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SMALL NEWS IS BIG NEWS

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## Three Released from Putnam Jail Under New Bail Reforms

*Man Charged in Fatal Hit and Run Detained by ICE*

By Holly Crocco

Three men incarcerated at the Putnam County Correctional Facility on pending criminal charges had to be released under new criminal justice reforms that took effect Jan. 1, announced Putnam County Sheriff Robert Langley Jr. last week.

The 2019-20 New York State Budget

included sweeping changes to the way defendants are remanded following their arrests and before their criminal trials begin. Under these reforms, courts now must release defendants on their own recognizance pending trial unless the court makes a determination that they pose a flight risk.

According to Langley, among those

released was 40-year-old Javier Lorenzano-Fercano, who was charged in the fall with leaving the scene of a fatal automobile accident, a class D felony.

It is alleged that Oct. 25, Lorenzano-Fercano was driving in Philipstown when he struck and killed a 38-year-old man and then fled the area without reporting the incident. He was arrested the next day in Dutchess County.

When Lorenzano-Fercano was released, immigration officials took him into custody

on an ICE detainer.

Also released from the Putnam County Correctional Facility under the new criminal justice reforms were 50-year-old Suffolk County resident James McNerney, who is charged with second-degree grand larceny, a class C felony; and 28-year-old Brooklyn resident Dusean Davis, who is charged with first-degree criminal possession of a forged instrument, also a class C felony.

According to the New York State Senate,  
*continued on page 2*

## Honor a Veteran with a Military Tribute Banner in Putnam Valley

By Holly Crocco

Putnam Valley resident Sheryl Luongo is spearheading a mission to recognize the town's veterans and service members through the Military Tribute Banner program.

"I have seen it displayed in other towns for a couple of years and love how it looks and thought, what a great way to honor veterans," said Luongo. "Then I thought: What's stopping us from doing it?"

The initiative involves displaying 24-inch-by-48-inch patriotic banners throughout town, featuring the photo and name of a Putnam Valley native, or relative, who is either an active service member or veteran. The banners will be left up from Memorial Day through Veterans' Day 2020.

Banner sponsorship costs \$140, and after Veterans' Day, the purchaser may take the banner home.

Typically a family sponsors a banner, but anyone can go online, upload a photo of a veteran or service member, and purchase a banner. "It's a pretty easy process," said Luongo.

In order to get the project up and running, a minimum number of banners needs to be ordered. "I'm close," said Luongo.

One of the biggest hurdles for Luongo was identifying which telephone poles would



PROVIDED PHOTO

An example of a military tribute banner that is displayed in nearby East Fishkill.

house the banners. With some poles in a bad location and others with cracks, Luongo explained, "That took a long time."

Finally, she identified 76 poles that would work for the initiative. "I was happy to get at least that many," she said.

Next she had to get permission from New York State Electric and Gas, who own the poles, to attach the banners to them.

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## Want to Make a Difference in 2020? Join Your Local Fire Dept.

By Holly Crocco

Some of the most rewarding work you ever do may not be for a salary.

Local fire departments and ambulance corps are made up of volunteers from every walk of life who dedicate their "spare" time

to learn how to fight fires, make emergency rescues, perform first aid and other lifesaving skills, and step up to help their neighbors when tragedy strikes.

And volunteers are always needed.

The men and women of the Putnam Lake  
*continued on page 2*



PROVIDED PHOTO

Brewster Fire Department Chief Michael Bizzaro, 1st Assistant Chief Tom Giambattisto and 2nd Assistant Chief Michael Miller were recently sworn in.



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# Three Released from Putnam Jail Under New Bail Reforms

*continued from page 1*

the goal of the Bail Elimination Act of 2019 is to end the use of monetary bail in 90 percent of arrests, reduce unnecessary pretrial incarceration, and improve equity and fairness in the criminal justice system.

"One of the central tenets of our criminal justice system is that a person is 'innocent until proven guilty,' yet the current bail system has allowed the incarceration of tens of thousands of unconvicted New Yorkers every year," reads the bill, which was drafted last year. "On any given day, there are approximately 16,000 legally innocent New Yorkers locked in jails across the state, most because they cannot afford the bail set on their cases."

The bill claims the former bail system imposed a wide range of "devastating costs" on defendants, families and taxpayers.

"This bill would correct one of the great injustices of our criminal justice system by ending the use of monetary bail, reducing unnecessary pretrial incarceration and improving equity and fairness in the criminal justice system," it reads.

However, the bill has also come under much scrutiny by lawmakers both local and statewide.

Putnam County District Attorney Robert Tendy has been an outspoken critic of the reforms. In a social media post, he described a situation in which incarceration can be beneficial to someone awaiting trial.

"When I was a defense attorney I had a client who was a terrible heroin addict," he wrote. "My client's parents paid for his legal defense and I told the parents that if they let their son out of jail by posting bail I would not take the case. Many defense attorneys have taken the same position because they have concern for their clients. Keeping them in jail during the pendency of the case allowed them to have their brains rewired to the point that they were thinking clearly enough to realize they needed help. It also had the beneficial effect of making sure that the client did not go out and die of a heroin overdose."

"Under the new law, the drug addict will be returned immediately to the street to die of a heroin overdose or perhaps get into much worse trouble as a result of the addiction – and there is nothing his family or concerned attorney, or the concerned prosecutor, can do about it," continued Tendy. "What kind of reform is that?"

Senate Republicans have introduced an amendment to roll back the law.



# Want to Make a Difference in 2020? Join Your Local Fire Dept.

*continued from page 1*

Fire Department cover only a 4-square-mile area along with mutual aid to adjacent communities, and yet members responded to 519 emergency calls in 2019 and participated in countless hours of drills, training and non-emergency events.

Meanwhile, the larger Brewster Fire Department responded to 2,547 calls last year – 1,859 EMS calls including motor vehicle accidents, and 688 fire calls not including motor vehicle accidents.

While the Mahopac Falls Volunteer Fire Department has many great men and women who volunteer their time to serve the community, the department says it is always looking for more help – which became apparent during the recent holidays.

"As you have seen in the last few posts we have been pretty busy this holiday season – this doesn't even include the routine fire alarms and EMS runs," the department stated on social media. "The good news, is if you want to help, you can! And it's all 100 percent free, you just need to bring your desire to help your neighbors and we will teach you the rest."

According to the Carmel Fire Department, the need for volunteer firefighters has never been greater than it is today. The National Fire Protection Association states that about 70 percent of America's firefighters are volunteers, with many communities struggling to maintain their volunteer fire

departments.

"Becoming involved with your local volunteer fire department is a great way to contribute positively to your community, while forming lasting friendships with those with whom you serve," CFD stated on its Facebook page.

There are a number of ways to volunteer with your local fire department, which provides free training and equipment.

Interior firefighters are expected to complete an extensive training program comprised of both practical application and in-class instruction, including how to advance a hose line, perform search-and-rescue operations, and strategically position ladders, according to CFD. In addition to responding to emergencies, these firefighters participate in other non-emergency duties, such as training sessions, fundraisers, equipment maintenance nights, and more.

Volunteer firefighters can start at the age of 17 years.

Fire police are another crucial component of responding to an emergency. These individuals are trained to help direct traffic, control crowds, and work with other first responders on the scene of an incident, according to CFD.

Exterior firefighters can assist interior firefighters and fire police at the station and at the scene of emergencies. Some of their

*continued on page 12*



## Your Achilles Tendon is Prone to Injury

Tips to get you back on your feet after a rupture...

### Ask the Doctor

**Dr. Kurt Voellmicke**

Director, Foot and Ankle Surgery  
Orthopedic and Spine Institute  
Northern Westchester Hospital

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Dr. Voellmicke, visit  
[nwhorthoandspine.org/DrVoellmicke](http://nwhorthoandspine.org/DrVoellmicke)



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#### Q: What is an Achilles tendon rupture and what causes it?

**A:** When your calf muscles contract, your Achilles tendon tenses, allowing movement. As we age, its mechanical properties degrade and its blood supply diminishes. A sudden movement can result in a painful rupture – a complete tear through the tendon – and an inability to move your heel. Think of your Achilles tendon as silly putty. Pull it slowly and it elongates and stays intact; pull it fast and it may snap.

#### Q: This sounds painful, is there anything I can do to lower my risk?

**A:** Absolutely. Warm up before exercising to get your blood circulating; drink plenty of water to hydrate your muscles and tendons; and be aware of the temperature outside – strenuous activities in cooler temperatures put you at a higher risk. Your tendons become less elastic, less malleable and more prone to injury.

#### Q: What are symptoms of a rupture?

**A:** If it's a rupture, you'll likely experience one or more of these symptoms: the feeling of having been kicked in the back of the leg or heel; a popping sound when

the injury occurs; possible severe pain, with swelling near the heel; an inability to bend the foot downward or push off the injured leg when walking; an inability to stand on the toes of the injured leg.

#### Q: What should I do if I have symptoms?

**A:** If you have any of these symptoms, elevate and ice the leg to minimize swelling. If you're unable to bear weight you should go to the Emergency Room. If you can bear weight, make an appointment with an orthopedic surgeon for a diagnosis. If it's a rupture, I generally recommend surgery. Non-surgical management is associated with a higher risk of re-rupture and decreased strength. The goal of surgical treatment is to pull the frayed tendons together at the right length for optimal long-term function. This results in faster, more efficient tendon healing.

Regardless of the type of treatment, an Achilles tendon rupture requires a year or more to recover with full function. Consistent physical therapy will help strengthen your calf muscles and your Achilles tendon so you're able to resume all the activities you were doing before the rupture, without pain. The reported risk of re-rupture after surgical repair is about five percent.



## County Legislature Taps New Chairwoman and Deputy Chairman



PROVIDED PHOTO

Legislature Chairwoman Toni Addonizio and Deputy Chairman Neal Sullivan.

By Holly Crocco

Putnam County is in female hands.

With the recent appointment of Toni Addonizio, R-Kent, as chairwoman of the Putnam County Legislature, both the legislative and executive branches of county government are held by females. (The county executive is MaryEllen Odell.)

Former Legislature Chairman Joseph Castellano, R-Brewster, nominated Addonizio as chairwoman during the governing body's Jan. 7 organizational meeting.

Addonizio, who served as vice chairwoman for the past two years, is entering her sixth year on the Legislature, having served as chairwoman of the Rules, Economic Development, and Health Committees. She is a member of the task force fighting the war on opioids, was instrumental in bringing the Hope Not Handcuffs program to the county, is a member of the Putnam County Veterans Medal Advisory Board, and recently helped the Putnam SPCA find suitable office space, according to Castellano.

"I have no doubt that Legislator Addonizio will be up for the challenge in 2020 and will make an outstanding chairwoman," he said.

Legislator Neal Sullivan, R-Mahopac, seconded the nomination, noting Addonizio's proven leadership skills and compassion and respect for others.

"She's a very hardworking legislator with a personal and professional demeanor," he said. "She has always put the people of Putnam County first."

Legislator Nancy Montgomery of Philipstown, the only Democrat on the board, said that while she supports the selection of Addonizio as chairwoman, she wanted to "clarify" that the decision to nominate her was made by her Republican colleagues in caucus, without public input.

"I'm pointing out that these decisions are made amongst legislators behind closed doors," said Montgomery, who added, "I like

working with Legislator Addonizio and I look forward to voting for her."

Addonizio received unanimous support from her colleagues. (Legislator Ginny Nacerino, R-Patterson, was absent.)

"I want to thank everyone for their confidence in me, and it is an honor to serve," said the new chairwoman. "It is a responsibility I take very seriously and I am humbled by the appointment."

Although the county will surely face challenges in 2020, Addonizio said, "We will continue to advocate for the people of Putnam County as we deliver programs and services."

She then nominated Sullivan to serve as deputy chairman.

"Neal is always seeking to protect the taxpayers of Putnam County," said Addonizio. "He is a true public servant with a strong sense of community involvement."

Sullivan was re-elected to the Legislature in November and is beginning his fourth year on the governing body. He has been chairman of the Rules Committee, and served on the Audit, Economic Development, Personal and Protective Committees.

He is a Carmel High School graduate and is running his family business in Carmel, while being a member of the Carmel Rotary Club, the Knights of Columbus, and the Greater Mahopac-Carmel Chamber of Commerce, according to Addonizio.

"With Neal's business background, leadership qualities, knowledge and experience, I am proud to nominate Neal as deputy chairman," she said.

The appointment was seconded by Legislator Paul Jonke, R-Southeast.

"Neal has done a fantastic job in his three years on this Legislature," said Jonke. "I think he would make a fantastic deputy chairman."

Sullivan's appointment received unanimous support from his colleagues. "I really look forward to 2020, with all the great things we have on the agenda," he said.

## Carmel Parents Speak Up After Football Coach Comes Under Fire

By Holly Crocco

Parents of Carmel High School student-athletes are rallying behind longtime Varsity Football Coach Todd Cayea who, it seems, may be in danger of losing his job following an alleged incident with another coach.

During the Jan. 7 Carmel School Board meeting, Eric Abel, a 1988 Carmel High School graduate and a member of Carmel Rams Youth Lacrosse and Carmel Rams Youth Sports, Inc., spoke highly of Cayea.

"All my dealings with Todd Cayea have been top notch," he said.

Jim Donahue of Mahopac, who has served as volunteer assistant varsity coach for the football team, asked why Cayea's duties as weight room supervisor were removed, and asked when a new supervisor will be hired.

"For those of you who don't know, the weight room is something that operates during the winter and spring and facilitates a fitness program for between 60 to 75 student-athletes three days a week," said Donahue. "It is my understanding that the supervision was rescinded from Coach Cayea, and I'm just curious: Is there a plan in place for trying to get the weight room open so that we can again serve the student-athletes?"

Donahue noted that the weight room is available as a resource not just for football players, but all teams and individual athletes

both male and female.

Superintendent Andy Irvin explained that the job opening was posted, but the school board has not received any applicants that it wishes to recommend for employment. With that said, he noted that any coach may supervise their team in the weight room during the off-season.

Upon further questioning about the future of Cayea's various positions, Irvin stated: "There's nothing about personnel that can be discussed in a public setting."

Carmel resident Neal Sullivan, who is also a Putnam County legislator, spoke fondly of Cayea.

"My son Ryan played football here for high school, and went on to play college football at Union College with the help of Coach Cayea," said Sullivan. "We will be back, along with a lot of other people in the future to make sure that the right decision gets made with regard to Coach Cayea."

Upon further probing, Irvin again stated that he cannot comment on the coach's employment status.

"One of the things I wish is that at times there would be as many questions about a chemistry teaching position as there would be about a weight room supervisor position," he said. "But, that being said, we won't be discussing a personnel matter in public."

Regarding the weight room supervisor

*continued on page 9*

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# Depot Wines & Liquors Brewster

The new owners of Depot Wines & Liquors at 100 Independent Way, Brewster, were welcomed with a ribbon-cutting ceremony last month hosted by the Brewster Chamber of Commerce.

New owners Salvatore Grippi and John Stelluti celebrated the day with a holiday open house in which attendees enjoyed light refreshments, tastings, a wine bag and discounts. Family, friends, chamber members and visitors all joined in the occasion.

After cutting the ribbon, Grippi thanked everyone in attendance. "We sincerely appreciate your support," he said.

Grippi's parents lived in the area and frequented the shopping center – which also houses Home Depot, DeCicco's, Kohl's, Marshall's and The EverReady Diner – and said its central location makes it convenient for shoppers, as well as those using the Southeast train station.

Grippi and Stelluti were initially set to purchase the store 14 years ago. Although they did not finalize the transaction, they kept the location on their radar all these years.

"I am thrilled to rejuvenate Depot Wines & Liquors," said Grippi. "We are just beginning the enhancements to the store."

The owners have broadened their inventory to meet the area's needs and



PETER B. CAREY, MASTER IT MEDIA, LLC PHOTO

New Depot Wines & Liquors owners Salvatore Grippi and John Stelluti are surrounded by Brewster Chamber of Commerce board members, friends and family as they cut the ribbon to celebrate their success.

market trends. Their staff is courteous, knowledgeable, and ready to provide a full-service experience including special orders, wine pairing suggestions, and carry-out service.

"We have always taken a pragmatic

approach in selecting a wine," said Stelluti. "Our staff is happy to help a customer find a wine that will pair well with any meal. We believe that you should have what you like – white or red."

Depot Wines & Liquors offers a wide variety of products to fit every budget – from its \$10 wine selection to a high-end spirits department. To thank their customers, Grippi and Stelluti regularly offer discounts throughout the week. Senior Citizens receive 10 percent off Mondays, there are daily mix-and-match case discounts, and veterans receive 10 percent off every day.

"Brewster Chamber of Commerce thanks everyone who came to meet Sal and John, the new owners of Depot Wines & Liquors," said Brewster Chamber Executive Director Rose Aglieco. "We hope the ribbon-cutting ushers in prosperity and success to the new owners of this Brewster business."

For more information about Depot Wines & Liquors, call 845-279-0112 or visit [DepotWine.com](http://DepotWine.com).

## Put Valley 'Indian Church' to Re-Open After Repairs

By Holly Crocco

Pastor Frank Samoylo said he is thankful no one was hurt a few months back when, during Mass, part of the North American Martyrs Chapel in Putnam Valley settled due to a problem with the foundation.

"There was a big bang and the floor in the back of the church went up and down," he said.

Engineers and contractors quickly assessed the building and determined there was structural damage beneath it and that it should be closed until repairs can be made.

"The whole structure was in danger," said Samoylo. "Everyone I talked to said not to

hold services there."

He explained that cribbing was put in place to support the building while plans are drawn up to address the foundation, and cost estimates are obtained. He expects to resume services at the chapel later this year.

"There are no plans to permanently close the church," said Samoylo. "There never was."

The Martyrs Chapel is a mission church of the St. Columbanus Catholic Church in Cortlandt Manor. According to Samoylo, there are about 1,750 families who are members of the parish, with about one-third of them living near the Martyrs Chapel.

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CATHOLICPLACES.ORG PHOTO

The North American Martyrs Chapel in Putnam Valley, also known as the Indian Church, is temporarily closed for repairs.

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# Kent Elected Officials Sworn Into Office



Kent Town Supervisor Maureen Fleming is sworn into office for another term by Putnam County Sheriff Robert Langley Jr. during the town's Jan. 7 organizational meeting, with her husband, Jim Mulvena, by her side.



PROVIDED PHOTOS

Councilwoman Jaime McGlasson and Councilman Chris Ruthven were sworn in by Judge Timothy Curtiss.

## Obituaries

### Charles Francomano

Charles Francomano passed away Jan. 7 at the age of 81. He is predeceased by his wife, Gertrude, of 58 years.

Charles is survived by his children ToniAnn Longo (husband Paul) of Mahopac, Frank Francomano (wife Elena) of Carmel, and Charlie Francomano (wife Theresa) and Jennie DeEsso (husband Donnie) of Hopewell Junction; his oldest brother Joseph Francomano (wife Jean); grandchildren Nikkole, Gabrielle, Carmine, Alexis, Nina, Rena, Armando and Vanessa; as well as many nieces, nephews and cousins.

Charles served in the U.S. Army from 1961 to 1963.

Jaclyn; mother Josephine (McHugh) Keegan of Dromahair, Co. Leitrim, Ireland; sisters Mary McPadden of Dromahair, Co. Leitrim, Ireland, and Josephine Nicholson of Ballinfull, Co. Sligo, Ireland; brother Stephen "Junior" Keegan of Carrick-on-Shannon, Co. Leitrim, Ireland; and numerous nieces and nephews.

Michael was predeceased by his father, Stephen Keegan of Greghnafarna, Dromahair, Co. Leitrim, Ireland.

Visitation will be held at Beecher Funeral Home, 1 Putnam Ave., Brewster, on Friday, Jan. 17 from 4 to 8 p.m. A Catholic Mass will be celebrated Saturday, Jan. 18 at 11 a.m. at St. Lawrence O'Toole Church in Brewster.

### Walter T. McSpedon

Walter T. McSpedon died Jan. 3 at the age of 67.

Born Oct. 5, 1952 in Yonkers, he was the son of the late George D. and Mary (Fennessy) McSpedon. Walter graduated from Carmel High School in 1972.

Walter was a talented pianist and organist. At an early age he took piano lessons under the tutelage of Margaret Weizenecker in Brewster. In the early 1980s, Walter took the position of organist at the Croton Falls

Baptist Church, later called the Croton Falls Community Church. In 1986, he stepped in as organist at St. Lawrence O'Toole Church in Brewster for his friend and teacher Peggy Weizenecker. Upon her death in 1987, Walter became the music director of the Church of St. Lawrence O'Toole.

In 2015, Walter began his most recent professional calling as organist for the Patterson Community Church and the Rev. David Frost. He became a member of the church and remained its organist until his death.

A private cremation was held, and a memorial visitation took place Jan. 11 at Beecher Funeral Home in Brewster, followed by music and God's message delivered by the Rev. Frost at the funeral home. An interment of ashes followed at Raymond Hill Cemetery in Carmel, where Walter was placed next to his mother, Mary McSpedon.

### Patricia Egan Olson

Patricia Egan Olson died Jan. 7 at age 92.

She was born Mary Patricia Jordan on Sept. 22, 1927 in New York City to the late James and Nora (Hennelly) Jordan. Pat was raised in both Lynbrook, and on their family estate in Roscommon, Ireland. In May 1952, Pat married John James Egan and moved to Yonkers where they raised their children together until his death in 1964.

Patricia worked as an office manager with the U.S. Federal Courts and Probation Office in White Plains. In 1995, Pat and Eric relocated to Brewster to be closer to their family. She was a parishioner of St. Lawrence O'Toole Church and a supporter of the Brewster Central School District.

Mrs. Olson is survived by children John Egan and his wife Joanne of Hackettstown, N.J.; James Egan and his wife Susan of Lagrangeville; Dennis Egan and his wife Christine of Cortlandt Manor; and Patricia Warycha and her husband John of Brewster; as well as eight grandchildren and three great-grandchildren.

A Mass of Christian Burial was celebrated Jan. 10 at St. Lawrence O'Toole Church in

Brewster. Interment followed at Gate of Heaven Cemetery in Hawthorne.

### Dianne M. Vishinski

Dianne M. Vishinski of Patterson died Jan. 2 at Memorial Sloan Kettering Hospital. She was 70 years old.

She was born Feb. 12, 1949 in Greenwich, daughter of the late Richard and Anne (Brosko) Green, and graduated from Greenwich High School.

On Sept. 2, 1967, Dianne married Stanley Vishinski in Rye. They moved to Patterson in 1978. Through the years, Dianne worked as a warranty writer, then service manager for various automotive dealerships including Brady-Stannard and Mahopac Jeep. She later worked as a bank teller for Bank of New York in Somers.

Dianne joined the Patterson Volunteer Fire Department in 1991, serving as an EMT and EMS lieutenant for more than 10 years. She was a life member with more than 28 years of service. While with the Patterson Volunteer Fire Department Ambulance, she assisted with Ground Zero recovery.

Dianne was a committee member for Relay for Life and a longtime volunteer. During Desert Storm, you could find Dianne tying ribbons to trees and sending care packages to the soldiers.

Dianne is survived by her husband of 52 years, Stan; sons Stanley Vishinski III of Brewster and Kenneth Vishinski and wife Lori of Patterson; siblings Richard Green and his wife Susan of Greenwich, Robert Green of Saugerties and Theodore Green and his wife Tracey of Stamford; and grandchildren Stanley Vishinski IV, Andrew Vishinski, Lucas Vishinski and Jacob Vishinski.

She was predeceased by her parents Richard and Anne, and her sister Mary Ann Spezanno in 2008.

Visitation was held Jan. 8 at Beecher Funeral Home in Brewster, with a Mass of Christian Burial celebrated Jan. 9 at Our Lady of the Lake Church in Lake Carmel. Interment followed at Maple Avenue Cemetery in Patterson.



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# Swearing-In Ceremony for Southeast Electeds



Three Town of Southeast elected officials were sworn into office by Putnam County Court Judge Joseph Spofford during the Jan. 9 Southeast Town Board organizational meeting. Here, Councilman John O'Connor takes the oath.



Councilman Edwin Alvarez was joined by his wife, Laurie, at the swearing-in ceremony.



Highway Superintendent Michael Burdick was joined by his wife, Kathy, at the ceremony.

NEAR RENTZ PHOTOS

## Farley Formally Accepts GOP Nod for Congress

Congressional candidate Chele Farley, of Orange County, officially received the Republican endorsement for Congress at last week's designating convention in Poughkeepsie.

Farley was nominated by Dutchess County Sheriff Butch Anderson, and seconded by Mount Hope (Orange County) Republican Chairwoman Rhonda Morris Davoren, Putnam County Republican Chairman Tony Scannapieco, and Westchester County Republican Chairman Doug Colety.

"I'd like to thank the leadership of the Republican Party for their unanimous support of my campaign, and look forward to working with them every day to flip this seat from blue to red and take back the majority in the House," said Farley.

She is challenging Sean Maloney, D-Cold Spring, to represent the 18th Congressional District in the U.S. House of Representatives, which includes all of Putnam and Orange counties, as well as parts of southern Dutchess and northern Westchester counties.

"In Congress, I'll fight to increase the cap on SALT deductions and bring more of our hard-earned tax dollars back to the district so that we can lower our exorbitant taxes, reduce our out-of-control energy

costs, preserve the beautiful Hudson River, institute federal term limits, and rebuild our crumbling transportation infrastructure," said Farley.

She said she will work to improve Metro-North service, as well as Interstates 84 and 684, the Taconic State Parkway, "and the region's other major thoroughfares."

"Unfortunately, Sean Patrick Maloney has failed to deliver for our community," said Farley. "He broke the trust of voters across the district when he embraced socialism and led the charge on impeachment. It's time for new leadership and a new voice in Washington, and an end to career politicians."

After graduating from Stanford University with two engineering degrees, Farley worked for UBS Capital and Goldman Sachs before founding Mistral Capital International, a private equity investment firm. She was the 2018 Republican, Conservative and Reform nominee for U.S. Senate.

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## Police Blotter

### New York State Police

**Dec. 27:** Shivanand Seeram, 42, of Putnam Valley, was arrested by NYSP from Cortlandt and charged with driving while intoxicated after being stopped on Route 9 in Croton-on-Hudson.

**Dec. 29:** Edgar Martinez Monroy, 26, of Southeast, was arrested by NYSP from Brewster and charged with DWI after being

stopped on Interstate 684 in Southeast.

**Jan. 4:** Gerardo Marquez, 23, of Patterson, was arrested by NYSP from Somers and charged with DWI after being stopped on I-684 in North Salem.

**Jan. 5:** Manuel Sanango, 37, of Danbury, was arrested by NYSP from Brewster and charged with DWI with a prior conviction within 10 years, a class E felony, after being stopped on Danbury Road in Southeast.

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## Letters Policy

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-in-Chief hcrocco@theexaminernews.com. The Putnam Examiner requires all letter writers provide their name, address and contact information.

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## Letters to the Editor

### Carmel Coach Was Standing Up for Family

My name is Joe Nobile, Carmel graduate, Class of 2016.

I'm reaching out in the hopes of getting some clarification and to speak my mind about the situation I hear is going on at my old high school at Carmel. From what I'm hearing, Football Coach Todd Cayea is being released of his duties as head coach and possibly being released from his teaching position, as well, due to an incident with another teacher/coach because of things said regarding Todd's family.

If that is wrong, I apologize for my ignorance. I don't have many contacts that still attend Carmel, so everything I'm hearing is word of mouth. But if it is true, do I got some words for you...

Todd Cayea has been an outstanding asset to CHS since the day he started in 1997, I believe. Leading a small school with lesser talent compared to the teams we play in Class AA to a section championship three times will always be at the top of his resume. But, those accomplishments will forever be at the bottom of the list for what he does for

young men.

I've seen Mr. Cayea at his lowest points. In fact, after the 2015 season, most of us believed he wouldn't return because of other issues. In 2016, not just me, but my entire team witnessed this man change at the age of 50-plus years old. He became happier, more enjoyable, and it looked as if he fell in love with the sport of football all over again. That is just an observation with no fact behind it.

The facts are, Cayea does and always has turned boys into young fantastic men. He used the sport of football to make his teams responsible, reliable, empathetic, and taught us the true values that you need to be successful in football – but more importantly, the values you need as men beyond the sport of football.

I've seen him inspire men to change for the better, inspire men to strive for what they want, and constantly tell us that nothing in life will be given – it must be earned. Never did I imagine that one person could change so many lives coming from very different households and at the same time be

the single guy that pulled 50 boys together to become a family.

If what I'm hearing is true and Cayea will not return as head coach, there is a serious issue with the Carmel Central School District and what they stand for. I graduated college in December and from what I hear and see, Cayea has only gotten better at changing lives and being a role model.

I'm not sure what this note does to help, but I feel you have the power to make points be heard. Not specially my point, but the point of others that are closer to the situation right now.

Again, if what I'm hearing is correct and the teacher/coach (in question) did say rude things about Cayea's family, he deserved everything he has gotten. In a man's life there is one thing you never disrespect and expect him to walk away from – and that's a man's family.

**Joseph Nobile**  
2016 Carmel graduate

### Stipend for County Transportation Manager a Joke

At the Putnam County Legislature's reorganizational meeting Jan. 9, the Legislature voted to award a \$15,000 stipend to the Planning Department's current full-time transportation program manager, who already earns upward of \$80,000. The stipend is for his "additional" work as a project manager for the Southeast/Danbury Rail Link Feasibility Study/Planning Study.

As I read the job description for the existing full-time position, the duties of feasibility study project management would already be required of the incumbent. I'm not aware that any other county employees are awarded additional stipends for attending evening meetings and working with project stakeholders.

The potential for the Southeast/Danbury

rail project is tremendous – reducing car trips and expanding access to public transportation are good things, both sorely needed in Putnam. Our current transportation manager is neither a planner nor an engineer, and was given the position after term-limiting out of a legislative seat. A patronage hire.

Our current commissioner of planning, too, is neither a planner nor an engineer. She practiced family and public health law before her appointment. How are either of them qualified to manage the scope of this important public project?

The awarding of this stipend comes on the heels of the all but one legislator raking the sheriff over the coals for deputy overtime pay incurred after the Legislature refused

to increase the budget for road patrol. We have too few deputies on our roads because of their choice, and that's not smart for the public or the deputies.

Eight of the nine Legislators, and the county executive, said they needed to scrutinize deputy pay for hours already worked to "protect the taxpayer." Now we're handing federal- and state-funded grant dollars to a patronage hire to do a job he's already paid handsomely to do? I guess patronage trumps public safety.

Let's just call this stipend what it is: A raise for a loyal member of Club Putnam. New year. Same waste. Same corruption.

**Kathleen Foley**  
Philipstown

### Coach Cayea is One of Carmel's Best

My husband and I are reaching out on behalf of Carmel Football Coach Todd Cayea, who, as we understand, is in danger of losing his position for reasons we don't quite understand and can't accept.

He is beyond a great coach. My boys' football days are done but we hope Carmel doesn't lose one of their best! My husband

and I would like to personally thank him for coaching our boys over the past four years. They have made memories and learned life lessons that they will carry with them for the rest of their lives because of Coach Cayea. We have had many conversations with them about their football days and they both always tell us of the respect and admiration

they have for Coach Cayea.

We wish him all the best in his future and thank him for all he taught our boys – not just about football, but about life. Losing him, for any reason, would be detrimental to future generations.

**Amy and Bob McCarthy**  
Carmel

### Carmel Coach Made Me a Better Man

I am writing to you in support of Carmel Football Coach Todd Cayea. This man has been such an influence in my life in so many ways. He has made me the athlete and person I am today, he has made me fight through diversity, and he has even made me the young, hardworking man I am today.

Words cannot describe how thankful I am to be able to be coached by this man. Even when I was not on varsity he was a man I looked up to and I still do to this day. He was that one guy I always knew had my back no matter what and I knew he always had a plan

for anything possible. I have never been so well-coached in my life and I don't think I ever will because of how incredible this man is to the game.

He isn't just an outstanding coach, but such an amazing person on the whole. He would brighten up my day even when was not in a stable state of mind at all. He does so much for this community and puts his all into Carmel. With my two years on varsity football, all I can say is I will never forget the things he has taught me in the game of football and even in life.

Before I was with coach Cayea, I was a selfish, cocky, undisciplined athlete and person. Todd Cayea has changed who I used to be into a better person today. I wouldn't be nearly as successful as I am today because of this man and I owe him everything for it.

I've never met or heard of a man like Todd Cayea and all I can say is, thank you for everything, coach. It was an honor to be able to play under you and learn the rights and wrongs about the game and even life.

**Love you, coach.**  
**Ryan McCarthy.** Carmel



# Debunking the Top 5 Myths About Surgical Weight Loss

**Myth 1: If you're obese, you don't need bariatric surgery. To lose the weight, diet and work out.**

Obesity is probably one of the most misunderstood conditions in the world. It's an energy-storage disease; a problem with the body's central regulator. Obesity occurs when your body's regulator is set too high, and that elevated "set-point" drives you to consume more food to produce the energy to meet this increased demand.

Exercise and low-calorie diets produce short-term changes that make only a slight difference. But bariatric surgery changes your gastrointestinal tract and set-point, so you get full faster, feel less hungry, and therefore can lose significant weight.

**Myth 2: Bariatric surgery is dangerous.**

This mainstream procedure has minimal risk compared to the complications of obesity, which include cardiovascular disease, hypertension, high cholesterol, diabetes, sleep apnea and dementia.

**Myth 3: I'm too young/old for the surgery.**

Obesity is a serious disease that affects you physically and emotionally, no matter how old you are. For teens, obesity not only increases the risk of the health problems noted above, but also affects mood, self-esteem, the ability to concentrate, get good grades, and even make friends. The



PROVIDED PHOTO

good news is that surgical weight loss is very successful in adolescent patients, helping them physically, emotionally and academically.

The surgery is also safe and effective for older obese patients, many of whom are functionally impaired, meaning they have

radically limited their activities because of their condition. At Northern Westchester Hospital, I've seen patients who are in their 70s.

**Myth 4: Women can't have children after weight-loss surgery.**

Big myth! In fact, surgical weight loss

boosts fertility since the leading cause of infertility in women is obesity. Polycystic ovary syndrome, a common cause of infertility, is associated with obesity. And obese pregnant women have a higher rate of miscarriage and diabetes.

**Myth 5: After surgery, you'll have a large scar, lose your hair, and may gain your weight back.**

We do minimally invasive surgery through small incisions, so scarring is minimal – four to six tiny marks. As for hair loss, there's some truth to this. Some patients undergo hormonal changes after surgery and might experience thinning hair. However, you won't go bald.

As for gaining weight back after surgery, this depends on the person. If you have the surgery and refuse to develop healthier habits, it's possible you'll regain weight. That's why it's important to exercise regularly – three to five times a week – and to choose foods that make you feel full, don't drive up your sugar level, are nutritious, and take longer to digest. At Northern Westchester Hospital, a registered bariatric dietitian helps you stay on track with healthy eating. We also offer support groups to help patients make healthier decisions about post-surgery eating.

*Dr. Mitchell Roslin is director of bariatric surgery at Northern Westchester Hospital.*

## Honor a Veteran with a Military Tribute Banner in Putnam Valley

*continued from page 1*

According to Luongo, the town highway superintendent has agreed to offer the manpower and resources to place the banners, which involves installing brackets on the poles and putting the banners in them.

For more information about the Military Tribute Banner program, visit [www.militarytributebanners.org](http://www.militarytributebanners.org) and click on "current programs" and find Putnam Valley, or contact Luongo at 845-661-2082 or [sluongo@putnamvalley.com](mailto:sluongo@putnamvalley.com).

## Carmel Parents Speak Up After Football Coach Comes Under Fire

*continued from page 3*

position, School Board Trustee Matt Vanacoro suggested the job opening be posted on Indeed.com to attract a larger pool of applicants.

"I think we have a responsibility to do something to try to spread it out there and get the position filled," he said.

Cayea has been the head football coach at CHS for the past 25 years. He is a two-time head coach of the Section One All Star Team and was the head coach at Rye Neck High School for a year. His overall record (as of Dec. 5) is 152-80-2. He has been named Coach of the Year nine times in the Section One League AA-North.

Cayea has also coached Carmel youth baseball and basketball.

On Dec. 5, the New York Giants and

Gatorade announced they had selected Cayea as the Lou Rettino High School Coach of the Week for week nine of the 2019 season, after the Carmel Rams defeated Spring Valley in the Section 1 Class AA semifinals to reach their first Section 1 championship game since 2008.

Each week during the high school football season, the Giants select one area high school head coach as the Coach of the Week winner, based on his or her continuing commitment toward promoting youth football, developing motivated student-athletes, and overall community involvement.

In recognition of Cayea's selection as Coach of the Week, a \$2,000 check was granted to the school's football program from The Giants Foundation and Gatorade.

## Don't Miss This Year's Brewster's Got Talent

Brewster's Got Talent will return Friday, Jan. 24 at 7 p.m. to the Brewster High School Performing Arts Center. Advance tickets are \$15 and available at [www.bef.org](http://www.bef.org), as well as through Mrs. Chalmers at the high school. They will cost \$20 at the door.

The 2020 show includes the following performers from Wells Middle School: singers Teresa Boissonault, Rody Cassidy, Natasha Larencule and Arianna Arocho; dancers Gia Santos, Matt Jones and Ivellisse Arocho; and a cheerleader/gymnastics act called "Cheernastics 22" that includes Sophia Bartolomeo, Jessica Grace, Ella Riofrio, Sofia Rosamillia and Amelia Walsh.

High school performers include singer/musician Jade Carbone, musician Chris Saas, dancer Bianca Torke and singer Evan Pellet.

Adult acts include two school district staffers, singer/musician David Thomson and crooner Anthony Loiacono; as well as singers Maddie and Trista Majette, Shayne Pelliccio and Emily Bellantoni; and modern dancer John Delgado.

There will be \$1,000 in prizes offered to winners.

"This show gets better and better every year and we are all amazed at how many talented students and community members perform every year," said event Chairman Joe Cavanagh.

All proceeds from this sixth annual event will go to the Brewster Education Foundation.

## Exami Blast

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## SMALL NEWS IS BIG NEWS



# Truth in Package Labeling: On a Wine Bottle?



By Nick Antonaccio

When shopping for the produce and/or meats necessary to prepare an at-home meal, consumers are increasingly aware of the nutritional and health values of unprocessed ingredients. Many products contain nutrition and ingredient information on government-mandated food labels.

But what of the fresh produce and non-shrink-wrapped meats in supermarkets? Current regulations are not always effective in food labeling.

Increasing numbers of consumers are seeking out products grown and raised as they were for centuries before the industrialization of food products; before the era of chemical fertilizers, herbicides and pesticides; and before GMO products and Monsanto corn.

Conscientious consumers have more food information available today than ever before. However, the availability of nutritional and health information still has a few wide gaps.

When consumers prepare a meal of the most healthful foods in the marketplace, they sit at the table proud of their accomplishment. Typically, they will celebrate their meal with a

glass of wine. Herein lies the rub: That bottle of wine may be "industrialized" with man-made additives.

But how is a discerning consumer able to make an informed decision on the quality of the wines they purchase? No government regulations exist that require a nutrition or ingredients label on a bottle of wine.

Ironically, there is no lack of verbiage on wine labels today – where the grapes are grown; which grapes were blended together; flowery adjectives describing the bouquet, aroma and flavor; and even suggestions for food pairing. All with the implied intent of making a consumer's decision-making process easier. The more information the better, right?

Maybe. Does nice-to-know trump need-to-know?

In the face of this lack of mandatory ingredients labeling, many consumers might question any need for disclosure. To them, wine is simply fermented grape juice that "contains sulfites."

The reality is that many wines contain additives introduced during the winemaking process, including several that remain present in the final product.

Remember the (unfounded) scare several years ago

## You Heard It Through the Grapevine

concerning the levels of (naturally occurring) arsenic in numerous wines? To add to the confusion are the current federal government regulations that list 62 chemical materials that may be legally added to wine – and not disclosed on the

bottle label.

In varying degrees and in varying winemakers' end products, numerous man-made enzymes may be added to enhance the color or balance the flavors or aromas. Sugar may be added to control alcohol levels, powdered tannins to influence overall quality, citric acid to control pH levels.

Many of these additives have not (yet) been shown to be harmful. However, otherwise natural wines are being adulterated in a significant amount of the wine unaware Americans consume.

The industry has successfully resisted any form of disclosure. However, several pioneering American winemakers have taken the bold step of voluntary disclosure. As one might suspect, these virtuous winemakers have nothing to hide, although several of their specific disclosures might turn heads amongst uninitiated or naïve wine consumers.

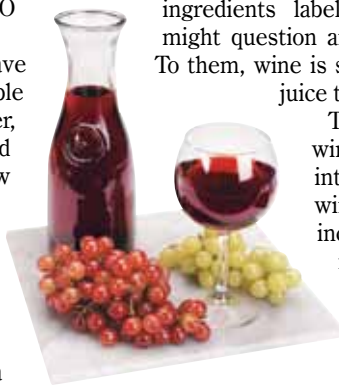
Ridge Vineyards, one of California's most respected wineries, adds a list of ingredients to the back label of several of its wines.

Here is the language for the highly regarded and expensive Ridge Monte Bello bottling: "Hand harvested, sustainably grown estate grapes, indigenous yeasts, naturally occurring malolactic bacteria, 2.4 percent water addition, calcium carbonate, oak from barrel aging, minimum effective SO<sub>2</sub>."

This is a very straightforward presentation with a list of ingredients I wouldn't mind ingesting. "Bacteria?" "Water?" These are natural ingredients many winemakers add to their wines to improve their quality. The harmless bacteria are naturally produced during the fermentation process; a portion may remain in the wine upon bottling. Water may be added to a wine during its aging process to compensate for overly ripe grapes or to reduce high levels of alcohol.

Informed consumers spend considerable time – and money – seeking out food products that conform to their lifestyle choices. Shouldn't we be able to scrutinize wine in a similar fashion?

Nick Antonaccio is a 40-year Pleasantville resident. For more than 25 years he has conducted wine tastings and lectures. He is a member of the Wine Media Guild of wine writers and offers personalized wine tastings and wine travel services. Antonaccio's credo: Continuous experimenting results in instinctive behavior. Reach him at [nantonaccio@theexaminernews.com](mailto:nantonaccio@theexaminernews.com) or on Twitter @sharingwine.



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## Teachers Collect Coats for CAP

The Brewster Teachers' Association holds a coat drive each year during the holiday season, and this year's event was a huge success. Staff members throughout the district pitched in and donated 270 coats for men, women and children, which will go to the Putnam Community Action Partnership. Here, students and staff load a car with donations for drop off.



# To Add Pizazz to Your Home, Go for Custom Lighting

As a realtor, I'm always looking for ways to enhance homes for listing and sales.

To me, one of the most important elements of showing a home at its best, regardless of whether it's for sale, is its interior lighting.

When I was in college, I appeared in a play called "The Madwoman of Chaillot" by Jean Giraudoux starring Linda Lavin, who would later go on to achieve fame in "Alice." The most stunning thing about that production, as I recall, was the amazing effects achieved by its lighting director, on staff in the theater department, who was an incredible talent.

I remember when the curtain rose for the second act, the stage was completely dark and slowly a small pin spotlight illuminated only the face of the madwoman in the center of the stage. Just that lighting effect alone brought applause from the audience.

Every scene of the play was an arresting study in shadow and light, as brightness drew the viewer's attention where it needed to be while other areas of the stage receded. I was mesmerized as I observed how light created movement and mood by playing off stationary surfaces.

Many years later I was reminded of my interest in stage lighting when Barry



By Bill Primavera

Liebman, director of Yorktown Stage, shared with me his thoughts that a production really doesn't come to life until the lighting director does his job with a show, going so far as to say that seeing a set dramatically lit for the first time has brought him to tears.

His comments convinced me that someday I should have a home where its lighting would be as dramatic as a stage set, which would require a custom designed lighting system. But having always lived in antique homes, my lighting was primarily from traditional lamps.

When I moved five years ago to Trump Park Residences, however, my dream for dramatic

lighting presented itself. I arranged with management to have electrical contractors install a system to light my great room, which I had designed basically as an art gallery for my collection of paintings.

The lighting system I planned was to highlight the paintings on three walls: portraits on the living room side, pastorals on the dining room side, and a large abstract on the third wall in between.

At first I was planning to hire a lighting designer, but I was lucky to find an electrician with sensitivity to my ideas and needs – P&K Electric in Yorktown Heights. Working in tandem with an electric supply

company, Mid-County Electrical & Lighting in Mahopac, we all worked wonders together.

There were many technical challenges to overcome working on the fifth-floor condo with 10-foot ceilings, installing high hats in a soffit with insulation material. The casing for the high-hat units I originally wanted turned out to be too large to be accommodated in the soffit, but I had the good fortune to be assigned a job manager named Jimmy from P&K who was as much an artist as he was an electrician.

Jimmy guided me every step of the way, in terms of which product to use. We sourced a small LED light at Mid-County whose imprint on the ceiling is only two inches square, as well as the appropriate spacing and angles of light to employ. He cut such clean holes that nary a speck of spackle was needed for patching the plasterboard.

Now completed, the overhead pin spots illuminate my great room/gallery in a warm and inviting way. Rather than being surrounded by flat walls with two-dimensional shapes on them, the lighted paintings create great depth and richness to our space. While we have other traditional lighting sources in the room, it really requires no light other than that resting on the faces of the portraits and on the landscapes of the pastorals. The effect transports to other acquaintances and distant places beyond the space we occupy.

Whether utilizing standard or custom lighting for our homes, when preparing to

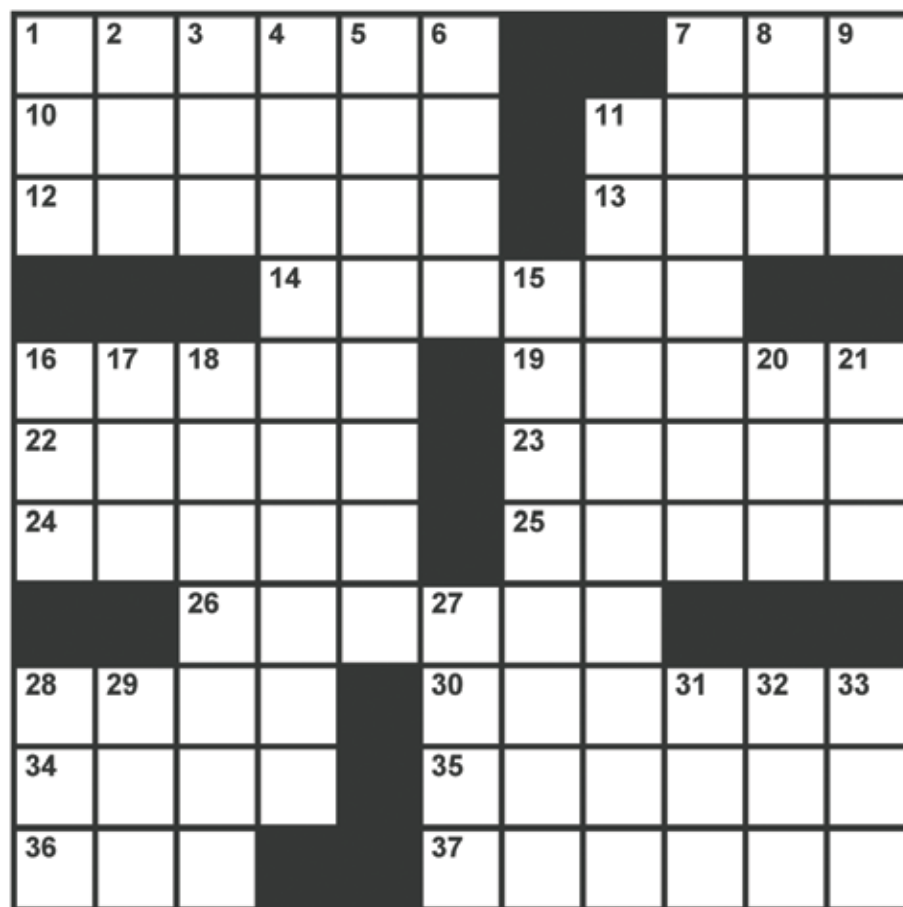
list a home for sale, it's good to remember to light it brightly – not only so that all its features can be seen properly, but also to elevate the mood of each room.

*Bill Primavera is a realtor associated with William Raveis Real Estate and founder of Primavera Public Relations, Inc., the longest running public relations agency in Westchester (www.PrimaveraPR.com). His real estate site is www.PrimaveraRealEstate.com and his blog is www.TheHomeGuru.com. To engage the services of the Home Guru and his team to market your home for sale, call 914-522-2076.*

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## Crossword Puzzle



### Across

1. Immeasurably vast
7. Randy's skating partner
10. Kia sedan
11. Virgil Sollozzo in "The Godfather" or Mt. Kisco restaurant, The \_\_\_\_
12. Dress pieces
13. First word in a fairy tale
14. Swiss granola
16. Baseballer Fielder
19. French film award
22. Messy people
23. Susan's Emmy-winning soap role
24. Anouk of film
25. Civil rights organization
26. VW model
28. Work detail
30. Bouquets
34. Way
35. Desert illusion
36. Top card or Mohegan Lake hardware store
37. "Already?"

### Down

1. Companies, abbr.
2. Pick
3. Cellos' sect.
4. Dade Co. Fla. city
5. Urges
6. Matter for Judge Judy
7. North African country

8. Semi-circle
9. President, for short
11. They put up with things
15. Game plan
16. Historic initials of 1861
17. Giants' Manning
18. Engage in a contest
20. N.C. State is in it
21. Song from the hood
27. \_\_\_\_ Club
28. Health resort
29. Lobbying grp.
31. He was the subject of a Warhol painting
32. Years \_\_\_\_
33. One of 100 in D.C.



# Happenings

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

## Wednesday, Jan. 15

**Cancer Support Group:** 7 p.m. at Putnam Hospital Center in Carmel. Support Connection, Inc., a not-for profit organization that provides free, confidential support services for people affected by breast and ovarian cancer, offers a wide range of free support groups focusing on topics pertaining to living with cancer through all stages of diagnosis, treatment and post-treatment. Advance registration is required by calling 914-962-6402 or 800-532-4290, or at [www.supportconnection.org](http://www.supportconnection.org).

**Movie Matinee: "Hampstead,"** 1 p.m. at Patterson Library. Follow the story of an American widow who finds unexpected love while working to help a man living in Hampstead when developers seek to destroy his home. Rated PG-13. To register, call 845-878-6121, ext. 10, or go to [www.pattersonlibrary.org](http://www.pattersonlibrary.org).

## Friday, Jan. 17

**Mahjong:** 10:30 a.m. to 12:30 p.m. at Patterson Library. Participants split themselves into tables of new and experienced players. It is hoped that the more experienced players will continue to help beginners as they wait their turn to rotate into a game with other experienced players. The library has two sets of Mahjong tiles and asks that any participant with tiles bring them in case there are more than two tables ready to play. Drop-in program; repeats Jan. 24 and 31.

**Teen Leadership Council:** 10 a.m. at Patterson Library. A program for teens run by teens. Earn community service hours, plan programs for peers, and mentor younger kids in children's programs. Go out into the community and volunteer with an adult

## Saturday, Jan. 18

adviser helping you along the way. Contact Miss Jenn for more details, at 845-878-6121, ext. 10. For grades seven and up. Meets the third Saturday of the month.

**Edible Crafts:** Noon to 1 p.m. at Brewster Public Library. Children and teens are invited to create fun and edible crafts including apple donuts, marshmallow slime, ants on a log and more. Let the library know if your child has any allergies before attending this program. Registration is required at [brewsterlibrary.org](http://brewsterlibrary.org) or by calling 845-279-6421.

**Staged Reading:** 7:30 p.m. at Studio Around the Corner, 67 Main St., Brewster. Join the Cultural Arts Coalition for a free staged reading of "Six Characters in Search of an Author." There will be a reception with food and drinks. All donations will support the restoration of the Old Town Hall Theater. For reservations, visit [www.CulturalArtsCo.com](http://www.CulturalArtsCo.com), email [info@culturalartsco.com](mailto:info@culturalartsco.com) or call 845-363-8330.

## Sunday, Jan. 19

**Martin Luther King Jr. Day:** Dr. Mildred Solomon of the Hastings Center will be the guest speaker at the annual potluck presentation at Desmond-Fish Public Library, with dinner at 6 p.m. and the talk beginning at 7 p.m.

**Jazz Concert:** 1 p.m. at Desmond-Fish Public Library. Free. For information, visit [www.desmondfishlibrary.org](http://www.desmondfishlibrary.org) or call 845-424-3020.

## Tuesday, Jan. 21

**Books & Bites:** 4:30 to 5:15 p.m. at Brewster Public Library. Children in second and third grade are invite to this monthly

book club to read and discuss a book while having a snack and doing an activity to go along with it. Register at [brewsterlibrary.org](http://brewsterlibrary.org) or call 845-279-6421.

**Kent Library Board:** Organizational meeting 7 p.m. at the library. A regular meeting will follow. Regular meetings of the Kent Public Library Board of Trustees will be held on the third Tuesday of every month at 7 p.m.: Feb. 18, March 17, April 21, May 19, June 16, July 21, Aug. 18, Sept. 15, Oct. 20, Nov. 17 and Dec. 15.

**Patterson Library Board:** 6:30 p.m. at the library. The Patterson Library Board of Trustees meets the third Tuesday of the month. For more information, call 845-878-6121.

## Friday, Jan. 24

**Mahjong:** 10:30 a.m. to 12:30 p.m. at Patterson Library. Participants split themselves into tables of new and experienced players. It is hoped that the more experienced players will continue to help beginners as they wait their turn to rotate into a game with other experienced players. The library has two sets of Mahjong tiles and asks that any participant with tiles bring them in case there are more than two tables ready to play. Drop-in program; repeats Jan. 31.

## Saturday, Jan. 25

**Spirit Communication:** 7 to 8:30 p.m. at Putnam Valley Library, 30 Oscawana Lake Road, Putnam Valley. Registration is \$40 fee is required. Register at [bookwhen.com/putnamvalleylibrary#focus=ev-s20b-20200125190000](http://bookwhen.com/putnamvalleylibrary#focus=ev-s20b-20200125190000).

## Put Valley 'Indian Church' to Re-Open After Repairs

*continued from page 4*

Samoylo said that while many parishioners are upset about the temporary closure of the chapel, it was a necessary step. "Apparently over the years they've done little Band-Aid things to shore it up," but now a more permanent fix is needed, he said.

Samoylo is confident the church will be able to utilize some of the more than \$600,000 in "Renew and Rebuild" capital project funding that is coming to St. Columbanus through the Archdiocese of New York to rehabilitate the chapel.

"I think we'll be okay," he said.

While Samoylo said it is heartening to hear that people want to donate to fix the chapel, he cautioned that the church has not set up any formal fundraising efforts or GoFundMe page. "Anything that is out there is not from the parish," he said.

While the chapel is closed, many parishioners are encouraged to attend service at St. Columbanus, located at 122 Oregon Road, Cortlandt Manor. For more information, visit [stcolumbanusparish.org](http://stcolumbanusparish.org).

The chapel, also known as the Indian Church, was built in 1937 and dedicated in 1938.

According to [catholicplaces.org](http://catholicplaces.org), Eight French Jesuits were martyred in 1936 while spreading Christianity in North America and Canada. An Irish messenger who had studied the Jesuits built the chapel in their honor, and chose to build it in the shape of an Iroquois long house.

Outside the barrel-shaped chapel, alongside the "Lord's Prayer" and the "Hail Mary" translated into Iroquoian, are Indian plaques and carvings.

Inside the church, along with a painting of the Crucifixion, are traditional North American Indian motifs stenciled along the walls. Pews are rough-hewn wood, and the altarpiece is made of logs, shaped like stockade with the pickets arranged like organ pipes. The altar light rests in a 2-foot-long replica of an Iroquois canoe.

Stations of the Cross are painted on an Iroquois drumhead.

## Want to Make a Difference in 2020? Join Your Local Fire Dept.

*continued from page 2*

duties may include driving fire apparatus, setting up scene lighting, performing rehabilitation operations, assisting interior firefighters with air bottle changes and filling of air bottles, and assisting incident commanders with scene safety, personnel accountability and communications, stated CFD.

For those who prefer a little less excitement, there are administrative opportunities to work behind the scenes to help keep the department operational. Duties may include finance management, logistics, fundraising, recruitment and retention, vehicle maintenance and

information technology.

Then there are the social aspects of being part of the brother- and sisterhood. Most local fire departments participate in parades and host various open houses, breakfasts, fundraisers and other events to benefit the community.

"Being a volunteer firefighter is one of the most fulfilling things," stated CFD. "There is nothing like the feeling of helping someone in an emergency situation who is depending on you."

To learn how you can serve your community as a volunteer firefighter, visit your local fire department's website or social media page.

## Crossword Answers

1	C	O	S	M	I	C				7	T	A	I
10	O	P	T	I	M	A			11	T	U	R	K
12	S	T	R	A	P	S			13	O	N	C	E
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16	C	E	C	I	L			19	C	E	S	A	R
22	S	L	O	B	S			23	E	R	I	C	A
24	A	I	M	E	E			25	N	A	A	C	P
			26	P	A	S	27	S	A	T			
28	S	P	E	C			30	A	R	O	M	A	S
34	P	A	T	H			35	M	I	R	A	G	E
36	A	C	E				37	S	O	S	O	O	N



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## Mahopac Sophomore Scores Career-High 14 in Win over Carmel

BILL KENNEDY PHOTO (PLEASE VISIT [WWW.BKSPHOTOS.SMUGMUG.COM](http://WWW.BKSPHOTOS.SMUGMUG.COM))

Mahopac sophomore G Melanie DeMeo runs the lane for two of her career-high 14 points in the Indians' 82-39 win over Caitlin Webber, Michaela Ndonu (5) and Danielle Bello (13) and the host Carmel Rams last Saturday when the two communities combined to raise a bunch of cash for families afflicted by cancer #NoOneFightsAlone... see Girls' Hoops Notebook



# Sports

## Boys' Hoops Notebook

### Lakeland Fends off Panas, Maintains Top Spot in League II-C

By Ray Gallagher  
Examiner Sports Editor@Directrays

**LAKELAND** remains atop the local charts, which, from a local standpoint, won't produce much more than a League II-C championship, unless Coach Steve Fallo's Hornets (6-3) can figure out a way to get past its lack of a low-post presence. Lakeland can score with most anybody in Class A this season, proving so in a 63-57 win over Walter Panas last Tuesday, a 61-57 win over John Jay Cross River Thursday, and even in last Saturday's 71-69 non-league loss to host Our Lady of Lourdes.

The problem for height-challenged Lakeland is stopping the opposition in the paint and clearing the boards, but you wouldn't know it last Tuesday against Panas when senior G Jeffery Owusu did a little bit of everything. The 5'11" Owusu scored nine points, grabbed a game-high 12 rebounds, dished three assists and had four steals.

"He does it all for us," Lakeland Coach Steve Fallo said. "He's got a knack for the game. He reads rebounds well, scores the ball effectively and plays great defense for us. We started out slow and had to go on a run to get back in it, so I'm happy with our effort but we need to play all four quarters."

Lakeland's other issue was apparent in the loss to Lourdes. The Warriors were dominant in the paint, despite Lakeland torching them from the perimeter where senior swingman Jack Kruse hit 10 3's, including 6-of-6 in a frenzied fourth quarter when the Hornets erased a 16-point deficit to tie the game at 69-all. Kruse dropped a career-high



RAY GALLAGHER/BILL KENNEDY PHOTOS

Lakeland junior Aidan Welcome is greeted by Panas junior Rob Simmonds in Hornets' 63-57 win over rival Panthers last Wednesday.

32 on the night.

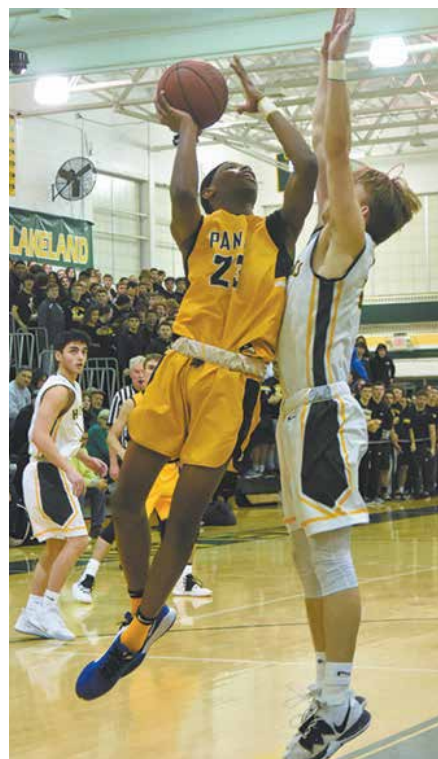
"Lourdes is going to be a tough out in the playoffs," Fallo said. "It was tough to stop them in the post. We played very well defensively and still gave up 71 to them. We were outsized at every position."

#### NWE/PUTNAM HOOPS POLL

**No.1 LAKELAND** -- Lack of a post presence probably won't hurt them in their hunt for League II-C title since nobody in this neck of the woods (north of say Fox Lane



Lakeland senior Augie Karaqi fires J over Panas junior Caleb Evans in Hornets' 63-57 win over rival Panthers last Wednesday.



Panas Caleb Evans is challenged by Lakeland senior Jack Kruse in Hornets' 63-57 win over rival Panthers last Wednesday.



Lakeland senior Jack Kruse skies for shot against Panas senior Tom Palmaffy in Hornets' 63-57 win over rival Panthers last Wednesday.



Lakeland senior Rob Nardelli takes on Panas' Andrew Keefe and Alex Tavarez in Hornets' 63-57 win over rival Panthers last Wednesday.

and south of Dutchess) has a big that'll make enough of a difference to slow Lakeland down. Hornets are 6-3 and opponents have been strong (62% winning percentage).

**No.2 PEEKSKILL** -- The 74-67 win over Beacon is a step in the right direction for the Red Devils (5-3), who saw Antonio Taylor go for 32 points while Jayson Tinsley (15) and Brennan Heaven (12) were significant. Big tests ahead, including Ossining last night, and the back half of the schedule is loaded with Dutchess powers Poughkeepsie and Lourdes, so it's wait-and-see what we have with the Red Devs.

**No.3 PANAS** -- Panthers had a shot at taking out Lakeland, even without sniper Lorenzo Santucci in the lineup. Had everyone played like senior F Tom Palmaffy did that night, the Panthers win going away.

**No.4 OSSINING** -- Won't be the slightest bit shocked if Pride (3-7) took out Peekskill last night, considering they have faced opponents with a 58% win percentage. In their 79-40 win over Port Chester, KhyLeil Hawkins had 23 points, Jaeden Carr added 14 points and six assists and Griffin Dahle chipped in eight points and 10 boards for the Pride, who failed to sustain that momentum in a crushing 74-43 loss to Magnus.

**No.5 HALDANE** -- Coach JOE Virgadamio's Blue Devils (7-2) have done well

*continued on next page*



# Sports

## Boys' Hoops Notebook

### Lakeland Fends off Panas, Maintains Top Spot in League II-C

continued from previous page



Mahopac junior Vin Bastone pounds paint for two in Indians' 54-42 loss to RCK last Thursday.



Mahopac sophomore Patrick McMahon lets fly a jump shot in Indians' 54-42 loss to visiting RCK last Thursday.

against lesser foes (41% winning %), but tougher challenges lie ahead for a team that sent Croton down, 46-44, when F Mame Diba had 16 points and swingman Matt Champlin added 10 to outscore Ryan Win-



Panas freshman Alex Tavarez is hounded by Lakeland senior Jefferey Owusu in Hornets' 63-57 win over rival Panthers last Wednesday.



Mahopac sophomore F Ryan Reilly goes up for shot in Indians' 54-42 loss to visiting RCK last Thursday.

dram's (11 points) Tigers (4-5).

**HM MAHOPAC** -- Impressed by youthful Indians' (4-5) wherewithal to rebuild what was once a great culture from 2011-2015. Like to see them go 2-1 before seeing Arlington again after taking out Carmel, 60-46, behind a balanced attack led by Matthew McMahon (14 points), John Cosentino (12) and Luke Syku (11). Loss to RCK earlier in the week was depressing.

**HM HEN HUD** -- Sailors' record (3-4) might not show it, but they have played a tough schedule (58% win percentage) and there are some rough games ahead. Sailors (3-4) beat a good Ramapo club, 57-46, due to a spectacular 17-5 start, but they can't sleep on Beacon, Poughkeepsie, Ossining or Peekskill in the days ahead. Love to see a split here.

**HM CARMEL** -- Rams (6-5) have had a nice start but they have played a relatively soft schedule (37% win percentage), so they know for a fact that things will get much tougher in the days ahead, beginning with Arlington Wednesday and a rematch with Mahopac on Saturday.

**HM SOMERS** -- Tuskers (2-7) will need to figure out a way to score points in transition off their bread-and-butter defensive schemes, because the teams currently ahead of them in the conference -- Lakeland, Panas and John Jay -- appear to be better offensively at this point in time. Somers needs to find at least 4-5 wins from its remaining 11 games to qualify for the post season.

**HM YORKTOWN** -- Huskers (4-6) have two tough league games against Lakeland and Jay between this week and Jan. 29. If they can salvage a split, we'd be thrilled for them after beating Brewster 69-35 behind Eddie Brucaj (12 points, 7 boards), Rob Miller (11 points, 7 boards), Jared Faivre (11 points) and



Mahopac F Luke Syku goes up for two in Indians' loss to RCK last Thursday.

Roni Brucaj (8 points, 6 assists). Nyack, though, snapped a three-game win streak Saturday.

**HM PUTNAM VALLEY** -- Tigers (1-6) get winnable game with North Salem today but Pali' Prep and Westlake are a combined 15-4 leading up to Peekskill (5-3), Valhalla (9-1) and Haldane (7-2), so there's a real rough patch ahead for the Tigers, who are rebuilding for the 2021-22 seasons.

**HM BREWSTER** -- After Lakeland and John Jay this week, the Bears (1-5) have four very winnable games with Riverside, North Salem, Somers and Port Chester. Set 4-0 as a goal and settle for 3-1 here.



Mahopac sophomore Michael Callahan gets hammered by Carmel sophomore Andrew Fiore in Indians' 60-46 win over host Rams Saturday.



## Sports

## Girls' Hoops Notebook

## Putnam Valley Figuring Things Out on Class B Circuit

by Tony Pinciario

**PUTNAM VALLEY** has begun 2020 rolling.

After knocking **BREWSTER** from the undefeated ranks three days into the new year, the Tigers added two more convincing victories, over Blind Brook (96-46) and Hastings (54-41), improving to 8-2.

Putnam Valley persevered through injuries through the first month of the season and is now healthy, which will continue to present problems for the Tigers' opponents.

The injuries did not deter Putnam Valley from doing what it usually does.

"We practiced with what we had at the time, kept working hard, no matter how many players we had, and we kept our heads high," PV junior F Arianna Stockinger said.

Even though Putnam Valley lost twice in December, the Tigers learned from each game and became a better team.

"I think these two losses showed us that we can be better," Stockinger said. "We knew our teammates were going to be back from these injuries in no time so we kept positive and, when they returned, we were ready to take the next step."

The Tigers received a game- and career-high 29 points from freshman Eva DeChent in the victory over Blind Brook. Kelli Venezia added 19 points and Amanda Orlando had 14 points in Putnam Valley's most-productive offensive showing of the season.

Putnam Valley followed it up with its trademark staunch defense against Hastings as Venezia scored a team-leading 18 points and Stockinger chipped in 15.

The Tigers played Clarkstown South, Monday, and will host North Salem, Friday,



BILL KENNEDY/BOB CASTNER PHOTOS

Mahopac freshman G Kristina Rush splits four Rams -- including Lilly Silverstein, Michaela Ndonon and Kyla Jean Jules -- for two of her career-high 20 points in Indians' 82-39 win over host Carmel Saturday.

as the second half of the season is underway.

"We have played complete basketball on both ends of the court and with our injured players back, it has boosted our confidence," Stockinger said. "We are very happy with the way we have been playing, but there are always things to improve on."

We have very tough games coming up in the second half of the season, which will test us."

**PANAS** entered the new calendar year at .500 and, with three recent victories, improved its winning percentage to .667 (6-3).

The Panthers defeated intra-district rival **LAKELAND** (65-54), **YORKTOWN** (54-34) and Croton (53-45).

"After having trouble scoring against the tough Lakeland defense in the first half, we erupted for 49 points in the second half to come back from 13 points down in the third quarter," Panas Coach Matt Evangelista said. "Kat Reynoso sparked the comeback by knocking down three 3s in the third and early fourth quarters."

Panas F Kristen Scrobola led the Panthers with 18 points and 12 rebounds and Eri-jona Rraci had 17 points and nine rebounds. Cailean Nolan added 12 points.

Nolan had a team-best 20 points against Yorktown and Kristen Cinquina added 13 points, six assists, five rebounds and six steals.

"We were able to win a game that contained runs by both teams before we blew it open in the third quarter," Evangelista said.

Evangelista said Panas limited Yorktown to 12 second-half points and credited Reynoso with leading the defense.

Evangelista said Reynoso had a major defensive impact on Croton.

"Kat hounded Croton's best player the whole night in a very impressive defensive

effort," Evangelista said.

Nolan paced Panas with 15 points and Cinquina added 13 points. Rraci finished with 11 points, 20 rebounds and seven blocked shots. Scrobola collared 11 rebounds.

**MAHOPAC** opened the week with a 47-31 loss to Arlington, but bounced back with victories over R.C. Ketcham (48-33) and rival Carmel (82-39). In both victories, Mahopac had a commanding lead at halftime. Sophomore Melanie DeMeo led Mahopac with 19 points against RCK and Caitlyn O'Boyle added 11 points.

Kristina Rush finished with a team-high 20 points as three Mahopac players scored in double digits against Carmel, including Mia Klammer (16 points and six steals) and DeMeo (14 points). Shannon Becker added nine points and led the team with 10 rebounds.

Rush scored 14 points against Arlington. Ardsley experienced what many other **HEN HUD** opponents have when it comes to Marist-bound senior Caitlin Weimar.

Weimar, who is shattering school records by the game, poured in 31 points and season-high 27 rebounds in a 59-35 victory as Hen Hud outscored the Panthers by 10 in the second quarter to grab a double-digit lead at halftime.

"Caitlin had another monster game and she keeps playing consistently well," Hen Hud Coach Ken Sherman said. "We pulled away in the second half due to our press and Kira being the main cog in our press."

"Kira (Varada) forced many turnovers, which gave us easy buckets in the second half."

Varada had 12 points, seven rebounds, seven assists and nine steals. Grace Moretti added nine points and Mylene Smith had seven points and five rebounds.

**OSSINING** ran its winning streak to



Mahopac junior G Mia Klammer goes up for two of her 16 points in Indians' 82-39 win over Caitlin Webber's Carmel Rams Saturday.

three consecutive games with victories over Horace Greeley (85-36) and Port Chester (97-45).

"These last three wins have really brought up our confidence and showed us what we are capable of when we work as a team," Pride senior Julia Iorio said.

In both wins the Pride received contributions from everyone on the roster.

"It's really great to see everyone contributing, especially the newer girls," Iorio said. "We work really hard every day to get better and for all of us to see our progress and how our hard work is paying off is definitely something that motivates us."

Brooke Weeks led the way against Greeley with 16 points and eight rebounds, Kacie Scarduzio and senior Lily Barosi each had 12 points. Katie Marks contributed nine points and eight rebounds and Ede Walker had nine points and five boards.

Iorio scored a season-high 28 points, and grabbed seven rebounds, against Port Chester. Weeks added 13 points, five rebounds, seven assists and three steals. Ashley McFadden finished with 12 points, eight rebounds and seven assists and Scarduzio added 11 points. Mark collected 10 rebounds and Tamia Dimmie dished out six assists.

Ossining played at Ursuline, Monday. The Pride will also play on the road against Fox Lane (Friday) and against Kennedy Catholic (Somers) at Pace University, Saturday.

**YORKTOWN** went 1-1 on the week as the Cornhuskers beat Brewster (57-50), but lost to Panas (54-34). Yorktown Coach Brian Mundy saw four players score in double figures against Brewster, led by Jesse Barer with 17 points. Melissa Severino added 14 points, Ashley Zeolla had 12 points



Yorktown sophomore G Melissa Severino soars for two points in Huskers' 57-50 win over Brewster last week.



## Sports

# 25-Year Veteran Carmel Football Coach Cayea on Hot Seat *Rams' Brass Must Put Kids First*



By Ray Gallagher  
Examiner Sports  
Editor @Directrays

The gall of the Carmel Central School District Board of Education is beyond processing should they actually carry out this quest to unseat Carmel football Coach Todd Cayea. Unless there's something I don't know about, which is entirely possible given the fact it's a sensitive personnel issue, I'm confused by this board's stand between 25-year veteran football Coach Todd Cayea and the next generation of student athletes to benefit from his impact/influence on and off the gridiron.

Coach Cayea is officially on the grill, his good name and professional career at stake: This after the recently named the Section 1 Coach of the Year and the National Football League Coach of the Week escorted his Rams to the Section 1 Class AA championship and gave eventual state champ New Rochelle fits last November.

Now, Coach Cayea is suddenly on the brink of being whacked by the axe of the Carmel Board of Education and Superintendent Andy Irvin at the next BOE meeting on January 21st at the Matthew Paterson Elementary School.

I've steered clear of controversial topics in recent years because I got my own kids and I don't want the blowback kicking back on them, but I'll step up when I feel as though good people and the youth of our community are being affected by administrators and boards I don't necessarily agree with.

Having lived in the Town of Carmel (in the Mahopac School District) for nearly 20 years and having worked closely with Coach Cayea and his staff, I'll be outraged by the imminent actions of the membership of the Carmel Board of Education if they pull the trigger on Cayea: Trustees Matt Vanacoro, James Reese, Eric Mittelstadt, Richard Kreps, Tara DeTurris, VP Michelle Yorio and John Cody, President, who did not respond to an email seeking comment.

I've known about this impending breakup between the Carmel School District and



Carmel grid Coach and P.E. Teacher Todd Cayea.

Coach Cayea for well over two months now, since the inception of the spat between Cayea and former basketball Coach Paul Brennan, which is at the very heart of this matter. We low-keyed it in the hopes the district could find a way to sweep the matter under the rug and move forward for the good of all parties involved, including the many student athletes Cayea has positively impacted. Has there been a handful of unhappy athletes and parents over the years?

Of course there has. Coaching kids and managing parents is a bitch of a time nowadays.

In a nutshell: Cayea and Brennan got into a heated confrontation about two months ago over Cayea's son, a sophomore, and his purported role within the Carmel basketball program. Brennan wanted the younger Cayea to try out for varsity after he worked out with them during much of the off-season. After tryouts, as per district policy, coaches speak with each player to inform them of whether they made the team, or, if they were cut, to let them know, and then advise them, what they need to improve upon in the event they wish to try out the following year.



According to Coach Cayea, Brennan told his son that he wasn't sure what his role would be on the varsity, but that he could remain on the roster; or, if playing time was a consideration, he could go down to the JV. Cayea was in an adjacent room at the time and didn't necessarily agree with Brennan's handling of the situation. So, the two got into it...a boys-will-be-boys discussion between two strong-willed coaches ensued, which happens all across the country. In fact, one is happening right now, somewhere in America, and few are losing their career over it.

The next thing to happen was Brennan resigning the next day; citing personal reasons, just days before the basketball season was set to begin. Cayea was then metaphorically "called down to the principal's office" where he's told he needs union representation as the district is going after him for conduct unbecoming a professional: His 25 years of loyal service be damned.

Now, several members of the aforementioned board want Cayea's head on a platter for said conduct, or was it because of some

personal agenda that goes back a decade or so... I can't remember which. Whatever it was: I never actually thought it would get to the point where we need to beg these school board members to do the right thing; not just by Coach Cayea, but by the thousands of student athletes to be affected should this board wrongfully determine the outcome. Not to mention the potential cost to the taxpayers of Carmel should the board proceed with the 3020-a termination. This can cost taxpayers upwards of \$250,000. With people screaming about high taxes, this is an unnecessary expenditure at a minimum and utterly reprehensible on its face.

So Cayea's future, the future of his family and the Carmel football family, now lies squarely in the hands of seven board members and one superintendent, who doesn't appear to have his back. The room will be packed on January 21st, and one can only hope the board members listen to the room, hear the voices of parents and former players, read the letters to the editor in this newspaper and vote with their heads and not the axe of the predisposed.

Todd Cayea has never kissed an ass in his life, and he won't do so now, so don't expect some mea culpa parade up and down Fair St. That said, he does regret the way things went down and would play it differently in hindsight. This was never part of the game plan. But that's the price we pay to ensure that we maintain some old-school perspective in a coddling, politically correct world gone awry. If you ask me, the world needs more straight-shooters like Coach Cayea to provide some meat-and-potatoes balance. Toughness is a virtue, and he makes sure your kids are getting their daily dose on the gridiron.

Nobody envisioned this scenario playing out quite like this, and if there's a chance to put this behind us and move forward, let's do just that. I can't imagine a year in Section 1 football where both New Rochelle football Coach Lou DiRienzo, among the brightest and most successful coaches in NYS history, and Coach Cayea, off one of the most successful seasons in Carmel history, are both pushed out by their respective school boards.

And we wonder why nobody wants to coach anymore.

## Putnam Valley Figuring Things Out on Class B Circuit

*continued from previous page*

and Alyssa Giannasca chipped in 10 points.

"Thankfully, we defended real well in the first half against Brewster and that put us in a good position for the rest of the game," Mundy said. "Some of our girls were hitting shots and we had four players in double figures."

The shots that were falling against Brewster were not finding the bottom of the net against Panas.

"Against Panas, we only had one good quarter," Mundy said. "Shooting 18 percent isn't going to get you very far, no matter how well you defend. But we learned a lot from

our film session from that game and we were able to fix some things that will be useful going forward."

Severino led Yorktown with 11 points and Barer added eight points.

**BREWSTER** dropped both game last week, 57-50 to Yorktown and 60-53 to Somers, leaving the Bears at 7-3 for the season.

"In the Yorktown game we slept through the first two quarters as Yorktown outworked us and played smarter and hungrier than we did," Brewster coach Mike Castaldo said.

"Being down, 28-14, on the road, against anyone in our league is an almost guaranteed loss.

"We were able to cut the lead to four several times in the fourth quarter, but Yorktown always made the big shot and made plays when they needed to. They deserve the win."

Alexis Mark led Brewster with 19 points and eight rebounds and Grace Galgano added 13 points and eight rebounds.

Castaldo said his team led Somers by five midway through the fourth quarter. However, the Tuskers made the plays.

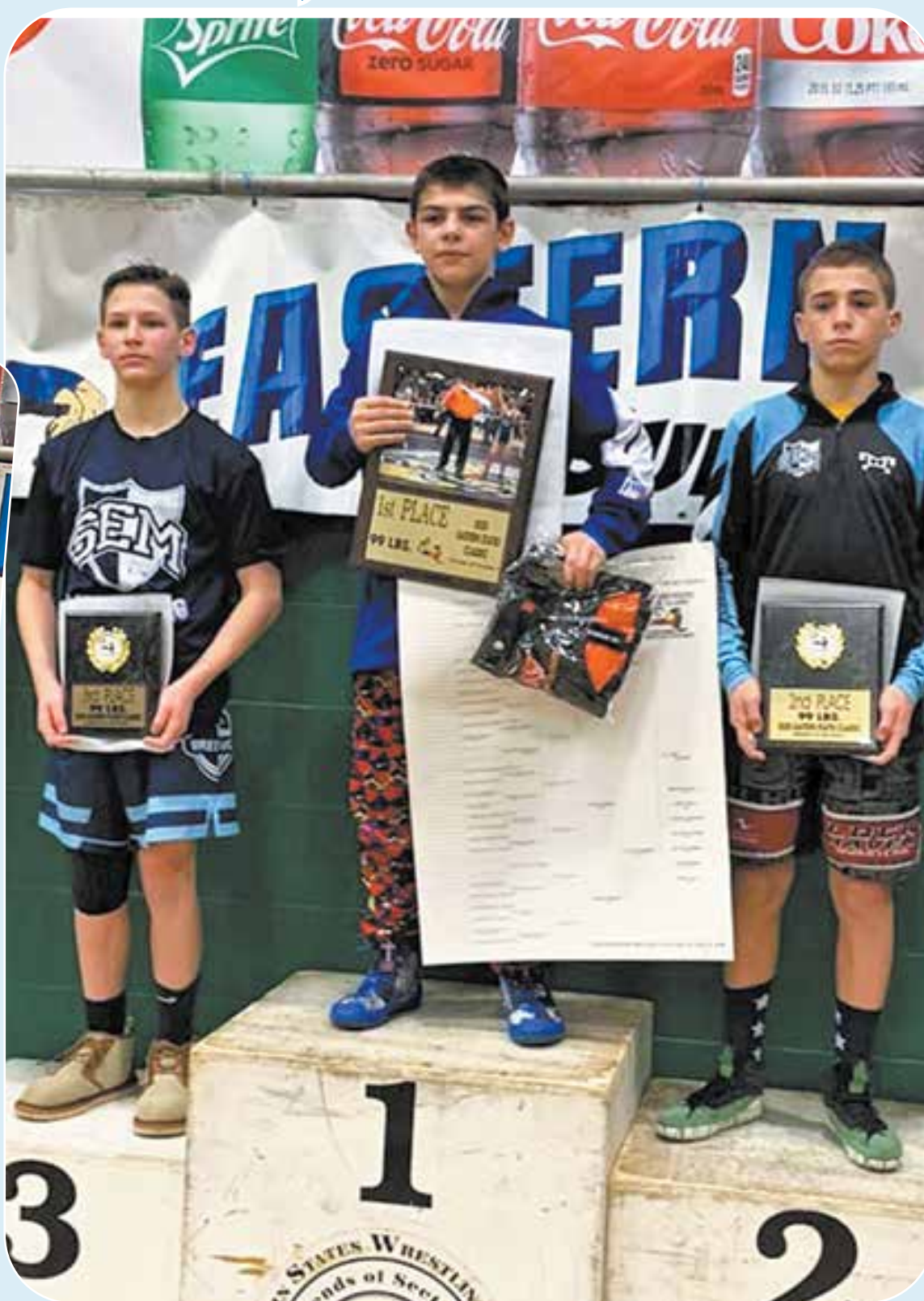
"Somers made plays, got stops and iced the game with free throws late," Castaldo said. "These past two games were winnable for us, unfortunately we are 7-3 instead of 9-1."

"Our league is like a gauntlet in that if you don't play for 32 minutes you are going to lose. Each team has weapons and great coaches. Hopefully, we will learn from these two losses."

Galgano led the Bears with 18 points and added 10 rebounds. Mark contributed 11 points and 15 rebounds.



# Duke of Carmel, Crowned!



## Ram 7th-Grader Wins Prestigious Eastern States Tourney, Becomes Instant Wrestling Royalty

Carmel 7th grader P.J. Duke rewrote the NYS history books at the prestigious Eastern States Classic last Saturday in Loch Sheldrake's Sullivan Community College, becoming the youngest ever in Section 1 and NYS to win a title at the highly esteemed tournament. The top-seeded 99-pounder was the talk of the tournament during a performance befitting a king, doing so against competition from 174 schools and six different states. Rams coach Seth Harrison's (inset) top wrestler is officially on the Section 1 map after taking out two wrestlers from Pennsylvania powerhouse, Wyoming Seminary, en route to the title and Most Outstanding Wrestler honors. Putnam Valley's 165-pounder Will Carano (inset) went 6-2 over two days at Eastern States, placing fifth overall, the first PV grappler to do so.