





SMALL NEWS IS BIG NEWS

Volume 11, Issue 538

Leg. Looks to Create Tourism Department

By David Propper

The mantra at the Putnam County Visitor's Bureau has been "Where the Country Begins," but it appears the tourism non-profit has reached its end.

During a legislative personnel committee meeting last week, it was revealed the Putnam County Visitor's Bureau ceased operations after an apparent schism between the outside agency and county leadership. As a result, lawmakers are leaning toward creating a tourism department within county government.

The tension between the county and visitor's bureau has been simmering for months.

County attorney Jen Bumgarner said the county executive's office and some legislators were concerned with the operations of bureau and were rebuffed by tourism board members when county officials reached out to them.

At a bureau board meeting, Bumgarner and a couple of lawmakers attended to convey their concerns. During that meeting, Bumgarner said the tourism board and staff indicated to county officials they did not intend to make any changes and were content with the performance of the director, Bruce Conklin.

The relationship between the county and the bureau continued to deteriorate, Bumgarner said, including the bureau's board refusal to sign a contract with the county that would've given county officials more oversight over the tourism agency.

No contract was ever signed between the two sides for 2019.

The county began exploring other possible options for a tourism branch of the county, including looking for another agency to take over or having tourism be an in-house department, Bumgarner said, which led to the apparent final straw for the visitor's bureau.

Bumgarner said she was notified by a New York State official that the visitor's bureau sent back funds to the state to the tune of \$68,000 and the visitor's bureau is now closed. (The office space on the third floor of the county office building was cleared out.) With the possibility of the county losing that money, the visitor's bureau agreed to reissue the funds to the county instead.

In a press release issued a few days after the committee meeting, the visitor's bureau board of directors defended itself Conklin's performance, arguing immeasurable improvements were made the last few years. The website was redesigned, television, radio and newspaper advertising was pursued and more work was on the horizon, the board of directors stated.

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Civil War Memorial Unveiled

A plaque dedicated to Putnam County veterans that fought in the Civil War was unveiled and celebrated at the county's Veterans Memorial Park in Kent last weekend by Carmel resident Tyler Dicembrino, who worked over the past year to secure the plaque meant to honor the local men that fought in the country's bloodiest war. Dignitaries, including Sheriff Robert Langley and lawmakers Toni Addonizio, Carl Albano, Joe Castellano, Bill Gouldman and Nancy Montgomery, were all on hand for the dedication. Dicembrino (center behind the plaque), who is a young, local historian, was joined by people he does historical reenactments with to honor the 1,600 veterans from the county that served.

Carmel Town Justice to Run for County Judgeship

By David Propper

When the late James Reitz earned a Putnam County judgeship more than a decade ago, the man that replaced him on the Town of Carmel judicial bench was Mahopac attorney Joseph Spofford.

Now, following the tragic and untimely death of Reitz, Spofford will once again look to follow in his footsteps as he announced his intention last week to run for Putnam County judge under the Republican banner.

Spofford, who is still serving as a Carmel town justice, is the GOP pick to run for the seat that became vacant when Reitz died suddenly of a heart attack last month while he was on the bench. Spofford has 30 years of court experience, including family, surrogate, criminal and state supreme court, as well as familiarity with the local town and village court system.

Spofford was first appointed to a Carmel town judgeship in Dec. 1999 and successfully ran for re-election in 2000, 2004, 2008, 2012 and 2016.



PROVIDED PHOTO

Candidate for Putnam County court judge Joseph

"As Putnam County Court Judge I will continue to administer justice, without fear or favor, in a fair and equitable manner," Spofford stated.

Spofford will hold a formal announcement this Wednesday on the steps of the Historic County Courthouse, but was already lauded by several dignitaries and attorneys that live and work in Putnam in a press release sent out by Spofford's campaign

Former legislator and deputy county executive Dan Birmingham said Spofford demonstrates every characteristic that a

"Fairness and compassion in all matters, firmness and resolve when required and the sober and thoughtful administration of justice for all," Birmingham said. "These attributes coupled with his judicial experience, academic credentials and community involvement demonstrate that he has the caliber of character and dependability of wisdom to be our next County Court Judge."

Defense attorney and Mahopac resident

Joseph Tock said Spofford's background as a private attorney, his affable demeanor and approachable attitude would result in the perfect temperament for the judiciary. Another defense attorney, Brewster resident Jay Hogan, called Spofford the "perfect candidate" for county judge.

"Joe's knowledge, experience, fairness and compassion makes him an excellent choice for Putnam County Court Judge," County Clerk Michael Bartolotti, who is also an attorney, added.

GOP committee chairman Scannapieco said Spofford emerged out of three possible candidates who were considering running for the position. Spofford and the two other contenders (both current town judges in the county) discussed which person should run this year and Spofford ended up being the pick.

"He's been a judge quite awhile," Scannapieco said. "He knows everything about drug (treatment) court, youth court and all this other stuff.'

Two Dutchess Women Nabbed for Car Break-ins

By David Propper

A string of car break-ins near well-visited natural resources in Putnam County led to the arrest of two Dutchess County women last week.

Megan Gonzalez, 25, and Kimberly Greer, 24, both of Fishkill, were charged with multiple counts of grand larceny in the 4th degree, the county sheriff's office announced.

Over the past three weeks, the sheriff's department and the New York State Police received several complaints from hikers that their parked cars had been broken into and personal items were stolen after they got back from their trip for the day.

The items stolen included loose change, pocketbooks and wallets containing credit cards, money and identifications. The thefts took place in Philipstown along the Route 9D corridor from Sandy Beach/Stony Point to Breakneck Mountain and in the area of Route 301 through Fahnestock State Park in Philipstown, Putnam Valley and Kent.

The stolen cards were used for unauthorized purchases at businesses in Dutchess, Orange and Westchester counties and in Danbury, CT. Investigators, using security footage, developed a description of two females and a vehicle they were using.

On July 10, a sheriff's investigator, driving along Route 301 through Fahnestock, saw the suspected vehicle parked unoccupied in a parking area of Canopus Lake in Putnam Valley. The state park police were notified and assisted in watching the vehicle until the two female suspects emerged from a trail, got into the car and started to leave. Determining those two females were indeed the suspects wanted for the thefts, Gonzalez and Greer were arrested and transported to the sheriff's department for further probing.

Gonzalez and Greer were released without bail pending court appearances in multiple jurisdictions.





Is Your Biological Clock Ticking?

The Trend toward Later Motherhood...

Ask the Doctor

Dr. Navid MootabarChief, Obstetrics & Gynecology
Northern Westchester Hospital

Learn more about
Dr. Mootabar, visit
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Q: What's behind the trend toward later parenthood?

A: Women in the U.S. are waiting longer than ever to have children, according to the Centers for Disease Control and Prevention. In fact, the average age of first-time mothers is now 26, up almost two years since 2014. In the last 10 to 15 years, we've seen the average age of first-time mothers increase greatly, mainly because women are pursuing careers and education first.

Q: I'm turning thirty. Should I be worried about my "biological clock" ticking?

A: The best time for a woman to get pregnant is between the ages of 20 and 35. In this age range, you are most fertile and least likely to experience complications. Though there is a slight risk of declining fertility by the age of 35, it's only about 5 percent. Egg quality and quantity decline after age 35, and good ovulation cycles become less frequent. Eggs of poorer quality are released, making it more difficult to get pregnant.

Q: Will older moms-to-be face risks?

A: A mere twenty to thirty years ago, the maternal age of 35 was considered advanced for childbearing; it was also considered the age at which a woman became – virtually overnight and automatically – a high-risk pregnancy. Today we know that if you're a healthy 35-year-old woman

who is pregnant, you may often have the same degree of risk in pregnancy as that of a younger mom-to-be.

If you're over 35 and considering pregnancy, you may have to visit your physician more frequently to ensure that the pregnancy is proceeding smoothly. I recommend scheduling an appointment for both preconception counseling and genetic counseling. This will help your physician identify and minimize any risk factors so you can improve your chances of a healthy pregnancy. Women over 35 can deliver healthy children and have a safe pregnancy. It's all about taking care of yourself, knowing your risks and coming up with a plan that is right for you and your family.

Q: I'm worried that when I do decide to have children, I won't be able to. What are my options if I can't get pregnant?

A: Advances in technology help many women over 35 get pregnant and give birth to healthy babies. In vitro fertilization is a process by which a woman's eggs are extracted and combined with a sperm sample, creating an embryo that is transferred to the woman's uterus. In vitro fertilization now includes a procedure called pre-implantation genetic diagnosis that helps identify chromosomal and genetic abnormalities, ensuring physicians are implanting healthy embryos.

New Putnam EDC Prez Looks to Make Positive Changes

By David Propper

After the position sat vacant the last six months, Putnam County's Economic Development Corporation has a longtime resident as its new president.

Brewster resident Kathleen Abels, who has lived in the county since she was a child, was selected by the EDC's board of directors to serve as president, with her tenure starting July 1. Abels said in a press release she was honored and excited to accept the position, calling it a privilege to lead the EDC, which drives the economic vitality of Putnam by fostering an environment conducive to the creation and retention of businesses.

Abels worked at NYSEG for many years, most recently as the company's manager of community outreach and development in the region. She was also on the EDC board of directors for five years and presently serves on the board of directors for the Town of Southeast Cultural Arts Coalition and Friends of Ladson Park. She is also a former chair of the Town of Southeast Historic Sites Commission.

Retiring from NYSEG about a year ago, Abels said she was looking forward to making this her "encore career." Abels takes the place of former EDC president Jill Varricchio, who served roughly three years and left at the start of this year.

'Very excited to step up and hope to make some positive things happen," Abels said.

Abels said she wants to repurpose existing, empty buildings with an eye toward historic



PROVIDED PHOTO

EDC president Kathleen Abels.

preservation, leverage existing resources like the county's access to interstates, trains and the Hudson River and support projects that improve the county's infrastructure.

Abels said relationship building would

also be critical with elected officials, planning boards and other economic development organizations.

"We need to drive integrated sustainable solutions and continue to keep Putnam the nice place it is to live and work," Abels said.

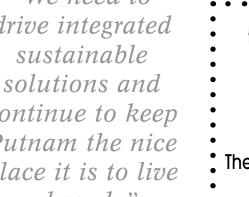
Abels said the EDC would target specific industries that would fit well within the county and not be too massive. The ultimate goal is to improve the tax base while not rattling people's way of life.

Abel has deep roots in the county, moving with her family to Carmel when she was 11-years-old. She has lived in Southeast for

"We need to drive integrated sustainable solutions and continue to keep Putnam the nice place it is to live and work." -Kathleen Abels

Board chairman Richard Weiss said Abels was the right leader to guide the EDC into the future. As a former board member, Abels has an understanding of the available incentives and markets in the county, Weiss said in a press release.

"Her extensive experience, background and people-focused leadership style will build on the success of the Putnam County EDC. Her priorities will be to strengthen partnerships, develop strategic alliances and successfully execute the Putnam County EDC's vision," Weiss said. "She has strong core values and the unanimous support of our Board."





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Without Any Family or Friends, Mahopac Vet Still Remembered

By David Propper

Not a single person had ever met him, but it didn't matter.

About 20 people attended a farewell ceremony for Korean War era veteran and recent Mahopac resident Donald Norton who died a few weeks ago, but had no family or friends to his name. With the help of Putnam County's Veterans Service Agency, Norton, who was born in 1933, was sent to Gerald B.H. Solomon Saratoga National Ceremony last Wednesday after a brief remembrance at Cargain Funeral Home in Carmel.

While Norton had no family or friends, dignitaries like County Executive MaryEllen Odell and Legislator Amy Sayegh, other county officials and the New York Riders were there for his sendoff.

GOP Board of Elections commissioner Tony Scannapieco, who is a veteran, said sadly Norton had nobody else and it was important that fellow veterans come out to remember him. Earlier this year, Scannapieco went to another indigent funeral for a northern Westchester veteran, Robert Graham, who died without any remaining family.

"Every time I hear about one, I will be there," Scannapieco said.

The New York Riders had several members on hand to honor Norton, holding up a line of American flags before the hearse with his body was driven to the cemetery. The group found out about the sendoff only a couple days prior, but made



DAVID PROPPER PHOTOS

Veterans Service Agency director Karl Rohde said a few words about veteran Donald Norton last week. Norton died without any family or friends.

sure to mobilize enough people to come out.

"No veteran should pass away all by themselves," member Cliff Fitzgerald said. "We show up if we can, we show our respect for the men and women who put their lives on the line for us so we can have our freedom."

Bob Hinkey, a Westchester resident, said he and other Riders have been to many indigent funerals. Respect is what these veterans deserve, he said.



Taps was played before Norton went off to a national cemetery.

"This was actually very nice considering there was no family," he said.

Veterans Service Agency director Karl Rohde stressed no veteran should be forgotten and he was appreciative of the people that were able to attend the sendoff.

"So it means the world to me," Rohde said.

There wasn't much information revealed about Norton except he was in the Montrose VA system after he became homeless. Eventually, an apartment was found for him in Mahopac.

It's unclear if he served in combat during the Korean War or just served during that era. His discharge papers were burned in St. Louis so the only information Rohde could rely on was a certificate with the years he served. According to the funeral home, Norton died of leukemia.

Rohde, who never met Norton, said he wants other veterans that might be on their own to reach out to a veterans group like the VFW or American Legion.

"Don't let anybody be forgotten," Rohde said. "Maybe if somebody knew Norton they could've gotten to him before he passed and gotten him to the doctor and he would've been fine."



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A line of American flags and appreciative onlookers gave Norton a proper sendoff.

County Personnel Committee Votes to Move WIC

By David Propper

Putnam County lawmakers took a big step toward moving the Women, Infants, and Children program to a private entity after the legislature's personnel committee voted to move the resolution to the full meeting next month.

Despite some residents objecting to the discontinuation of WIC, lawmakers seem dead set on transferring the safety net program from the county to Open Door, a Brewster based family medical center. The final day WIC would run through the county is Sep. 30.

Legislator Nancy Montgomery, who opposes the move, said the removal of WIC has been a done deal since March, citing her discussion with a WIC coordinator from New York State and a previous letter the county sent the state about WIC months ago. She pleaded with other legislators to wait until the contract runs its five-year course before WIC is chopped. There is one year left to the contract.

She said west side county WIC recipients will have trouble getting over to Brewster for services.

"Right now, it's not clear it's going to serve in everyone's best interest," Montgomery said.

But Legislator and personnel committee chairwoman Ginny Nacerino tried to make the case that Open Door was better suited to handle WIC services because it was located in the Village of Brewster, where the 155
155
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DAVID PROPPER PHOTO

Open Door in Brewster would be taking on WIC services by October is county lawmakers vote as expected next month.

concentration of WIC recipients live. Those residents that need transportation will get it through private funding, she said.

She made clear the WIC program is not a state mandate and that Open Door would better serve residents that use WIC. Doctors, dentists and other healthcare professionals are provided at Open Door, Nacerino said, that the county cannot offer.

Nacerino said the county is doing its best to find other positions for the employees that would face layoffs from the WIC discontinuation, which has been a concern for some lawmakers and residents that are against the move.

"There are times government must make tough and difficult decisions to protect the effectiveness, efficiencies and economy of the county and the taxpayers," Nacerino said.

Personnel director Paul Eldridge told lawmakers he's "very confident" those employees that would lose their current positions would be able to find other employment in county government.

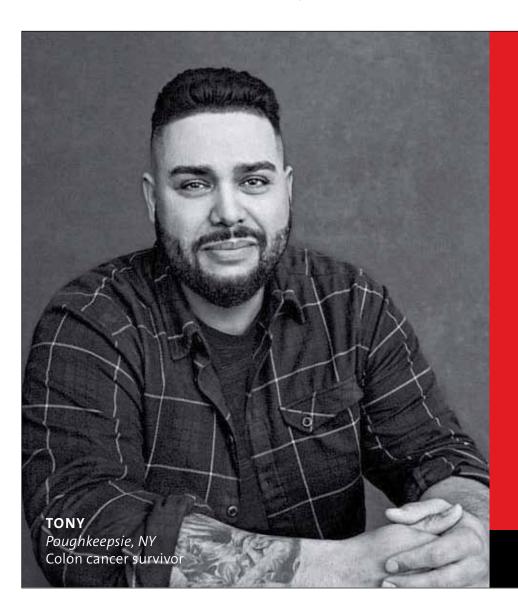
Carmel resident Rebecca Swan, who is running for a seat on the legislature, said she supported moving WIC to Open Door, but the lack of transparency over the process was troubling. She said the county should let the contract run its full five-year course so those employees nearing retirement benefits would be able to attain the requisite amount of time needed.

Southeast Councilwoman Lynne Eckardt, who was speaking for herself, said if she were in the shoes of the WIC employees losing their jobs, near certainty about finding another county job would not be good enough for her.

Still, it appears most lawmakers are on board with the change.

Legislator Neal Sullivan said the topic has been discussed three times in as many months, calling the criticism that the process was not transparent "unfair." Legislator Cal Albano said he didn't see a downside to moving the WIC program.

"It's the right thing to do for all the people of Putnam County," Albano said.



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Dismantle, Leg. Looks Returns to the 4-H Fair to Create Tourism Dept.

continued from page 1

The board of directors confirmed no agreement was reached because the visitor's bureau objected to certain clauses in the contract and the county was not willing to make modifications, though the bureau continued to be funded.

When ads were placed in the local newspapers earlier this year about seeking a new tourism director, the visitor's bureau was caught off guard.

'No notice had been given to the visitor's bureau and a reasonable conclusion was drawn that the county was likely moving forward with bringing the functions of the visitor's bureau in-house," the board of directors stated. "In anticipation of this change, and in deference to the Executive Director, the visitor's bureau began taking action to dissolve."

Bumgarner said with the visitor's bureau closed, the county needs to decide what the next step would be; either find another agency to take control or hire tourism personnel that would work within county government.

Bumgarner suggested the county create its own department and act quickly on it

so Putnam doesn't lose out on the tourism funds given from the state. A charter change would be advisable, Bumgarner said.

"The person that we get needs to hit the ground running," Bumgarner said.

Most county legislators voiced support to hire someone that would be under the purview of the county executive's office and legislature.

Legislator and personnel committee chairwoman Ginny Nacerino said the county has struggled for several years to reach its tourism potential and the former director, Conklin, was not amenable to giving the legislature updates on the work of the bureau. Legislator Paul Jonke said the visitor's bureau was not transparent and refused to be accountable to lawmakers.

"I think we should have an employee that works for us, much like the department heads here tonight," Jonke said.

Tourism is critical to economic development in the county, lawmakers and residents agreed.

"Putnam has a lot to offer and I think we missed the boat on that the last couple of years," Legislature Chairman Joe Castellano

After Visitor's Bureau's The Country-Living Auction

The Putnam County 4-H Fair will celebrate its 48th Annual event Friday Sunday, July 26 – 28 at the Veterans Memorial Park, 201 Gipsy Trail Road, Carmel. As always there is free parking and free admission. One of the highlights of the weekend, sponsored by Cornell Cooperative Extension, is the 'Country Living Auction'. The Auction is one way that anyone interested can participate in the Fair either by donating an item to the auction and/or by being part of the bidding

If it's the time of year when you are cleaning out or just trading up why not donate to the Auction? We are looking for new and nearly new lawn, garden, patio, recreation and outdoor items to sell at the live auction during the Fair on Saturday July 27th at 2pm. Donations are tax deductible and, to the extent possible, arrangements can be made to pick up items in Putnam, Northern Westchester & Southern Dutchess Counties. Items for the auction are being accepted now. Some examples of the types of items that would fit into the 'Country Auction' theme are:

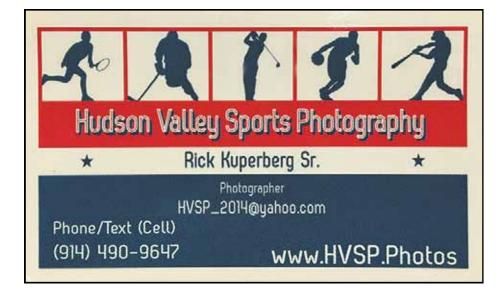
- Lawn & Garden equipment and tools tractor, cart, rotor-tiller, weed whackers
- Lawn & Garden products compost, firewood and more
- Landscape & Garden art arbor, topiary, sundial, decorative planter, birdfeeder

- Adirondack chair, fire pit
- Leisure Living picnic baskets, weekend getaways
- Sporting Goods fishing equipment, golf equipment, kayak, rowboat
- 50's Classics vintage home goods, collectible toys, and more
- Gift certificates for products/services from local businesses & restaurants; tickets to sporting events and activities, concerts, Broadway shows, and theater If you think you would enjoy a lively

auction, 'called' by a professional auctioneer, come 'pick-up-a-paddle'. To have an idea of the auction items available, there is an opportunity to either visit the auction tent before the event or check our website where a listing will be continually updated. In past auctions we have put out to bid: patio/deck furniture, tickets for golf, New York Giants, Yankee tickets, mowing tractor, even a canoe!.

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Mahopac Baseball MVP Lacoparra **Earns All-Section Honors**

Usually in baseball, what happens in threes are not a good thing, but recent Mahopac High School graduate Joe Lacoparra has been hit with three major achievements, including:

- Mahopac Indians Varsity Baseball Team
- · All-Section Honors
- Scholarship to play Men's Baseball for Manhattanville College

For the 2019 season, Lacoparra, pitcher and designated hitter (DH), had a batting average of .375, 13 runs batted in (RBIs) and two home runs. He also had a 2.59 earned run average (ERA) in 27 innings pitched with 25 strikeouts.

"You can do it and I believe in you" was something Lacoparra heard often from his parents growing up and attributes to his accomplishments. He started learning and loving baseball with his father when he was 4 years old. What many people may not know is he also has rheumatoid arthritis and suffers chronic pain.

"Joe was born a preemie at 30 weeks with the odds stacked against him. He grew up managing his pain and it was very important to him that people do not feel sorry for him," said his mother, Carolann Lacoparra.

Perhaps this is why Lacoparra is looking to pursue nursing. No matter where his path takes him, it will surely involve helping



Probe Underway After Domestic Cat Shot in Carmel

By David Propper

A black cat in the Town of Carmel was shot earlier this month as the SPCA continues its search for the perpetrator that committed a possible case of aggravated cruelty, which is a felony.

Between July 2-4, it is believed the cat, which is 7-years-old, was shot with a high-powered pellet or small caliber bullet. The cat, whose name is Simon, was loose at the time and when he returned home an injury to his hind quarters was evident.



PROVIDED PHOTOS





Taken to Brewster Veterinarian Hospital, metal fragments were found throughout the cat's midsection and the projectile caused a broken femur bone and pelvis, but through surgery the veterinarian was able to remove a small fragment of the projectile, leaving the rest to not endanger the cat's life, according to the SPCA.

The projectile caused extreme pain, serious injury and permanent physical impairment of the cat's hind legs, according to the SPCA. Simon is currently stable and resting at home along the Drewville Road area.

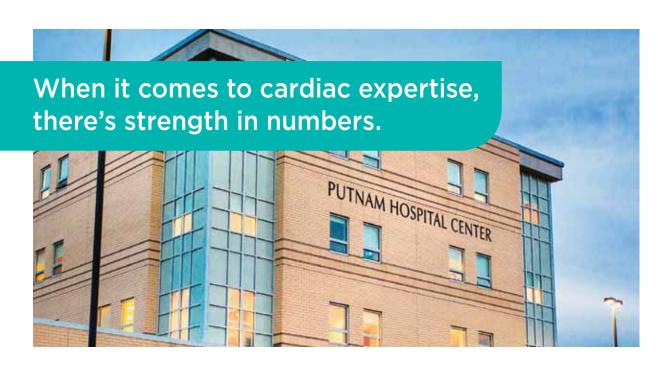
"All animals are protected under the

animal cruelty law of New York," SPCA chief Ken Ross said. "Cats are allowed outside and should not be targeted by anyone. Shooting any domestic animal, especially in a residential neighborhood, is criminal and reckless."

The New York State Humane Association, based in Kingston, is offering a \$1,000 reward for information leading to the arrest and conviction of the person or persons responsible for shooting the cat.

"The individual(s) responsible for this heinous assault on a family pet must be brought to justice," NYSHA president Pat Valusek said.







Aarti Campo, MD, FACC



Anthony Messina,



Lawrence Solomon, MD. FACC

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Cuomo Signs Bill Allowing Congress to Obtain Trump's Tax Returns

By Martin Wilbur

Legislation originally proposed by Assemblyman David Buchwald (D-White Plains) that will allow three congressional committees to request President Donald Trump's New York State tax returns became law earlier this month.

Gov. Andrew Cuomo signed the New York TRUST Act, which now permits the state to cooperate with congressional investigations by furnishing the House Ways and Means Committee, the Senate Finance Committee or the Joint Committee on Taxation the New York tax return of any state or federal elected official or local elected official from a municipality with a population of at least 50,000.

Buchwald, a chief sponsor of the legislation along with state Sen. Brad Hoylman (D-Manhattan), said the measure is in step with the tradition of states cooperating with congressional inquiries.

'It's our system of government. checks and balances that involves states responding when there is a dispute between different levels of the federal government," he said.

Buchwald's original version of the bill proposed in 2017 would have made any elected official's state tax return public. However, that was blocked by the Republicanled state Senate at the time.

In order for New York State to play a role, an official would have had to file a state return, he said.



PROVIDED PHOTO

President Donald Trump

Advocates of government transparency applauded the new law on Monday, saying that it will allow New York do its part in ensuring that the roughly 50-year tradition of candidates releasing their tax returns remains strong in New York.

Assemblyman David Buchwald

"Every presidential candidate since Richard Nixon has released his or her tax returns, except

Donald Trump," said Susan Lerner, executive director of Common Cause New York. "Americans have the right to know if the President is putting his business empire, or the interests of the public, first."

"By signing the TRUST Act into law, Governor Cuomo has put the legal and administrative power of our state behind the simple principle that no person is above the law," added Michael Kink, executive director of the Strong Economy for All Coalition. "At a time when President Trump is trampling legal and constitutional norms, our state lawmakers have strengthened the hand of Congress in their investigations of corruption and malfeasance."

PROVIDED PHOTO

The state Republican Party,

however, issued a statement from its chairman, Nick Langworthy, condemning the law while strongly suggesting that it will face a legal challenge.

"This law is nothing more than presidential harassment," Langworthy's statement read. "Today Andrew Cuomo and Albany Democrats are using it to go after President Trump, but tomorrow it could be any New Yorker. It will never stand up in the courts and they will once again be exposed for wasting precious taxpayer resources on their never-ending partisan witch hunt."

Buchwald, a tax attorney, said the law is not a temporary measure and will be on the books when there is a Democratic president and either one or both houses of Congress are in Republicans

He said he understands why the state Republican Party would prefer to have New York be a bystander on the matter but the state legislature has a responsibility to empower the federal legislature when the people of New York support doing

The assemblyman mentioned that the law will stand up to legal scrutiny.

"I am confident that the courts will recognize that New York State has the full authority when it comes to New York State tax returns," Buchwald said.

Health Quest Hospitals Receive 'Gold' for Stroke Care

When it comes to stroke, early assessment and rapid treatment are critical to saving brain cells - and lives. To recognize hospitals for fast-acting care, the American Heart Association recently released its Get with the Guidelines awards. Vassar Brothers Medical Center, Putnam Hospital Center and Northern Dutchess Hospital each earned "Gold Plus" for following up-to-date, evidence-based treatment guidelines.

'We know that every minute counts," said Dr. Paul Wright, Health Quest's assistant vice president of neurosciences. "Faster access and treatment leads to an increased likelihood we can reduce the patient's risk for death and disability, so this is an incredibly important healthcare initiative that is meaningful to our communities."

The heart association's evaluation is based on how well the hospitals provided brain scans, administered clot-busting drugs and prescribed preventive medications upon discharge, among other measures. The type of award — gold, silver and bronze — relates to the length of time these practices were followed: two years for gold, a year for silver and 90 days for bronze.

The generalized categories of excellent care include: How quickly stroke patients were assessed, diagnosed and treated - and preventive treatments given throughout the patient's hospital stay. A "plus" is awarded



PROVIDED PHOTO

Dr. Paul Wright

to hospitals that meet additional guidelines, such as cessation counseling for smokers, a major stroke risk.

At a "gold" hospital, highly trained emergency department staff are taught to spot stroke symptoms and act fast, according to Dr. Keyur Ajbani, medical director of Putnam's emergency department.

A "code stroke" page is activated,

sending a rapid-response stroke care team to the patient's bedside within

We draw blood for lab work, take a full medical assessment and prep the patient for a brain scan, if the patient wasn't taken to radiology directly from the ambulance, which also occurs," Ajbani said.

Here's where "gold" is earned. Eligible patients must have clot-busting drugs within three hours of stroke symptoms.

"That can be tricky because not everyone heads to the Emergency Department immediately and because several tests are required before we can determine if the clot-busting medications are safe for the patient," said Dr. W. Andrew Wilson, medical director of the emergency department at Northern Dutchess Hospital.

"For example, someone with diabetes, on a blood thinner medication, with consistent elevated blood pressure or internal bleeding may not be eligible. We must do a thorough assessment and have test results prior to our decision," Wilson

For Vassar Brothers, which achieved honor roll status, more than half of those eligible patients received IV-tPa within an hour of arrival, "a significant achievement that requires stroke protocols to be streamlined to the second," Wright said. A certified primary stroke center, Vassar neurointerventional surgeons also provide minimally invasive surgery using a catheter through the groin to retrieve and break up clots or to repair damaged blood vessels in

To earn "gold", the association also requires:

- Patients receive medicines that slow down future clotting and prevent platelets from clumping within two days of their hospital stay and upon discharge.
- Physicians provide treatment to prevent complications such as clots in the lungs or vein.
- Physicians give patients with atrial fibrillation a blood thinner upon discharge.

"We are committed to delivering advanced and timely stroke care to patients in a safe and efficient manner, and this recognition is a testament to the level of care our team provides to patients," Wright said.

To learn more about stroke care services at these Health Quest hospitals, visit www.healthquest.org/stroke.

OPEN HOUSE



Orange County Transit, LLC Putnam Valley School District

Join Us for an Open House Job Fair and C.D.L Informational Workshop
Wednesday July 24, 2019
Two Sessions: 10:00am till 2:00pm and 4:30pm till 6:30pm held at the
Putnam Valley Transportation Building
171 Oscawana Lake Road, Putnam Valley, NY 10579

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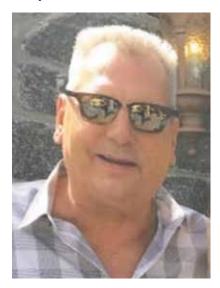
We invite readers to share their thoughts by sending letters to the editor. Please limit comments to 250 words. We will do our best to print all letters, but are limited by space constraints. Letters are subject to editing and may be withheld from publication on the discretion of the editor. Please refrain from personal attacks. Email letters to Editor David Propper at dpropper@theexaminernews.com. The Putnam Examiner requires all letter writers provide their name, address and contact information.

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Obituaries

Bruce M. Blasko

Bruce M. Blasko of Mahopac, died suddenly on July 8, at the age of 59. He was born in Yonkers, on July 1, 1960, the son of Jack and Nancy (neé Carr) Blasko. Bruce was a proud veteran of the United States



Navy having served active duty from 1979-82. Bruce was also a Teamster with Local 456 in Elmsford, and an active member of VFW Post 5491 and American Legion Post 1080. Bruce was a very kind hearted man whose presence was known not only by his size but by his personality and whose heart was just as big as both. He always had a special way of telling a story, which was sure to get a laugh out of all. Bruce was a man who always made you feel welcomed and apart of the crew. His spirit will live on through the memories of those who loved him. Bruce is survived by his wife Camille, step-daughters Camille DeMonico (Jason aka Jay Bird) and Monique Montanez (Jacques), siblings Jack Blasko and Kim Hoellger, and grandchildren Jacques, Stevie-Marie, and Jonathan.

Christopher M. Bruno

Christopher Michael Bruno, of Carmel, lost his battle with addiction on July 10, with his parents by his side. He was 31 years old. Born on December 8, 1987 at New York University Hospital in NYC, son of Michael F. and Nancy (Bondatti) Bruno of Carmel. He attended North Salem High School and



(845) 225-3672



the Westchester Business Institute. Chris was CDL truck driver with Teamster Local 456 out of Westchester County. He loved baseball and was an avid Yankees fan. Chris had a huge heart; he was a devoted friend and son. He had an unconditional love for his mother and cherished every moment with her. Chris is survived by not only his parents but also his sisters; Anna Nicole and Ashley, his Aunt Marie and Uncle Richard and many friends. He was predeceased by his maternal and paternal grandparents.

Patricia Frame

It is with deep sadness that we share the passing of our beloved, Patricia Frame, on July 11, at the age of 92. Patricia was born with a divine spark on St. Patrick's Day 1927 in New York City of Irish immigrant parents; her childhood was marked with joy at the annual celebration of the NYC St. Patrick's Day parade. As a child, she thought that the parade was a celebration of her birthday. We are not so sure she was wrong. Patricia's life exemplified a humble spirit yet a larger



than life presence; she cast a warm and loving light on all she met, and transmitted a fortitude and wisdom honed by great loss and a strength of character that inspired us and made us better for having known her. Patricia raised seven children and then returned to the workforce at age sixty-two, working for Sears until the age of seventynine. She read prolifically, constantly educating herself, and reminding us of our civic as well as personal responsibilities. Her generosity will live on in all of us lucky enough to have crossed her path. Patricia is survived by her children, Patricia, James, David, Joseph Frame (Penny), daughter in law Heather Frame-Emery

and grandchildren, Ryan, Dillon, Brock and Abigail Frame as well as her sister Nancy Patterson (Ken) and a multitude of nieces and nephews. She is predeceased by her spouse of forty-three years, Robert Frame, children Robert Frame, John Frame, Richard Frame and siblings John, Mary, and James Flynn.

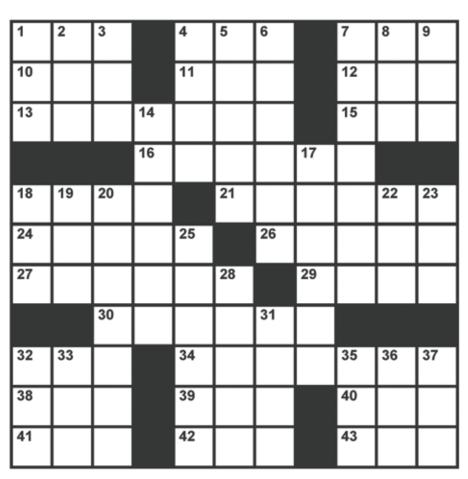
Eleanor Joan Sharkey

Eleanor Joan Sharkey died on July 13, surrounded by her loving family, in North Salem, at the age of 89. She was born in Redwood New York, to Gladys (Shaver) and Harry Gates. She attended Redwood High School but graduated from Kenmore High School in 1948. In 1950 after graduating college in Kenmore, she moved to New Rochelle, New York. She worked as a dietitian in New Rochelle Hospital. She then met and married the love of her life,



James F Sharkey on January 20, 1951. They raised five children in New Rochelle until they moved to Peach Lake in North Salem. New York, where they had one more child. Eleanor was a wonderful wife, mother, and grandmother, she was a true friend to all. Through time she revealed her rare gift to all of us, a pure example of unconditional love. She was a gentle, kind and humble woman, and a true servant of Jesus Christ. Her internal beauty and depth of understanding have provided a shelter for many in the past, as will her memory in years to come. She is preceded in life by her husband James, and three sons, James, Daniel, & Timothy, and 2 Siblings Elizabeth & Roger Gates. She is survived by her loving children, Kathleen (Sharkey) Sant & Husband Dennis of Brewster, Susan (Sharkey) Diaz & husband Juan of Bowling Green, KY, and Edward Sharkey of North Salem. Also Survived by 4 maternal grandchildren, James Diaz, Sean Diaz, Padraic Diaz and Elizabeth Ramirez and 4 step grandchildren: Denny, Tina, Dawn, Rachel and 17 Great Grandchildren A Mass of Christian burial will be celebrated on Monday July 29, 2019 at St. Lawrence O' Toole Church, Brewster, at 11:30 a.m. Interment will follow at June Cemetery, North Salem. Friends and family may visit Beecher Funeral Home, 1 Putnam Avenue, Brewster on Monday July 29th prior to the mass from 9:30 a.m.-10:30 a.m. with a prayer service at 10:30 a.m.

Crossword Puzzle



Crossword by Myles Mellor

Answers on page 13

Across

- 1. standstill
- 4. Neb. neighbor
- 7. Hen oval
- 10. Personal ad abbr.
- 11. Lady lobster
- 12. "Isn't Lovely?" (Stevie Wonder hit)
- 13. Start without the car key
- 15. Connect
- 16. Drink
- 18. University of Utah team
- 21. Claim
- 24. Chappaqua upscale resale shop, Fantas-

tic

- 26. "The sea" in French or Armonk seafood restaurant
- 27. Marine mollusks
- 29. Salinger heroine
- 30. Made an MRI picture
- 32. Tolkien cannibal
- 34. Camera shot that gets all the details
- 38. Dangerous weather condition for the roads
- 39. Very long time
- 40. Small eating instrument, abbr.
- 41. Vegas opener
- 42. Titanic transmission
- 43. Owns things

Down

- 1. Barbecue leftover
- 2. Mixed doubles team
- 3. Toward the tiller
- 4. Fancy
- 5. ____ mate
- 6. Nobel prize winning playwright, Eugene

- 7. Prizes
- 8. Phone trio
- 9. "Gosh!"
- 14. Knowledge
- 17. Extorts from
- 18. Questionable craft
- 19. The first O of O-O-O 20. Attracts
- 22. Beauty
- 23. Bard's "before"
- 25. Gaps
- 28. Large ice box
- 31. Long terms
- 32. Wildcatter's find
- 52. Wildcatter's fille
- 33. TV manufacturer 35. Numeral suffix
- 55. Numeral sumx
- 36. Often-chanted letters



Doc's Note: Top Health Hazards to Avoid While Enjoying the Summer

By Dr. James Dwyer

White sandy beaches. Sunrise hikes. The sizzle of the grill.

For many of us, summer means family, fun and adventure. Yet the season can also bring unexpected dangers, from insect bites to heat stroke with potentially serious consequences.

Here I'll explain five summer health hazards medical professionals encounter and how you can avoid them and improve your summer safety.

Accidents

Sure, the feeling of soft grass or sand between your toes is appealing. However, I see a tremendous increase in cuts and lacerations to feet during the summer months. To protect your feet, always wear shoes when walking outside.

More people hit the road in the summer. Unfortunately, more people on the road means more car accidents. Always wear your seat belt, even in the backseat. Make sure children are properly secured in car seats.

Check the Backseat for Children

Did you know that three dozen children are killed each year from being left alone in hot cars? Sometimes busy or exhausted parents either forget they didn't drop off their child as planned or get distracted. Get in the habit of always checking the backseat before leaving your car.

Heat-related Illnesses

Hot, humid weather leads to an increased



Dr. James Dwyer

risk of heat exhaustion and heat stroke. Symptoms of heat exhaustion include excessive sweating, fatigue, fogginess and even fainting. Heat stroke can cause a high body temperature, headache, nausea, red skin that feels hot to the touch and an altered mental state. To avoid heat-related illnesses, stay hydrated, avoid direct sunlight during hot weather, wear loose clothing and always apply sunscreen.

Insects

Bugs can lead to bigger problems than a ruined picnic. When it comes to bugs, the biggest danger in the Hudson Valley is tickborne illnesses. The best-known of these is Lyme disease, symptoms of which include fatigue, joint pain, muscle ache, fever and a distinctive "bull's-eye" rash.

Another tick-borne illness, babesiosis, presents itself like malaria with symptoms that include high fever, anemia and body aches and chills.

To avoid ticks, wear long pants when hiking, tuck the bottoms into your shoes and use insect repellent with DEET. Always check yourself and children for ticks after outdoor activities. Should you find an engorged tick on your body, a doctor will likely prescribe antibiotics and monitor for symptoms.

Food-borne Illnesses

Everyone loves an old-fashioned summertime barbecue or picnic. Unfortunately, so do bacteria and other parasites. Increased heat and humidity allow bacteria to grow on food.

The U.S. Department of Agriculture cautions that food that is left out of the refrigerator for more than two hours may not be safe to eat. When the temperature is above 90°F, don't leave food out for more than one hour. Always have a cooler with ice available to store leftover perishables so they don't spoil and become unsafe to eat.

To learn more about Northern Westchester Hospital, visit nwhc.net

Dr. James Dwyer is chair of emergency medicine at Northern Westchester Hospital.



When Home Decorating Should Be 'A Matter of Time'

television in our living room, although there is one there just in case we want to tune in when our extended family visits. My wife and I prefer viewing in our master bedroom.

We are lucky to live in Trump Park in Yorktown where we decided to downsize from our six-bedroom historic colonial to a two-bedroom condo with all the expected features and services that make life easier. Sometimes that's of benefit.

Not so long ago, having had an operation to remove a painful bunion. I was marooned at home. unable to drive or walk with ease for two months. The first time I was able to limp with crutches

to the front desk in the lobby after the procedure, the wonderful concierge, Gina, asked how my recovery was going. Trying to be optimistic, I replied, "I'm getting there."

Her response was almost epiphanic to me: "Well everything is just a matter of time,

That message also applies to home decorating that comes together when we do it ourselves. Whenever I see a model home.

Champagne

checkered

storied

often as much by

happenstance as by

astute winemaking.

and

past,





By Bill Primavera

designer can throw together a beautiful living space with so many creative ideas so quickly. Some peoples' minds are just wired that way; obviously mine is not. I remember years ago when

I marvel at how a professional

I invited a Good Housekeeping editor to my home. She surveyed my garden and asked how long I had lived at my property. When I responded "20 years," she said, "It shows." It wasn't until another 10 years that I was happy with what I had done there.

I know I'm not alone. When the question "How long did it take for you to decorate your home" is asked online, most people respond "I've been in

my house three years and I'm STILL not done." Some will elaborate and share that they enjoy the "process." Another response was "I just kind of bought things here and there, changed them out, changed my mind and now I am starting to fix it exactly how I want it."

My wife's theory is that when a decorator works on a model home, it's easier because the assignment is impersonal.

With our last move, our biggest dilemma was dealing with too much "soul." All of our belongings, which fit in nearly 4,000 square feet, needed to go to less than half that space. This time around, my wife wanted more open space than we ever had in our antique home. But after six months in our new condo, slowly adding this and that from many things we had previously vowed to sell or give away, we've definitely missed that opportunity.

There was a second problem, one that time helped solve. I had always resisted the idea of having a television in our living room, no matter where we lived. In our old home, we had it only in the master bedroom and a small one in our library. When our whole family visited, we all would pile into the bedroom if we wanted to watch a show together, and my wife always hated that.

She insisted that in our new home there must be a large television installed above the fireplace/mantel that we were having designed and installed by master cabinetmaker Jan Efraimsen of Woodtronics in Yorktown. I had angst about that for months. It was probably the biggest decorating conflict my wife and I had ever had in our long marriage. I have always detested visiting beautifully designed homes costing over a million dollars to find a big "black hole" of a television over the fireplace in a living room. In a family room, fine.

When Efraimsen's crew arrived to install the magnificent mantel with its gorgeous Carrera marble inset and rich baronial style design, I was inwardly balking at the idea of having the television on top of it. I stayed awake thinking about it. I knew that once the new TV and sound system was installed, I would be stuck looking at that big black screen, center stage, for the rest of my life.

With plenty of pleading, my wife gave me one last stay of execution. We decided to place it on the far side of the room above a bookcase in the corner. Thank goodness it took some months to plan, design and build the cabinetry for my living room because it helped me avoid the bullet of a lifetime eyesore. Once again, time came to my rescue.

Moral of story: It's not such a bad idea to take baby steps with decorating. You may be living with it for a lifetime.

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

A Concise History of Champagne and its Bubbles. How? When? Who?



By Nick Antonaccio

Ah, Champagne... an advantage over other Historically French wine regions, in referred to as the spite of the fact that regions wine of kings and such as Burgundy produced the king of wines, higher quality wines.

The birth of the French nation in the fifth century was celebrated in the heart of Champagne - the Reims

Cathedral. The region flourished as a still wine producer for centuries. The Parisians and the British buoyed its financial success into the 17th century.

However, the wines were not of high quality, but rather of high alcohol and great quantity - for a number of reasons.

The northern climate was not conducive to warm weather or long growing seasons. Hence the wines were thin and austere. Worse, after the grapes were harvested and fermented, the early onset of winter prematurely halted the full fermentation of the wines, leaving residual sugar and yeast when the wines were subsequently bottled. By the time these partially fermented wines were sold into the retail market, the weather had warmed and triggered a second fermentation, creating an effervescence that dismayed the French producers and their customers. After all, their goal was to produce still wines.

the British customers. But not Distributors purchased barrels of the still wines to defray costs and bottled the wines themselves for onward sale to consumers, adding sugar to enhance the taste. British nobility and royalty developed an affinity for the sweet, bubbly style. But the wines were inconsistent

at best. Worse, the built-

up pressure in the bottles

You Heard It Through the Grapevine

the natural (and added) sugars in the partially fermented bottles created the carbon dioxide-induced bubbles. The British began

Enter

caused many to explode.

Merret, a British scientist.

In 1662, he posited that

Christopher

experimenting with methods to improve the wines during bottling. It is believed the British distributors were producing the modern-day version (Méthode Champenois) shortly thereafter.

At this time, back in Champagne, a Benedictine monk had been tasked with finding a way of improving the still wines being produced by his monastery. After numerous attempts to improve the poor quality and remove the bubbles, he gave up. Instead, the monk, Dom Pérignon, decided to cater to the British desire for the intentional bubbly style. Using the techniques he had developed to reduce the bubbles, he created a superior bubbly product, which was very successful and later emulated.

Therein lies the irony of modern Champagne. While Dom Pérignon was painstakingly seeking to prevent the bubbles in Champagne, the British were busy enhancing them. Rather than being the widely believed father of the Champagne style, the good monk was rather the father of the refinement of Champagne.

Since the breakthroughs of the British and the French in the 17th century, Champagne's popularity has continued to grow in sales and esteem. Today, more than 300 million bottles are produced annually, receiving high accolades for their quality, complexity and finesse. A far cry from its feeble beginnings.

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

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alike have recognized its exceptional pairing abilities with most food groups. The history of the Champagne region is replete with tales of regal royal dinners and nights of debauchery – all attributable to the allure (and alcohol content) of Champagne. Even in war, Champagne was held in high regard and copious amounts were consumed. When Napoleon reigned as the emperor of

It has become a fabled, preferred beverage

for special, celebratory occasions as a

symbol of good fortune and happiness. More

recently, chefs, sommeliers and gourmands

France, he was obsessed with Champagne. "I drink Champagne when I win, to celebrate; and I drink Champagne when I lose, to console myself."

Often overlooked or shrouded in intrigue, the historical backdrop to its popularity is worthy of mention.

Romans through this region in northeastern France, east of Paris, before the time of Christ. In their wake they left a thriving still wine industry that continued for centuries as a major source of wine to Parisian citizens. Its proximity to Paris, and England, provided

Happenin8s

Tuesday, July 16

Come take another an all-new film celebrating the 50th anniversary of the moon landing: 1 p.m. This program is for adults and is part of our moon landing anniversary series. The Kent Library is located at 17 Sybil's Crossing off Route 52 and can be reached at (845) 225-8585 or at www.kentlibrary.org.

Sybil Ludington, Patriot Hero of the Hudson Valley talk Hosted by Vincent Dacquino. Reed Library. 6:30 p.m. Please call the library to register, 845-225-2439.

Wednesday, July 17

Family Movie: How to Train Your Dragon: Hidden World. 2 p.m. The citizens of Berk face a dragon trafficker who threatens their peace, dragons and friendships in the final installment of the fantasy trilogy. You may bring snacks, a pillow, and bring your friends! Drop-in program at Mahopac Library; no registration needed.

St. James Feast: Wednesday to Sunday July 17 – 20 Opens at 6 PM daily St. James the Apostle Church 14 Gleneida Ave, Carmel. Food - Rides - Games – Fun. More info at: https://stjamesapostle.org/

Thursday, July 18

Mahopac Library presents: Techno-Space-Party – Cosmos for Kids – Space: 4:00 p.m., This fun techno-space-party for kids includes dancing, music technology & information about our solar system to a thumping beat. For ages 4 and up; registration is requested. Register online at www.mahopaclibrary.org, or call 845-628-2009, ext. 100.

Birdhouse Decorative Painting: Reed Library. Also, July 25 at 10:30 a.m. Learn a variety of decorative painting techniques and use them to embellish a birdhouse. Registration required, please call the library to register 845-225-2439.

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

Friday, July 19

Night Movie: Reed Library. Doors open at 6:45 p.m. movie starts at 7 p.m.

Join us for movie, popcorn and our signature punch! Please call the library for details. 845-225-2439.

Medicare 101 at Mahopac Library. 10 a.m. Medicare 101 is an overview presented by Jacqueline Gallagher, an independent insurance agent. This program will provide basic information about Medicare for individuals who are turning 65, are losing group/employer health coverage and need to enroll in Medicare for the first time, need or want to change their current plan, or are receiving Extra Help (Part D). Registration is requested; register online at www. mahopaclibrary.org, or call 845-628-2009, ext 100.

Saturday, July 20

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 or call 914-248-9532 for more information.

Public reception for the Friends of the Great Swamp (FRoGS) exhibit in the Third Floor Gallery at Mahopac Library. Exhibit continues through August 12. Noon For information call 845-628-2009, ext. 100.

Monday, July 22

Be a Real Super Hero: Learn CPR at Mahopac Library: Learn how to perform CPR on adults, children and infants with a certified instructor. 5:30 p.m., "Gain the knowledge, skills and confidence to save a life." For ages 12-24; register with \$5 fee at Mahopac Library's Information Desk. For information call 845-628-2009, ext 100.

Tuesday, July 23

Marvel Cake Wars at Mahopac Library: Are you a masterful cake decorator? 5:30 p.m. Join our grueling competition as 4 teams each decorate a cake featuring an assigned Marvel super hero! Tasty fun for all to enjoy! For grades 6-12; registration is required. Register online at www.mahopaclibrary.org, or call 845-628-2009, ext. 100.

Wednesday, July 24

Juggler Scott Jameson who will perform his one-man show at the Desmond-Fish Public Library. Be ready on Wednesday, July 24 at 3 p.m. for an extraordinary performance that will have you laughing out loud and perched on the very edge of your seat. This event is free and everyone is invited to attend. The Desmond-Fish Public Library is located at 472 Route 403 (at the corner of 9D) in Garrison. For more information about any of the library's upcoming programs, please visit www.desmondfishlibrary.org.

Thursday, July 25

Astronomy for Everyone: Size and Scale of the Universe: 6:30 p.m. Come to Mahopac Library to hear a presentation about the smallest to the largest elements in the universe. Then go outside into the parking lot to view celestial objects in the night sky such as the rings of Saturn, craters on the moon, and more (weather permitting). A family program for ages 8 through adult; registration is required. Register online at www.mahopaclibrary.org or call 845-628-2009, ext. 139.

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

Friday, July 26

6:45 p.m.: Teen Nerf Battle at Mahopac Library. Outfit yourself with a Nerf gun and then enjoy a game of Superheroes vs. Villains. Extra ammo and snacks provided. "Elite" dart-style NERF guns only, please. For ages 11-17; all participants must have eye protection and must be at the library at 6:45 p.m. The game will start at 7 p.m. Signed Permission Form required; register at the Library's Information Desk.

Cosplay & Special Effects Makeup Workshop at Mahopac Library. 5 p.m. Transform into a hero, villain or even a zombie! Prepare for the NERF War to follow! Supplies will be provided and costumes are encouraged. For grades 6-12; registration is required. Register online at www.mahopaclibrary.org, or call 845-628-2009, ext. 100.

Nikki Gallagher at nikki@theexaminernews.com

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

48th Annual Putnam County 4-H Fair: Noon - 6 p.m. Saturday July 27, 10 a.m. - 7 p.m., & Sunday July 28, 10 a.m. - 5 p.m. Putnam County Veterans Memorial Park 201 Gypsy Trail Road Carmel, Free admission and free parking Rain or Shine Info at: http://putnam.cce.cornell.edu/events/2019/07/26/48th-annual-putnam-county-4-h-fair

Saturday, July 27

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 or call 914-248-9532 for more information.

FREE rabies vaccination clinic on 10 a.m., -noon. Sponsored by the Putnam County Department of Health, the clinic is being held at Hubbard Lodge, 2880 Route 9, Cold Spring and is open to all Putnam County residents. Please bring photo ID as proof of Putnam County residency, as well as proof of prior rabies vaccination. Tags are not acceptable. If you do not have proof of prior rabies vaccination, your pet will receive a one-year rabies vaccine. All dogs must be leashed and controlled. Any dog that may become aggressive must be muzzled. Cats and ferrets must be in carriers. For more information and directions, please call the Putnam County Department of Health at (845) 808-1390 ext. 43160.

Sunday, July 28

The Sisterhood of Temple Beth Shalom in Mahopac will be hosting their annual White Elephant Flea Market. The event will be held outdoors from 9 a.m. to 4 p.m, rain or shine, in the parking lot of Temple Beth Shalom at 760 Rt. 6, Mahopac. Food will be available for purchase. Stop by and see what treasures you may find!

Tuesday, July 30

Cut the Cord at the Desmond-Fish Public Library. 6 p.m. Digital Services Coordinator Ryan Biracree will take you through an exploration of how streaming channels and smart devices can get you less expensive, more reliable, and more versatile services. This event is free and everyone is invited to attend. The Desmond-Fish Public Library is located at 472 Route 403 (at the corner of 9D) in Garrison, NY. For more information about any of the library's upcoming programs, please visit www.desmondfishlibrary.org.

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Seurat Art Talk: 11 a.m. Reed Library. Please call the library to register, 845-225-2439

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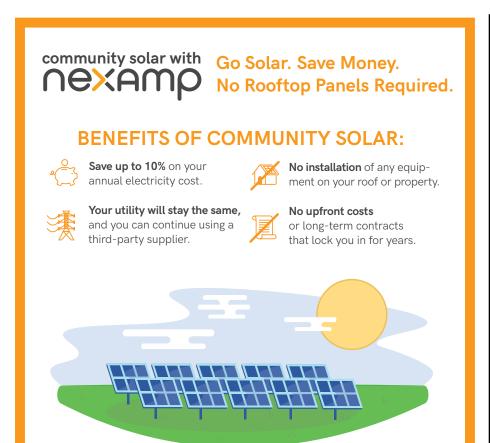
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LEGAL NOTICES

NOTICE **FORMATION** AUTHENTIKA LLC: Application for Authority filed with the Secretary of State of New York (SSNY) on 03/29/2019. Office location: WESTCHESTER County. LLC formed in Delaware on 03252019. SSNY has been designated as an agent upon whom process against it may be served. The Post Office address to which the SSNY shall mail a copy of any process against the LLC served upon him/her is 399 West Street, Harrison NY 10528. The principal business address of the LLC is 1214 West Boston Post Road #125, Mamaroneck, NY 10528. Delaware address of LLC is 16192 Coastal Highway, Lewes, Delaware 19958-2677. Certificate of LLC filed with Secretary of State of Delaware located at 401 Federal Street,

Ste 4, Dover, DE 19901. Purpose: Any lawful act or activity.

NOTICE OF FORMATION OF GOLAB LAW, PLLC. Articles of Organization filed with the Secretary of State of NY (SSNY) on May 31, 2019. Office location: Westchester County. SSNY has been designated as agent upon whom process against it may be served. The Post Office address to which the SSNY shall mail a copy of any process against the PLLC served upon him/her is: 100 Fisher Avenue, Suite 118, White Plains, New York 10602. The principal business address of the PLLC is 248 West Street, White Plains, New York 10605. Purpose: any lawful act or activity.

NOTICE OF FORMATION OF CAMEO HOME INSPECTIONS, LLC. Arts of Org filed with the Secy of State of NY (SSNY) on 6/6/2019. Office location: Westchester County. SSNY has been designated as the agent of the LLC upon whom process against it may be served. SSNY shall mail process to **Came o Home** Inspections LLC, 2 Ann Place, Valhalla, NY, 10595. Purpose: any lawful act or activity.

NOTICE OF FORMATION OF DAYTON LLC. Arts of Org. filed with Sect'y of State of NY (SSNY) on 5/30/2019. Office in Westchester County. SSNY has been designated as agent of the LLC upon whom process against it may be served, SSNY shall mail process to: David B. Petshaft, P.C., 222 Bloomingdale Rd. Suite 116, White Plains, New York 10605. Purpose: any lawful activity.

NOTICE OF PUBLIC HEARINGS PLEASE TAKE NOTICE, the Putnam Valley Town Board will conduct a public hearing on Wednesday, August 21, 2019 at 6:00 pm. to hear comments on a proposed local law to remove the moratorium on establishing Improvement Districts. IMMEDIATELY FOLLOWING the Putnam Valley Town Board will be conducting the regular work session Town Board Meeting. BY ORDER OF THE TOWN BOARD Sherry Howard Town Clerk Dated: 07-11-2019

NOTICE 7/2019 Please be advised that the next meeting of the Putnam Valley Planning Board will be held at Town Hall, 265 Oscawana Lake Road on Monday July 22, 2019 for the purpose of considering the following applications:



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Regular Meeting Start Time: 6:00pm AGENDA PUBLIC HEARING The following public hearings have been scheduled for July 22, 2019 at 6:00PM (or as soon thereafter as agenda conditions permit) at the Putnam Valley Town Hall, 265 Oscawana Lake Road, Putnam Valley, New York, 10579. All interested parties are invited to attend and will be heard. A copy of the application materials and plans may be inspected during normal business hours at the office of the Planning Board Clerk, Town of Putnam Valley Town Hall. 1. Bellamy. Jody- Watson Way (TM#51.19-1-1 & 2/File2019-0196) The subject property consist of + 1.68 acres of land and is located on Watson Way and within the R-3 Zoning District. The applicant is Proposing to construct a single family residence, with well and septic system. A Site Development Plan and Major Grading Permit is required. SKETCH 2. Orentreich, David, 855 Route 301 (TM#39.-1-9/File 2019-0189) The subject property consists of + 73.94 acres of land and is located on 855 Route 301 and within the PC Zoning District. The applicant is proposing to construct a 2,200 sq.ft. improvement to be utilized for equipment storage. Amended Site Plan approval and Major Grading Permit are required. 3. Lamanna Residence- 39 Roberts Drive (TM#85.5-1-37/File2019-**0194**) The subject property consist of +1.0

acres of land and is located on 39 Roberts Drive and within the R-1 Zoning District. The applicant is seeking an Amended Site Plan for deviating from previously approved Site Plan and increasing the paved driveway area. DISCUSSION 4. Filho Residence, - 135 Bell Hollow Road (TM# 51.-1-4/ File: 2019-0190) The subject property consists of + 19.2 acres of land and is located on 135 Bell Hollow Road and within the R-3 Zoning District. The applicant is proposing to construct a swimming pool, terrace and outdoor kitchen. A Site Development Plan, Major Grading and Wetland Permit is required MINOR SITE CHANGE 5. Cerar, John- 38 Butterfly Lane (TM#74.14-1-22/File2017-0163) 6. Soloviev, Stacey-52 Chapman Road (TM# 61.-1-8/File 2015-0137) EXTENSION 7. Orentreich, David- 855 Route 301 (TM# 39.-1-9/File 2018-0181) APPROVAL OF MINUTES 8. Approve Minutes of June 17, 2019

Town of Putnam Valley Town Board Meeting July 17, 2019 6 PM 1. Pledge of Allegiance 2. Departmental Reports and presentation by Town Historian, Dan Ricci. 3. Supervisor's Comments 4. Legislative Reports 5. School Report 6. Set public hearing for De-Icer law. 7. Authorize Supervisor to sign a contract with Fireworks Extravaganza for Town Day fireworks display. 8. Authorize Supervisor to sign municipal advisor service

agreement with Sage Municipal Advisors, LLC. Highway 9. Driveway Opening Permit for Bellamy. Parks & Recreation Personnel changes. 11. Refunds **Building Department** 12. Daily Fee Report 13. Budget Amendments and Transfers 14. Public Comment 15. Audit of bills

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MSA 8th Grade Boys Win Saratoga Shootout Tourney in Five OT's

MSA Boys 8A lacrosse team won the Saratoga Shootout Lacrosse Tournament 8A bracket on July 7th beating Team One All-Star Team from Chicago, IL by a score of 6-5 in the 5th overtime period when Michael Rettberg tickled twine in dramatic fashion handing the Team One All Star Team its only tournament lose. On the way to the championship game, the MSA Boys 8A lacrosse team went 4-0 beating Hudson Valley Express from the NY Hudson Valley Region, 802 Boys Lacrosse 2023 from Vermont, HardCore Lacrosse 2023 from Ontario, Canada, and 2023 Igloo Nordic Edge from Long Island, NY. Making the distinction even more honorable was the fact that the MSA team was the only non-travel/club team to participate in this prestigious tournament in Saratoga Springs, NY. Members of the team include Bottom Row (L-R) Michael Rettberg (championship winning goal in the 5th OT), Danny Koch, Joey Grassia, Christopher Morris, Andrew Giralmo, Jake Degnan, Ryan Geoghan, Ryan Ahler, Sean McDonough; Middle Row (L-R) HC Tom Elliott, LJ Iacuone, Joe Maxwell, Jack Elliott, Ast Coach Jimmy Giralmo; Top Row (L-R) Asst C Kevin Degnan, Chris Reinhardt, Connor Baia, Tommy Jacobellis, Liam Dodd, William Brann, Gavin Viglucci, Joey Koch, Asst C Mark Rettberg. Iacuone was selected by the tournament directors as the Group 8A division MVP of the Saratoga Shootout.

Sports

Baseball Notebook



Put Valley Miner 1B TJ Ferraguzzi awaits call in Miners' 16-8 win over Mt. Kisco Chiefs in recent 9U GHVBLA action.



Put Valley Miners shake hands with Mt. Kisco players after 16-8 Miners win over Chiefs in recent GHVBL action.



Put Valley P Chris Constantino fires pitch in Miners' 16-8 win over Mt. Kisco in recent GHVBL action.



Put Valley's determined IF Matt Quinn takes in some instruction after Miners' 16-8 9U win over Mt. Kisco in recent GHVBL action.



The Yorktown Spartans have had an incredible season in the 9U GHVBL



JULIE BENEDETTO PHOTOGRAPHY LLC

Put Valley's Nicholas Benedetto turns 2B with a run in two in Miners' 16-8 GHVBL 9U win over Mount Kisco.



Put Valley's Nick Cerrato drives shot in recent Miners win as they improved to 13-1-1 in GHVBL action.

Put Valley
Miners
Take Down
Yorktown,
Mt. Kisco,
Hold 1st
Place in
9U GHVBL

Sports

Hendrick Hudson Unleashes John 'Big Cat' Catano Football Era



Examiner Sports Editor

only been a handful of football coaches I've encountered in my 30+ years along the Section 1 grid circuit who were more By Ray Gallagher entertaining than recentlyminted Hendrick Hudson Coach

John 'Big Cat' Catano. Maybe it has something to do with being the sports editor that dubbed him 'Big Cat' while he was guiding the Croton-Harmon Tigers to three Section 1 Class B titles in four years, including back-to-back titles (2010-11) and NYS runnerup status back in 2008 (Class C) and 2011 (Class B). Maybe it has something to do with his off-beat nature. Maybe it has something to do with a sense of humor that's off the cliff. Maybe it's his old-school disposition, which might take the young Sailors some getting used to as summer workouts kick off in the days ahead. The Big Cat doesn't sugarcoat things, so the Sailors are going to have to get used to some harsh realities over the next few seasons as the program is rebuilt in his image.

Catano takes over for former Hen Hud boss Mike Lynch, who ran into a snag with some personnel issues that few people are talking about publicly, as is the case with most personnel issues at schools. It stinks because Lynch, who was scooped up to coach at West Point as an assistant for Army's sprint football team, is a heck of a football coach and an offensive genius. Meanwhile, Catano returns home, poised to return as a gridiron hero where he once donned the Sailor blue and white under former Hen Hud Hall of Fame Coach Vinny Annichiarico.

"Am I excited," Catano repeated when asked if he was? "Well, sure, I am, and I can guarantee you a return to Sailor pride. We can't wait to get going."

That's something Hen Hud Athletic Director Tommy Baker is counting on. The Sailors became relevant under Lynch, the former coach who implemented a spread offense and opened things up for Hen Hud to win some big games, including a wild 50-49 win over perennial powerhouse Rye in 2016.

It was evident through several conversations last week that Baker was beyond excited to bring Catano on board.

"Coach Catano comes to Hendrick Hudson with a wealth of experience, knowledge and success," Baker said. "He is coming back home to Montrose where he has never lost his Sailor Pride. We had some quality candidates apply, but in the end Coach Catano was a logical choice for us."

Football pride runs rampant within the Catano family. John's kid brother, Mark, also starred at Hen Hud prior to an NFL career that included stints with the Pittsburgh Steelers and the Buffalo Bills. Mark is the lone pro football player to ever come out of Hendrick Hudson High School, according to Baker.

After a two-year stint at O'Neill High School, Catano will open the 2019 season at rival Walter Panas against first-year Coach Paul Ronga on September 6th as both the Sailors and Panthers welcome new coaches into the fold. And neither inherits a veteran-based situation, so there could be some growing pains for both out of the gate.

"I feel bad about leaving O'Neill," Catano said. "It's always tough to leave a situation like that where people have been good to you, but I think they understand what the Hen Hud job means to me. I'm coming home to coach football in the community I grew up in and still live in."

Catano gets thrown to the Class A wolves against defending Section 1 champion John Jay on the 13th of September, and the Hen Hud faithful will have to wait for Week 4 for the home opener against Beacon as Hen Hud undergoes the final stages of it facility transformation.

Hen Hud should be pretty lit that night as Baker unveils the new turf facility and a brand new track and field complex. I suspect we'll see a full house, especially if the Sailors, who are rumored to be headed for Class B next season, can get off to a 2-1 start or something in that vicinity.

These are exciting times at Hen Hud, for sure," Baker said...



Newly-minted Hen Hud Coach John Catano (L) shares a minute with former Hen Hud legend Vinnie Annichiarico and his brother Mark, a former NFL pro.

So I saw the recent piece on the Shrub Oak Athletic Club cancelling its flag football program for grades 3-6, and I'm not exactly sure how I feel about the SOAC board voting 7-5 against its continuation. On one hand, I get it; football was meant to be played in a combative, physical forum with a level of commitment second to none. Lakeland High grid Coach Mike Meadows said that flag football is detrimental to the development of tackle football players. Flag football, Meadows said in the piece I saw in the Yorktown News, was "not preparing our kids to play tackle football." He also said if a student starts playing tackle football in

seventh grade, "He's behind the eight ball."

Yes, that is true, in terms of learning the proper techniques of tackling, but there might be a need for adaptation these days. Football, despite being the greatest game ever invented, has got some black eyes in recent vears. Concussions are a legit concern, and that's not going away no matter what the data says about other sports - like soccer – being equally dangerous to the brain. Whether you believe the data or not, the stigma is real.

Flag football, with just under 1 million participants in 2017, is now the sixth-most popular sport in the United States for children ages 6-12, according to

the Sports and Fitness Industry Association. So I asked myself: Why would a group of adults stick a fork in the spokes of a welloiled wheel by discontinuing something so many kids were obviously enjoying, especially since nearly 200 kids signed up at SOAC? There has to be a happy medium because the pros to flag football must outweigh the cons. I would think there are many benefits to flag football, so long as it's run professionally; like learning route trees, blocking techniques, the non-contact drilling, methodology, concepts, et al.

The other thing is that "smallish" boys, like my own son, are in love with football, and rightfully so, but their moms won't let them strap on a helmet. What do we do with that kid, who probably won't ever suit up for their high school team but find great joy in football nonetheless? It's a tough call, I

But I created a sanctioned Little League charter in Putnam Valley a few years back, I run a basketball program for grades pre-K through 12, I practically live on ball fields and gyms, and in good conscience, I couldn't turn 200 kids away from any program without a viable solution.

Somebody smarter than me has to come up with a better response because flag football is far better than twiddling your thumbs over video games.

#OneFlock Ducks Fly High at Cooperstown





The 12U Westchester Ducks, coached by Head Coach John Swayne (former Mahopac Player) and Assistant Coach Pat McGee (Former Mahopac Player), along with five Mahopac student athletes Tyler DeBrocky, DJ DeMatteo, Kurt Ebinger, Robert Keller and Jayson Mayer participated in one a highly competitive setting in Cooperstown All-Star Village last week. Against teams were from California, Texas, Illinois, Canada and more, the Ducks went 5-5 over three days with DeMatteo and DeBrocky each hitting five home runs and stroking a pair of doubles to lead the way. The familial bonds and relationships formed were equally as important as the competition. Check out (http://www.ducksbaseball.org/jrducks-of-westchester).



Put Valley 9U Team Knocks off Yorktown, Cortlandt Improves to 13-1-1

JULIE BENEDETTO PHOTOGRAPHY LLC

Members of the joyous Putnam Valley 9U Greater Hudson Valley Baseball team jump for joy after improving to 13-1-1 on the season after knocking off Mount Kisco, Yorktown and Cortlandt last week. Nick Martinelli, Jack Marinelli and Matt Quinn combined on 5-0 no-hit victory against the Yorktown Spartans last Saturday when the B-Division Miners played against the A-League Spartans and continued what has been a sterling season for Nicholas Bendetto (swinging inset), Chris Constantino, Evan Peterson, Matt Quinn, Nick Delfico, Braeden McCarthy, Nick Cerrato, TJ Ferraguzzi, John Dimichele, KJ Cooke, Joey Rocco, Rory Sheehan, Gabe Brcolo and Ethan Tesser. "Every single kid on this team has done their part," Assistant Coach Mike Quinn said. "It's been an amazing season thus far. We think we have something really special here. Our defense and pitching has been out of this world. We have nine-year-olds turning double plays and throwing no-hitters, amazing."