask? The decay process occurs from bacteria breaking down carbohydrates and sugars into acid. It is the acid that destroys the enamel of teeth. A study in the Journal of General Dentistry, found that energy and sports drinks are so acidic (or have such a LOW pH) that they start destroying teeth after only five days of consistent use. Sports drinks are similar in this respect to sodas!

So, the next time your child asks for a drink on the field or in the gym, give them a nice big bottle of water!

*Dr. Benjamin Dancygier is the founder and CEO of Valley Pediatric Dentistry, which has offices in Jefferson Valley and Hopewell Junction.*

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## Summer Camp Guide

# Green Chimneys Help Rehab Injured Eagle

Last week, Green Chimneys Wildlife Expert Paul Kupchok received an unexpected call. A local farmer and a New York Department of Environmental Conservation (DEC) officer captured an injured Bald Eagle in Dover Plains. The eagle was in need of help.

The adult Bald Eagle was transported to Green Chimneys by DEC Officer Zach Crain. It was carefully assessed by animal caretaker Hannah Hughes. In addition to securing the eagle's injured right wing, Hannah began researching the band on the eagle's leg. Numbers on bands are entered into the US Bird Banding database in Maryland. Hannah learned that the eagle was banded 8 years ago in Chattanooga, Tennessee.

After further examination by Dr. Jack Wilson of Brewster Veterinary Hospital, it was determined that the eagle's elbow joint was shattered. Dr. Wilson is hopeful that the joint may be repaired in time and confirmed that the bird was in excellent health otherwise.

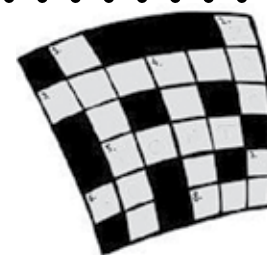
As the eagle recovers in a private section\* of the Paul C. Kupchok Wildlife Center at Green Chimneys, our team is working diligently to keep the Bald Eagle calm and not cause him any undue stress.

This is not the first time a Bald Eagle received care at Green Chimneys. In 1989, we received a Bald Eagle who had been soaked in oil and had dislocated his wing during the Exxon Valdez oil spill. He was transported from the oil spill



PROVIDED PHOTO  
Injured Bald Eagle with Green Chimneys Animal Caretaker Hannah Hughes.

in Tatitlek, Alaska to Green Chimneys. Due to his injuries, a portion of his wing was amputated and he had to remain in captivity. His majestic, stately presence provided many lessons to students and visitors alike. He stayed in our care for the remainder of his days – over 20 years! Green Chimneys is one of the few places in New York State that has the proper licenses and permits required to rehabilitate Bald Eagles.



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## Bright Beginnings Summer Camp Program 2019

Bright Beginnings Summer Camp Program will begin on Monday, July 1, and will run for eight weeks ending on Friday, August 23. We offer a Pre-Nursery Program (18 months – 3 years) as well as a Nursery/Pre-K Program (3 – 5 years).

The difference from Bright Beginnings Summer Program and many others in the area, is that the learning does not stop. There is no interruption of a daily routine that the children are used to, therefore, readjusting in September is easier and regression is almost not present.

There is a change of "scenery" in the program with most activities taking place outdoors, like planting, science explorations, art, gross motor, and music. There will be walking trips in our town and various "specials" such as visits to the Yorktown Museum and attending the productions on Fridays at the Yorktown Stage Theater Camp! We also have "water play" with a sprinkler and water table for more summer fun!

This year, the great novelty will be

the "Children's Vegetable Garden", a project in cooperation with the Northern Westchester Hospital Center and our neighbors, Head Start (in the Fall). The children and their families will enjoy learning planting and eating the vegetables and spices they cultivate. Staff will benefit from lectures and step-by-step instructions from the experts and builders of the suspended garden. We are all very excited with this new project scheduled to start this Spring and Summer and continue throughout the Fall.

Come join us for this summer and partake of the wonderful activities we have in store for your child. We offer flexible schedules to accommodate our parents' needs. You may also enroll your child from four to eight weeks and they do not need to be consecutive.

We are accepting enrollment at this time. If you would like more information, please visit our website "brightbeginpreschool.com" or call Bright Beginnings office at (914) 962-2929.

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# Time to 'Spring-Clean' Your Eating!

By Patricia Talio,  
MS, RDN, CDN, CDE of Northern  
Westchester Hospital

As you roll up your sleeves and rid your home of dust and clutter, try eating clean. The health benefits are tremendous. Clean eating is about choosing foods that are in their most natural ("clean") state: as close as possible to how they were grown or harvested, and how they lived and ate in the wild. So you'll reduce or eliminate refined, processed foods, ones with additives and preservatives, unhealthy fats, and lots of added sugar and salt.

How to start: On the label, each ingredient should be a foodstuff, not a chemical name. So whole-grain bread and pasta, yes. Grass-fed beef, yes. Cereal in neon pink and blue – no. Fruits and veggies, yes. Cheese, yes. Highly processed cold cuts, sausage and bacon, or microwavable puff-pastry appetizers loaded with sugar and salt – no.

Your rewards? Besides great taste, you'll help reduce your and your family's risk of obesity, heart disease, diabetes, and certain cancers, while possibly lowering blood pressure and cholesterol.

Kick off spring with these healthy, but delicious, recipes!



## Creamy Chocolate Date Mousse

From the American Institute for Cancer Research

### Ingredients

- 8-10 dates, pitted
- 1/2 cup light coconut milk, canned +
- 1/4 cup water
- 1 ripe avocado, peeled
- 1/4 cup unsweetened cocoa powder
- 1/4 cup semi-sweet chocolate chips, melted

Nutritional information:

Serves 4

Calories 288

Fat 11 g

Saturated fat 5 g

Fiber 7 g

Carbohydrates 50 g

Protein 2 g

Sodium 3 mg

### Directions:

1. Chop dates into small pieces.
2. In blender or food processor, blend till smooth: chopped dates, coconut milk, water.
3. Add avocado, melted chocolate chips, cocoa powder. Blend again until creamy.
4. Pour into four small ramekins or bowls.
5. Chill in fridge for 1-3 hours, or overnight.
6. Garnish with raspberries, chopped nuts or a sprinkle of Himalayan sea salt.

## Green Veggie Bowl with Chicken & Lemon-Tahini Dressing

From Eating Well Magazine

### Ingredients

- 1/4 cup tahini
- 1/4 cup cold water + 2 Tbsp, divided
- 1/4 cup lemon juice
- 1/2 tsp minced garlic + 2 sliced garlic cloves, divided
- 1/4 tsp ground cumin
- 1/2 tsp kosher salt, divided
- 1 cup green beans
- 1 small broccoli crown
- 4 (4 oz) chicken cutlets, trimmed
- 1/4 tsp ground pepper
- 2 Tbsp extra-virgin olive oil, divided
- 1/2 large red onion, sliced
- 4 cups thinly sliced kale
- 2 cups cooked brown rice
- 1/4 cup chopped fresh cilantro

### Nutritional info

Serves 4

Calories 452

Fat 18 g

Saturated fat 2 g

Fiber 5 g

Carbohydrates 42 g

Protein 35 g

Sugar 3 g

Sodium 316 mg

\*Serving size: 3 oz. chicken, 1 cup vegetables, 1/2 cup rice, 2 Tbsp. dressing

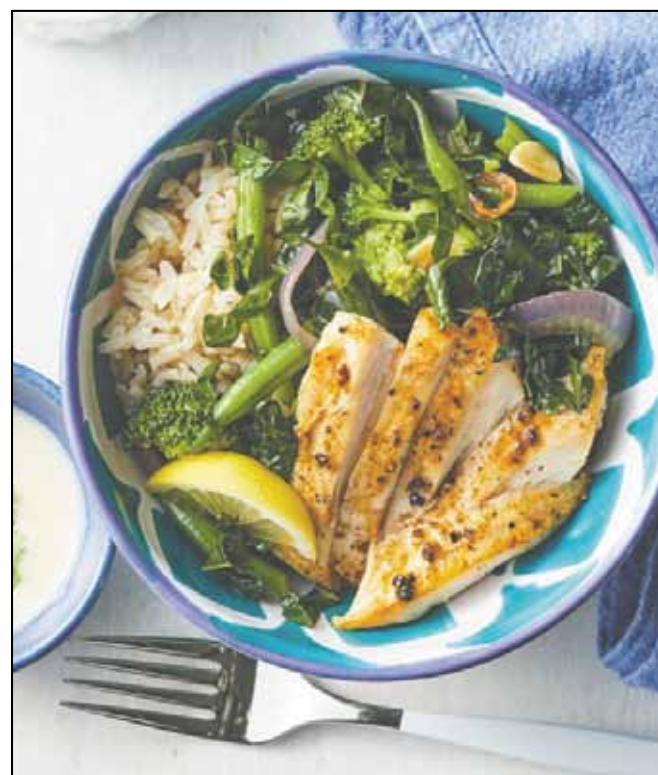
### Directions

1. Whisk tahini and 1/4 cup water in small bowl until smooth. Add lemon juice, minced garlic, cumin, 1/4 teaspoon salt and whisk to combine. Set aside.
2. Trim green beans, cut in half. Break broccoli into florets. Measure 1 cup (reserve the rest for another use).
3. Season chicken with remaining 1/4 tsp salt, pepper. Heat 1 Tbsp oil in large cast-iron skillet, medium heat. Add chicken, cook until 160°F, 3-5 minutes per side. Transfer to clean cutting board,

tent with foil to keep warm.

4. Wipe out pan, add the remaining 1 Tbsp oil. Add onion and cook, stirring occasionally, 2 min. Add sliced garlic, cook 30 seconds; add broccoli, green beans. Cook, stirring occasionally, 2 min. Stir in kale, add remaining 2 Tbsp water. Cover and steam until vegetables are tender-crisp, 1-2 min.

5. To serve, divide rice and vegetables among 4 bowls, top with sliced chicken. Drizzle reserved dressing, sprinkle cilantro.





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# The Story Behind the Doorknob and its Many Styles

Except for those dastardly swinging doors which I never liked and think are one of the world's most dangerous inventions, every door needs something to grab on to in order to be opened and closed.

It's that round or oval device that you rarely think about, even though you wrap your hand around it at least 100 times a day.

After I read recently that there are about two million germs per square inch attached to the average doorknob and the experience of showing too many houses during flu season, I became very aware of every doorknob I touched. I really started to scrub my hands down many times a day.

Readers of this column know that I'm a movie buff and much of what I learned about home life started from make-believe home life in old movies. One of these was a Judy Garland film called "Presenting Lily Mars," which was an adaptation of a Booth Tarkington novel by the same name. It was a silly enough storyline with a subplot that really galled me involving Garland's character's younger brother who had a strange hobby of collecting doorknobs that he would steal from people's homes.



By Bill Primavera

Where was the moral compass of that Midwestern family, I thought, in dismissing the criminal behavior of that rascal as something cute, especially since it involved stealing an essential item in providing access and egress around the house?

The doorknob is an ingenious little device actually. The traditional knob has a bolt or spindle running through it that sits just above a cylinder, to which the spindle is connected. Turning the knob pulls the cylinder in the direction of the turn. The end of the cylinder is a latch that

protrudes into a space that is carved out of the door frame and prevents the door from being opened if the knob is not turned.

The mechanism is a little more complex than I'm describing it here, but I'll leave further understanding to the technicians among us.

Interestingly, America didn't produce doorknobs or any hardware at all until well after the American Revolution because of England's stranglehold on manufacturing and restrictive trade practices. The colonies were permitted only to supply the motherland with the

raw materials needed to produce the finished manufactured products that would be sold back, including door latches, doorknobs and all other hardware.

After the Revolution, America's ingenuity came into play and its agrarian society was balanced with rising industrialization. The first major invention influencing the production of doorknobs in America was the invention of the glass pressing machine, patented in 1826. It permitted the first truly decorative mass-produced pressed glass doorknob made in America.

I love how history influences our use of materials. For instance, by Victorian times, the popularity of glass doorknobs was overtaken by the use of metals – iron, brass and bronze. But in 1917, with the outbreak of World War I, glass became wildly popular once more since all metals were allocated for the production of planes and other wartime materials. Glass knobs remained popular throughout World War II, but by the 1950s preference reverted back to metals.

Today, the choices are nearly limitless in the styles and shapes of knobs and levers, as well as finishes to suit every décor, such as satin nickel, aged bronze, bright brass, antique brass, bright chrome, brushed chrome, antique pewter, distressed nickel, matte black, oil-rubbed bronze and satin stainless steel.

And how's this for a look into the future? The doorknob may disappear altogether. In Vancouver, all new construction since 2014 mandates only lever-style door handles be installed. While existing structures were grandfathered, the levers accommodate individuals with physical disabilities who might find doorknobs difficult to manipulate.

I am reminded of a personal story that relates to the fact that my wife Margaret's native tongue is Lithuanian, though few people would detect any trace of an accent today. Within that ancient language are some quaint expressions that don't translate very well into English, but Margaret still unconsciously uses some of them on occasion. For instance, if one were expecting to visit a friend but found no one home, the Lithuanian expression would be that you were able only to "kiss the doorknob."

Considering that there are two million germs per square inch attached to the average doorknob, that is not the healthiest response to missing someone at home!

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

## Exploring the Italian Wine Renaissance in the Campania Region



By Nick Antonaccio

Italians have been lauded and derided for their affinity for a unique sensibility concerning life and their pursuit of a philosophical, religious and hedonistic lifestyle. T h r o u g h o u t

Italian history, this approach to life, this engrained pursuit of all things expressive of La Dolce Vita, has influenced the Western World in lasting ways.

From the literary works of Dante, Boccaccio and Machiavelli, to the artistic brilliance and innovation of Michelangelo, Bernini and Raphael, to the centuries of Papal rule over the Roman Catholic church, to the countless contributions to high fashion, architectural design, gastronomy and all things sensory, Italians have indelibly etched their imprint on today's society.

Years ago, I came upon a term that encapsulated the underlying theme that runs through these contributions – Sprezzatura, the art of effortless mastery.

How ironic in the 21st century that a significant source of Italy's influence comes not from within the

cultural city centers but from those areas not known for their historic influence – wine regions. Not from the famous wine regions such as Tuscany and Piedmont, but from the agricultural underbelly that has been feeding Italians for centuries, including Campania, Veneto and Sicily.

Here, I'm reprising an earlier column that focused on Campania, the region just south of Rome, incorporating Naples, the Amalfi Coast and Pompeii. In the next few weeks, I'll be exploring a personal connection to the region (through my heritage) and the wines (through a recent wine tasting event). Stay tuned.

Before the Italian Renaissance, there were wines produced in Campania. Revered wines date back two millennia to Greek and Roman settlements. Then came a long period of neglect and the near extinction of grapevines planted as early as 1,000 B.C.

In the mid-20th century, winemakers from northern Italy rediscovered the coveted volcanic soil and temperate climate of the C a m p a n i a region. They a p p l i e d m o d e r n

### You Heard It Through the Grapevine

techniques and technology to the production of wines from the sparsely scattered ancient grapevines of the land. The result: a southern Italian Renaissance in winemaking that is just now gaining popularity in the United States.

This is the meaning of Sprezzatura. The new winemakers of Campania, plying their trade, their craft, but with a distinct elegance and aplomb that had been submerged for generations. Fine, distinct wines emerged, seemingly as a genetic trait rather than through an arduous and lengthy trial-and-error process.

What are they planting? What grapes from this forgotten agricultural paradise are creating a stir?

There are three white grapes and one red from Campania that are gaining a foothold in the United States.

**Greco.** It is the oldest cultivated grape in Campania. Its mild aroma and flavor profile make it perfect as a quaffing wine, but paired with a light seafood dish or a simple vegetable recipe, it seduces you with its almond and pear aromas. This is the wine the Greeks cherished for its ideal balance between fruit and acid.

**Falanghina.** If you like the fine Pinot Grigios from northern Italy for their light, balanced bouquet, but you're looking for a suitable substitute, try this palate pleaser. Crisp and highly aromatic, it pairs well

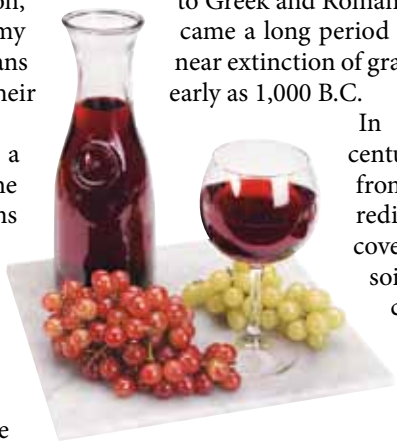
with Mediterranean white fish and light chicken and pork dishes.

**Fiano.** In my opinion, this is the most interesting of the Holy Trinity of Campanian whites. It has an intensity not found in the other white grapes of Campania and is redolent of nutty and spicy aromas. Try it with shellfish; you may prefer it to several entry-level white Burgundies.

**Aglianico.** The red grape that is ascending to stardom next to its esteemed brethren, Barolo (Piedmont) and Brunello di Montalcino (Tuscany). Aromas of black cherries are juxtaposed with firm tannins and earthy flavors with a hint of chocolate. Not surprisingly, Aglianico pairs well with typical Southern Italian cuisine. This wine is made for aging; I rarely drink one that is less than five years old. These are wines I will place in my wine cellar to enjoy with my young grandchildren on their 21st birthdays.

Campania's winemakers are practicing their craft with Sprezzatura – it's in their heritage and defines their destiny.

*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 travelservices. 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 DISTINGUISHED DESTINATIONS LLC** Filed with SSNY on 9/12/2018, Office: Westchester County, SSNY Designated as agent upon whom process against it may be served. SSNY shall mail process to: **c/o Elli Travel Group, 1967 Palmer Avenue, Larchmont, NY 10538. Purpose: any lawful purpose.**

**NOTICE OF FORMATION OF REID & LEIVA MULTISERVICES LLC** Filed with SSNY on 01/14/2019, Office Westchester, SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: 506 Van Cortlandt Park Ave, Yonkers, NY 10705. Purpose: any lawful purpose.

**LEGAL NOTICE: NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY:** The name of the Limited Liability Company is Palmyra Holdings LLC. The Articles of Organization were filed with the New York Secretary of State on February 19, 2019. The office of the Company is located in the County of Westchester,

State of New York. The New York Secretary of State is designated as the agent of the Company upon whom process in any action or proceeding against it may be served, and the address to which the Secretary of State shall mail a copy of process in any action or proceeding against the Company served upon him or her is **110 Marquand Avenue, Bronxville, New York 10708. The purpose of the business is any lawful business.**

**NOTICE OF FORMATION OF LIFE GIVERS TRANSPORTATION, LLC** Filed with SSNY on 1/22/19. Office: Westchester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: **75 Bruce Ave., Apt. 4F, Yonkers, NY 10705. Purpose: any lawful purpose.**

**NOTICE OF FORMATION OF E&L BY DESIGN, LLC.** Arts. of Org. filed with NYS Dept. of State on 1/9/2019. Office location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC, **2020 Maple Hill Street, Suite # 902, Yorktown Heights, NY 10598. Purpose: any lawful act or activity.**

**NOTICE OF FORMATION OF UP-STATE STUMP GRINDING, LLC.** Arts. of Org. filed with SSNY on 1/10/2019. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC: **19 Terrace Ave., Ossining, NY 10562. Purpose: any lawful act or activity.**

**NOTICE OF FORMATION OF PRO-TO DOG SERVICES, LLC.** Arts of Org filed with Secy of State of NY (SSNY) on 09/13/2010. Office loc: Westchester. SSNY designated as agent of the LLC upon whom process against it may be served and shall mail process to the principal business address: **1707 EAGLE BAY DR OSSINING, NY 10562. Purpose: any lawful act or activity.**

**NOTICE OF FORMATION OF DSG HOME RENOVATIONS LLC.** Articles of Organization filed with the Secy of State of NY (SSNY) on 11/08/2018. Office location is Westchester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: **6 East Sidney Avenue, Mount Vernon, NY 10550. Purpose: any lawful act or activity.**

**NOTICE OF FORMATION OF KC MAKEUP, LLC.** Articles of Organization filed with the Secy of State of NY (SSNY) on 09/16/2018. Office location is Westchester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process

*continued on next page*

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is Thursdays at 5pm for the  
next week's publication

continued from previous page —  
to: **Kasey Camacho, 2 Stanley St., Pleasantville, NY, 10570** Purpose: any lawful act.

**NOTICE OF FORMATION OF OLA SERVICES, LLC.** Articles of Organization filed with the Secretary of State of New York (SSNY) on February 3, 2019. Location: Westchester County. SSNY designated as agent for service of process on LLC. SSNY shall mail a copy of process to: **OLA Services, LLC, 50 Broadway, Hawthorne, NY 10532.** Purpose: Any lawful purpose.

**NOTICE OF FORMATION OF OLA ASSOCIATES, LLC.** Articles of Organization filed with the Secretary of State of New York (SSNY) on February 13, 2019. Location: Westchester County. SSNY designated as agent for service of process on LLC. SSNY shall mail a copy of process to: **OLA Associates, LLC, 50 Broadway, Hawthorne, NY 10532.** Purpose: Any lawful purpose.

**NOTICE OF FORMATION OF DORENBAUM & BECK, LLC.** Articles of Organization were filed with the SSNY on 2/28/19. Office location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **20 Manville Ln., Apt 4, Pleasantville, NY**

**10570. Purpose: Healthcare Communications Consulting.**

**NOTICE OF FORMATION OF RHAK LLC.** Articles of Organization were filed with the SSNY on 3/13/2019. 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 purpose.

**NOTICE OF FORMATION OF RMSF LLC.** Articles of Organization were filed with the SSNY on 3/18/2019. Office location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: **37 Saw Mill River Rd., Suite 200, Hawthorne, NY 10532.** Purpose: Any lawful purpose or activity.

**NOTICE OF FORMATION OF BEATS BY DANNY LLC.** Art. of Org. filed with the SSNY on 03/01/2019. Office: Westchester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, **7014 13th Avenue, Suite 202, Brooklyn, NY 11228.** Purpose: Any lawful purpose.

**NOTICE OF FORMATION OF EMPIRE AV LLC.** Art. Of Org. filed with Sec. of State on 12/10/2018. Off. Loc. In West-

chester Co. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail a copy of process to **3 FOREST CT, MONTROSE, NY 10548.** PURPOSE: Any lawful business.

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# Crossword Answers

1	H	2	B	3	O		4	P	5	M	6	S		7	I	8	M	9	O
10	A	U	G				11	E	I	N				12	T	A	R		
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# Happenings

*We're happy to help spread the word about your community event. Please submit your information at least three weeks prior to your event and include the words "Happenings Calendar Submission" in your email subject line. Entries should be sent to Nikki Gallagher at [nikki@theexaminernews.com](mailto:nikki@theexaminernews.com)*

**CareMount Medical will be hosting free, educational Medicare meetings:** Each seminar will discuss the basics of Medicare and your coverage options. If you need help understanding your Medicare options, come join us at a meeting! You'll learn about the choices you have such as: Medicare Prescription Drug Plans, Original Medicare, Medicare Supplement Insurance Plans, Medicare Advantage Plans Carmel, NY Nelson's Tavern at Centennial Golf Club (185 John Simpson Road, Carmel) 4-16, 5-21 (10 a.m. - non)

## Ongoing Wednesdays:

**Stem Craftivities for Preschoolers:** Runs through April 24th, 1 p.m., -2 p.m. This program for ages 3-5 is full of fun and educational crafts/activities for you and your child to do and take home. Some of these include straw rockets, rubber band paddle boats, and a rainbow discovery bottle!!! To register, click here or call 845-279-6421. Drop-ins welcome as well.

**Storytime and Crafts with Donna** (Wednesdays and Fridays) 11 a.m. Toddlers and preschoolers (and their adults) are invited to join us at 11 a.m. on Wednesdays and Fridays for wiggly songs, picture books, and a story-themed craft activity, all to build early literacy and motor skills. For more information, view our calendar or call 845-279-6421.

## Ongoing Thursdays:

**The Putnam County Computer Learning Center Class Registration:** The first Thursday of every month from 9:30 a.m. - 11 a.m. A description of the classes can be found at: [www.putnamrsvp.com/clc/](http://www.putnamrsvp.com/clc/) Registration must be in person. FMI, call Judy Kolt (845)-277-5422

**Basic ESL:** Runs through June 6th, 5:15 p.m. -6:45 p.m. This ESL class will focus on practical communication skills and is aimed at helping anyone who has limited English, but wants help improving their spoken and written English. This course will be taught by Steve Rome, a retired school teacher, and is free. To register, click here or call 845-279-6421.

## Ongoing Fridays:

**AARP Tax Help:** Runs 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 am - 3:30 pm. 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.

**Lenten Season Services at First Presbyterian Church of Mahopac:** Palm Sunday- 4/14/19- 10 a.m. service Maundy Thursday- 4-18: 7 p.m. service Good Friday- 4-19: 7:30 p.m. service Easter Sunday- 4-21: 10 a.m. services First

Presbyterian Church is located at 411 Rt 6N (at Secor Rd) in Mahopac. For more information: [presby411@verizon.net](mailto:presby411@verizon.net) or 845-628-2365.

## Save the Date:

### Saturday, April 20

**Military Collectables, Knife Show:** Patterson, Recreation Center, 65 Front Street, Patterson. Historical items for sale will include Insignia, Medals, Uniforms, Equipment, Swords, Knives, Headgear, Books, Artwork, Antique Muzzle Loaders, etc. The material will cover the years from the American Revolution to the present day. There will also be several uniformed "Living Historians" who are ready to answer questions about the eras they represent. Vendors come from all over the Northeast. This family friendly show runs from 9 a.m. to 3 p.m. Admission is \$5... Children under 12 Free with an adult. Part of the proceeds of this event goes to Patterson Recreation Center & The American Veterans Historical Museum. or additional information on this event, see: <https://www.thedufflebaginc.com/tdb1/militaria3.htm> or contact The Patterson Recreation Center, 845-878-7200 or The Duffle Bag, 845-878-7106.

### Saturday April 27

**The Mahopac High school Baseball Booster Club** and coaching staff hosts the Inaugural Alumni Day. The day consists of Freshman, JV & Varsity teams playing games, followed by an Alumni game. The Alumni will be gathering at Patrick's Pub after. (Rain date April 28):

### Tuesday, March 26

**Join Desmond-Fish Public Library and Andrew Revkin** 6:30 p.m., for an action-oriented discussion of Drawdown: the most comprehensive plan ever proposed to reverse global warming. As part of a New York State-wide Community-Read, we will come together in conversation around science-based solutions that can help participants take purposeful action to slow and eventually reverse global warming. By using Drawdown as a guide to setting priorities for the 100 most impactful solutions, we as citizens and whole communities can spend our time, energy and enthusiasm on making a true difference for our future. Copies of the book are available for pickup at the library front desk.

### Wednesday, March 27

**Eternal Spring:** Reed Library 11 a.m. Wander vicariously through fabulous private gardens, from ancient to medieval, brought to you by the art and plants of the Metropolitan Museum of Art and the Cloisters. Please call the library to register, 845-225-2439.

### Thursday, March 28

**We have become a Ted Talk Salon!** We will show a TED talk and discuss the powerful ideas presented. Join the

conversation at Reed Library. 7 p.m. Refreshments will be served. Call the library to register.

**Outfit yourself with a NERF gun,** and enjoy a game of Monsters v. Humans: 6:45 p.m. - 8:30 p.m. Extra ammo and snacks will be provided. Each person must bring their own eye protection and their own gun. "Elite" dart-style NERF guns only, please. \*Due to the nature of this program, registration is REQUIRED. No walk-ins will be accepted. All registrants must have a signed permission slip turned in to Patterson or Mahopac by 3/27. For ages 12 to 17. For more information or to register, contact the Patterson Library at 845-878-6121 x10 or go to [www.pattersonlibrary.org](http://www.pattersonlibrary.org) and click Calendar.

**The Tri-State IBM Retirees Meeting:** United Methodist Church Hall, 1176 E Main St, Shrub Oak. The scheduled speaker is Linda Sifre, NY Botanical Gardens Director, who will discuss education, exhibits, events & research. Set up at 12:30pm; coffee and light refreshments at 1pm; meeting begins at 1:30 p.m., Info: Peg Ryan 914-528-5916.

### Friday, March 29

**SPRING RUMMAGE SALE** - Friday 3/29/2019: 9 a.m.- 6 p.m., & Saturday 3-30: \$5/Bag 9 a.m.-2 p.m. Donations will be gratefully accepted on Saturday 3/23: 3 p.m.-5 p.m., Sunday 3/24: 12:30 p.m.-5 p.m., Monday 3/25: 10 a.m.-6 p.m., & Tuesday 3/26: 10 a.m.-2 p.m., or by appointment. Donation receipts will be available upon request. The sale will be held in the basement of the building adjacent to the parking lot of First Presbyterian Church, 411 Rt. 6N (at Secor Rd.) Mahopac. For more information please call 845-628-2365 or email [presby411@verizon.net](mailto:presby411@verizon.net).

### Saturday, March 30

**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. Kiddush luncheon will be served. 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](mailto:info@hebrewcongregationofsomers.org) or call 914-248-9532 for more information.

**Charity Poker Tournament:** Support youth baseball and those with developmental disabilities. Starr Ridge Conference Center starting at 10:30 a.m. \$250 donation and registration in advance earns you additional chips. Register at [www.3u3d.org](http://www.3u3d.org) and or email at [donation@3u3d.org](mailto:donation@3u3d.org). 3 Up 3 Down is a 501(c)3 charitable organization and all donations will be fully tax deductible.

## Putnam County Land Trust Celebrates Its 50th Anniversary

The Putnam County Land Trust, celebrating 50 years of "Protecting What Matters" in Putnam County, will hold its annual Benefit Gala on Saturday, April 6. The trust invites the public to attend and support the organization's mission of protecting the forests and wetlands, wildlife habitats and important water resources in and around Putnam County.

PCLT has focused its efforts most recently in the Ice Pond Area which extends from the Town of Southeast north into the Town of Patterson. This area is rich in natural resources. It serves as a resting area for thousands of migratory songbirds and waterfowl that pass through here every spring and fall. It is very prolific in plant life with 549 plant species having been identified. Its wetlands capture storm water and slowly release it. It has historic significance as well, serving as one of the many ice harvesting ponds and lakes in the years before refrigeration was developed.

The event will begin with cocktails and passed hors d'oeuvres featuring live entertainment and Birds of Prey from Green Chimneys. This will be followed by a gourmet seated dinner. Throughout the evening there will be raffles, some surprises and a live auction led by Bill Flash.

The evening will celebrate the people of the land trust from its beginnings to the present. Five retired board members will be designated Board Emeritus. They are Brian Alberghini, Dod Chahroudi, Linda Lund, Bob Lund and Steven Mattson. Judy Terlizzi, board president, remarked that these individuals represent the best in board service.

The Gala will be held at the Starr Ridge Banquet Center, 38 Starr Ridge Road in Brewster, NY. Seating is limited and reservations are required. Take advantage of special dinner pricing of \$75 per person if reserved by March 29. After March 29, it will be \$80 per person. To make a reservation, inquire about advertising space or donate goods or services for the auction, call 914 621 8466 or e mail [events@pclt.net](mailto:events@pclt.net)



# The Putnam Examiner Sports

Covering Putnam County and Northern Westchester Sports

## NWE/Putnam Feb 5 LAX Poll

**No.1 YORKTOWN** – Temporary order was restored in Class B Huskers' 9-7 season-opening triumph of Class A champion Mamaroneck behind two goals apiece from Reese Andrews, Alex DeBenedictis (1A), Shane Dahlke and this Blake Borges kid, who will be fun to watch. But it was G Dan O'Meara (13 saves) who kept the Huskers from nearly squandering a 6-1 lead.

**No.2 LAKELAND/PANAS** – Class A Rebels will hit the road Thursday to open up with Suffern before hosting Mam'neck on April 9th in what should be a telling tale.

**No.3 PUTNAM VALLEY** – Class D Tigers (2-0) have seen junior A Kyle Wassil go off for 10 goals and 3 assists in a pair of one-sided wins over Keio and Clarkstown North. And whoever had the idea of playing the Japanese national anthem before the Keio game; #ThatsClassy.

**No.4 SOMERS** – Class B Tuskers will get reigning Class C champion Pelham this Saturday.

**No.5 MAHOPAC** – Class A Indians were somewhat shorthanded but still stuck in quicksand in a mind-blowing 7-3 opening-day loss to Class C Byram Hills #Inconceivable. 'Pac freshman Mike Harney (2G) had himself a day, but the rest of the offense needs to figure this out in a hurry.

**HM BREWSTER** – Class B Bears had to sweat out 6-5 win behind three-point efforts from Bob Conklin (2G, 1A) and Pat Feehan (1G, 2A) over improving Class A Carmel, which really showed some grit in the loss.

**HM OSSINING** – This Stone Turnquist has a pretty cool name and his six goals and one assist led the Class A Pride to an 11-1 beatdown of Hastings.

Ray Gallagher



BILL KENNEDY PHOTO

# Over & Dundon!

## Mahopac Served Early Wake-Up Call in 7-3 Loss to Byram Hills #YeahItHappened

Despite this strip-check by Mahopac D John Dundon (27) and M Tommy Elliot (9), the Class A Indians' still suffered a stunning 7-3 loss to Class C upstart Byram Hills last Saturday when the Bobcats defeated the one-time mighty Indians for the first time in ever. Mahopac had best get its act in order ASAP with reigning Class A champion Mamaroneck on deck Wednesday (4:30 p.m.) and Class D Putnam Valley on Saturday (1:00 p.m.). Anything less than a split would be worrisome.



## Sports

## Baseball Notebook

# Vetrano, Berta Hoping for Encore at Class A Lakeland

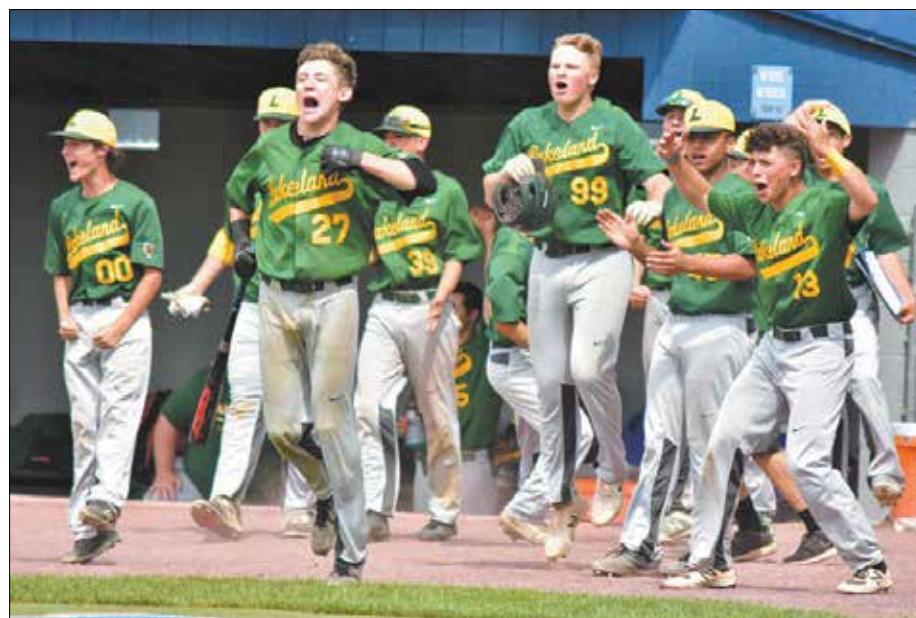
## Class AA Mahopac, Carmel Set to Rebuild; Class B Put Valley Returns a Ton

By Ray Gallagher  
Examiner Sports Editor  
@Directrays

More than any other sport, the beauty of baseball is the notion that "on any given day" cliché rings truer than most. The idea of a No.16/15 seed knocking off the No.1/2 seed isn't quite as far-fetched in baseball as it is in basketball, football or lacrosse, and the No.5 vs. No. 12 game is almost like a pick 'em game. It all comes down to pitching, and who's toeing the rubber on that particular day. These are just a handful of names, guys that are expected to produce on the mound, and some others expected to hold it together behind the hurlers.

Class A **LAKELAND** will have a decided advantage in that regard as the defending champion Hornets seek the first repeat in program history with two of the most consistent pitchers in the section returning under fifth-year Coach Bill Casey, the kind of stern yet soft-spoken ruler athletes love to play for.

Lakeland junior lefty Joe Vetrano is everything you want in a student athlete; he's sharp, he's a leader and a loyal friend, a coach's dream and everything a mom/dad wants in a son. The Boston College-commit is also the best pitcher in Section 1 after a sophomore season in which he posted some of the best numbers in the history of the tradition-rich Hornets, who



RAY GALLAGHER PHOTOS

Lakeland returns the core of its NYS Class A runner-up squad and should be team to beat in 2019.

snagged the fourth sectional title in school history last June before bowing out in the state finals for the first time ever.

"Joe is the leader of this team on and off the field," Casey said. "He plays the game the right way. He hustles every play out all the time. He genuinely cares about his teammates and shows it all the time in practice and games. Joe had big numbers last year and we expect the same this year but all he cares about is winning."

With a fastball topping out regularly in the low-90s, an ERA of 1.48 and an unblemished record (9-0) last season, pro scouts are sure to blaze a trail to Lakeland and all points north or south when Vetrano toes the rubber this spring.

Oh, yeah, he also batted to the tune of .462 last season with a .962 slugging percentage (9 doubles, 2 triples, 9 homers in 80 at-bats). The best part is the humility exhibited by 6'3" 210-pounder on and off the field.

Additionally, Lakeland will lean on junior lefty Evan Berta (P/OF), who combines craft, guile and big-game awareness as part of his repertoire (66K's in 48 IP). The kid can also play a mean center field and hits for marginal power (.505 slugging).

In addition to being a great pitcher, Evan He is a very good outfielder that covers so much ground for us, which he showed throughout the playoffs last year," Casey said. "We expect him to play even a bigger role for us this year on the mound and with the bat."

If the supporting cast, including versatile senior SS Leo Cummings, junior OF/P Andrew Croce, senior C Zach Lerman and junior 1B/P Jason Green, can round into consistent form, and Berta and

Vetrano can hit in the clutch, there's only a scant handful of teams in the section/state standing between the Hornets and their first state title #SorryIfWeMushThis.

That's the expectation this season, as it often is for one of the section's most consistent programs.

The Robinson brothers may not be coaching baseball at Lakeland any more, but the 'Lakeland Way', or the branding infused by Dennis and Mike, remains the same. Putting on the green and gold cap with the raised L has meant a lot to a lot of student athletes over the years, but the program is in a position to make the kind of history it's never seen before; beginning with an encore performance in 2019.

It will be done largely on the back of Vetrano, who just might go down in history with the likes of for aces Horner aces Anthony Eannacony, Dennis Robinson Jr., Chris Moran, Jonathan de Marte... to many to mention. If Lakeland repeats, he'll have topped them all, and the nucleus of this club will rank atop the all-time great Lakeland teams so #HaveAtIt.

Across the district, **WALTER PANAS**

Coach Anthony Fata enters his 19th year as skipper of the Panthers and coming off a 13-10 season where the Panthers lost in the Class A semis, it'll be tough to match last year's success with so much lost to graduation.

Senior P/IF Don Hopper and junior IF Diego Urreta are key figures regarding the Panthers' 2019 success. Urreta is a solid infielder with a big-time stick, and Hopper is the team's most versatile player. "Diego has a big bat and Don is our everything-guy, our spark plug," Coach Fata said.

Juniors Sean Cregan (OF/P), Mark Perez (IF/P) and Matt Calise (P) are impactful rookies. Calise is said to be a hard worker and has shown impressive stuff at each level along the way to his initial varsity foray.

"We are looking to be competitive in a very strong league," Fata said. "We are young and untested. Our strengths will be our defense and pitching. We need to solidify the line-up because we lost some big bats in our due to graduation."

**HEN HUD** is coming off a solid 16-4 season under Coach Van Vourliotis but his Sailors were greeted rudely in the



Big things are expected from Put Valley SS Frankie Curran and Mahopac 1B Kyle Brandsetter.

post season after a first-round ousting by Panas. Senior P Nick Caruso is now a three-year varsity starter at the top of the Sailor rotation.

"Nick has earned the right to be the ace of our staff," the coach said. "He will lead a very young varsity pitching staff that will look up to him to be our stopper."

Caruso's battery-mate, Montclair State-

*continued on next page*



Lakeland junior P Joe Vetrano is poised to become an all-time Section 1 great after leading Hornets to NYS finals last year.



# Sports

## Baseball Notebook

continued from previous page



Carmel sophomore C Anthony Febo will be tough to run on as he blossoms into one of Section 1's best backstops.

bound C Ryoji Schwartz, is a three-year varsity starter behind the plate and a middle-of-the-order bat, who thrives in situational hitting.

"He is one of the smartest baseball players I've ever coached and he understands everything that may arise during a game," Vourliotis said. "The pitching staff besides Caruso has only a handful of varsity innings, but I love the energy this team brings every day. Something is unique with this team, they're all very close to one another no matter the grade range, a real family like feeling. I hope they are playing their best baseball come May 1st."

**YORKTOWN** has done nothing but remain competitive under 17-year Coach Sean Kennedy, an assistant on Yorktown's lone 1994 sectional championship team.

Yorktown comes off a 10-10-1 campaign, which ended in 5-2 playoff loss to mighty Mamaroneck in Class AA playoffs.

Senior P/1B Anthony Fusco struck out 44 batters and fired 32 very effective innings last season and tops out in the 84-86 MHP range. The Albany-bound Fusco is an All-League player with All-Section ability, doing so at 6'3" and 240 pounds who added four doubles, two homers and 13 RBI last year.

"Anthony is an imposing player with on the mound and at the plate," Kennedy said. "He will be our ace and middle-of-the-order bat."

Yorktown senior P/SS Chris Sica shoves it at 88 MPH, so bring your bat and try him as he closes games out this season.

"Chris is our shortstop and will be taking over the closer role for Tyler McDonnell (Herkimer)," Kennedy said. "He has a live arm and plenty of power at the dish."

Senior P/1B Joe Sgobbo has good, hard stuff and could provide a tremendous one-two punch with Fusco. Sica and Nick

Campanaro are experienced middle infielders who can get the outs behind them and backstop Luan Biberaj is a three-year starter. Yorktown has the parts to do some damage and compete among a tough crop of clubs in League II-C, including John Jay, Panas, Greeley, Brewster, Somers and favorite Lakeland.

**BREWSTER** has morphed into the one team that nobody wants to see in the post season, and last year's run to the sectional semis was another example for the 13-11 Bears, who could not stand up to Lakeland in the end. Coach Matt Cunningham has the makings for another run in junior All-League CF Paul Catalano (.429 BA, 33 Hits, 19 BB, 21 Runs, 10 RBI, .546 OBP, 1.079 OPS).

"Paul is a tremendous all-around player who works incredibly hard and truly loves baseball," Cunningham said.

Cunningham will also turn to fellow junior P/SS Bobby McBride to get things done. It was McBride (4-1, 2.11 ERA, 42 K's) who broke up the Class A bracket last season when he fired a four-hitter with seven strikeouts as the 17th-seeded Bears upset top-seeded Rye, 1-0. McBride, a fun-loving soul, hit .325 with 26 RBI and 18 runs during an All-League campaign.

"Bobby is a very talented two-way player that will be the true ace that we need," Cunningham said.

1B Nick Girard is another talented play in the junior class.

"We have a committed group of young men that want to work hard," the coach said. "The commonality that brings them together is that they play for one another and want to be successful. Our senior captains, Ryan Gergley and Thomas Mark, have provided strong leadership bolstered by our great group of juniors. We play in a very competitive league which has gotten even stronger by adding Yorktown and Horace Greeley. We are very excited about the season and the challenges ahead of us."

**SOMERS**, seeded sixth a year ago, will rely heavily on senior P/3B Logan Carriero after a solid 14-7 season that ended in a first round playoff loss. Carriero, an All-Section selection, hit .400 with two HRs, 21 runs and 15 RBI at the plate and went 4-1 with a 3.12 ERA on the mound. Senior leftys Liam Kaseta (All -League, .365 BA, 2 HR, 24 RBI) and Joey Iorizzo (.333 BA 15 IP, 13 K's) should be impactful as well.

"We expect our team to compete each day in practice and in games," Somers Coach Joe Wooten said. "Our seniors remain our driving force."

That may be so, but trust us when we



Put Valley senior P John Millicker needs big year for Tigers to reach lofty goals.

tell you: Keep an eye out for versatile sophomore Jack Kaiser, who works behind the dish, on the hill and at the hot corner. He's a breakout candidate.

### CLASS AA

Second-year **MAHOPAC** Coach Myckie Luginbaur comes off an 8-14 season, including a first round playoff loss to White Plains. The Indians do not return a pitcher with significant varsity experience, which is mega-reason for concern.

Senior 1B Kyle Brandstetter (.345 BA) is a solid bat in the lineup, and senior OF Mike Musantry is a spark atop the lineup, but the rest of the lineup is full of fresh faces. Mahopac will need to win the old-fashioned way, by being scrappy one through nine in the lineup and doing all the little things.

"Our guys have been working hard all off-season," Luginbaur said. "They are excited to get out on the field and get the year started. We have a scrappy group of ballplayers that are going to go out every day and play the game the right way. We have a hungry group of pitchers that are ready to make a name for themselves this year. Kyle and Mike are going to be a big part of our offensive success in the middle of our lineup, and we have a lot of guys pushing each other at different positions to earn starting spots. Defensively, we have the potential to be a very special group."

**CARMEL** outscored Mahopac 25-3 last season, including an 18-0 whipping, and comes off an impressive 15-7 campaign under third-year Coach Joe Hackert, who lost 15 seniors, so you can bet Mahopac is itching for payback. The Jack Sullivan (6-1, 3 saves) era began last year and the sophomore hurler was just getting started. Sullivan, and C Anthony Febo (52% caught stealing, 6 passed ball in 116 innings), another sophomore, are about

to take matters into their own hands this season as one of the region's top young batteries, but the rest of the unit is largely untested. The 2019 team will consist of eight seniors, two juniors, seven sophomores and a freshman.

"We are very young and this year will consist of many learning curves," Coach Hackert said,

"but with our senior leadership, we will hopefully be quick learners."

Senior P Joe Christiana, who was injured last year, returns as a hopeful No.2 in the rotation with a solid fastball and above average curve.

League I-A, where the Dutchess County powers roam, will likely provide a rough road for both Carmel and Mahopac to hoe this season.

### CLASS B

**PUTNAM VALLEY** shows two top-notch hurlers in right-hand seniors TJ Brescia and John Millicker, both big parts of a 15-8 team last year, which ended in a semifinal loss to Briarcliff. Veteran Coach Joe Natalie, entering his 15th season at PV, will lean heavily on both at the front end of the rotation. Both are in the low-to-mid-80s and senior Matt Carlsen provided a steady third starter.

"We have several seniors returning from last year's team, an All-Section player (Brescia), several returning All-League players, and all of our pitchers have returned from last year's staff," Coach Nats said. "We will really miss four-year catcher Mike Gaitan, though. We have a difficult schedule that will challenge us this year and hopefully help us advance further in the sectional tournament."

**CROTON** comes off an admittedly disappointing 8-13 season and first round loss to Westlake, in which the Tigers blew a three-run seventh-inning lead.

But All-League junior P/1B Max "Bubba" Luke, who tops out at 85 MPH returns after hitting .422 at the plate with 4-4 record and 2.97 ERA to go with 41 K's in 30 IP.

"This is Bubba's third year on varsity and he continues to get better," Croton Coach Eric Rosen said. "Bubbs will hit in the middle of the order and will be counted on to drive in runs and get key outs."

Junior P Jon Casieri doesn't light up the radar gun but knows how to get hitters out after an All-League season when he hit .317 with 18 runs scored and 11 RBI and went 1-1 with a 1.88 ERA in 26 IP.

"Jon was a pleasant surprise for us last season," Rosen said. "He's a sure handed infielder who will start at second base. Jon will be counted on to jump start out offense as our leadoff hitter. With 16 upperclassmen - most with varsity experience-the talent is there to make some noise in Class B."



## Sports

## Girls' LAX Notebook

# Defending Champ Brewster, Hen Hud on Collision Course

By Tony Pinciario

The **BREWSTER** girls' lacrosse team had a 2018 season that it will never forget. Led by third-year Coach Sara DiDio, Brewster won its first sectional title and advanced to the New York State Final Four before falling to Honeoye Falls-Lima by a goal. The Bears walked off the field at SUNY-Cortland proud of what they accomplished and primed to return in 2019.

"It was an exciting and amazing experience with a great group of girls," DiDio said.

The only drawback to the 2018 season was the graduation of six players, Lauren Craft (playing for Penn State), Tara Regan, Juliana Rienzi, Grace Pastore, Leah Frey and Michelle Feighan.

Not many teams can graduate six players from a sectional champion and state semifinalist and still be considered a favorite to repeat. However, DiDio, who was the JV coach before moving up to varsity to replace Gerry Walsh, returns

a deep, talented nucleus, highlighted by seniors Meagan Beal (M), Maggie DePaoli (M), Haile Ratajack (M) and Marina Souza (A). Beal, an All-Section and Academic All-American last year, will attend Furman University. Ratajack, a 2018 All-League selection, will attend Keene State in the fall.

A pair of junior Danielles, Heintz (G, All-Section in 2018) and Regan (A, All-Section) complete the sensational six. Regan has verbally committed to the University of Colorado.

"We have some new players filling in some key roles this year," said DiDio, in her 12th year with the program. "We are looking to a couple returning defenders to step in to help Heintz on the defensive end. We also have some younger players with a lot of potential to make some impact this season."

DiDio pointed out her team has solid offensive chemistry, moves the ball well and has a tremendous work ethic. The one thing Brewster, as well as all of Section 1, has to adjust to is the new self-start rule.

Brewster, 17-5 last year, is in a league with John Jay-Cross River, sectional finalist Hen Hud, Rye, Byram Hills and Horace Greeley.

"We are excited for the season and coming together as a team," said DiDio. "We have a core group of returners who have set the tempo and are making sure the newcomers are adjusting to the varsity level."

We have a tough schedule this season, but hope that helps raise our level of play."

Brewster split a pair of one-goal games to open the season – a 9-8 victory over Carmel and a 12-11 overtime loss to Lakeland/Panas.

Ratajack and Regan each had a hat trick against Carmel. Ratajack also won five draws and Regan had three assists. Olivia Meola scored her first varsity goal and Heintz made nine saves.

"Carmel was up, 7-4, at the half, but Brewster came back and stepped into gear the second half," DiDio said. "First-game jitters were definitely out the first half for us and Carmel came to play."

Souza finished with four goals, Ratajack added three goals and

Regan chipped in two goals and two assists against Ratajack collected seven draw controls and Alex Meola added six.

Class D **PUTNAM VALLEY** flies under the radar when it comes to lacrosse, but one thing the Tigers do annually is win and contend for a sectional title.

Last year, the Tigers went 13-3 during the regular season and played for the Section 1 Class D title where they lost a heartbreaker, in overtime, to Bronxville.

Fourth-year Coach Courtney Hyndman said goodbye to seven seniors, five of whom are playing in college and will turn to its fantastic four for leadership – seniors Jacklyn Phillips (M), Kaitlin Cohen (A), Kimberly Hyndman (G) and Katherine McNamara. Phillips will attend Sacred Heart in the fall and McNamara is going to Bryn Mawr.

The midfield is highlighted by the sophomore duo of Lindsey Cohen and Catherine O'Sullivan. Hyndman said seven new players, who all bring different skills and talent to the team, are joining varsity.

"Although we have seven seniors again this year, we are a pretty young and small team," said Hyndman. "We have a lot of rebuilding to do this year after losing some heavy hitters, but so far these girls are really focused and motivated to build their skills and lacrosse IQ. We have a very tough schedule this season and will be tested both physically and mentally. I have the most faith in this team and program, so I can't wait to see what the year brings."

In year two of his tenure, Coach Rob Molfetta guided **HEN HUD** to the Section 1 Class C final and was the runner-up. Molfetta and his team is hoping for a return trip to the championship game this season, but hoping to reverse the result.

Hen Hud will embark on the 2019 season without stalwart goalie Mackenzie Porter, who is playing in her freshman year at Rutgers.

The Sailors have a core five back, led by sophomore Kira Varada, an All-Section pick last year. Fellow returnees Haley Merchant, Erin Clark, Fiona McGovern and Katherine Warner were All-Section HM.

"We have a core group of new players that will compete for playing time," Molfetta said. "We are experienced



RAY GALLAGHER PHOTOS

Brewster's Danielle Regan (2) and Megan Beal (12) are eyeing a championship encore performance in 2019.



Hen Hud sophomore Kira Varada will be a dominant midfield force for Sailors this spring.



Brewster G Danielle Heintz and Mahopac A Gigi Genovese will be impactful players in 2019.



Hen Hud senior M Haley Merchant (9) and the 2018 Section 1 Class C runner-up Sailors have set their sights on what was once considered an unlikely sectional title.

on offense, losing only one player to graduation, and we will be tenacious on defense."

Molfetta said his defense will be young, so preseason has been important in learning Hen Hud's new defensive system. This will be important as Hen Hud will have a new goalie.

"We are striving to get back to the sectional final," Molfetta said. "We need to be unselfish on offense and play as a team on defense. Our schedule is difficult so we need to be ready for every challenge that comes our way."

Hen Hud's schedule includes the upper echelon of Section 1 teams -- Suffern, Yorktown, Rye, John Jay-Cross River, Brewster, Mamaroneck, Somers and Lakeland Panas.

The Sailors recorded a 14-7 season-opening win over Carmel.

Prior to becoming the **LAKELAND/**

*continued on next page*



# Sports

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PANAS lacrosse coach, Rebecca DiSisto-Leslie was an assistant to her former mentor, Sharon Sarsen.

During DiSisto-Leslie's assistant coaching days, she witnessed annual excellence from the Rebels, resulting in a trip to the Section 1 Class A semifinals or final.

Now in her fourth year as coach, DiSisto-Leslie and her Rebels are coming off a sectional semifinal berth in 2018. And with the majority of her team returning, the Rebels will look to take it a step further this season.

Colgate-bound senior Emily Kness (A) and senior Gianna Scialdone (D) headline the returning nucleus. Juniors Raquel Nieves and Megan Mucci will control the midfield, Miranda Lopes is in goal and Jenna McCrudden joins Kness on attack, as does sophomore Keirra Ettere.

DiSisto-Leslie said that with a young team last year, many of the players remain the same.

"My hope is that they are willing to step into much bigger roles this season," said DiSisto-Leslie, who also played on the 2003 and '06 field hockey state champion teams. "We have strong team chemistry and strong finishers this year that are another year older and that much more experienced. We also have a strong defensive unit lead by Miranda Lopes and Gianna Scialdone."

The Rebels' strong finish to the 2018 season gave DiSisto-Leslie heightened optimism for 2019.

"My hope is that this team can continue to grow this season, especially from where we left off last year," DiSisto-Leslie said. "I will be looking to my sophomores and juniors, that were on the varsity last year,



Putnam Valley senior M Jacklyn Phillips is set to shatter the PV record books this spring.

to step up and take on more leadership roles on the field this season."

Just like Sarsen did in lacrosse, and field hockey, DiSisto-Leslie put together a tough schedule. The Rebels will play North Rockland, Suffern and Mahopac, as well as league rivals Yorktown, Hen Hud and Brewster.

Lakeland/Panas opened the season with a thrilling overtime victory, 12-11, over 2018 Section 1 Class B champion Brewster. Emily Kness scored on an eight-meter shot, her fourth of the game. Julia Araujo, Katelyn Cerrato and Ettere each had two goals and McCrudden added a goal and two assists. Lopes made 13 saves.

It is an annual dilemma that OSSINING Coach Patrick Wheeler happily welcomes.

Wheeler, in his third season, opens practice missing several key players as these girls are with Coach Dan Ricci, usually playing for the NYS Class AA girls' basketball championship.

Five players – Jaida Strippoli (A), Julie Iorio (M), Brooke Weeks (M), Kylee Taxiera (G) and Alexandra Forman (D) celebrated as the Pride won the 2019 state championship and, last weekend, lost in the federation state finals.

"After graduating only two players from last year, we return the core of our team," said Wheeler, who was Ricci's assistant before becoming head coach. "We suffered through a lot of injuries last season, missing 100-goal-scorer Jaida Strippoli the entire year, as well as missing midfielders Brooke Weeks, Julia Iorio, and goalie Kylee Taxiera for extended periods of time. We are missing a key piece this year as well with midfielder Kacie Scarduzio tearing her ACL during basketball.

"Still, I believe this is our strength. We have constantly had to deal with adversity, but have stuck together. We also have a large group of girls who know how to work hard and know how to win. That goes a long way in high school athletics."

When Ossining is at full strength, the Pride will aim to increase its win total from 2018 and advance in the sectional tournament.

"We have a competitive schedule and play in a very good league with great programs," Wheeler said. "We will have to work for everything we get, but I am hoping on improving on our record from last season and getting back to being able to play at the pace Ossining wants to play at."

**MAHOPAC** came up one game shy of its appointed goal – a semifinal loss to Mamaroneck. And even though six players graduated, highlighted by Caroline Raymond (playing at West Point) and Hannah Lieto (playing at East Stroudsburg), the Indians will once again be a Section 1 Class A contender.

This is based on the returning nucleus of seniors and captains, Natalie Scanlon

(M, All-Section last year), Jordan Barbagallo (G) and Katie McDonough (M). Barbagallo and McDonough were All-Section HM. They are joined by fellow senior Zina McInerney (M). Juniors Christina Lopreato, also a captain (M) and Sophia DeFrancesco (A) round out the returning group.

Nine newcomers, including five freshmen, join varsity. Juniors Kira Dobbs and Samantha Faeth, both attack, and sophomores Tatiana Moran (M) and Carly Ravoli (D) are moving up. The freshmen five are Audrey Colucci, Ava Jennings, Nicole Panny and Avery Pryzmylski, all midfielders, and Mia Del Bene (D).

Coach Jim Lieto, in his 11th year, pointed to his team's returning experience as its strength. Mahopac has experience, and depth, on attack, midfield and defense.

"Jordan Barbagallo is a three-year varsity player, and the girls in front of her combine for twelve years of varsity experience and a significant amount of starts. In the midfield, each of them have their own strong side of the ball, but all of them are skilled on both offense and defense. At attack, we are skilled attackers, feeders and shooters."

With plenty of experienced returnees, it's understandable regarding Lieto's optimism.

"I am extremely excited about this year's team," Lieto said. "We return more experience than we have ever had. We have a new offensive coach, Jack Kensil, who brings a lot of fresh perspectives to that side of the ball. I think that, combined with our traditionally strong defense, will make us a strong team this season."

Lieto noted that some of the marquee games this season are Scarsdale, March 29, at Mamaroneck, April 6, and at Lakeland/Panas, April 26.

Coach Kerry Hackert created the **CARMEL** program in 2008 and returns for her 12th year. Last year, Carmel qualified for the Section 1 Class A Championship, but suffered a first-round loss. Five starters graduated, but Carmel's top returning player is senior Katie Taranto (M), an All-Section HM choice last year. Taranto has committed to attend the University of New Hampshire.

Hackert welcomes back senior Cat Babnik (G), junior Margaret Flocco (A), and Maryrose Murphy (M). Carmel possesses speed and versatility, however, Hackert noted that two starters are currently injured.

"We have a lot of new players who are getting used to the varsity level," Hackert said. "We lost our first game, versus Hen Hud, but we didn't quit and tied them in



Carmel's Katherine Taranto (L) and Alexandra DeFilippo (13) are big reason why the Rams see improvement on the horizon.

second half."

Carmel will square off against archrival Mahopac and some of the Rams' other top games include Ursuline, Fox Lane and Suffern.

Carmel also led Brewster, 7-4, before the 2018 Section 1 Class B champions rallied to a 9-8 win.

Babnik registered nine saves, including her program-record 489th. Taranto and Flocco had three goals apiece and Taranto also won six draw controls. Camryn Schilling and Taylor Roth also scored.

Alexa Lucchesi and Tori Doyle began their second year as the SOMERS High coaches, following a 7-10 2018 season, including a Section 1 Class B first-round win.

Somers graduated four seniors. Doyle and Lucchesi have three returning seniors who will be playing in college: Hannah Lustig (M), who will attend the University of Massachusetts-Amherst, Emma Kittredge (M), who is going to Sacred Heart and Alex Pittman (D), who is Holy Cross bound. Lustig and Pittman were All-Section picks last year and Lustig also earned All-NYS honors.

The junior tandem of Megan Dineen (A) and Jen Campbell (M) also return, giving the Tuskers a solid core.

"Our team strength is our midfield and attack," Doyle said. "All are returning players and we've really worked out the kinks from last year and are meshing together well. We are very hopeful about the upcoming season. Returning most of our team and having five commits really is going to help us. We have a lot of other players stepping up and taking on a leadership role as we now have six starting seniors ready to make an impact on their last year."

Somers opens against Pelham, today.

**Girls' lax coaches are encouraged to contact beat writers Tony Pinciario (tfinch23@optonline.net) or Ray Gallagher (raygallaghersports@gmail.com) for inclusion in our weekly notebook**

# Congratulations to Our 2018 Companywide Leading Sales Professionals in Yorktown



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Gold Award



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*Real Estate Salesperson*  
Gold Award



**JOSEPH POLEWASKI**  
*Real Estate Salesperson*  
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