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SMALL NEWS IS BIG NEWS

Volume 11, Issue 533

Putnam Sheriff's PBA and County Remain at Odds

By David Propper

With tensions already out in the open between the Putnam County Sheriff's Police Benevolent Association and county leadership, a recent decision by the NYS Public Employment Relations Board led to more sparring last week.

PERB dismissed accusations that County Executive MaryEllen Odell failed to advocate for Memorandum of Agreement with the PBA that she agreed to, but was ultimately not approved by the county Legislature in March 2017. As a result, the PBA filed an improper practice charge against Odell, claiming that while she signed onto the deal, she was actually working to see the deal fail when it went to lawmakers that would need to ratify it.

The last two months, even before a PERB decision was reached, the PBA has been on the offensive slamming county leadership as deputies and investigators for the sheriff's office continue to work without a contract.

PBA members have been without a contract since the end of 2016.

After all nine lawmakers shot down the contract, the PBA claimed in online posts that Odell and former deputy county executive Bruce Walker convinced the legislature to vote against the deal that led

to the improper charge the union lodged. The MOA that was rejected called for a 2 percent wage increase for each year of the agreement, increases in holiday pay, an increased equipment allowance while eliminating the submission of receipts to be eligible for a clothing allowance. The MOA also threw out the requirement that police officers qualify as certified first responders.

Since then, the two sides have not substantively discussed working toward a contract.

"The idea of the County not being able to continue talks unless the PBA withdraws the charge is misleading and factually untrue," the PBA stated before PERB came out with a ruling. "The PBA has always negotiated in good faith with all parties' best interests in mind."

Recently, the PBA Facebook page has chided lawmakers, referring to Odell as "The Empress" and photoshopping her on a horse in front of Tilly Foster Farm as a way to criticize her spending on the county property. The group has also slammed county legislators for voting to give themselves a 14 percent raise in 2017.

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Putnam Vets Saluted for Sacrifice and Service

By Joseph Oliveri

Pride and courage were on full display when 24 World War II and Korean War veterans were awarded Putnam County Service Medals last Thursday at a ceremony at the Historic County Courthouse.

Thursday's ceremony also marked the 45th anniversary of D-Day, the Allied invasion of Normandy in 1944.

Art Hanley, deputy director of the Veterans Service Agency, presided over Thursday's event.

"If it wasn't for these men and their comrades, we wouldn't be enjoying the freedoms we do today," Hanley, a Vietnam veteran himself, told veterans and their friends and family members at Thursday's ceremony.

The ceremony was the first of its kind

in Putnam since October of 1919; the original recipients were over 200 veterans of World War I. Legislators and veterans had discussed the idea of reinstating the award in Putnam as early as 2017. That December, the county Legislature voted to establish the Veterans' Service Medal Advisory Panel. An application process was designed and fundraising efforts for the medals took place throughout the following year.

"This is the first of many," District 4 Legislator and Medal Advisory Board member Ginny Nacerino said. "We're going to begin the process with our World War II vets and work our way towards the younger vets as we go down and have ceremonies throughout the county," she

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PROVIDED PHOTO

Three Putnam Students Honored by Italian-American Club of Mahopac

Last Wednesday the membership of the Italian American Club of Mahopac awarded three high school seniors, each \$500 scholarships, in recognition of their demonstrated academic achievements, and for their overwhelming contributions to both school community and the greater Putnam County Community. The recipients were Natalie Scanlon, who will be attending Northeastern University, Nicole Fierro who will be attending Manhattan College, and Christopher Bauco, who will be attending Penn State University.



JOSEPH OLIVERI PHOTO

Veterans Service Agency deputy director Art Hanley stands with one of the fine veterans honored by Putnam County last week.

Recent Narcotics Enforcement Unit Arrests

There were recent arrests recorded by members of the Putnam County Sheriff's Department Narcotics Enforcement Unit earlier this month. In September 2018, an investigator assigned to the Narcotics Enforcement Unit (NEU) developed information that a Carmel man was involved in the sale of cocaine within the county. The investigator was able to make contact with the subject and arrange for the purchase of cocaine. On June 5,

members of the NEU took the subject into custody, in the City of Poughkeepsie. Andre A. Houston, age 41, of Carmel, was charged with one felony count of criminal possession of a controlled substance in the 3rd degree, and one felony count of criminal sale of a controlled substance in the 3rd degree. Houston was arraigned before the Honorable Justice Gregory Folchetti of the Town of Southeast Justice Court. Justice Folchetti remanded

Houston to the Putnam County Correctional Facility in lieu of \$1,500 cash-bail/ \$3,000 bail-bond.

On June 6, Deputies assigned to the NEU, while patrolling in a parking lot in the Town of Carmel, observed a vehicle occupied by a man. A further investigation revealed that the man was in possession of quantities of oxycodone, amphetamine, and concentrated cannabis. The man was arrested and transported to the Putnam

County Correctional Facility for arrest processing. The man, age 44, from Carmel, was charged with three counts of criminal possession of a controlled substance in the 7th degree, a class A misdemeanor, and one count of criminal possession of a weapon in the 4th degree, a class A misdemeanor. The man was released on an appearance ticket, pending a future court date in the Town of Carmel Justice Court.

Patterson Man Arrested for Drugged Driving, Other Charges

A Patterson man was arrested for driving while impaired by a drug, and other charges, following a domestic dispute. On June 1, at approximately 4 a.m. sheriff deputies Robert Hudson, Ryan Diskin, and Amanda Collier responded to a report of a domestic dispute, which occurred at a residence located in the Town of Patterson. While responding, the deputies were instructed that the male subject, who was involved in the dispute, had left the scene in a vehicle

and an automobile accident might have occurred. While responding to the area of the reported dispute, deputies located a vehicle that had been involved in a one car automobile accident. The deputies determined that the driver of the vehicle, Marcus Rohim, 30, of Patterson, was the male subject involved in the reported dispute. A subsequent investigation revealed that Rohim was allegedly under the influence of cocaine and had violated a temporary order of protection. Rohim

was placed under arrest and transported to the Putnam County Correctional Facility for arrest processing. He was charged with criminal contempt in the 2nd degree (class A misdemeanor), two counts of criminal mischief in the 4th degree (Class A misdemeanor), Reckless Endangerment in the Second Degree (class A Misdemeanor), two counts of endangering the welfare of a child (class A Misdemeanor), aggravated unlicensed operation of a motor vehicle

in the 3rd degree (misdemeanor), and driving while ability impaired by a drug (misdemeanor). Rohim was arraigned by the Honorable Justice Anthony Mole of the Town of Patterson Justice Court and remanded to the county correctional facility in lieu of \$1,500 Cash-Bail/ \$3,000 Bail-Bond. Rohim is scheduled to appear in Patterson Justice court, at a future date and time.

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Peripheral Artery Disease – Your Limbs, Your Life

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Q: What is Peripheral Artery Disease (PAD) and why does it occur?

A: PAD is when plaque deposits of fat, cholesterol, and other substances build up in the walls of your arteries. Over time, these deposits can cause atherosclerosis, a narrowing or complete blockage of the arteries. Think about a clogged shower drain. When there's no place for the water to go, it drains slowly over time. If you continue to ignore the clog, you can expect more serious plumbing issues. The same is true with your arteries.

Q: How do I know if I have PAD?

A: PAD symptoms often begin with leg pain and worsen over time. You're in pain because there's not enough blood flow or oxygen in your limbs to keep up with the demands of the exercise. Symptoms may mirror less serious complications. See your doctor if you have a non-healing ulcer, an ingrown toenail, thickened toenails, hair loss on your feet, cold feet, or no pulse in your feet.

Q: Is it serious?

A: Though progression isn't rapid, severe PAD can cause tissue loss and gangrene, and can even be deadly. Regular screening for PAD is critical because the condition can be a marker for coronary artery disease and cerebrovascular disease, which could ultimately

lead to a heart attack or stroke. As the population ages, PAD is more prevalent, advising an annual screening for PAD for everyone over the age of 70.

Q: How can I reduce my risk? Or, if I'm diagnosed – How can I manage symptoms?

A: Get the help you need to stop smoking. This is a risk factor you can control. By damaging your blood vessels, the chemicals in cigarettes increase your risk for PAD by four times, according to the National Institutes of Health. Also, exercise as regularly as possible, and stick to a diet rich in fruits, vegetables and legumes, and limit meat.

Q: Behavior modification isn't working for me. What are my options?

A: If you've been diagnosed with PAD and your symptoms can't be managed through behavior modification alone, you have options. At Northern Westchester Hospital, we use balloon angioplasty, stent placement and atherectomy procedures to treat PAD symptoms. These techniques help keep the blood flowing in the arteries of the lower limbs and are often done without hospital stays. You'll resume daily activities within a day or less. For severely blocked arteries, bypass surgery lets us bypass severely blocked blood vessels. This often requires a three-to-five-day hospital stay and rehabilitation.

Carmel Biz Faces Ongoing Protest from Labor Union

By David Propper

Traveling down Fair Street in the Town of Carmel, drivers have passed by organized picketing for more than two months as a labor dispute continues to drag on between a union and longtime local business.

Teamsters Local 456 and Carmel Winwater have been at loggerheads since the start of the year as the union, which represents workers across Putnam and Westchester counties, has filed numerous unfair labor practice charges since Jan. 2019 against Winwater to stop the company from “unlawfully removing” the union as the representative of the workers, according to a flier the union has been handing out.

Local 456 president Louis Picani confirmed the union has filed improper practice charges against Winwater and the list of charges “continues to grow,” though he did not want to elaborate on what they were specifically.

“It could be resolved diplomatically if they would just sit down at the table,” Picani said.

Picani said Winwater workers reached out to Local 456 seeking to join an organized labor union. An election was held and Local 456 won it from the National Labor Relations Board (NLRB), but the employer doesn’t want a union



Members of Teamster Local 456 have been protesting outside Carmel Winwater for more than two months.

inside their business, he said.

There are four Winwater employees that are part of the union. Either Winwater can come to the bargaining table or issues can be resolved through the NLRB, Picani said.

He vowed Local 456 wasn’t going anywhere until everything is settled. Teamsters have stood outside the business

during the day for two months with signs criticizing Winwater.

“All we want to do is give people honest wages, honest benefits for an honest day’s work and for them to treat their workforce with dignity which they deserve,” Picani said.

Winwater president Mike Cesare rejects the union’s claims and the labor board is currently investigating those assertions brought forward

by the union.

Cesare, in an interview, made clear there has been no work stoppage at the Carmel Winwater and the plant is fully operational. There is also no labor dispute, Cesare claimed.

Recently, Winwater employees submitted paperwork to obtain a

government run secret ballot election to determine whether they want to be represented by teamsters or not; an election the company supports, Cesare said.

“The teamsters on the other hand oppose affording the employees those rights and seek to pressure Carmel Winwater into a contract under legally questionable circumstances,” Cesare said. “Carmel Winwater has abided by the law and respects the rights of all our employees. We ask the teamsters to do the same.”


Cesare, who lives in Brewster and was a former village trustee there, said business has not been hurt by this protest as the plant still serves Putnam, Westchester, and Dutchess counties. He did concede some union towns are not currently buying from Winwater’s yard.

Cesare said this is the first time Winwater, which has been around for two decades, has been picketed. He hopes this is a hurdle that will soon be cleared.

“It’s just more frustrating because for 20 years we’ve been members of the community and we pay taxes so it’s a little frustrating that (union towns) don’t buy, but we understand their right,” Cesare said. “We look forward to serving our customers and being here another 20 years.”

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Putnam Sheriff's PBA and County Remain at Odds

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The PBA's attorney, Andrew Quinn, said the PBA argued that Odell did not actively advocate for the contract's passage once it reached the legislature. He said Walker encouraged lawmakers to turn down the deal.

PERB believed that Walker told legislators to kill the deal, but that there wasn't enough evidence to show that Odell directed Walker to convey that message, Quinn said.

When the PBA confronted Odell about Walker advocating against the deal, Odell told the union she would have never allowed that to happen, Quinn said. The PBA then challenged Odell to fire Walker as a result, which did not happen. Walker now works in Washington DC for the Department of Energy.

"It's a disgrace the way the leadership of Putnam County has decided to treat its police officers," Quinn said.

Quinn argued the contract is affordable to taxpayers, which is contrary to what lawmakers have claimed.

"If (Odell) signed an unsustainable contract, then she's reckless and if she signed a contract that's sustainable and the legislature said it isn't, they're liars," Quinn said. "So it's one or the other."

Odell flatly denied that she was ever against the deal, pointing to the PERB decision that backs her up. She said she was genuine in crafting a good deal for the PBA that offered members the respect they deserve.

When asked about some of the incendiary Facebook posts about her online, Odell said she doesn't believe a vocal minority represents most in the sheriff's office.

Odell said she was hopeful to restart talks with the PBA going forward now that the PERB decision has come back. "The ball's in the PBA's court now," Odell said. Some of the pressure points that originally sunk the first deal would need to be discussed in order to get the legislature on board this time around, she said.



DAVID PROPPER PHOTOS

The Putnam Sheriff's PBA (sheriff's office left) and county leadership (county office building right) has been in the middle of an ugly fight because a contract has not been reached for the PBA in two years.

County legislators also pushed back against the PBA's claims and defended Odell.

Legislature Chairman Joe Castellano said last month Odell was "always very supportive" of the proposed PBA contract along with former sheriff Smith. The legislature didn't support the deal because it was unsustainable and unfair to other public unions in the county as well as taxpayers, he said.

"It was a very difficult decision, I look forward to the PBA returning to the negotiating table to resolve this issue," Castellano said. "We appreciate and understand the difficult work that is done every day by the men and women of the Putnam County Sheriff's Department and we look forward to a speedy resolution."

Legislator Neal Sullivan said last month Odell was the PBA's "biggest supporter" with regards to getting the deputies a new contract.

"Couldn't have done more in a positive

manner to get that contract done and approved so they're completely wrong," Sullivan said.

Sullivan said he's disheartened the dialogue from the sheriff's deputies has become as scathing as it has.

The tension between the two sides has existed for more than two years when legislators during a personnel committee meeting in 2017 signaled they were not going to approve the deal. Former undersheriff Paul Boscia blasted lawmakers during the meeting, telling them that their actions are a "slap in the face" to the law enforcement officers.

Sheriff Robert Langley, who was not part of the original negotiations since he was not in office, said the PERB decision was a "just and fair" ruling based on the evidence introduced. When discussing the deal that was rejected by the legislature, Langley said there were aspects of the proposal he would not have agreed to.

Langley said he's spoken with PBA

representatives about social media criticism of county elected officials with the hope they understand that behavior is not acceptable.

"Those postings should not reflect on all the members of the sheriff's office," Langley said.

He also stood up for the legislature's role in deciding whether a deal is good or not, stating there's a responsibility to ensure the county remains on solid financial footing. He also defended the 14 percent raise lawmakers gave themselves, calling it acceptable after going without one for many years.

"I'm certain that the legislators are looking at giving the PBA members a fair and reasonable pay raise," Langley said. "They want to see the PBA get a fair contract that's fair for everybody."

Sullivan said lawmakers want a good dialogue with the PBA.

"We like those guys, they do a good job," he said. "There's common ground to be reached."

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Exoneree Connected to Putnam Graduates Law School

By David Propper

When Jeffrey Deskovic graduated law school earlier this spring, it was just another milestone in a surreal journey for a man once convicted, but eventually exonerated, of rape and murder.

Deskovic, who successfully sued Putnam County for their role in his unjust guilty verdict dating back to the 1990, graduated from the Pace University School of Law last month as a man who was once a defendant now will get zealously represent clients once he passes the bar exam later this year.

"I'm going to be able to fully, completely turn the tables going from defendant to being an attorney once I get the law license," he said in an interview. "I'm pretty sure the people that were responsible for what happened to me, they never thought I would wind up being a lawyer."

"It's an increase in confidence," he added. "I feel even better about myself."

What happen to Deskovic, a Peekskill native, was unthinkable. He was falsely accused of the rape and murder of a classmate when he was 16-years-old. The Putnam Sheriff's Office was culpable in his wrongful conviction because a former sheriff's investigator, Dan Stephens, helped extract a false confession from him using a polygraph test and applying emotional pressure. When Deskovic sued the county over this a few years ago, he

won the lawsuit.

Deskovic was dead set on being an attorney in 2007 after he graduated with a bachelor's degree from Mercy College. But his LSAT weren't high enough at the time so he couldn't get into a school. A few years later he addressed Pace Law School students and was encouraged by a professor to give it another try.

This time, he was able to get into Pace.

While Deskovic during his civil cases against various municipalities sat in the front row in court, he really wanted to be more involved with his attorneys. He picked up plenty from learning about his own criminal case with regards to criminal procedure and sat through numerous depositions from his civil suits, which helped him in law school.

Criminal procedure investigation was, to no surprise considering how much first-hand knowledge he already had, his favorite class. One time he even got up and spoke to his classmates about his own experience. By the time he graduated, most, if not all, of his classmates knew his life story and how he was wrongly convicted.

Putnam is still at the forefront of Deskovic's mind because his foundation is fighting for the release of Andrew Krivak, who was convicted of the rape and murder of Carmel girl Josette Wright in 1994. Krivak remains in jail, but was

recently granted a new trial. The man he was accused of committing the crime with, Anthony DiPippo, was found not guilty during his third trial in 2016.

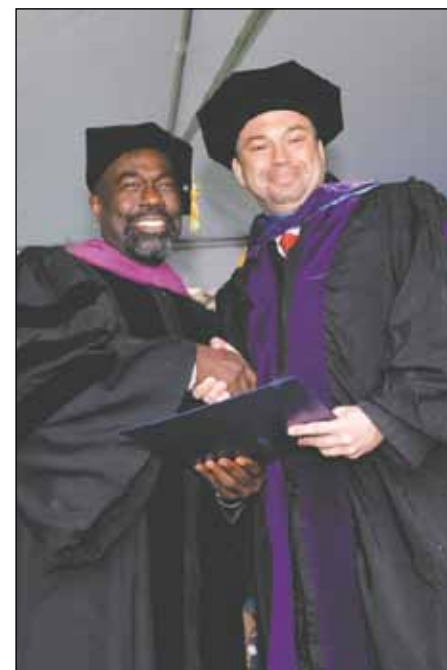
He also thinks all of the cases that Stephens worked on should be reviewed with healthy skepticism, including the Krivak case. Part of the reason Deskovic didn't settle with the county when he sued them over Stephen's role in his conviction several yeas ago is because he wanted to "expose" Stephens and what Deskovic alleged was misconduct.

Deskovic is confident that Krivak is innocent.

"I'm 100 percent sure he didn't do it," Dekovic said of Krivak.

He believes a sexual predator that lived in the area at the time of the crime, Howard Gombert, was the person that killed Wright. Putnam District Attorney Robert Tendy has maintained that his office believes Krivak is guilty after a thorough review of all the evidence.

Deskovic will take the bar exam at the end of July and get the results in September. If he passes, it will fulfill a lifelong dream for him. While he was motivated to get into law because of his own terrible experience, even as a child growing up being an attorney intrigued him. His mother had a personal injury lawyer that was well-dressed, well-respected and seemed to earn a good



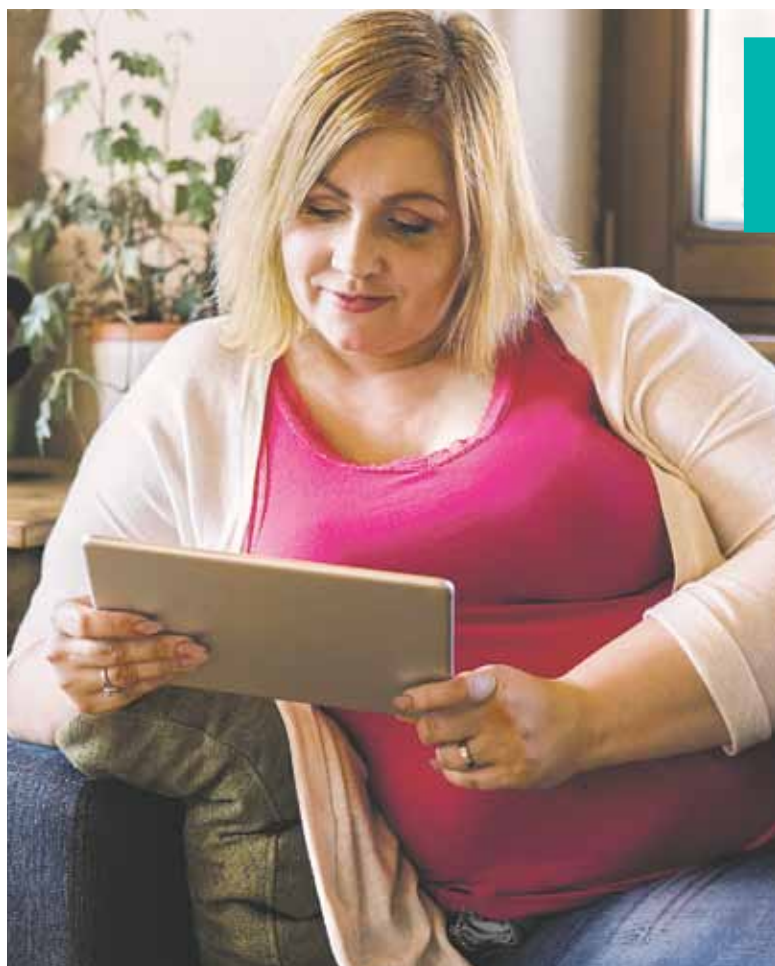
PROVIDED PHOTO

Pace Law School graduate and exoneree Jeffrey Deskovic (right) might not live in Putnam County, but he will always be linked to the county.

living and he wanted to be like that.

But now instead of just being well-dressed and well-paid, Deskovic wants justice for those wrongly accused.

"I'm still making that dream happen," he said. "It's just with different motivation."



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Putnam Vets Saluted for Sacrifice and Service

continued from page 1

said.

Putnam County Clerk Michael Bartolotti awarded his father, Lawrence, a Navy veteran who served from 1952 to 1956 with a Service Medal.

"It's really an awesome feeling," Bartolotti said. "We've always had a great bond with the veterans and the veteran community. It dawned on me pretty late in the process that my dad, given the criteria, was eligible for a medal," Bartolotti said. "I've looked up to my dad my whole life and still do to this day," he said.

Brewster resident Joseph Cioccolanti, said Thursday he felt honored to be recognized. A World War II veteran, Cioccolanti served from 1943 to 1946, and fought in Germany as a member of the 89th Infantry Division, in an anti-tank unit.

"I'm just very appreciative," Cioccolanti said. "I wish all the communities in the U.S. were as patriotic as Putnam County is."

Michael Keropian, a Kent-based sculptor designed the medal, which features a portrait of Daniel Nimham, a Munsee Native American from Hudson Valley who fought in the Revolutionary War.

"I thought it was important for Putnam

County to depict him," Keropian said, and added, "I'm appreciative that I could give something back to the veterans of Putnam County."

Recognized on Thursday were Joseph Adomo, of Brewster, Norman Berenback, of Brewster, Walter Sieck, of



The Service Medal that was given to veterans last week.

Brewster, John W. Haslach, of Carmel, Joseph Ciccolanti, of Brewster, James L. DiPelesi, of Mahopac, Edward Donaher, of Mahopac, Joseph Gervasi, of Kent, Marvin Needlman, of Cold Spring, Thomas Smith, of Brewster, Joseph P. Castellano, of Carmel, James E. Bradley, of Brewster, George D'Alessandro, of Kent, Esteban Alicea, Joseph Reinhardt, of Carmel, John Crowley of Kent, George Godfrey, of Brewster, Francis Lahey, of Cold Spring, Peter Marino, of Carmel, Lawrence Bartolotti, of Kent, Louis Gasparini, of Brewster, Martin Puchalski,

of Kent, Luke Neil Hickey, of Kent, and Manuel Salmon, of Carmel.

According to Nacerino, the next series of Service Medals will be awarded at a ceremony this coming Veteran's Day, and that the advisory board aspires to hold similar satellite ceremonies at town halls and volunteer fire departments throughout the county in the future.

For more information on the program, or to apply for the Service Medal, contact Karl Rohde at the Putnam County Veterans Service Agency at 845-808-1620, or at karl.rohde@putnamcountyny.gov.



JOSEPH OLIVERI PHOTOS

Hanley spoke about the courage of the 24 veterans honored and their brother in arms during an emotional ceremony.



Attendees stood up and showed deep gratitude to the 24 veterans honored last week.



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Brewster Hot Bagels

Brewster

By Neal Rentz

Mahopac resident Greg Scavelli Jr. and Mike Kienle of White Plains have owned JV Hot Bagels II in Shrub Oak for the past decade and the duo decided to open a second location earlier this year.

The partners opened Brewster Hot Bagels about 11 weeks ago, Scavelli said last week. The reason they opened the Putnam location was “just to expand,” Scavelli said.

Scavelli said the Brewster location was chosen for the new business because the landlord who owns JV Hot Bagels II also owns the Putnam property. The partners were told by their landlord that a bagel shop was needed in the area, Scavelli said.

“When we came up we realized that it’s a good spot,” Scavelli said.

Brewster Hot Bagels offers breakfast, lunch and catering menu includes 20 varieties of bagels, which are all homemade. The key to a good bagel is New York water, Scavelli, who works in the kitchen, said.

Aside from bagel dishes, the breakfast menu also includes egg sandwiches, muffins, croissants, Danishes and crumb cakes. Bagels and muffins are the customers’ most popular breakfast items, Scavelli said.



NEAL RENTZ PHOTO

Mahopac resident Greg Scavelli Jr., shown above on the left, and his partner, Mike Kienle of White Plains, opened Brewster Hot Bagels about 11 weeks ago. Shown above next to Scavelli are his employees, from the left, Sara Gasperino of Danbury, CT; Danna Alonzo of Brewster and David Heras of Yorktown.

At lunch, Brewster Hot Bagels offerings include chicken cutlets, salads and hot and cold sandwiches. “We do pretty much a little bit of everything,” Scavelli said.

Chicken cutlet sandwiches are the public’s most popular lunch item and are made to order, he said.

Some of the restaurant’s other offering

include fruit and yogurt parfaits and eight different flavors of coffee, Scavelli said.

Many of the new restaurant’s customers live in Brewster, North Salem, Patterson and Carmel, Scavelli said.

Scavelli said his favorite bagel is the everything bagel with jalapeno cream cheese.

Business has been good, Scavelli said. “We’re going in the right direction,” he said.

The restaurant has 20 seats and take out is a popular option among its customers, Scavelli said.

Scavelli has been working in the food business since he was a high school student at the age of 16. “I like working with people. I like the business a lot,” he said.

“Me and my partner have been in this for a long time,” Scavelli said. “We like serving the community, working with churches and the schools.”

Scavelli said his simple goal for Brewster Hot Bagels is “to be as busy as my other store.”

Brewster Hot Bagels is located at 2505 Carmel Ave. in Brewster. For more information call 845-363-1386 or visit its Facebook page.

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Letters to the Editor

Carmel Supervisor Defends Town Purchase, Councilman

Editor's Note: The following is a letter in response to an article published in Lohud. Here is a link to that article: <https://www.lohud.com/story/money/personal-finance/taxes/david-mckay-wilson/2019/06/05/lake-mahopac-blu-restaurant-sewer-line/1192610001/>

Recently David McKay published various articles in The Journal News, drawing into question actions of the Carmel Town Board and specifically Councilman Michael Barile relative to the town's acquisition of the Swan Cove property, which is slated to become a town park and municipal parking lot. I believe that the board made the right decision in buying the property. The price of any piece of real estate is what a willing buyer is prepared to pay and what a willing seller is prepared to accept. In this case, the buyer was prepared to pay the \$1 million price tag and the owner accepted that offer. For my part, the property addresses an ongoing parking problem in downtown Mahopac and improves the town's recreation footprint on what is Carmel's greatest natural asset, Lake Mahopac. If the matter came up for a resolution tomorrow, I would vote the same way. I also point out that it was the town board, not councilman Barile, who was at the time citizen Barile, who voted to purchase the property. Therefore, if there is criticism to be leveled, it should be directed at the board and me.

The Swan Cove purchase is legitimately

a matter of public concern. The expenditure of taxpayer dollars is something that the board and I must always justify in our minds and be prepared to explain to the public. I believe my position on the matter is clear. The problem, as I see it, is that Swan Cove questions have now turned into a witch-hunt. Based upon what I have witnessed, David Wilson has now launched a fusillade against Barile ending in his most recent persecution regarding the dry sewer force main installed in the shoulder of Route 6N from Blue restaurant (owned by Barile.) This property is not in the sewer district. The line was installed back in 1993. At that time the NYSDOT had 6N around the lake closed for a major construction project. As such, the installation of that line was relatively easy. So Barile and his then partner, with the permission of the NYSDOT and the Town of Carmel, installed a dry line with the idea that in the future, if the restaurant was ever expanded, they could apply to the Town of Carmel for an out of district connection. Out of district connections are common in Carmel, as there are currently 23 between water and sewer. The dry sewer force main tied into the sewer manhole and was capped. The capped line has been inspected over the last 23 years to verify that it has remained capped. Indeed the most recent inspection was conducted about two weeks ago by David Wilson and a member of the engineering department at Wilson's

request. In the interest of putting the matter to rest, I directed my staff to accommodate the request by Wilson on the notion that a "doubting Thomas" must see for himself. What he saw was a capped line, which he photographed.

That now brings me to an email that I wrote to the engineering department back in 2015. I requested information about the sewer line in question, as I received an inquiry from a resident as to the status of the line. I wrote in that email Mike Barile told me that the restaurant is connected to the Sewer District along with other properties along Route 6N, which are connected to the same line. This was an incorrect statement and a result of a miscommunication between Mike Barile and me. Mike thought I was talking about the gas main, which was installed around the same time as the dry sewer line. The gas line is connected to the Blu Restaurant property along with other properties to the south of Clark Place. I explained this miscommunication to David Wilson in a phone conversation so I would think that my conversation with him along with his own inspection would close the matter for good.

It is my sincere hope that this clears the matter once and for all and I wanted to the residents to know the facts.

Kenny Schmitt
Carmel Supervisor

Changes in STAR Program for Homeowners

I want to make all homeowners who receive STAR tax benefits aware of some important changes to the program going into effect this year. While the amount homeowners save may not change, how they see their savings might.

The STAR tax credit is available to homeowners making \$500,000 a year or less, offering much-needed savings on property tax bills. This year, homeowners making between \$250,000 and \$500,000 will receive their reimbursement as a check, rather than as a tax exemption. This check is sent directly from the State Department

of Tax and Finance to homeowners before school taxes are due. The check system is already used by STAR participants who purchased their home after August 1, 2015.

STAR recipients making below \$250,000 will have the option to switch to the check system in order to receive a 2% increase in savings. Those who continue to receive the exemption on their tax bills will receive the same amount as last year. To learn more about this option and register online, visit <https://www.tax.ny.gov/pit/property/star/default.htm>.

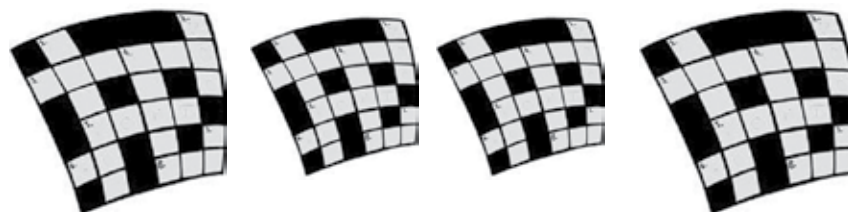
Senior citizens enrolled in the Enhanced

STAR program with incomes up to \$86,300 must ensure they are registered online with the state's income verification system. This will not affect property owners who purchased their homes after August 1, 2015, nor will it affect Enhanced STAR eligibility. More information can be found at www.tax.ny.gov/pit/property/star/ivp.htm.

The State Department of Tax and Finance will be sending out letters to all affected homeowners outlining these changes. I hope this information is helpful to you.

Assemblywoman Sandy Galef

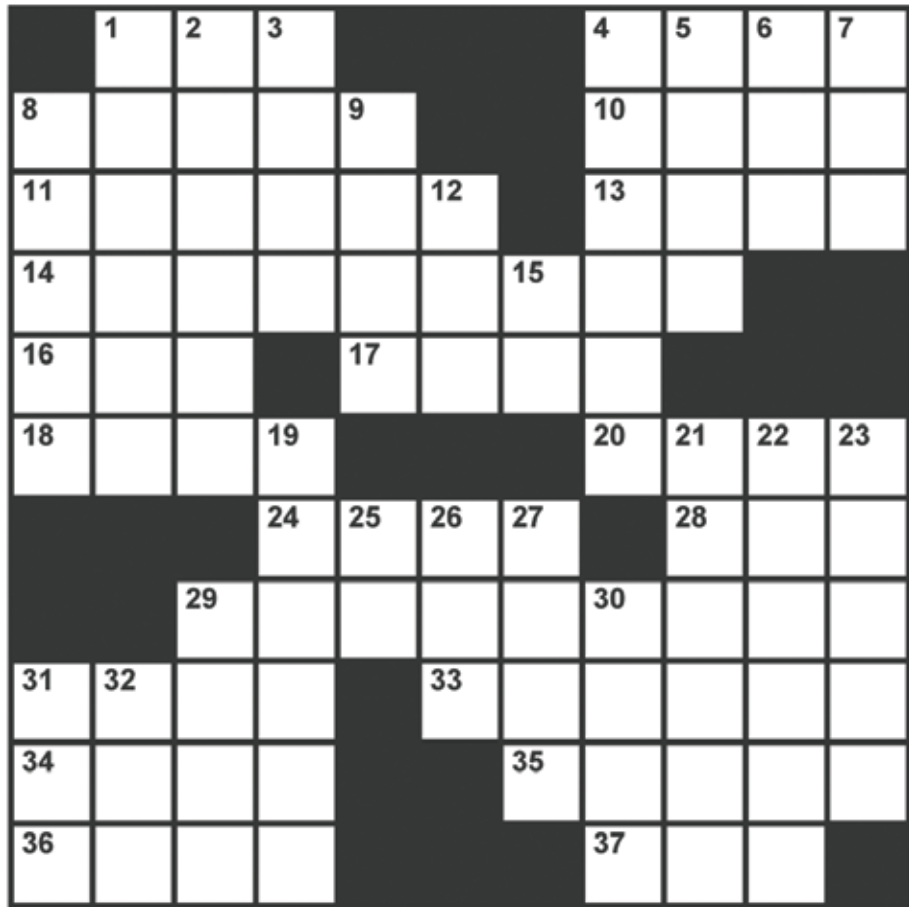
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Crossword Puzzle



Crossword by Myles Mellor

Answers on page 18

- Across**
- 1. D.J.'s stack
 - 4. Kind of dance
 - 7. Casual attire
 - 10. Expanse of water
 - 11. Be indebted to
 - 12. Hunter's prize, perhaps
 - 13. Cloth edging
 - 14. Breakfast item
 - 16. Fanfare
 - 17. Rogue or scoundrel
 - 18. Fended off
 - 20. Brandy flavor
 - 21. ___ fixe
 - 25. Treating with antiseptic
 - 29. When daylight fades or new
 - White Plains restaurant bar
 - 31. Prefix for tourism
 - 32. Related atomic element #5
 - 33. Fish
 - 34. Currency exchange board abbr.
 - 35. Cry in Bonn
 - 36. Snaky letter
 - 37. "She loves ___, yeah yeah yeah"
 - The Beatles
 - 38. Spanish king
 - 39. No longer working, abbr.
- Down**
- 1. Black key
 - 2. Bridgewater of jazz
 - 3. Small turnover
 - 4. Baseball card manufacturer or new

- Mt. Kisco Bakery
- 5. Expect
- 6. Copper coins
- 7. Zip
- 8. Nevada county
- 9. Scratch (out)
- 15. Spanish port
- 19. Olympic figure skater Slutskaya
- 22. South Beach follower
- 23. Crate
- 24. Selfish person
- 26. Actor award
- 27. Un-frost
- 28. "The Simpsons" mouse
- 29. Not too good
- 30. Pakistani language
- 32. Real bargain



Business of the Week

Because of a headline error last week, the Business of the Week from June 4-10 was reprinted this week.

By David Propper

Chef Tommy Stevens loves to see patrons come into his restaurant and share small plates and good times.

When a group of friends or a family come into Iron and Wine, Stevens, the owner, will encourage them to share their meals and try as much food as possible at the versatile restaurant. For him, there is nothing better than hearing people talk about the different food and what it reminds them of.

Iron and Wine opened in November 2016 after Stevens had been looking for a location for about a year. Living around the corner in Brewster, it was a convenient spot for him to open and offer the county a new cuisine. The menu is essentially New American, Stevens said, predominantly offering Mediterranean food with some Spanish dishes, as well.

"We do funky flips on traditional recipes," Stevens said. "I like to take the roots of the recipes from the Mediterranean."

Before he opened his own place, he ran a kitchen at a tapas restaurant in Dutchess County. While he enjoyed his experience,

Iron and Wine Patterson



DAVID PROPPER PHOTOS

Chef and owner Tommy Stevens with girlfriend Marianne Stetzelberg and Matthew Hubert, who works in the kitchen with Stevens.

he wanted to do his own thing.

He figured why put all his energy and effort into another person's restaurant when he could be doing it for himself.

"Why am I not doing this for myself," he asked himself before he took out a loan and took a chance.

He's traveled to different countries like Spain and Italy to pick up new tricks of his trade and recently traveled to Jamaica

because he won an award for his jerk sauce.

Stevens had plenty of restaurant experience long before he was ever working with stoves and ovens. He grew up in a family restaurant, Kelties Bum Steer, that was located in Brewster and owned by his father. He was a bus boy and waiter; basically the "anything guy."

But a fire from a propane explosion

that claimed two lives in the 1997 shut the family business down. Since that fire, Stevens' family hadn't all worked together at another food establishment until Iron and Wine opened.

His mother is a hostess on the weekends and cousins will occasionally pop in and out of the eatery, including to help with contracting and maintenance. Stevens' girlfriend of three years helps run the front of the restaurant while Stevens is focused in the kitchen.

"I enjoy cooking and creating recipes, that's the best part of the job," he said.

The name Iron and Wine (a Brewster Chamber of Commerce member) comes from Stevens' love of cooking with cast iron skillets and the restaurant's offering of a simple wine bar. It makes incorporating shareable items into every dish easy, he said. (The restaurant has a 56-item menu.)

When Stevens is preparing food, flavor comes first.

"Cook with some soul, don't read recipe books," he said. "Cook with flavor, cook with taste. It's an art form. You're supposed to operate with a little bit of passion."

Iron and Wine is located at 3191 Route 22 in Patterson and its phone number is 845-878-8600. It is open everyday but Tuesdays.

Obituaries

Helen Marie Hess

Helen Marie Hess died on Tuesday, February 26. She was 75. Helen was born on September 22, 1943 in Buffalo, but she lived in Putnam Valley. She will be lovingly remembered by her husband of 52 years, Edward G. Hess, Jr., her five children, seven grandchildren, one great-grandchild and many dear friends. Helen had a passion for country line dancing, finding treasures at garage sales, playing Mrs. Santa Claus with her husband who played Santa, long walks and get-togethers with her family. Helen was very friendly, and a social butterfly. She loved keeping physically fit. Everyone who knew her will remember her for her healthy lifestyle. She was a fighter, and never gave up. She was a strong woman. Her caring and concern for others continued even after her death as she donated her body for medical research. Helen Hess will be greatly missed, but never forgotten. Because she donated her body, the family did not have an opportunity for a traditional funeral. Helen asked that they gather when the weather was warm to celebrate her life, and so on June 15 from 1 p.m.-3 p.m., the family will gather at Heritage Funeral Home, Morrissey Drive, Putnam Valley to acknowledge her loss and celebrate her life.

Geraldine C. Murphy

Geraldine C. Murphy of Purdys, died peacefully on June 1, at the age of 87. She was born in New York City on December 4, 1931, the daughter of Robert and Beatrice (née Angevine) Fricker. She lived in Katonah for many years prior to living in Mahopac and Purdys. She loved spending time with her family, especially her grandchildren, whom she adored. Geraldine is survived by her children Richard Murphy, Donald Murphy (Roberta Egan), Jeryl Clemenza (Tony), Melinda Griffin, Patricia Dennett (George), and Elizabeth Richtarcik (Gary); her sister Dolores Campbell, 10 grandchildren, and 8 great grandchildren. She was predeceased by her husband Donald in 1981 and her siblings Walter and Robert Fricker, and Beatrice Pritchard.

Max Moreno

Max Moreno, of Patterson, (formerly of Mahopac) died unexpectedly due to complications related to Congestive Heart Disease on Tuesday, June 4, at the age of 78. He was born Maximino Moreno on August 25, 1940 in the Bronx, to Maximino and Julia (Soriano). He attended Ben Franklin High School in Manhattan. Max worked for the Sinram Marnis Oil Co. for 35 years and went

on to work as a driver for the Brewster Central School District, he retired this position in 2006. Max, known to family and friends as "Big Max" was a longtime resident of Mahopac where he raised his children with the love of his life – his wife, Roxanne. She predeceased him on July 11, 1999. He served his community as a member of the Mahopac Volunteer Fire Department. He was a Lifetime Member serving as Past Captain and Past Commissioner. He spent later years enjoying time with grandchildren and watching the NY Yankees! Max is survived by his children: Max Jr. (Agnes) of Orlando, FL and daughter, Laura Moreno of Patterson. He is also survived by his grandchildren: Antoinette Rose, Dominick Michael, Samantha Rose (Joel) and Brandon Maxwell. He is also survived by his siblings: David, Gilbert, Sylvia and Michael. His companion: Grace Marasco. Also survived by family members: Denise and Eric Just.

Diane C. O'Brien

It is with heavy hearts that the family of Diane C. O'Brien, 71, of Carmel, announces her death on June 5, at her residences, surrounded by her loving family. Mrs. O'Brien was born on July 16, 1947 to the late, William and Florence (Moccio) DeVito in Mt. Vernon. On October 6, 1973, she married the love of her life, Jay O'Brien and together they were blessed with three loving children; BJ, Michael and Megan. Before Diane's retirement, she worked as a Clerk for the Town of Kent Highway Department, where she made many lifelong friends. Although she enjoyed working and having a strong sense of independence, it was her family that gave her the most joy, Diane was a devoted wife, a loving mother, cherished grandmother, adoring sister and a friend to many. Her grandchildren were the apple of her eye, she loved every minute of watching them play their

sports, attending their school activities and watching them grow as individuals. In her spare time, Diane lived life to the fullest, she loved being social, reading, gardening, baking, and travelling with Jay, but most of all having her family and friends near her side. Diane is survived by her devoted husband of almost 46, years Jay, her three loving children; BJ, Michael (Meghan) and Megan, her three cherished grandchildren; Mia, Maci and Michael whom she adored and her beloved siblings; William DeVito and Donna Lask.

Mary B. Schukin

Mary B. Schukin, age 81, of Carmel died in the arms of her loving family in the comforts of home on June 6. Mary was born on January 22, 1938 to the late Josephine and Wilfred Broadley. She would go on to marry the love of her life William and together they would be blessed with over 59 years of wedded happiness and 3 adoring children Doris, Kathleen and Christopher. Mrs. Schukin loved to travel, she believed variety was the spice of life, but Mary was the spice in everyone's life. She had the ability to make a room warmer by being there and people better by being around them. William and her lived a life of travel, adventure, and love and were always by each other's side. When Mary and William were not traveling Mary was home, making the world a better place by taking care of and advocating for special needs animals. If you want to know the true character and loving nature of Mary, it could be judged by the way she cared for and treated animals that were cast aside by so many others, she always rooted for the "under dog". Her love and caring nature poured over into her family and friends. She had a once in a lifetime kind of love with her husband and best friend William, she was a present and loving mother who treated each of her children as if they were her only and as far as being a grandmother, there were no better grandmothers than Mary. She was so happy the day she became a grandmother and carried that love and happiness about her grandchildren with her always. She will be loved and missed but thought of often and remembered fondly. Mrs. Schukin is survived by her devoted husband William, her three beloved children; Doris Schukin, Kathleen Schukin and Christopher Schukin and daughter in law Susan Dwyer Schukin, two cherished grandchildren; Abygail Schukin and Elise Schukin whom she adored and each child held a very special place in her heart. Mary is also survived by her two loving siblings; George Broadley and Dennis Broadley and many loving nieces and nephews. She is predeceased by her parents and her sister; Maureen Smith.



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Open Letter to Putnam Leg. Over NYS Abortion Laws

Members of the Putnam County Legislature,

I write this letter in response to the resolution your distinguished body passed on April 2, 2019 requesting the New York State Legislature revisit its recent passage of the "Reproductive Health Act" (RHA, A.21/ S.240).

I have been honored to serve as a Member of the Assembly representing parts of Putnam County and as a member of the Assembly's Health Committee since January 2017. As such, I have researched and debated this very bill on multiple occasions. While I wish the end result was different, I remain confident that my debate and vote against this expansion of late term abortion was the right decision. Since that vote, I have also co-sponsored legislation which would increase criminal penalties for assault(s) on a pregnant woman (A.6799).

As a legislator, but also as a taxpaying resident and voter in Putnam County, thank you for your courage and advocacy on this important subject. Unfortunately, there has been a lot of disinformation circulated in the media as to what this bill actually did or did not do.

To help address the confusion, it is important everyday citizens can understand the facts without additional spin from political leaders.

First off, the U.S. Supreme Court Decision *Roe v. Wade* was just that, a U.S. Supreme Court Decision, not a federal law that can simply be copied and pasted into state law. To suggest the RHA codifies *Roe v. Wade* is grossly misleading.

The RHA changed three major portions of state law including Public Health Law, Penal Law, and Education Law.

Significant alterations to the previous law are at the bottom of page 2 of the bill where previous sections of Public Health Law and Education Law were repealed (Section 3, line 53 repealed §4164 of the Public Health Law and Section 4, line 54 repealed §6811 of the Education Law). The previous Public Health Law §4164 did several things including: required



Assemblyman Kevin Byrne

abortions be performed on an inpatient basis after the 12th week of pregnancy (this was generally not enforced due to subsequent U.S. Supreme Court decisions following *Roe v. Wade*); required a second physician to be present when an abortion was performed after the 20th week so they could care for the child if it was born alive; afforded immediate legal protections to children born alive after an attempted abortion; and required the attending physician to document all life-sustaining efforts put forth for a live aborted birth. All of these safeguards were completely repealed from the Public Health Law by the RHA.

The RHA also added new language in the Public Health Law that allowed non-physician health care practitioners to perform abortions. The language from the RHA now allows a "health care practitioner, licensed, certified, or authorized under title eight of the education law, acting within his or her lawful scope of practice" to perform abortions (page 2, §2599-bb, lines 42-44). This change now authorizes physician

assistants, nurse practitioners, and possibly midwives to perform abortions.

One of the most significant changes to the Public Health Law within the RHA expanded the exemptions for late term abortion (after 24 weeks or 6 months) to include a mother's "health" (page 2, §2599-bb, line 49). Exemptions for late term abortion are up until birth, which has also been interpreted by the bill's Assembly sponsor as "first breath" (January 17, 2017 Assembly Floor Debate).

To view this law objectively, it's important to understand the previous state law had already provided an exemption for late term abortion if the mother's life was at risk. The biggest change is that the RHA created a new exemption under the guise of "health." To many, this is a generic term and has on multiple occasions been interpreted by sponsors of the bill, as well as other Assembly colleagues in debate, to include mental health, familial health, or even economic health (January 17, 2017 Assembly Health Committee Debate). The largest objection to this portion of the RHA is that the word "health" is not defined in state law.

The vast majority of Penal Law changes in the RHA are on pages 3 – 5 of the bill where large sections, as well as any reference to the word "abortion" or "unborn" were removed from state law. While some people may not believe abortion belongs in our state's penal law, the reality is removing it had serious consequences.

When an illegal or unwanted abortion occurs, there used to be a penalty in our state's law. By removing all references to abortion, those penalties have been completely removed. A person may still be charged for an assault/murder of a woman who happens to be pregnant, but not for the assault/murder of the life she carries inside her. Sadly, the life in the womb will no longer find justice in New York State.

For those who doubt the significance of these changes, look no further than the attack in Queens earlier this year when the attacker could only be charged with the murder of the pregnant mother,

but not the child she carried inside her (New York Post, Feb. 8, 2019). Additional penalties and charges add up to consecutive sentences and help keep dangerous people off our streets. A murder of a pregnant woman is particularly egregious and should be viewed and sentenced accordingly.

This is a painful topic for many to discuss. When this bill passed, I said I found the most offensive part of the bill to be the seemingly generic exemption for late term abortion, as well as partial birth abortion should the federal partial birth abortion ban ever be repealed. That remains true, but Governor Cuomo's actions after the passage of this bill, lighting up the Freedom Tower and Tappan Zee Bridge pink, were particularly insulting. People who have strong moral objections to this bill deserve to know they can still call New York home. The Governor's actions were not representative of our state as a whole, and for that reason I believe it was appropriate for you as a legislature to speak up.

For those of you who may not be aware, earlier in my life I interned and worked for two separate pro-choice female members of Congress. I pride myself on my ability to work with people who may think differently on various issues. Despite our differences, there is always room for us to work together.

That said, we must understand and agree what are the facts. If a person supports the RHA because they believe in expanding late term abortion and removing penalties for illegal abortions, then that's a position they are entitled to take, but please don't pretend this bill is something that it's not. The legislation did not "codify *Roe v. Wade*." It went well beyond.

Don't take my word for it. Read the bill yourself at this shortened link from the NYS Assembly website: <https://bit.ly/2ZRtRPb>.

Respectfully submitted,

Kevin Byrne
Assemblyman, 94th District

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Brewster Students Honor Wings Over Water for Safe Swim Program

When Brewster High School sophomore Oscar Gonzalez drowned over Labor Day weekend, his death hit the community hard. A vigil was held in his honor at Electrazone Field just days later and, as the school year draws to a close, his soccer teammates continue to wear Brewster soccer t-shirts with "Oscar G" and his number on the back. But perhaps the most important thing that has been done to honor the beloved student is the start of the Oscar Gonzalez Safe Swim and scholarship.

The Safe Swim and scholarship were started by Jack and Debbie Duncan. Debbie, a teacher's aide at Henry H. Wells Middle School, knew Gonzalez when he was a student there. She and her husband Jack, president of the Brewster Lions Club, joined forces with Wings Over Water School of Swimming. In February, Wings Over Water held its first Oscar Gonzalez Safe Swim, teaching local students vital skills. Through the help of the Brewster Lions Club and the generosity of the Brewster community, disadvantaged students were able to take part in the swim as well.

"A lot of people, adults included, don't know how to swim," said Edie Flood, who co-owns the swimming school with her daughter, Therese Alden. "It's a life-saving skill."

The school district recently honored the swimming school with a Brewster Appreciation Award in recognition of its generosity and dedication to the students

of Brewster schools.

Superintendent Dr. Valerie Henning-Piedmonte, Athletic Director Dean Berardo, Brewster High School Principal Nichole Horler, Board member Kristin Cacal, soccer coach Scott Potusek and Gonzalez's teammates Joshua Lowe, Daniel Giron, Jordy Cerrato, and Aidan Rivadeneira visited the swim school last week.

"We can't thank you enough for what you've done to help some of our students," Dr. Henning-Piedmonte said. "This team bore a lot of deep pain as a result of Oscar's death and yet they've done something remarkable by keeping his memory alive. This is one of the examples of that. The partnership with the Brewster Lions and Therese and Edie is an extension of all of the wonderful things that have happened as a result of Oscar's untimely death."

Henning-Piedmonte went on to say that when she was in high school, she almost lost a childhood friend to drowning.

"I was terrified of the water from that point forward," she said. "It took me a long time to get over that fear and take lessons so that I could be safe. So I really appreciate and honor what you're doing to continue to make sure that our students are safe and that they don't have that fear follow them into their adult life."

"Once you get over that fear," Flood pointed out, "there is so much more on the other side."

Coach Potusek noted that one of his sixth-grade students has been enjoying



PROVIDED PHOTOS

the benefits of the Safe Swim program.

"She's so excited about the opportunity to learn how to swim," Potusek said. "You can see how it has come full circle, the opportunity for them to receive these important skills."

For Gonzalez's teammates and those who knew him, the Safe Swim scholarship and program helps to create something

positive out of a truly heartbreaking situation.

"We had a tragedy and something really tremendous — a living legacy — is going to come out of it," said Berardo. "That's a really good thing for now and for students in the future."

Registration for summer sessions at Wings Over Water began on May 28.



Mahopac Student Gets Taste of State Government

Nina Plateroti, a junior from Mahopac High School, was selected to participate in the Students in Albany program run by the League Of Women Voters of NYS, spent two days shadowing her state legislators last month. On May 19 and 20 she spent part of the program shadowing Senator Peter Harckham and Assemblyman Kevin Byrne, who she took a photo with on the assembly floor

Doc's Note: Yes, You Can Lose Weight – and Keep It Off

By Rachel Goldman, FNP-BC, CDE, Nurse Practitioner and Coordinator of the Center for Weight Management

If you're like most Americans, you've tried to lose weight. If you succeeded, you probably had a hard time keeping it off. Unfortunately, there's a good chance you ended up just where you started -- or heavier. Now, Northern Westchester Hospital's innovative new Center for Weight Management, invites you to get off the diet merry-go-round and start losing weight in a new and effective way, one that can keep you at your desired weight for a lifetime. Read on to see how the center can help you reach your goal.

Why is it so hard to lose weight? Out with the old answer...In with the new.

The old answer was that weight loss was a matter of willpower. But that answer didn't work. More Americans are heavier than ever. Today's answer is much smarter. It's informed by decades of research into why we gain weight, which has led to a richness of new knowledge. This has yielded a far more accurate – and nuanced – picture of the issue. Our relationship with food is very complicated. There are many possible factors at play:

- Emotional issues
- Lack of time to cook meals for ourselves
- Lack of time to exercise
- Underlying medical conditions (typically hormonal or metabolic conditions that make weight loss hard

and unsustainable)

- Even side effects of medications we take for other things. I've seen people who've been struggling to lose weight for years without knowing they have an underlying thyroid condition.

Because there are multiple causes for weight gain (and regain), "any effective solution needs to address all of these. The solution needs to be comprehensive, multidisciplinary and highly personalized.

Enter NWH's Center for Weight Management, which opened in March of 2019 at our Chappaqua Crossing campus. The center's approach puts today's new understanding of the many facets of permanent weight loss into practice, offering new hope for everyone, whether you want to lose a modest amount or you're looking for major weight loss.

At the center, we've assembled all the pieces of the puzzle. What does that look like? Your team includes a nurse practitioner, a nutritionist and, optionally, a psychologist. We can refer you to our bariatric surgeon if appropriate, and, if that path feels right to you. Working with your primary care physician, we might manage medications you take for other conditions. We often find weight-neutral alternatives to medications that have contributed to weight gain. And if, for example, we discover a hormonal condition, we refer you to an endocrinologist.

Another innovation is that after you reach your goal, we continue to support you through individualized maintenance coaching.

So what happens when you walk in?

After a comprehensive physical exam and medical history, we identify issues you've had with weight loss. You receive any hormonal/metabolic testing that's appropriate. We then set up a healthy weight-loss goal. Depending on your emotional connection to eating, a psychologist or nurse practitioner helps you develop skills to deal with your emotional triggers for overeating. We can offer you medications that help with the psychological aspect of eating, such as an FDA-approved medication for binge eating disorder. You also learn how to use cognitive behavioral therapy to successfully manage trigger situations."

And there's more.

You see a nutritionist for a personalized nutritional evaluation and dietary recommendations. Depending on your health situation, we can prescribe FDA-approved weight-loss medication to help with weight loss. And since activity is an important piece of the puzzle, we help you set realistic goals to increase activity.

There's another way your plan from the center will differ from any diet plan you've tried.

You won't lose as rapidly as on, say, the low-carb Keto or Atkins diet. We don't

want a 10-pound weight loss the first week. We're making slight changes that you can live with enjoyably for a lifetime. This is a marathon, not a sprint. We're in it for the long term.

Let's say you've reached your goal weight. Now you benefit from a continuation of the services we provided to help you achieve weight loss. Maintenance coaching is personalized, like everything else at the center. It can involve regular meetings with our nutritionist, ongoing psychological support, medical evaluations, and medication to sustain your loss.

Permanent weight loss is possible for you. There are evidence-based therapies and changes you can make that can help you lead a happier, healthier, possibly longer life. We hope you reach out to us. We are there for you.

Are you at a healthy weight?

Did you know that finding out your BMI, which is based on your height and weight, is one way to see if you're at a healthy weight?

If your BMI is:

- 18.5-24.9, you're a healthy weight
- 25-29.9, you're overweight
- 30 or higher, you're obese

To calculate your BMI, visit nwhc.net/WeightManagement

To learn more about the Center for Weight Management, or to schedule a consultation, call (914) 223-1720.

'Under Ground' – Theme Of Photo Display By John Hamburger

John Hamburger has pioneered an innovative photographic process that he refers to as "digital transfer on wood". Using reclaimed wine crates, uniquely made paper, and a mix of resin and polymer, he has created a body of work that allows the wood grain to become an element of the photograph. Ten of Hamburger's exceptional photographs are currently on display on the 1st and 2nd floors of Mahopac Public Library; the work can be viewed during regular gallery hours.

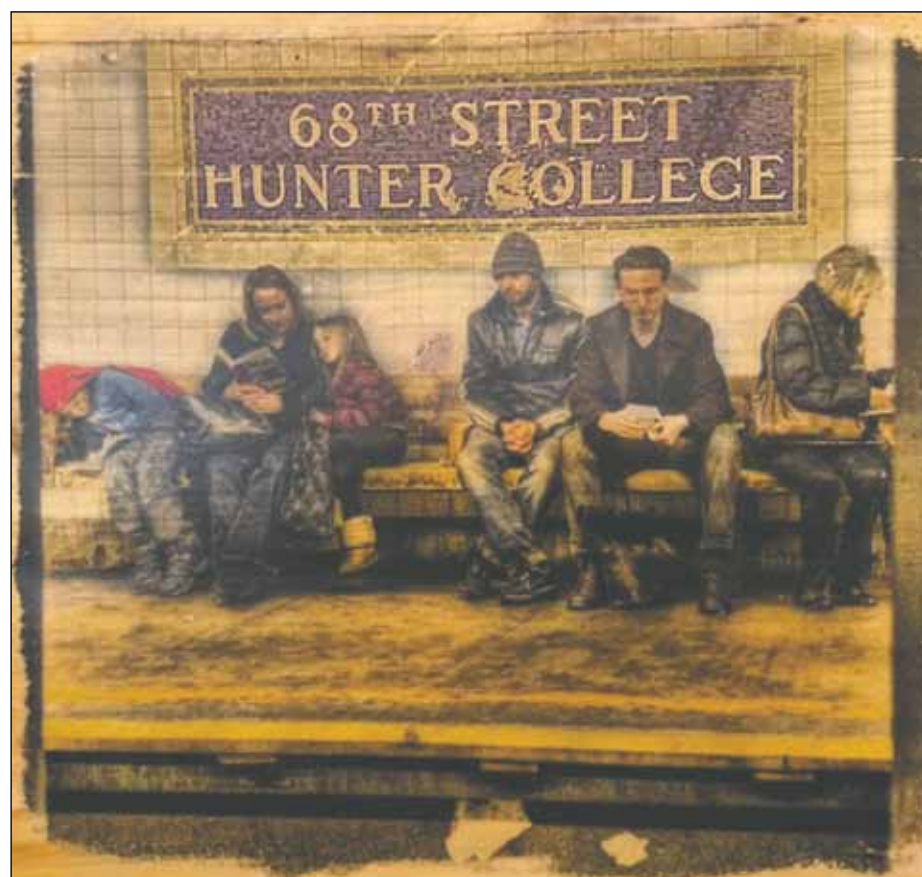
John studied at the International School for Photography in New York, the Center for Photography in Woodstock, New York, and at the Silvermine Guild for the Arts in Connecticut. He has also been instructed and guided by master photographers such as Elizabeth Opalenik, Jock Sturges, Dan McCormack, Susan Kleckner, and Robert Maxwell.

In his latest works, entitled "Under Ground", John spent time taking pictures of people traveling on the New York City subways, as well as meeting and photographing the roving musicians that play for a living in the train stations. One of his favorite areas to capture the scenes, the sounds and the people, is the food service area located on lower level of Grand Central Station. "Here is where people come from all walks of life to visit, to eat, to read, to meet and yes, to just be alone," says Hamburger. "The light is low but the excitement is high."

People often ask him "How did you do that?", referring to his art on wood. He answers the question the best way possible: it has been a three-year evolution in perfecting the process and he continues to make changes all the time. It was halfway through a photography project called "Under-Ground", that he decided that he wanted a new way to present it. Remembering that many of the great art masters used wood panels for their paintings gave him inspiration for his work. The photographic paper that he developed is extremely thin which gives his artwork the appearance of a painted surface.

Among the works installed on the 1st floor of the Library are several that feature readers: on the train or waiting at a subway stop including "On the 4 Train from the Bronx", "68th St. Hunter College", and "Harry Potter". These original works have given us an opportunity to experience a unique photographic process that is being used today.

For more information about exhibits at Mahopac Library, visit www.mahopaclibrary.org, or call 845-628-2009, ext. 108.



: 68th St. Hunter College by John Hamburger

PROVIDED PHOTO

Accidents in the Yard and Garden Can Be Serious

Something really dramatic happened to me a few summers ago that could have resulted in this issue's front page headline announcing, "Home Guru Crushed in Freak Accident in Pool." The article would have reported that this column would be retired, then go on to pay tribute to my life and work. It would end with a warning to readers that, while most accidents happen at home, they can be particularly dangerous just outside in the garden and yard.

Sound too grocery store, tabloid-oriented to be true? I ask because recently a reader inquired if all the personal

accounts I report in this column really happened, or if I just make them up? Well, I can assure you that this, like all my writing, is only what I know and is true.

Here's the story. I was in the deep end of my pool doing my aqua-exercise routine that I had learned years ago at a fancy spa. Because I was a bit tired that day, having just driven home with my family from Cape May, I decided to wrap up my abdominal twists a bit early. That decision may have saved my life.

Emerging from the pool, I was heading toward my back door when suddenly I heard the sound of a heavy collapse just

behind me, followed by an enormous splash. I turned around to see that a major limb from a dead tree near the pool had fallen directly into the deep end exactly where my head had been bobbing less than 30 seconds before!

Having heard the earth-shaking crash, my wife Margaret ran out to see what had happened. Even though I was shaken from the incident, I tried to make light of it by telling her, "I see another Home Guru column coming out of this!"

That old elm, having avoided Dutch Elm disease into maturity, died at least three years earlier, and I know I should have taken it down right away, but it offered a strange beauty in that it had been totally entwined with old wisteria vines that bloomed abundantly each spring. It was probably the wisteria that killed it, but somehow I thought that it would hold the tree up. Instead, a major part of it was pulled down, nearly crushing me in the process. A lesson learned about sacrificing beauty for safety's sake.

We all know that most accidents happen in the home, but a great percentage of them happen outside. I've

had my fair share of them, from accidentally disturbing a wasps' nest and sustaining multiple stings, to tripping on a vine traveling along the ground (the damned wisteria again) and wrenching my back when I hit the deck.

According to the National Safety Council, there are as many as 33,000 fatalities each year resulting from accidents outside the home and as many as 230,000 serious accidents that require visits to the hospital emergency rooms.

Statistics also show that most outside accidents happen from using tools improperly

and that most accidents are related to lawn mowers.

Here are some safety tips for outdoor activity offered by various manufacturers of lawn mowers and other equipment:

Prepare in advance of mowing by walking around the area to remove any objects like sticks, glass, metal, wire, stones and string that could cause injury or damage to equipment. Nails and wire are the most hazardous items that can be thrown by mowers, capable of killing bystanders.

continued on page 14



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By Bill Primavera

Living Vicariously as Ancient Wines Come to Auction



By Nick Antonaccio

Are you the adventurous wine consumer who is constantly on the lookout for new wines? Or are you the steadfast consumer who finds a wine you like and heads straight for the shelf or display where it's located in your local wine shop with no forethought?

This week's column is not for the latter readers. Yet, once in a while every wine consumer gets a bit adventurous. For me, it's living vicariously through the wine auction newsletters to which I subscribe. Scanning through listings of expensive bottles of rare French or Italian wines available at auctions sets me into an alternative reality of wine collectors who purchase such high-end wines as a hobby, typically for bragging rights among their friends.

The question of the provenance (the source and aging history) of these wines is always a question in my mind, as is the condition of the wine bottle and its contents. These factors will influence the

asking prices of auctioned wines.

I came across an account of wines that are coming to auction in a few weeks. Let's evaluate these wines as a vain, wealthy collector might. Living vicariously in this manner may offer an insight into that rarefied air of the one-percenters.

To my knowledge, this is one of the most unusual lots of wine ever offered at a public auction. In past auctions, centuries-old French Bordeaux bottles purportedly owned by Thomas Jefferson commanded steep prices (\$157,000 each). A rare individual bottle of 1945 French Burgundy, sold from a local winery's dust-covered estate cellar, commanded a record price of \$558,000. With this as backdrop, let's evaluate the wines coming up for auction.

The Headline (from Vinepair website): Christie's to Auction Shipwrecked 17th-Century Wine.

The Background: Fourteen glass bottles of an unknown liquid were found in a shipwreck off the German coast in 2010.

They were brought to the surface by a salvage company and one of them was

*You Heard It
Through the
Grapevine*

analyzed and tested. The shape of the bottle and a test of its cork and contents confirmed that these were ancient bottles of red wine from between 1670 and 1690. The bottles were held until now and two bottles

hit the auction block on June 6. Results have yet to be announced.

The Considerations

Does this sound like a bottle on which you would bid? Christie's auction house describes its drinkability as "questionable." Further, "this should be approached as a lot of historical and vinous importance."

How do these two comments foster interest? Is the value in the contents or in the age of the bottles?

Does this sound like a bottle on which you would bid? Each bottle's authenticity is certified in writing from the salvage company and has been stored in a specially designed, water-filled tank.

This speaks well of the provenance of the bottles, notwithstanding that the history of the wines from release to discovery is unknown.

Does this sound like a bottle on which you would bid?

Each bottle is expected to sell for \$32,942 to \$38,010.

Is this a fair value for wine that is

likely undrinkable and whose producer is unknown? Many older wines sold at auction have a clear documentation of their aroma and flavor profile and whether they are drinkable. There is also a sordid history in wines sold at auction that were counterfeit, for which large sums were paid.

As discussed above, bragging rights subsume otherwise rational concerns of high-end collectors. But what of your evaluation? Would you venture a cash investment in a highly visible bottle that ultimately may find its way back to the ocean via your kitchen sink drain?

And if you were the successful bidder, would you drink it, store it or sell it onward?

The Christie's auction took place as I was penning this column. Hopefully as you are reading this, the results have been reported. You judge for yourself: Was the winning bid a sound price and was the winning bidder of sound mind?

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



Happenings

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

Tuesday, June 18

Reed Library is a TEDx Salon! Watch a TED talk with us and join the conversation. 7 p.m. In observance of Pride month we will watch the talk by Casey Gerald: "Embrace Your Raw Strange Magic" Refreshments served, registration requested: 845-225-2439

Wednesday, June 19

Paul Cezanne Armchair Art Tour talk at Reed Library. 11 a.m. To register, 845-225-2439.

Thursday, June 20

Sunset Concert Series Mahopac Chamber Park. 7 p.m.- 9 p.m. Free. Visit www.carlemny.org/recreation or Facebook @CarmelRecreation

Farmers Market returns to Putnam Hospital Center: Offering a bigger selection of fresh, affordable produce to the community. The seasonal market is open to the public from 10 a.m. to 3 p.m. every Thursday through October on the hospital campus. The market is located around the flagpole near the front entrance to the hospital. Six local vendors will sell a bounty of fruits, vegetables, meats, cheeses, breads, eggs, truffle products, home baked goods and handmade soaps. Vendors include Do Re Me Farms, West Cork Farm, General Cochran Farm, Sharamel, Nelson Truffles and Mind, Body & Bath. For more information, please contact Public and Community Affairs Manager Marcela Rojas 845-230-4773

Friday, June 21

Camp. Read. S'more: 5:30 p.m. – 7 p.m. Pitch your own tent at our after-hours library camp in! We will read stories and

sing songs around the "campfire." And, of course, no camp out is complete without s'mores! For Ages 4 to 9 years. For more information or to register, contact the Patterson Library at 845-878-6121 x10 or go to www.pattersonlibrary.org and click Calendar.

Monday, June 24

Golf Outing: 1 p.m. Lunch 11 a.m. until 12:30 p.m. Don Parfitt Memorial Golf Tournament Putnam National Golf Course \$160/Golfer Make Checks Payable to Sacred Heart Church Mail for Scotty Cairney, 213 Fairfield Dr, Brewster NY 10509 Questions contact Scotty Cairney 845-279-5214

Tuesday, June 25

Mahopac Public Library Children's Summer Reading Kickoff Family Event: 2 p.m. @ Mahopac Public Library Jester Jim Returns! With nothing more than a trunkful of props, Jester Jim will have you cracking up in your seat. Juggling, balancing, and beatboxing, this show is packed with fun and excitement. Join us for this fun-filled family event for ages 3+ Registration begins June 3. Registration for the Kickoff Family Event is required. Register online or call 845-628-2009, ext. 139.

Dungeons & Dragons: 1 p.m. – 2 p.m. Let the adventure begin! Join us for tabletop adventures of sneaking through forests, hunting down monsters and dangerous quests. Materials will be provided. All levels welcome. For ages 12 and up. For more information or to register, contact the Patterson Library at 845-878-6121 x10 or go to www.pattersonlibrary.org and click Calendar.

Ice Cream Social: 3:30 p.m. - 5 p.m. We will start with an ice cream social in the park, where you can sign up for our summer reading program. Then, at 5 p.m. Jester Jim is here to bring even more fun and laughs! Separate registration for each part of this event. *In the event of inclement weather, the ice cream social will be cancelled. For ages 4 and up. For more information or to register, contact the Patterson Library at 845-878-6121 x10 or go to www.pattersonlibrary.org and click Calendar.

Thursday, June 27

The Tri-State IBM Retirees will hold their summer break luncheon 12:30 p.m. at Frankie & Augie'Z Restaurant, 3673 Hill Blvd, Jefferson Valley 914-245-9241. Individual lunch choices and cash payment. Call Peg Ryan at 914-528-5916 to confirm your attendance if you have not yet done so. Note there are no meetings in July and August. Our next scheduled meeting is Thursday, Sept. 26.

Do you know your status? Get tested for HIV. The Putnam County Department of Health is offering free HIV testing at the Health Department's main office at 1 Geneva Road in Brewster, from 10 a.m. to 3 p.m. Results ready in 20 minutes! No appointments necessary. For more information, please call 845-808-1390.

Friday, June 28

Film: "How to Survive a Plague" at Tompkins Corners -7 p.m. Tompkins Corners Cultural Center will present the film, How to Survive a Plague, the definitive history of the successful battle to halt the AIDS epidemic, with special guest, Joy A. Tomchin, producer. Suggested donation is \$10. Tickets are available in advance at www.brownpapertickets.com. To make a reservation, visit <http://www.tompkinscorners.org> or leave a message at 845-528-7280.

Putnam Valley Residents Coalition's Farmers Market which will once again be hosted by the Tompkins Corners Cultural Center at 729 Peekskill Hollow Road, Putnam Valley. The Market is outdoors on the lawn (or in the shed if it rains) and will run each Friday from 3 p.m. to 6:30 p.m. starting on June 28 and continuing until August 30. The Farmers Market vendors offer a variety of fresh, locally grown produce, baked goods and crafts. Vendor inquiries are welcome. The Markets are sponsored by the Putnam Valley Residents Coalition, a nonprofit 501©(3) organization. Find out more at www.putnamvalleyresidents.com. Vendors should contact putnamvalleyresidentscoalition@yahoo.com or call 845-528-0066.

Accidents in the Yard and Garden Can Be Serious

continued from page 14

Children should never be in the yard when mowing the lawn and should never ride on the mower. More than 800 children per year are injured by being run over by riding mowers.

Children must be kept totally away from power equipment because many suffer burns to hands and arms when they touch the hot muffler of running engines.

Be sure to know how to operate the equipment, where the controls are and what they do. Just recently I bought a new drill and started operating it before I had read the instructions, only to realize that there were new controls on it that I didn't know how to operate. Definitely dangerous.

Dress appropriately for outside jobs. Proper footwear is most important (when I tripped on that vine I was wearing flip-flops and definitely asking for trouble, which I got). Long pants and long-sleeved shirts are preferable (and a deterrent to those nasty deer ticks). Eye protection is frequently needed as are heavy gloves, hearing protection and, for women, removal of jewelry, which can get caught in moving parts.

Never work with electric power tools in wet conditions. For protection against

being electrocuted, a ground fault circuit interrupter (GFCI) should be used. There are both plug-in types and those that are part of some extension cords.

Handle gasoline carefully, remembering never to fill gas tanks while machinery is operating or when equipment is still hot, and do not fuel equipment indoors.

Something that few people think about: hoses left just loosely in various parts of the garden are an invitation for an accident. It's best to have them stored in a hose reel.

To prevent back injuries, it's advisable to use a wheelbarrow for heavy stones, but I found the use of a sturdy two-wheeled dolly perfect for moving extremely large rocks from one location to another.

And when using ladders, they should be firmly set or held by a garden helper.

By the way, in case you're wondering, I didn't leave the massive limb filling up my pool as a reminder of God's protection of me, although I considered it.

Although a writer and publicist known as *The Home Guru*, Bill Primavera is a licensed Realtor® affiliated with William Raveis Real Estate. If you would like the services of *The Home Guru* in finding or selling a home, Bill can be reached directly at williamjprimavera@gmail.com or by phone at 914-522-2076.

Crossword Answers

	1	A	2	D	3	A			4	S	5	C	6	A	7	R
8	A	M	O	R	E				10	P	H	D	S			
11	B	A	T	T	L	12	E		13	R	I	O	T			
14	O	N	C	E	A	G	15	A	I	N						
16	I	D	O		17	N	O	S	E							
18	L	A	M	19	A				20	R	21	I	22	C	23	H
				24	D	25	A	H	27	L		28	M	E	A	
				29	H	O	T	B	A	30	G	E	L	S		
31	P	32	E	A	R			33	O	M	E	L	E	T		
34	A	L	I	E				35	P	E	D	R	O			
36	K	I	R	S					37	R	A	Y				



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11 Foxwood Terrace
4 BEDROOMS • 3.1 BATHS • 3,504 SF • 4.98 ACRE
Patterson | Web# PE1551082 | \$525,000



1 Hortontown Hill Road
3 BEDROOMS • 2.1 BATHS • 2,576 SF • 1.73 ACRE
Hopewell Junction | Web# PE1548876 | \$500,000



19 Allview Avenue
4 BEDROOMS • 2 BATHS • 2,536 SF • 0.49 ACRES
Brewster | Web# PE1553465 | \$485,000



205 Titusville Road
4 BEDROOMS • 2 BATHS • 1,712 SF • 0.65 ACRE
Poughkeepsie | Web# PE1551262 | \$425,000



39 Yorktown Road
2 BEDROOMS • 2 BATHS • 1,384 SF • 0.28 ACRE
Carmel | Web# PE1548621 | \$279,000