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SMALL NEWS IS BIG NEWS

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‘An Absolute Homerun’ *Autistic Carmel Grad Earns Diploma With Help From Community*

By David Propper

The morning of Jack Higgins' graduation from Carmel High School, his mother, Barbara, asked her husband, Pat, whether Jack and the entire family should attend.

While it might be an odd question to pose in a family with a child about to celebrate a milestone, Jack has a form of severe autism that makes him incredibly sensitive to sound. Large events, like a graduation, might rattle him, leading to an outburst, which Barbara wanted to avoid.

But as an eight-year member of Carmel High School's PACE program, June 20 was Jack's time to graduate, and

Pat insisted Jack have that experience.

"My husband said, 'we're going, he's got to have that experience, we need to have this experience,'" Barbara said.

Despite Barbara's trepidation, what happened once they arrived at Western Connecticut State University's O'Neill Center could only be described by Pat as "an absolute homerun."

"We were unbelievably moved," Pat said. "I know myself and my wife were kind of crying leaving the graduation."

Two months prior to graduation, Pat and Barbara told Jack's teacher that they would like to see their son walk

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PROVIDED PHOTO

From left to right: Chelsea Chamberlain, older brother Patrick Jr., Jack, younger brother Bryan, mother Barbara and father Pat all celebrated Jack's graduation from Carmel High School last month.



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Brewster HS's Newspaper Earns Accolade

The Bear Facts, Brewster High School's student newspaper, placed 2nd in the 2018 American Scholastic Press Association's newspaper competition this school year. The group submitted two issues for the competition and was commended for "collaborative hard work and dedication" with a specific mention of the "overall clean and professional appeal" of their issues. Moderators Robert LoAlbo and Cynthia Amuso are thrilled with the results. "Cynthia and I are so proud of our devoted staff's strong work ethic and their love of the craft," LoAlbo said. "As a result of their journalistic integrity, they have continued a quality publication that began with us three years ago, one that informs, challenges, and entertains the school and community. As we continue to grow, we look forward to what year four holds for us."

Centennial Golf Club Proposes Cluster Housing

By David Propper

With the intention of building almost 100 units of housing on its property, Centennial Golf Club is before the Town of Carmel in hopes of clinching a zoning change that would give them the green light for cluster housing.

The topic came up during last week's town board meeting that would change the makeup of the golf course along John Simpson Road.

Last month, Centennial proposed a zoning change in order to build 96 residential units on its property. The zoning change would allow homes to be built on one acre of land rather than three acres, according to documents submitted by Centennial on June 1.

Centennial claims the petition for change of zoning would help them keep their 18-hole golf course open, which apparently has faced a decline in revenue as less people are playing golf. The proposed change would also help create "needed single family development to a school district with a documented declining population."

The petition also stated the zoning change "will not be detrimental" because the cluster development will be near Fair Street, leaving Kelly Ridge "green and undisturbed." More tax revenue would also be pumped into the town, according to the petition.

Currently, Centennial features a 27-

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Autistic Carmel Grad Earns Diploma With Help From Community

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at graduation. The teacher took their request to principal Lou Riolo, who spent time deliberating with assistant principal John Fink how Jack, with his sensitive ears, could participate without an issue.

Riolo, who has a daughter with down syndrome, understands that children with special needs and their families don't get to experience everything most traditional families get to enjoy. But Riolo also knew it was his job to create a situation where Jack could be like everyone else for one day – on his big day.

And Riolo's plan worked -- with a lot of help from a thoughtful community.

"I've done this for a long time," said Riolo, who has been principal for five years. "I've never seen anything more amazing than this."

At the beginning of the ceremony, Riolo got on stage and asked the entire graduating class and their family and friends in attendance to "not clap and not cheer" so Jack could walk on stage first and receive his diploma just like his classmates would later that evening.

Jack, accompanied by his two brothers and his school aide, slowly walked across the stage in Carmel's traditional blue robe with his hands near his ears and accepted

his hard-earned diploma from Riolo. And then, almost in unison, members of the graduating class gave Jack a standing ovation without making a sound, with most in attendance shaking their hands back-and-forth, which is clapping in sign language.

"What ended up happening was a miracle. It was a miracle because of everybody in that auditorium. They all took it upon themselves to make a difference," Riolo said. "We shot for the moon and we hit the stars and that doesn't always happen with a lot of things in life."

Pat and Barbara were undoubtedly nervous before the ceremony and as they saw their son step up to accept his diploma.

When Pat saw the hundreds of people in attendance, he wondered how well Jack would handle it. When Jack gets upset, Barbara said, it can be a spectacle, and she didn't want the day ruined for his classmates in the event something happened.

But Jack, like his classmates, rose to the occasion.

"I just didn't expect it to be like that," Barbara said. "No one made a sound, you could've heard a pin drop," with Pat adding it was "dead silent."

If anyone knows the character of the

Carmel school system, it would be Riolo. He graduated from Carmel High School and after college, he returned as a high school teacher in the district before assuming the role as principal.

While getting students college and career ready is important for any school, Riolo said compassion is also an invaluable lesson to be learned.

"All the grades, all the successes, all the academic achievements, which are wonderful, I'm not negating it, but they get how to treat other people," he said of his students. "And in this climate, in this country right now, that's darn important."

Pat called it a tremendous moment for the entire Higgins family to see Jack walk at graduation like everybody else. With the moment posted all over social media, Pat said he still gets emotional, even viewing more than ten times.

"I know myself and my wife were kind of crying leaving the graduation," Pat said. "It was as good a thing as we've had in Jack's entire life," Pat said. "I think everyone was blown away with how special it was."

School board president Rick Kreps, who has gone to every graduation since he was elected in 1999, couldn't recall a graduation that was as heartwarming as this one.

"I think it goes to the culture of the students and the school community in Carmel," Kreps said. "It is a special moment, but it does show the culture we have in Carmel. It's really a proud moment."

As Jack moves on to Ability Beyond in Chappaqua, he'll be missed in the Carmel school community.

Barbara said those who come to know Jack always boast about how much they adore him. Part of the PACE program focuses on giving special needs students tasks to do within the school, so he's met many staff members that he's become friendly with, she said.

But there have been some challenges that come with Jack's autism, like aggression, and Barbara admits there are many times it's been difficult for her family to feel like part of the community because of Jack's sensory issues.

"It can be isolating, but I never felt like such a part of the community than I felt that night," Barbara said. "It was just absolutely heartwarming."

Barbara added how she wishes she could give every graduating senior a big hug for the way they stepped up for Jack and her family that day.

"It's something that my husband and I will never forget," she said. "It was a beautiful night."



Pain Shooting Down One Leg? What you need to know about symptoms and treatment of sciatica...

Ask the Doctor

John Abrahams, MD, FAANS
Chief, Neurosurgery
Co-Director, Spine Surgery,
Orthopedic & Spine Institute
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Q: Do I have sciatica?

A: You probably do if you feel a sudden and severe pain, along with numbness and weakness, radiating from the buttocks down the back of one leg to the foot. The pain can be crippling. It is usually intense when you walk, diminishing when you lie down.

Q: What causes sciatica?

A: The *sciatic nerve* branches from the spine in the lower back through the hips and buttocks and runs down the back of each leg to the foot. Sciatica occurs when this nerve is pinched in the lower back by spinal disc herniation – protruding disc material – or by a larger fragment of disc material. Disc herniation usually occurs during normal activities, such as rising from bed.

Q: Am I at risk for sciatica?

A: Sciatica is common. More than three million Americans are diagnosed with the condition annually.* Apart from the fact that 10 to 15 percent of patients have a family history of back problems, there are no risk factors. No behavior predisposes you to it.

Q: What are my treatment options?

A: If you have sciatica and it is not severe, you will typically receive oral steroids (anti-inflammatories) for seven days. Once you're more mobile, you will engage in physical therapy for a period of time and then be re-evaluated. If your symptoms persist, you may receive an injection of steroids at the nerve root to reduce pain. If this regimen fails, physicians will offer surgery. However, if a patient comes in unable to stand – basically bed-bound – we advise surgery sooner. It is important to know that 80 to 90 percent of patients get better without surgery.

Q: What can I expect from surgery for sciatica?

A: This minimally invasive procedure takes under an hour, and consists of removing the disc material pressing on the nerve. Most patients are pain-free following surgery. We have seen patients who arrived unable to stand or walk for more than a few minutes, walk out the same day after surgery, completely asymptomatic. Sciatica recurs in ten percent of people, who may suffer recurrent bouts of the condition throughout their life.

* <http://umm.edu/health/medical/reports/articles/back-pain-and-sciatica>

Putnam Democrats Select New Committee Chairman

By David Propper

With the lofty goal of turning the Democratic Party in Putnam County, which is stuck in one of the reddest counties in all of New York, into a consistent threat for elected seats up and down the ballot, Scott Reing assumed the role of Democratic committee chairman last month.

Reing takes the place of former chair Jim Borkowski, who stepped down from the position before his term expired due to work constraints. Holding down the position in the interim was Jordan Bailey-Hoover, of Southeast, who is the chair of the county's Young Democrats. Reing will finish the remainder of Borkowski's term, which expires in Oct. 2020.

Reing, 31, is one of the youngest Democratic chairs, if not the youngest, in the county's history and one of the youngest Democratic chairs in all of New York State.

If Democrats in Putnam County want to get more of their candidates into office, working across town lines will be critical, Reing said in an interview last week.

"I think you're going to see a lot more effort to get people involved just to make our county better," Reing, a Carmel resident, said. "Primarily on the local issues. I want to really make this a local party because in the end that's what it is



PROVIDED PHOTO
New Democratic committee chair Scott Reing.

and I think that what's people need to hear and need to see."

Reing wants to ensure that Democrats are at full strength every month of the year and every election cycle. Reing noted that while Republicans still hold a firm grip over most of the county, Democrats did pull out a win in the sheriff's race

two years ago and last year Nancy Montgomery won a seat on the county Legislature, breaking a streak of four consecutive years where the board was a complete GOP block.

One of most difficult hurdles for Democrats to overcome is the way national politics are used at the local level by Republicans, Reing said. The county Legislature, led by its eight members that are part of the GOP, passed an anti-abortion bill earlier this year that got many residents riled up even though lawmakers at a local level have no purview over reproductive laws.

"These things aren't relevant," Reing said. "So I think what we need to do is emphasize the local issues more. I think we need to make sure people understand that they're not voting for president every time they go to the polls. They're voting for local representatives."

Still, Democrats have struggled for years to even offer a full slate of candidates at the county level, with at least one Republican running uncontested for a legislative seat the past several years. This is also the second straight time Democrats will not have anyone running for district attorney as incumbent Republican Robert Tendy will get a free pass to a second term.

But Philipstown, Putnam Valley and Kent are three towns where Democrats

'I think what we need to do is emphasize the local issues more.'

*- New Democratic Committee Chairman
Scott Reing*

will have a full slate of candidates for town board races this year, Reing noted.

Reing said while every election should have a candidate, the committee is not going to plug people in to run for certain offices if they aren't interested or qualified for the position.

"If we don't run, we can't win," Reing said. "We certainly do need to get more people to run. I think we do that by growing the party."

Even on the national landscape where there are many different factions of the Democratic Party, Reing said the committee is united on local issues and the candidates that they endorse.

"You're going to see a lot more united action," Reing said.

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Centennial Golf Club Proposes Cluster Housing

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hole golf course over 340-acres. There is also an indoor venue that holds special events and a restaurant that is open to the public. (The proposed development would eliminate nine holes.)

The matter was referred to the planning board last week, which will look over the request and issue a report and recommendations to the town board, which will make the ultimate decision

over the zoning change.

Most town board members remained mum during the meeting about the proposal, though Councilman Michael Barile addressed the possible change. Barile said he would like to wait until the town's Master Plan is put into place before a decision on Centennial is reached. The Master Plan is expected to be complete within the year.

"I have an open mind to it and I don't want to see the Hamlet lose the golf

course, but I just think the Master Plan should be incorporated with that," Barile said in an interview. "I'm not opposed to anything in the town that'll benefit the town."

Carmel resident John Butler, a neighbor of Centennial, questioned during last week's meeting if a memo sent by town planner Pat Cleary to the planning board in 2018 that advocated against requiring a minimum of three acres for development, would add legitimacy to Centennial's case for the change. The memo by Cleary was included in papers submitted by

Centennial.

Barile, who is rarely one to mince words, said during the meeting he doesn't believe memos from Cleary are in the best interest of the town and its residents. Barile said the Cleary memo that Centennial included in their petition is supposed to give credence to the proposal.

"It's a pretty strong statement," Barile said of his criticism of Cleary. "I've believed it for the last ten years and I believe it now."

A call to Cleary's firm did not go through before press time.



PROVIDED PHOTO

With less people playing on Centennial's Golf Course, the club is proposing putting cluster housing on its property to stat afloat.

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Fleming Notches Conservative Line in Kent Supervisor's Race

By David Propper

By a comfortable margin, Kent Supervisor Maureen Fleming picked up the Conservative endorsement over her Republican opponent last week as she seeks a fourth term as town supervisor.

Fleming, a Democrat, clinched the nomination over Rick Kreps, a Republican and current vice-president of the Carmel Board of Education. It's the third time in four runs for the position that she will be on the Conservative line this November, which is typically an almost impossible line for Democrats in the county attain.

Fleming said she was told the unofficial tally was 31-14.

Fleming said she thought her fiscal prudence as town supervisor was a key sticking point for many Conservative members considering she hasn't raised taxes since she began her tenure.

"I think people appreciate that you watch out for their money as if it's your own because it is, too. I'm a taxpayer here, too," Fleming said.

Fleming said while town taxes have been even, school taxes have continued to climb annually, an apparent shot at Kreps, who has been on the school board since 1999. She said residents have a tough time staying in their homes because of those school taxes.

Fleming also touted potential economic



Kent Supervisor Maureen Fleming

development in the town. Two hotels, an indoor water park, a convention center and truck stop are all in the works, Fleming said, which would help offset taxes that residents pay. Fleming estimated there are about ten new businesses that have come to town during her time as supervisor.

"Can we do better? Yeah. Would I like to do better? Yeah," Fleming said. "I think we're making good inroads."

Kreps said he was disappointed to not get the endorsement and taken aback that conservative members would give a nod of approval to a Democrat, whose party at the national level doesn't have conservative values.



Carmel school board vice-president Rick Kreps

"Local politics maybe different, but I think when we look at what's going on in our state, what's going on in our country when it comes to Democrats, they certainly are not conservative," Kreps said. "So that kind of surprised me that people would come out and support a Democrat for the Conservative Party."

Kreps took exception to Fleming's swipe at him and the Carmel school board that they continue raises taxes on school system residents. He argued that the tax rate for residents within Kent has actually stayed level the past three years because of an equalization rate. Additionally, the town has fewer mandates passed down

from New York State than to school systems, which makes it easier for towns to keep taxes down.

"She needs to do a little bit of her homework and the other thing she needs to do is she needs to pay her bills," Kreps said, referencing a lawsuit involving the sewer district on Route 52 that the town lost, and then unsuccessfully appealed.

Merritt Construction, which put the sewer district in place, sued Kent after the town refused to pay for change orders that town board members felt the town should not be responsible for.

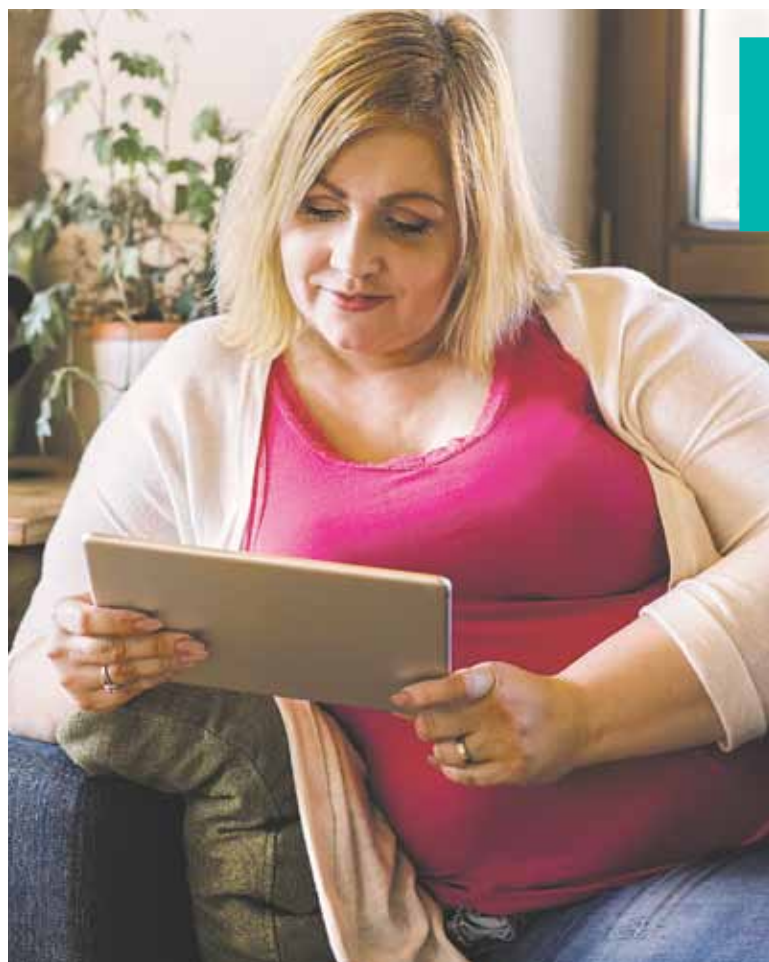
Kreps said the decision to go forward with the lawsuit costs the town between \$100,000-\$200,000 in additional costs and penalties than if they paid the original money Merritt charged. According to Aug. 1, 2018 legal papers, Merritt is owed \$381,347 from the town.

Fleming defended the town board's willingness to go court against Merritt.

"The board didn't act willy-nilly on this," Fleming said, stressing not just her, but the majority of the board voted to go forward with the litigation.

She added town counsel did advise the town board to go forward with the appeal.

"What we were trying to do was save the sewer district money by not having to pay these change orders," Fleming said. "That was really the goal."



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Southeast Seeking Water and Sewer Rate Policy

By Neal Rentz

The Southeast town board is working to come up with a consistent policy to assure that property owners pay their fair share of water and sewer rates.

At the June 27 town board meeting, Supervisor Tony Hay told his colleagues he has been working for a few months with Willis Stephens, Jr., town attorney, and other town staff on the issue.

"We found people that are being charged different rates and we couldn't identify a reason why," Hay said. "We've gone through a lot of numbers."

Hay used the Peaceable Hill Water District as an example of the inconsistencies in billing property owners. Two Peaceable Hill properties, which have wells, have been charged capital costs even though the parcels are not in the water district, Hay said.

If a person in the future wants to purchase a vacant property, the town needs to come up with a policy to determine how much the buyer would be charged for capital costs, Hay said.

"Everyone's charged a certain amount of money each month," he noted. A new property owner living in a district in which capital borrowing costs are still being paid off needs to pay a portion of the cost, Hay said.

Hay said through research so far by the town there is nothing that spells out "how



NEAL RENTZ PHOTO
Southeast Supervisor Tony Hay at the June 27 town board meeting.

the charges originated."

People who have wells are going to ask why they are paying capital cost even though they are not receiving water plant services, Hay said, even though the charges are "not going to make or break anyone."

The town board needs to come up with an equitable formula for water and sewer fees, Hay said.

"We have come up with some kind of a plan and whatever it is we have to make

it consistent with all the water districts in the town," he said.

Hay's colleagues agreed with his goal to come up with an equitable formula for water and sewer charges. Councilman John Lord said all property owners in a district should contribute a portion of the

capital costs.

The town board is scheduled to continue the discussion on water and sewer rates when it meets on July 11. "This is just round one to let you know this is coming down the pike," Hay said.

PCLT Seeks New Board Members

Have you ever thought about who sets the strategic direction and oversees the policies of the Putnam County Land Trust? The trust is an all-volunteer program directed by a 15 person Board that meets eight to nine times a year to make the program and operational decisions for the organization.

The current Board has attracted a wide variety of men and women. Candidates are not required to be experts in the field but rather have an interest in land conservation and a dedication to the mission of the land trust which is "the protection of forests and wetlands, wildlife habitats and important water resources in and around Putnam County, New York."

The trust envisions a healthy future for all, including access to safe drinking water, clean air and opportunities to engage with nature and one another. It calls for a future where the benefits of land conservation are valued as an important part of our communities and our land is permanently protected for future generations.

In addition to preparing for and attending board meetings, trustees are encouraged to serve on one of the board committees. There is always something to be done and as a Trustee, you will be making a major contribution to our community. Currently there are one, two and three year terms available.

If you are interested in being considered as a Trustee for the organization, please contact Nicholas Constantakis at Nicholas.Constantakis@pclt.net. He will be able to forward the application and answer any questions you may have.

We are seeking to have all completed applications by July 05. But we will still consider applications received thereafter as recruiting board members is an ongoing activity.



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Lawmakers Look to Add Hefty Fine for Passing School Buses

By David Propper

School might be out for summer throughout Putnam, but county legislators are exploring ways to make school bus safety more stringent by the time September rolls around in a couple months.

During a protective services committee meeting on June 19, lawmakers kicked around the idea of adding a hefty fine against drivers that pass stopped school buses on county roads. Legislator and protective services committee chair Paul Jonke said there have been too many instances where drivers are passing by

school buses when they have their stop signs up and lights flashing to pick up and drop students off during the school year.

Jonke has spoken with the sheriff's office, district attorney's office and the county law department to craft legislation that would increase the amount an offender would pay. Senior deputy county attorney Dina Marie DiBlasi said municipalities are allowed to issue a surcharge for cases related to unsafely passing school buses on top of whatever the New York State fine

already is.

Lawmakers decided to make the surcharge \$100 in hopes of that large sum of money getting an offending motorist's attention.

State lawmakers have also taken steps to curb drivers speeding past buses by allowing school systems to put cameras on the stop sign of buses in order to capture images of possible cars that break the law. But right now, those images captured can't result in hitting the actual driver with a ticket, just the person the car is registered to, unless a

law enforcement officer witnesses it.

Legislator Neal Sullivan said this problem has been an ongoing concern for the county's traffic safety board. Legislator Carl Albano said public awareness could also help inform drivers not to speed by stopped school buses.

Legislator Ginny Nacerino called it a "really serious issue" that needs to be treated that way.


"I think it's a really big public safety issue," Nacerino said. "I would be very supportive of this, this is a very good preventive measure."



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Health Department and PHC Host Public Health Summit IX

More than 80 representatives from 44 agencies gathered together at Putnam Hospital Center for Public Health Summit IX on June 19. The goal was to review data and brainstorm plans for improving community health. While community health data may not vary much year to year, community partners convene annually to evaluate community needs and plan for the future.

Putnam Hospital Center President Peter Kelly and Michael J. Nesheiwat, MD, Health Commissioner for Putnam County, welcomed attendees, each thanking them for their commitment to the community. "The summit is a time to reflect, plan and engage partners," said Dr. Nesheiwat, noting also that by partnering with our community organizations we are able to better recognize the shifting needs of our community and address these changes through both innovative and constructive ideas.

Michael Piazza, Commissioner of the Department of Mental Health and Social Services, and the Youth Bureau, was also among the introductory speakers, describing the inspiring legacy of Judge Reitz, who passed away suddenly the previous week, leaving widespread shock and sadness among community members. He reminded attendees that like Judge Reitz, they too do work that enhances life in Putnam County and that their work has an even greater impact than they may ever know.

County Executive MaryEllen Odell is a longtime supporter of the summit. "We are one of the healthiest counties in New York State, and our county agencies and community groups work tirelessly to ensure this," she said at the recent State of the County Address. "I am always particularly proud of the way the different sectors in Putnam maintain alliances and collaborate. In this way, we all are able to truly stay informed about resources and identify the gaps that need to be filled."

Mental health received particular attention at this year's summit. On display prior to its Putnam County viewing later that evening, was The New York Warrior Promise Wall, a photographic memorial honoring those New Yorkers who have served and died by suicide as a result of PTSD. At the conclusion of the summit, all three breakout groups recounted conversations on the intersection of mental health and community health, declaring that mental health is no longer an isolated field apart from physical well-being. In recent years, public health professionals have been focusing on comprehensive health promotion to address the overlap between mental health and physical illness.



PROVIDED PHOTOS

Taking on the challenge of preventing chronic diseases in Putnam County are Public Health Summit participants Maureen Kenny, left, director of POW'R Against Tobacco, American Lung Association, and Carissa Mazzeo, manager of Reality Check at POW'R. Erin Pascaretti, the health department's epidemiologist and acting supervisor of health education, is in the center.



Putnam Hospital Center President Peter Kelly, center, Health Commissioner Michael J. Nesheiwat, MD, right, and Deputy Commissioner Joseph DeMarzo, of the Putnam County Department of Social Services and Mental Health, and the Youth Bureau were all on hand for the Summit.



Karl Rohde, right, director of the Veterans Service Agency, and John Bourges, program coordinator for the PFC Joseph P. Dwyer, Vet2Vet program of the Mental Health Association in Putnam County, spoke about the mental health issues affecting returning veterans.



Maple Hill Family Dentistry Yorktown

By Neal Rentz

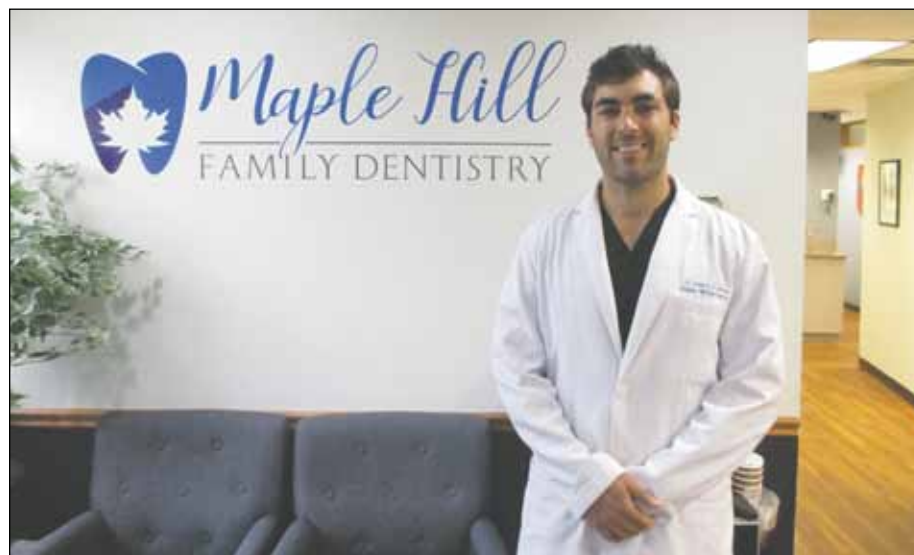
White Plains resident Dr. Matt Guarino explained recently that the dental practice on Maple Hill Street in Yorktown has been in operation since 1967 and has on occasion changed ownership.

In May 2018, Guarino took ownership of Maple Hill Family Dentistry, replacing Mahopac resident Dr. Michael Schwartz, who retired.

Guarino explained he wanted to own the Yorktown practice because it is in a suburban location, similar to the area near Boston where he grew up. Yorktown is “a nice community” and “a good place to raise a family,” he said.

“I saw this practice and it seemed like a very well-run practice and it had a good clientele with a lot of patients,” Guarino said. “It just kind of fit everything I was looking for.” Most patients stayed with him when he took over the practice, Guarino noted.

Guarino became a dentist in 2016. “I always liked science growing up,” he recalled. “I like using my hands. I like health care, helping people, running my own business was always a passion. It just kind of collected a bunch of different interests that I have that kind of made it all fit.”



NEAL RENTZ PHOTO

Dr. Matt Guarino of White Plains is the owner of Maple Hill Family Dentistry in Yorktown.

“We are a family practice. We treat from kids to the geriatric and everywhere in between,” Guarino said.

Guarino said his practice offers “the whole gamut” of services, including oral surgery, implant placements, root canals, fillings, crowns and cleanings. “We prefer to keep everyone under one roof so they

don’t have to bounce between different offices,” he said.

Guarino said he has made upgrades during his first year of ownership of the practice. “We’ve invested in the latest in technology,” he said. “I really believe in giving patients the most pain-free, quickest treatment we can.”

Guarino explained how he works with patients afraid of going to a dentist. “It’s just normalizing their fear, knowing that it’s very normal to feel this way,” he said. “Building a trust is a way to get them to kind of forget where they are for the time that they are here.”

He said he emphasizes having patients treated as scheduled. “I strictly enforce the no-wait policy,” he said. “I want the office to be comfortable. I want to office to be a good experience.”

Guarino said most of his patients come from Yorktown and such surrounding areas, including Somers, Peekskill and Mahopac.

“I like promoting our office,” Guarino said. “I believe we have the best office in town.”

Guarino said he receives much gratification from his work, especially from helping a patient who has not gone to a dentist for several years. “They have a whole new perspective,” he said. “It really changes their life in a lot of ways.”

Maple Hill Family Dentistry is located at 2000 Maple Hill St., #201, in Yorktown. For more information, call 914-241-5889, send an e-mail to yorktowndentist@gmail.com or visit <https://www.maplehilldentistry.com/>.

Brewster 6th Graders Persevere with Project Lead the Way Challenge

With upbeat pop songs playing in the background, Elizabeth Hooke’s sixth graders worked in small clusters on balsa wood gliders. Some were meticulously coloring designs, while others, fingers sticky with glue, were piecing their planes together. The assignment was a two-week Project Lead the Way challenge that asked students to create a plane that could fly for a minimum of five seconds.

To get there, students researched Newton’s Laws and how airplanes fly, created virtual models of their gliders, virtually raced against other students, and finally printed specs and built gliders out of balsa wood.

“I taught this last year as part of an elective,” said Hooke. “This year, the other two sixth grade teachers also have their Project Lead the Way training, so the whole grade is doing it now.”

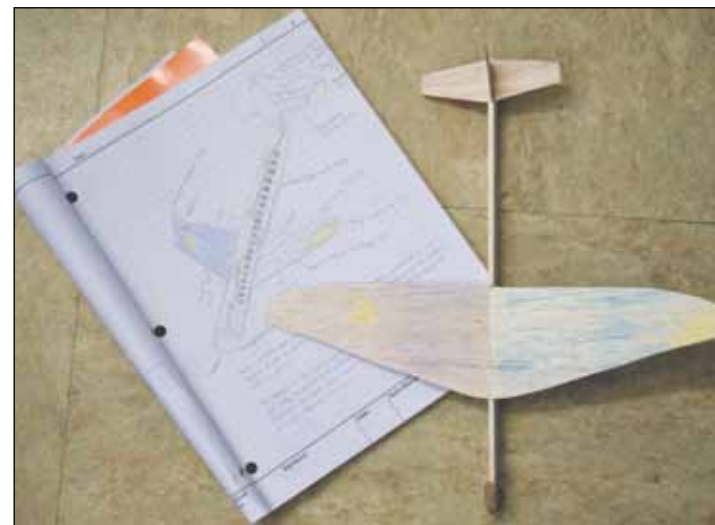
Hooke’s class seemed to thoroughly enjoy the hands-on project.

“I like it. It’s fun,” said Alessia Casale. “It’s also really hard because you have to figure out the perfect way to make the plane. If not, it won’t fly as well.”

“It’s also hard to figure out a way to design the plane so that it doesn’t just drop straight down,” added Neha Kakkanattu. “It has to actually fly. That was a little bit hard for me.”

The assignment was an exercise in critical thinking and perseverance, two of the district’s Strategic Coherence Plan skills.

“If you fix one thing, five other things go down,” Courtney Pease explained. Students were required to constantly test and reassess their plans until they got the results they were looking for — a life skill that is sure to come in handy as they grow older.



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Obituaries

Mary Bennett Polverari

Mary Sandra Bennett Polverari died peacefully on Wednesday, May 1. Sandy was born in Mt. Kisco, on September 8, 1935. Sandy was a lifelong Brewster resident where she attended St. Lawrence O'Toole School and then went on to St. Mary's Catholic High School in Katonah, and followed by The Katharine Gibbs Secretarial School in New York City. On August 23, 1958 she married Donald "Ducky" Polverari who predeceased her in 2013. She was also predeceased by her parents Peter and Rita Bennett and her sister Betsy Weizenecker. Sandy retired from Union Carbide Corporation in 2001 and moved to Vero Beach, Florida in 2002 where she was a Parishioner at St. John of the Cross. She enjoyed playing Bridge and volunteering for her Community. She is survived by her 6 children, Andrea Borda (David) of Vero Beach, FL, Beth Enright (Ward) of Poughkeepsie, Lynne Harvey of Rochester, Rita Gallagher (Tom) of Vero Beach Florida, Christine Hannigan (Jim) of Vero Beach, FL, and son Donald (Mary Claire) of New Fairfield, CT; and her beloved 13 Grandchildren, Jennifer, Rachel and Julie Borda, Austin and Monica Enright, Kathryn (Ben) Peterson and Eric Harvey, Matthew (Ashlee) and Drew Gallagher, Amanda and James Hannigan, Donald and Michael Polverari; and her 2 Great-Grandchildren Theodore Huppert and Sloane Peterson. Sandy will always be remembered for her sharp wit, hard work ethic and above all her devotion to her family. She will be dearly missed by her family and friends. A Funeral Mass will be conducted on Wednesday July 3rd at 10am at St. Lawrence O'Toole Church.

Josephine M. Wegel

Josephine M. Wegel of Mahopac, died on Friday, June 21, at the age of 64. She was born in Queens, on February 7, 1955, the daughter of Alexander and Mary (Russo) Korsak. Jo was a graduate of Copiague High School on Long Island. She moved to Mahopac in 1987 and has worked in the Mahopac Central School District (MCSD) for almost 30 years, most recently as a librarian at Lakeview Elementary School. She has organized the "Toys for Tots" campaign within the district for almost 20 years, enabling the distribution of gifts to thousands of children during the holidays over that period. Born into a large Italian family, Jo was an amazing cook whose meals and spreads are without comparison. A lover of baseball, she was a long-suffering NY Mets fan. She loved animals, and from childhood, she enjoyed spoiling her pets. Most notably, Jo was selflessly devoted to her family. On March 18, 1978 she married Richard K. Wegel at Our Lady of Perpetual Help Church in Lindenhurst. In addition to Richard, she is survived by her daughter, Kristin of

Mahopac and her son, Marc and his wife, Bobbi of West Babylon, and her beloved granddaughter, Megan.

Thomas P. Filecco

Thomas P. Filecco, Jr. 72, of Holmes, died on June 22, at Calvary Hospital in the Bronx, surrounded by his loving family. Thomas was born on November 20, 1946 in Yonkers to the late Thomas P. Filecco, Sr. and Jennie (Cali) Filecco. He attended Saunders High School in Yonkers and later served in the United States Army. Thomas moved to Lake Carmel in 1967, then later on to Holmes. He retired from the US Postal Service in Mamaroneck, after 35 years, then worked numerous part time jobs, including a security guard and mail clerk for Putnam County. Thomas was an active member of the American Legion Post 90 in Mamaroneck, numerous Firematic organizations, including the Lake Carmel Fire Department where he was named as an Honorary Chief, received lifetime membership status as well as serving as Captain of Putnam County Fire Police. Thomas married Carol Grazioso in 1967 in Yonkers, who survives. He is survived by, two sons Thomas III (Carol) and Michael Louis (and his partner Robyn Cara Paragine), his two cherished granddaughters; Megan and Angela whom he adored and each child held a special place in his heart. He is also survived by his brother, Louis Filecco, as well as many nieces.

Ramona Garofalo

Ramona Garofalo, of Wappingers Falls and formerly of Mahopac, blessed this earth for 89 years, before her passing on June 23, at Wingate at Dutchess. Ramona was born on August 15, 1929 to the late, Michael and Rose (Dachille) Conte, in White Plains, NY. She married the love of her life Ralph V. Garofalo on April 24, 1949, at Our Lady of Mt. Carmel in the Bronx, NY and together they were blessed with three children; Louis, Karen and Ramona. Before she retired in 2000, she worked in the Sales Department for This End Up Furniture Store in Yorktown. Always staying busy, Ramona also worked as a Home Health Care Aide in Putnam County, as well as, was a typist for a CPA. As a devout Catholic for over 40 years, Ramona was a member of the Catholic Daughter's at St. John the Evangelist Church in Mahopac. Her faith gave her strength for all of life's ups and downs that she endured, yet she did it with grace and love. In her spare-time, both Ramona and Ralph enjoyed traveling together and she was the life of the party with all her dancing skills and taught her grandchildren a move or two! Although she enjoyed working and volunteering at the Church, it was her family that gave her the most joy in her life. Ramona was a devoted wife, a loving mother, grandmother, great-

grandmother, mother-in-law, sister, aunt and a friend to many. She just loved having her family at her Sunday family dinners, where she taught her children and grandchildren many Italian family traditions. Her grandchildren and great-children who fondly called her Grandma and her little great-granddaughter Alessandra; called her Nanny, where the light of her world, she tried to attend as many school and social activities as possible, where she was their biggest cheerleader! She is survived by her three loving children; Louis Garofalo of Brookfield, Ct, Karen (Anthony) Procaccino of Wappingers Falls, Ramona (Christopher) Tarquini of Apex, North Carolina, her brother Frank (Ann) Conte, eight cherished grandchildren; Anthony (Nancy), Gregg, Kara (Joseph), Jeanmarie (Peter), Lori, Nicholas, Joseph and Marc and eight wonderful great-grandchildren; Joseph, Kyle, Jayden, Anthony, Nicholas, Shawn, Alessandra and Joseph, all of whom she adored and each grandchild and great-grandchild held a very special place in heart. She will be dearly missed by all who had known and loved her, yet her legacy of love and devotion to family and friends will continue to grow in our hearts.

Todd L. Winch Sr.

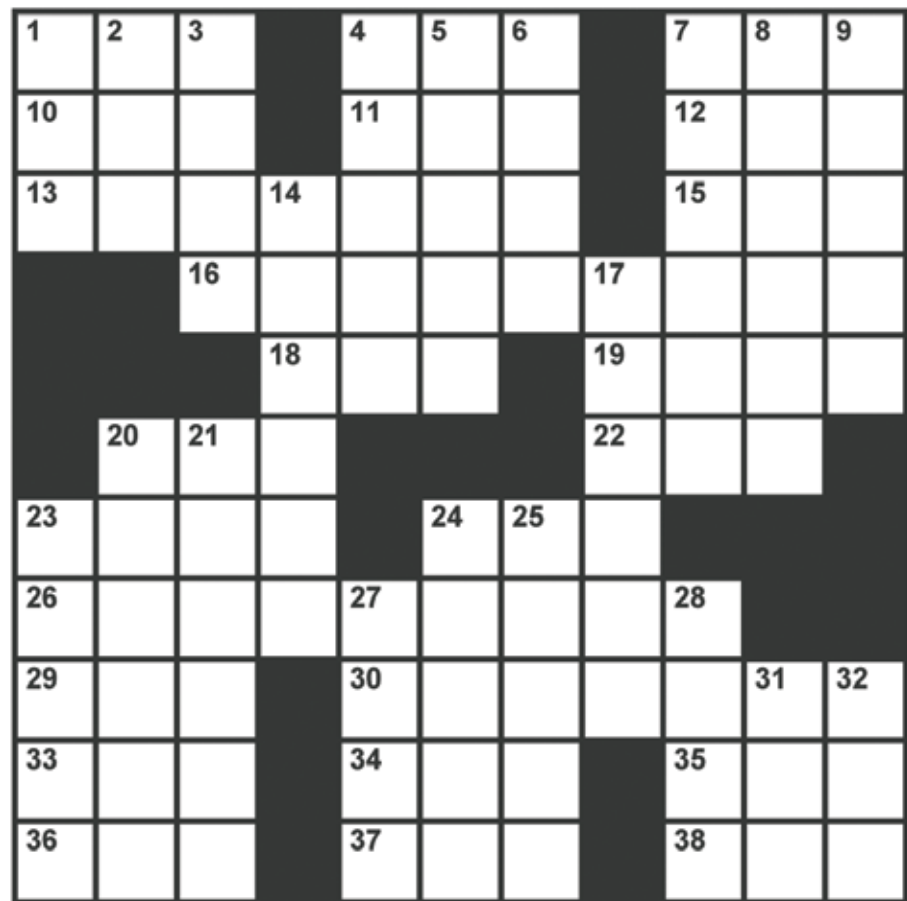
Todd Leonard Winch Sr. died Monday, June 24, at the age of 85 surrounded by his loving family. Todd was born in the Bronx, New York on May 26th, 1934. He graduated from high school in the Bronx and served in the United States National Guard during the Korean War. At the age of 22, Todd joined the New York City Police Department 5-2 precinct in 1956. On February 7, 1959 he married the love of his life Anna Theresa "Nancy" Dever, who predeceased him on April 28, 1989. Todd is also predeceased by his parents Addison and Florence (Miller) Winch, his siblings Terri and Teddy, his infant children who passed shortly after birth, and his granddaughter Cassandra Perri. In 1976, Todd moved to Putnam Lake, New York with his wife and children where he continued to serve with the NYPD until he retired with the title of Sergeant in 1981. Todd is survived by his siblings; Alice, Lynn, and Thomas, as well as his five children; Christopher of Patterson, New York, Todd Jr. and Beth of Dover Plains, New York, Thomas and Linda of Patterson, Kenneth and Vincentella of Patterson, and John and Karen of New, Fairfield, Connecticut. He is also survived by his grandchildren Christine, Gina, Ryan, Ashley, Jordan, Courtney, and Shelby, as well as Thomas, Brandi, Derek, Samantha, Jenna, Anthony, and Ryan; his great-grandchildren Serena, Olivia, Chuckie, Cordero, and Madison, his nieces Nicole and Madeline, and his extended family Kerryann Gough, Danielle Ciurcina,

and Joan O'Neil, whom he treated as a sister. Todd enjoyed golfing and was an avid NY Jets and NY Mets fan. He loved his corvette and, after raising five boys, it became his baby. He will forever be remembered as being a tough, hard-working man with a quick wit and the utmost devotion to providing for his family. He will be dearly missed by all who knew him.

Salvatore Barbato

It is with heavy hearts the family of Salvatore Barbato, 72 of Mahopac, announces his death on June 25, surrounded by his loved ones at Putnam Hospital Center. Salvatore was born on June 3, 1947, to the late, Salvatore and Lucy (DeFilippis) Barbato, in Bronx, NY. On August 10, 1968, he married the love of his life, BarbaraAnn Savino, and together they were blessed with three children; Salvatore, Anthony, and Nicholas. After working for 33 years as an A Mechanic on a Cable Gang for Con Edison, he retired in 2000 to spend more time with this family. Salvatore was the happiest when he was with his wife, sons, and grandchildren. He enjoyed watching his grandchildren grow and attended many school and social activities. In his spare time, he liked to go to the shooting range, detail his cars, was an avid watcher of The Sopranos and Impractical Jokers and was well known for being a jokester, himself. As far as he was concerned, there were no better singers than Frank Sinatra or Dean Martin and loved to argue that point with whoever disagreed. His smile and laugh were contagious and there was never a dull moment when you were in his presence. Salvatore was a devoted husband, a loving father, grandfather, father-in-law, brother, uncle and a friend to many. He would always be the first to offer his hand if you needed help. He was a great listener and if you wanted his advice, it was always done with honesty and love. Salvatore and BarbaraAnn were blessed throughout their marriage and through their love and respect for each other, held on strong walking hand in hand in every situation they endured. Salvatore is survived by his devoted wife and best friend of almost 51 years; BarbaraAnn, his three loving sons; Salvatore Barbato (Sue Hlawatsch), Anthony (Maria) Barbato of Poughkeepsie, NY, and Nicholas (Diana) Barbato of Poughkeepsie, NY. He is also survived by his beloved brother, Anthony and his two cherished grandchildren; Isabella and Anthony, whom he adored and each held a special place in his heart. He will be missed by his granddogs, Maya, and Comet as well. He is predeceased by his brother Christopher. Salvatore will be dearly missed by all, yet his legacy of love and devotion to family and friends will continue to grow in our hearts.

Crossword Puzzle



Crossword by Myles Mellor

Answers on page 13

- Across
1. Fire remnant

4. Software program, briefly

7. Nuke

10. Opus ____

11. Not paleo-

12. Immigrant's course, abbr.

13. Ten-sided figure

15. Good works ad

16. Goliath slayer

18. Opener

19. Fictional Jane

20. Vegetable that rolls

22. Computer monitor, abbr.

23. Handel oratorio

24. Feedbag morsel

26. 7. National cemetery location or Ossining carpenter, _____ Wood-working

29. GI with stripes

30. Fragrant

33. B.A., e.g.

34. Col.'s superior

35. Sign, the contract

36. Rocky creator

37. "The loneliest number," in a Three Dog Night song

38. Sign of summer
- Down

1. Recipe instruction

2. Observe

3. Bar sounds

4. Actress Harmon

5. State flower of Indiana

6. Ping-____

7. A soft, gentle breeze or Mahopac farm

8. Pigeonhole

9. An umpire is behind it

14. Acid neutralizer

17. Zone

20. FedEx delivery

21. Speech of praise

23. Smooths

24. Nash who wrote humorous verse

25. Make up for mistakes

27. Scrubbed, as a mission

28. Finger tip

31. Vane direction

32. Ref's decision



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Lakeview Third Graders Talk to Dolphin from Classroom

Lakeview third graders, along with their teachers Ms. Terri DiMicco and Ms. Danielle Romano and teaching assistant Angela Pace, may have taken the most memorable field trip of their lives without even leaving the classroom. With support from a grant provided by the Mahopac Special Education Parent Teacher Organization (SEPTO), the class participated in a virtual field trip to the Dolphin Research Center in Grassy Key, Florida.

Located on an island in the middle of the Florida Keys, the research center's marine mammal trainer, Noelle Belden, and dolphin "Delta" spoke with the class "live" via video conference in a lively exchange filled with unusual facts and a question/answer exchange. Delta was an active part of the dialogue and would answer questions by nodding "yes," "no," and even high fives. Some interesting anecdotes about dolphin life discussed included:

- Dolphins remain conscious, even when they are sleeping. This is because their breathing is not automatic, it is consciously controlled. Dolphins only allow one half of their brains to sleep at a time; the other half stays



PROVIDED PHOTO

- alert to enable the dolphin to continue breathing and look out for possible danger.
 - Dolphins can see with sound, they use their "clicks" which travel long distances and bounce off of objects.
- This is how they get a sense of where they are and where they are going.
- Dolphins do not drink water. Their main food (fish and squid) contains large amounts of water. Because they are always in water they also do not get

dehydrated.

The "trip" fell on World Ocean Day, a day devoted to a global celebration of the ocean, June 8. In preparation for the "trip" the students studied the bottlenose dolphin and read Winter's Tale by Juliana Hatkoff, which inspired the movie Dolphin Tale. The story emphasizes the importance of water pollution which was instilled in by Belden to the students. "Think about what you can do every day to make sure dolphins have a healthy ocean. Let's remember to reduce, reuse, and recycle. A big part of what we can do is to stop using plastic bags. Plastic in the ocean is polluting and dangerous," said Belden.

The visual and audio "field trip" components were facilitated by John Rissanovich, senior facilitator for instructional technology at Southern Westchester BOCES. As the students were exchanging with the dolphin and trainer, Ms. Romano would recap highlights on the white board for students.

"As teachers...we were very excited to make this study come to life for our students. We're so impressed with their questions and enthusiasm," said DiMicco.

Musings on Home Ownership and Real Estate

This week I reprise some musings based on both practical and absurd observations made from past columns.

The common complaint of noise from neighbors. No man is an island, but there were a couple of occasions, especially when I lived in an apartment building that was not well insulated for sound, when I wished I were. Noise is the biggest complaint we have about neighbors. According to a survey by Trulia, 67 percent of us like our neighbors. Should that leave us to assume that the other 33 percent of us don't like them for some reason?

Why has the great American front porch disappeared? Blame the advent of television and computers that keep people inside. The society that created the need to socialize with neighbors and passersby on the street has vanished. Those who still build front porches are expressing a longing for the way things used to be. Understandable in today's fast-paced world.

If you have a front porch, paint the ceiling blue. The theory here is that the insects are fooled into thinking the blue paint is actually the sky where they can't



By Bill Primavera

nest. In the old south, folks believed the sky color warded off evil spirits. In any event, blue is a calming color, so using it to paint a ceiling in any area intended for relaxation makes sense. You can simply enjoy that rocking chair or chaise lounge and not give a second thought to any nasty spirits lurking.

He's boiling, she's freezing. Men have more insulating muscle than women, so sometimes people living in the same household have a hard time agreeing on a room temperature. To the rescue are the home heating/air

conditioning systems with several zones. But what about in a shared bedroom? An electric blanket with two controls is the answer.

St. Joseph strikes again. I've told several stories about the lore and techniques attached to burying a St. Joseph statue on the property of a home seeking a buyer. My favorite is about a homeowner who tried several underground locations and positions for the statue, but none worked. Frustrated, he threw the statue in the trash, only to learn a week later that the town dump had been sold.

Will we all return to dust? Did you

know that household dust is composed mostly of our own flaking skin? If we are uncomfortable when our house is dusty, is that being uncomfortable in our own skin?

Why is there an elongated toilet? The design of the elongated toilet bowl surely was designed to accommodate the male anatomy. Trading up from a circular bowl to an elongated one is for a guy like going from jockeys to boxer shorts.

Not to belabor the point about the toilet, but... While we would all agree that it's the gentlemanly thing for guys to return the toilet seat to the down position, most times the practice requires reminders. However, we should all engage in the practice of also lowering the lid before we flush to prevent the spray of bacteria.

A bathroom practice I've never understood. I've always wondered about the idea of placing a basket of magazines or even books on the tank or next to the toilet. It seems to me that anyone who has to sit long enough to read waiting for that final stage of peristalsis to take place should be thinking about visiting a gastroenterologist.

Of death and taxes. We've all heard the expression that the only certainties in life are death and taxes. While we can't do anything about the inevitability of death, we can try to negotiate property taxes

by grieving them. If a tax grievance is in your future, I wish you good luck. And if somehow you manage to negotiate the inevitability of death, write and let me know how you did it.

A mattress tale. My wife tells a cute story about mattresses. When she took her 88-year-old mother to buy a new mattress and the salesman noted that it came with a 20-year guarantee, her mother said, "At my age, I only need a five-year guarantee. Can I get a better price for that?"

Too much shorthand. If you're buying or selling a house, you've certainly encountered your share of abbreviations – FSBO (for sale by owner), AO (accepted offer), CMA (comparative market analysis), EIK (eat-in kitchen), SLD (sliding glass doors), etc. Sometimes it seems that our whole world, especially with texting, has gone much too far into shorthand. When making an admittedly low-ball offer on a house and told that the listing agent would "follow up" after speaking with her clients, I was startled by her return e-mail when the subject line was abbreviated simply to "FU!"

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

Allergic or Intolerant to Wine? There's a Ray of Hope for You



By Nick Antonaccio

I've previously written columns on sensitivities to white or red wines. I've also written a column fostering the production of wines without the intervention of those produced in science labs. I've even written a column on the medicinal benefits of red wine.

In my internet travels I've come upon a research project conducted in Canada that ties all three of these topics together.

It would seem perfectly logical that wines produced naturally, without the use of chemicals in the vineyard or the winery, are intrinsically better for our health. And certainly, naturally produced red wines, containing health-enhancing resveratrol compounds, are intrinsically better than white wines.

But what of those unfortunate friends and relatives who are allergic to wine, whether red or white (or both)? Are they doomed to deprived lives if they abstain? Must they lead tortured lives if they flout their physiological aversions to wine?

It would seem so.

The ranks of these poor souls demonstrating an allergy or intolerance to wine are numerous. To clarify, the immune system of a certain percentage of

us creates allergic reactions when wine is consumed. For certain others, it is our digestive system, histamines or sulfites that create an intolerance to wine, interfering with the manner in which alcohol is processed by our bodies.

Symptoms may include headaches, asthma-like breathing, sinus congestion, nausea or skin flushing – or any combination of these debilitating conditions. To be deprived of the ethereal sensory pleasures and the corporal health benefits of a glass of wine qualifies as cruel and unusual punishment.

Scientific and anecdotal evidence have ascribed these wine-related symptoms to various causes, but no declarative, definitive conclusions have been reached that cover the full spectrum of symptoms. Throughout my years of investigation, I've not found a common denominator that accounts for the widespread allergies that afflict so many wannabe wine consumers. At one point I felt that natural, unadulterated wines would alleviate the negative reactions suffered by so many. Unfortunately, these unadulterated wines contribute to allergic reactions as often as mainstream wines.

Now researchers at the University of British Columbia have discovered a

You Heard It Through the Grapevine

compound in natural yeast that may be the baseline culprit accountable for many wine allergies or intolerances.

Naturally occurring neurotoxins in common yeasts are created as a byproduct of the fermentation process. Classified as bioamines, these compounds exist in various strains of natural and cultured yeasts. These yeasts are utilized by many winemakers to stabilize fermenting wines and to soften the high acidity present in many wines.

Having previously identified this culprit, the researchers now offer a solution. After 16 years of testing, they claim to have developed a genetically modified (GMO) form of yeast that eliminates bioamines. They have obtained approvals from several governmental agencies – including the FDA in the United States – to market this modified yeast commercially.

That's it: A solution that will instantly transform wannabe wine consumers into enthusiastic wine lovers. Ah, not so fast, future wine snobs. Although this is a groundbreaking development, many regulatory bodies – the European Union, in particular – have strict laws banning the use of GMOs and are unlikely to change their position in the foreseeable future.

Many consumers are not comfortable with altering yeast genetics either, especially those espousing natural wines.

What's a consumer to do? Although there may be a solution, only time and further research will determine the viability of new, natural strains of bioamine-free yeasts. In the meantime, I offer several work-arounds that may be helpful for those prone to negative reactions to wine.

1. Rosé wines are lower in offending yeast microbes than red wine. Experiment with a bottle.

2. The red grape that has the highest levels of bioamines is Pinot Noir; abstain if possible.

3. As wine ages, bioamines tend to dissipate in the barrel or bottle; drink aged wines whenever possible.

Modern science has a knack for finding solutions to age-old dilemmas. I look forward to the day when I can raise a glass of wine to anyone and everyone.

Nick Antonaccio is a 40-year Pleasantville resident. For over 25 years he has conducted numerous 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

Wednesday, July 3

The Putnam Arts Council in Mahopac Summer exhibits: Celebrating Jeanne Demotse, the art and the artist. This memorial, salon style exhibit will continue through Sunday, July 14 with gallery hours Tuesday through Friday from 12:30 p.m.-3:30 p.m., 2 p.m.-4 p.m. Sundays, July 7 and July 14 or by appointment. All of the artwork is available for sale and affordably priced and all sales will benefit the Putnam Arts Council. Gallery admission and parking at the Putnam Arts Council is always free of charge. Docent lead tours are available with advance notice. For additional information, contact the Putnam Arts Council at 845-803-8622 or email us at joyce@putnamartscouncil.com

The Harry Potter Adult Discussion: Kent Library. 6 p.m. Come talk about your favorite magical series with other adults who love it, too! This month, we are reading and discussing the following articles: The Marauder Prequel (available on MuggleNet) and "The Chapter that Made Us Fall in Love with... Remus Lupin" (on Pottermore). This group is for people who have already read the seven original books. Adults 18+ only. Registration required. The Kent Library is located at 17 Sybil's Crossing off Route 52 and can be reached at (845) 225-8585 or www.kentlibrary.org.

Friday, July 5

Flo Brandon Book Group: 11 a.m. Join us for a discussion of The Taming of the Shrew by William Shakespeare. Drop-in group; no registration needed, and new members are always welcome. For information about future reads visit www.mahopaclibrary.org, or call 845-628-2009, ext. 100.

Trinity Lutheran Church 2103 Route 6 Brewster, First Friday Potluck Dinner. 6 p.m.- 8 p.m. Join us for food, fellowship and fun. Bring a dish and make new friends. RSVP 845-279-5181

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

Farmers Market returns to Putnam Hospital Center: The seasonal market is open to the public from 10 a.m. to 3 p.m. every Thursday through October on the hospital campus. For more information, please contact Public and Community Affairs Manager Marcela Rojas 845-230-4773

Saturday, July 6

Desmond-Fish Public Library Hosts Hudson Highlands Poetry Reading Series: 1:30 p.m. Gillian Cummings and Daniel Wolf will read from their works then open the floor for an open mic opportunity. If you are interested in participating in either the open mic or as one of our monthly readers, please email manitoulive@gmail.com. This event is free and refreshments will be served. 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.

Putnam Valley Residents Coalition's Farmers Market 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 3:00 p.m. to 6:30 p.m. 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(c)(3) organization. Find out more at www.putnamvalleyresidents.com. Vendors should contact putnamvalleyresidentscoalition@yahoo.com or call 845-528-0066

Monday, July 8

Brunch & Books: 10 a.m. - 10:40 a.m. This club gives kids a chance to read just because it's fun and because they want to share what they read with others. We will enjoy a light brunch and meet outside on nice days! For Grades 3 through 5. For more information or to register, contact the Patterson Library at 845-878-6121 x10 or go to www.pattersonlibrary.org and click Calendar.

Let's Play Chess Club: 2 p.m. - 3:30 p.m. Kids ages 7 and up are welcome to come play chess with others for fun. Play with other kids and perfect your game. All levels welcome. For ages 7 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.

Tuesday, July 9

Virtual Reality Games for ages 14 - 18. Come and play with Mahopac Library's Oculus Rifts and Virtual Reality Viewers. 3 p.m. A waiver is required for participation. Registration is required; register online at www.mahopaclibrary.org, or call 845-628-2009, ext. 100.

Learn to sew with Lucille Merry and Polly Townsend at a Sewing 101: Desmond-Fish Public Library. 6 p.m. Both adults or adult/child teams will learn how to make a lined tote bag. Registration is required by July 5th with a \$5 suggested donation requested to cover the cost of materials. Everyone should plan to bring their own sewing machine, however, if you do not have one please contact the library and we will do our best to accommodate. This event is free and everyone is welcome to attend. For more information about any of the library's upcoming programs, please visit www.desmondfishlibrary.org.

Drawing Faces at Reed Library: 10 a.m.-1 p.m. This workshop will focus on the five elements of the human face - eyes, nose, mouth, ears and hair. Registration is required. Please call the library to register, 845-225-2439

Wednesday, July 10

The Space Race at Reed Library. 11 a.m. From the pioneering Mercury and Gemini flights to the first Apollo Moon landings, this lecture will celebrate the 50th anniversary of the Apollo 11 moon landing. Please call the library to register, 845-225-2439.

Thursday, July 11

Chinese Brush Painting at the Reed Library: 10 a.m., 1 p.m. This workshop will explore the art of Chinese brush painting using traditional materials. Registration is required and begins June 24. Please call the library to register, 845-225-2439.

Science Tellers bring a science-themed summer reading adventure to the Desmond-Fish Public Library, 4 p.m. Aliens: Escape from Earth is an action-packed and educational alien adventure using science experiments for special effects. Everyone in the family is invited to this totally out-of-this-world performance. 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.

Friday, July 12

Hebrew Congregation of Somers Shabbat Service and Dinner. Shabbat service at 6:30 p.m. followed by a potluck dinner. 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.

Paint Party at Reed Library: Doors open at 6:30 p.m. Painting begins at 7 p.m. Create a painting from start to finish, enjoy refreshments and sip something delicious! Registration required, please call the library to register 845-225-2439.

Saturday, July 13

The Desmond-Fish Public Library is pleased to host an Infant CPR Class. 11 a.m. to 12:30 p.m. . The class will be facilitated again by instructor Mack Godbee, an EMT with the Garrison and the Peekskill Ambulance Corps for over thirty years. Registration is required for this one and a half hour non-accrediting class but it is open to all, including partners, relatives, babysitters, and other interested parties. Babies and siblings are welcome to attend with their parents. Please email beautifulmamas123@gmail.com to sign up. There is a \$10 instructor fee for participation in the course. 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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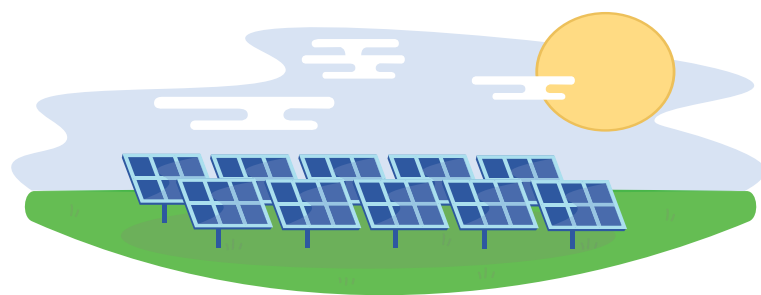
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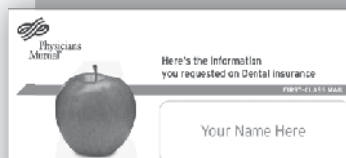
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NOTICE OF FORMATION OF GO-LAB LAW, PLLC. Articles of Organization filed with the Secretary of State of NY (SSNY) on May 31, 2019. Office location: Westchester County. SSNY has been designated as agent upon whom process against it may be served. The Post Office address to which the SSNY shall mail

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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 CAM-EO 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 **Cameo Home Inspections LLC, 2 Ann Place, Valhalla, NY, 10595.** Purpose: any lawful act or activity.

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Yorktown Bandits Swipe 5-0 Win over 13-U Putnam Valley

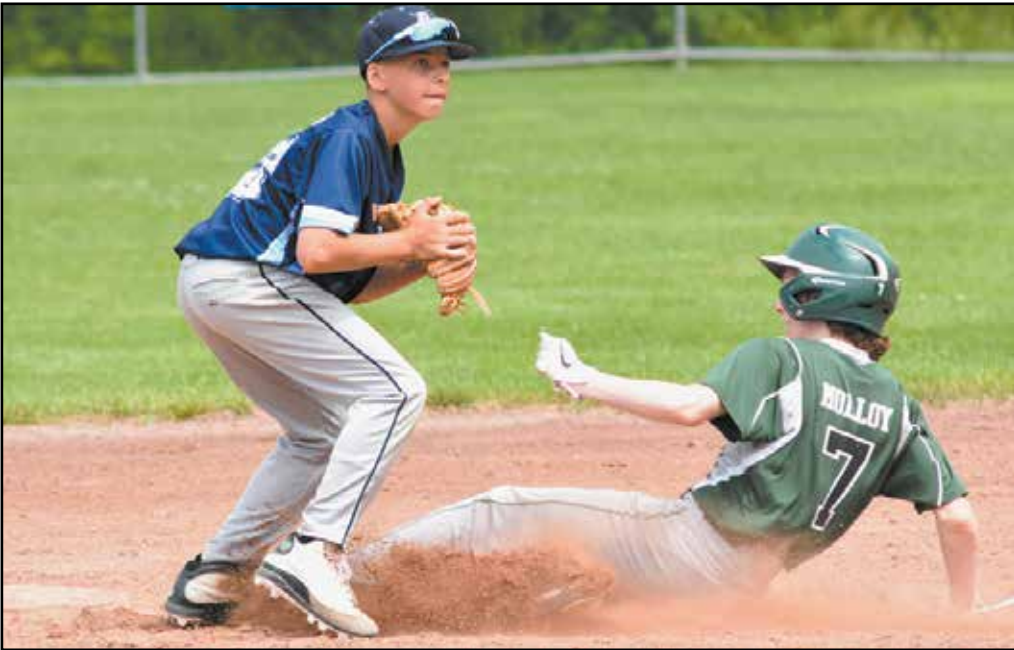
Putnam Valley 3B Angel Munoz (L) can't get the tag down on Yorktown's Ryan Saviano in the host PV Wild's 5-0 loss to the Bandits last Sunday in 13-U Greater Hudson Valley League Baseball action at Union Field where PV salvaged a split on the day by defeating the Somers Silverbacks, 7-6, in the nightcap... see Baseball Notebook



Putnam Valley Wild OF Chris Borasi connects in 5-0 loss to visiting Yorktown Bandits Sunday at Union Field.



Yorktown's Calvin Molloy was a pesky son-of-a-gun in Bandits' 5-0 win over host Put Valley Sunday.



Put Valley 2B Mike Mortarano awaits throw as Yorktown's Calvin Molloy swipes the bag in Wild's 5-0 loss to Bandits Sunday.



Yorktown Bandits 13U Club Swipes 5-0 Win over Putnam Valley



Yorktown P Cameron Baker fired a gem in Bandits' 5-0 13-U win over host Putnam Valley Sunday at Union Field.



Yorktown IF Calvin Molloy slaps tag on Put Valley's Alex DiGiannantonio in Bandits' 5-0 win over Wild Sunday.



Put Valley SS Tommy Tan awaits throw at 2B as Yorktown's Ryan Saviano swipes bag in Wild's 5-0 loss to Bandits Sunday.



Yorktown bandit Mike Butironi tracks a shot in 5-0 win over Putnam Valley last Sunday.

Sports

A.D. Needed, Busy July on Tap for Mahopac BOE



By Ray Gallagher
Examiner Sports
Editor

The Mahopac Board of Education has quite a July in store for itself from a sports perspective. One would suspect that the BOE will be approving an interim Athletic Director in the days ahead, and the sensible solution would appear to be Frank Miele, the former Mahopac AD who still has his finger on the pulse of the athletic community. The 1967 Mahopac grad still maintains an above-average fastball and has never stopped bleeding blue and gold. He seems like an instant fix to an athletic department in desperate need of an overhaul. I wouldn't waste another moment, folks: Give the man a new hat and let him rebrand the #MahopacWay, which has gotten somewhat off course under recently-resigned A.D. John Augusta.

The next order of business would be naming a boys' varsity basketball coach to replace Matt Simone, who recently stepped aside to pursue a P.E./Coaching career at Dover High School after five years on the Indian sideline. This should be even simpler than naming Miele atop the athletic department.

Tom McMahon is an eighth-grade ELA teacher at Mahopac, is the president of the Mahopac Teacher's Association, has lived the better part of his life in Mahopac and has forgotten more about basketball than most of us will ever know. Previously, he had a brief stint as the head coach at Mahopac and has remained the front man for the St. John's CYO program while affirming himself as one of Section 1's premier basketball referees over the past decade. He knows the game inside and out, works in the district, runs the church program and is beloved by the current group of varsity and junior varsity prospects, including his own sons, so what's the holdup?

As it is, summer leagues are in full bloom and the Mahopac program hasn't a single adult involved with its basketball program, so there isn't time to drag your feet, folks. Give McMahon the keys to your basketball kingdom and allow him to rebuild a program that needs a year or two before it finds itself competing for a league title, let alone a Final 4 berth...

You can't change one's fandom overnight, which, oftentimes, means you've pledged your allegiance for life;

much like I'm stuck with the NY Mets, despite having grown up in the Bronx the first nine years of my life. At the tender age of six, I watched the Mets win one of two World Series titles they would win, which pretty much defined me as a Mets fan for life. One delirious season, which I barely remember as a first-grader in St. John's, has set me up for baseball misery for much of my entire existence. I probably should have bailed on the Mets when they traded future Hall of Famer Nolan Ryan for a washed-up Jim Fregosi in 1971, seeing how that disastrous trade with the Angels is essentially a microcosm for Mets' baseball, which keeps finding new ways to lose and revisits rock bottom each and every year.

Mets closer Edwin Diaz was on the fast track toward a perennial All-Star career as a Mariner, only to be traded to the Mets last winter and go by way of Robbie Alomar, Carlos Baerga, George Foster, Mo Vaughn, Jason Bay, Vince Coleman, Luis Castillo, Bobby Bonilla (who just got another million dollar check from the Mets Monday), Robinson Cano and other former greats who tanked instantly upon becoming a NY Met...

Did I mention the hopelessness of being a NY Knicks fan, too? Similarly, it was the Walt 'Clyde' Frazier/Willis Reed-led Knicks that suckered me in during the wee '70s. The only thing worse than being a died-in-the-wool Knickerbocker fan is being a Mets/Knicks/Jets fan. Luckily, I back Big Blue and had a sliver of sanity that steered me clear of Gang Green.

Culture starts at the top, though, and NY Knicks owner James Dolan has seemingly created a bottom-feeder culture that can't lure any of the big-time free agents to Madison Square Garden, and when you utterly fail in every attempt to do so, you simply can't compete in today's NBA. If Dolan can't score big with NBA free agents, which seems evident, it might be time to put the For Sale sign up because the NY Knicks' basketball program has become a veritable punching bag...

And yet Dolan, who also owns the majority of the NY Rangers, can land Artemi Panarin, the most sought after target on the NHL free agent market this offseason, Monday afternoon, after being skunked Sunday. In essence, it's the Rangers who have had the off-season the Knicks were supposed to. Just 92 days till we drop the puck, but who's counting? #LGR!

Heavenly Performance by Angels Wins the Day; Crowned Division Champs

The youth baseball Angels of the Mahopac Sports Association captured the championship for the third and fourth grade age Colt division on Sunday, June 23, in a 6-3 triumph against the Orioles.

The Angels finished in third-place out of six teams with a record of 6-3-1 during the regular season but surged in the playoffs. They beat the second-place Astros in the semi-final playoff game, allowing the squad to advance to the championship matchup.

Aiden Kugler led the charge for the Angels in the championship at Crane Road Field, going 2 for 3 with a run scored and an RBI. Not only did Kugler perform at the plate but he also delivered on the mound. Up 6-3 in the top of the fifth, the Angels handed the ball off to Kugler in relief. He pitched the final two frames, striking out six Orioles to seal the victory.

"The coaches taught these boys that although baseball is just game they would learn life lessons this season, lessons they can carry throughout their lives: hard work, sportsmanship, teamwork and dedication toward a cause," observed Angels Coach John Kugler. "The boys played hard and had fun all season from start to finish and we are so proud of what they accomplished as a team. They truly deserved this championship."

As for the Orioles, Coach Johnny Long said he was proud of his team's first-place finish during the regular season despite



Angel team members are Devan Barber, Billy Camperlengo, Donald DiCarlo, Philip Gillcrist, Aiden Kugler, Mason Kugler, Patrick Lowery, Gianni Madera, Antonio Martinez, Cole Orofino, Braydon Stern, Jack Tompson and Peyton Wines. Coaches are John Kugler, Anthony Martinez, Mike Madera and Ben Wines.

the disappointing loss in the decisive game.

"Great season, all the kids on the team worked really hard in practice and in the games," the coach said. "They never

questioned when Coach Melissa Zeiler, Coach Scott Rothmann or myself asked them to do something. Finishing in first-place for the regular season was exciting and the kids were ecstatic. Obviously,

we fell a little short in the championship game and we were all a little disappointed but I asked everyone to hold their head up high and be proud of what we were able to accomplish from start to finish."



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