First Responders Seek Answers After Stiebeling Not Reappointed Commish

By David Propper

A major shakeup in the Bureau of Emergency Services brought hundreds of first responders to the TOPS building Saturday morning, seeking answers after their commissioner was not reappointed.

Following the news that Patterson resident Adam Stiebeling wouldn’t be returning as the leader of the bureau, in charge of providing emergency assistance to residents and visitors of Putnam, County Executive MaryEllen Odell addressed the standing room only crowd in an attempt to extinguish some of the concerns, anxiety, and outrage over the sudden move.

Odell didn’t give a specific reason Stiebeling was let go of — as an at-will county employee, Stiebeling can be dismissed for any reason — but rather focused on the future of emergency services in a county made up of police, fire, and EMS personnel.

Plans to find a new permanent commissioner are expected to get underway this week and by mid-March, a new commissioner should be selected by Odell, pending two-thirds of the legislature approving it.

Carmel resident Robert Lipkin, the deputy commissioner, was named acting commissioner through the transitional period.

Stiebeling was appointed commissioner in September 2012 after the retirement of the late Robert McMahon, who died of cancer the following year. He has worked

Legislature Leadership Remains Unchanged for 2015

By David Propper

It may be a different year, but the Putnam County Legislature elected the same two officials to leadership positions during the legislature’s annual organizational meeting.

“The thing that really makes it work is everybody has really good intentions so even though it may get tense, they do the right thing in the end,” Albano said. “And we work as a team and I’m proud of that.”

Legislator Carl Albano was chosen as chairman and Legislator Ginny Nacerino was picked as deputy chairwoman, though the selections didn’t come without narrow votes to determine them. Albano regained chairmanship by a 5-3 vote, with Legislator Kevin Wright recusing himself and Nacerino snagged deputy chairwoman in a narrow 5-4 decision.

This is the second straight year Albano and Nacerino, usual supporters of the county executive office’s initiatives, have the top leadership positions on the legislature.

Albano, who carries a calm demeanor while leading meetings, said afterward that in 2014 he felt legislators were able to reach numerous achievements and would hope to continue that in 2015.

“The thing that really makes it work is everybody has really good intentions so even though it may get tense, they do the right thing in the end,” Albano said. “And we work as a team and I’m proud of that.”

Carmel High School Cancer Awareness Club recently delivered 26 care packages for cancer patients undergoing treatment at Putnam Hospital Center. The gifts included unscented soaps, notepads, hats, gloves, sugar-free candies and cookies, lotions, puzzles, pens, socks and hand sanitizers. “I’m overwhelmed that high school students chose such a wonderful project and that they formed such a club,” Putnam Hospital Center oncology nurse navigator Dianne Toscano (above with all the packages) said. “It’s a great way for patients to know that they are not alone and to have some comforts of things they wouldn’t think to bring with them during treatment.”

The Carmel High School Cancer Awareness Club was formed in 2013 after two students whose family members had the disease expressed an interest in getting one started. The club, whose mission is to raise awareness and offer community support, has about 70 members. This was its first hospital project. “The kids were over-the-moon excited to do something for the cancer center in our community,” said Heather Murphy, a Carmel High School English teacher who heads the club.
By Janine Bowen

After initially denying their request last year, The Village of Brewster has agreed to a Waiver of Moratorium request from the St. Lawrence O’Toole Church to allow additional parking.

The initial application was struck down last March, after village trustees were concerned about how the plan for additional parking would fit into the new comprehensive plan. According to James Nixon, an architect representing the church, ten parking spaces would be added on an adjacent residential lot, which is owned by the church. In addition, nine spaces would be created alongside the church by changing the access point to the parking lot.

Nixon said cars would enter the property on Prospect Street, using the driveway on the residential lot, and would exit onto Eastview Avenue. Nixon explained the new layout will be straighter, wider, and cleaner cut than the current driveway, and will be better able to accommodate emergency vehicles.

“That’s not the reason we’re doing this, but it’s certainly a benefit,” said Nixon.

The house that exists on the residential lot will remain, and will likely be rented out, said Nixon, but the back portion of the home will be demolished to accommodate more parking.

Trustee Christine Piccini was concerned about the layout changes that the project would bring, arguing that there would only be a net gain of twelve spaces, as two of the new spaces will be reserved for residents of the home while three parallel parking spots near the church and two near the back of the property will be eliminated. Nixon explained that this is not the case, however, as the three parallel parking spots were never officially designated as parking, but were simply used as such.

Piccini argued that the additional spots would not solve the parking issue in the village and still feared how the approval of the Waiver of Moratorium would affect the comprehensive plan going forward. She also expressed trepidation if the church continues to need spaces, they could buy additional properties and turn them into parking lots.

“I’m just concerned about the future and a slippery slope,” she said.

Village attorney Anthony Mole explained that legally, nothing can stop the church from buying additional property in the future, but allowing them to turn a portion of the residential lot into additional parking will not have implications on other property owners through the comprehensive plan. Mole stated that even though the 40 Prospect Street property is zoned for residential use, it is owned by the church, which, as a religious institution, is not subjected to the same zoning laws as other properties.

“They enjoy more flexibility than a residential homeowner would in a regular home,” he said.

The waiver was approved unanimously, and will now be brought to the planning and zoning boards for further approvals.

St. Lawrence O’Toole Church on Prospect Street received a Waiver of Moratorium from the village board that would create additional parking. Nixon explained that St. Lawrence representatives had appeared before the planning board last year, where they received a favorable recommendation for the project. That recommendation was under the condition that the lot be screened with trees and shrubs, which Nixon stated will be done.
Jambor in Running for Board of Regents Position

By David Propper

In the search for a new member to join the Board of Regents, state representatives interviewed the only Putnam County resident vying for the position: Brewster Board of Education president Stephen Jambor.

New York State Assembly members publicly interviewed Jambor Friday morning at Greenburgh Town Hall in Westchester County. He’s one of several candidates from the Lower Hudson Valley hoping to replace retiring regent Harry Philips. If selected as a Board of Regents delegate, Jambor would have to resign as a Brewster school board member.

Jambor was interviewed for roughly 45 minutes, quizzed on numerous topics by the mostly Democratic panel ranging from Common Core, the teacher evaluation system, charter schools, state aid for schools, and inequality in public schools. The interview was not part of the formal vetting process and just a screening of possible candidates.

Because he has always been involved in education, it was only natural Jambor would seek a regents position. He’s been a college professor for 40 years, a direct service provider for 35 years, and a board member for 15 years.

“Both there’s also a frustration as you know with how things are progressing these days in the education system of New York,” Jambor said. “And while I’ve tried to advocate in my current role as a board person, I’m looking for a little bit more of a voice now.”

Jambor said the interview process has been “well-thought out” and the people in charge of crafting questions for candidates have been able to identify pressing issues facing education in New York.

Assemblywoman Sandy Galef, who represents part of Northern Westchester and Putnam, said after the forum, assembly and senate members collaborated on which questions were most significant for candidates in a time where education continues to change rapidly.

“Being a member of the Board of Regents is a very, very, important role,” Galef said. “Given the highest interest in education particularly right now as there are so many changes, it’s even more significant today.”

Assemblyman Tom Abinanti said this is the first time he can remember a delegation has held a pre-screening process and believes it has brought forward “supreme candidates.”

“We have excellent candidates so far all of whom would be a very good addition to the Board of Regents,” he said. “What I’m looking for exhibits that he or she understands the needs of the different schools in our district, very diverse schools and will be able to articulate those needs to a Board of Regents and an educational establishment in Albany that refuses to communicate with local school districts.”

The Lower Hudson Valley regent represents Putnam, Westchester, Rockland, and Dutchess counties. The board is comprised of 17 members elected by the state legislature for five-year terms. There is one from 13 different judicial districts and four members who serve at-large.

Jambor, who also serves as the vice president of the Northern Westchester/ Putnam BOCES school board has worked with more than 50 different districts in the region, giving him a good idea of what the area needs. The regents are responsible for the general overview of all educational activities in New York that include the SUNY system and state education department.

Members are not paid unless it’s for travel or other expenses connected to their official duty.

Philips, the outgoing regents from the area, has served since 2000. A new regent wouldn’t be selected until March when a decision must be made and the formal interview process is completed.

“I think I know what makes a valid educational system, I’m not afraid of statistics and research, I teach those courses,” Jambor said. “And my biggest, strongest skill is I know how to work with people.”

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First Responders Seek Answers After Stiebeling Not Reappointed Commish

President of the county's volunteer fire association Ed Butler, who is also a past president of the county's chief association and a board member of the emergency service/safety advisory board, called the non-appointment a "shock to the whole county fire service and everybody is up in arms."

"What was wrong with the way the county charter reads that the man did," Butler said. "The man was an asset to this county."

President of the Mahopac Fire Department Vinny Roberto Jr., who was Bob McMahon's predecessor as head of emergency services, said he's sure Odell made a decision based on whatever facts she had regarding the bureau's future.

"I would have to say according to the county executive he didn't do a good enough job," Roberto said of Stiebeling. "Otherwise she would have retained him."

Legislators had a split viewpoint over the decision by Odell to end the tenure of Stiebeling.

"I will tell you quite frankly I'm disappointed," Gross said. "He was a good man, he's going to be hard to replace."

Legislator Dini LoBue, during Saturday's meeting, interrupted Odell at one point, characterizing Odell's decision as a "mistake."

"This room is packed because of what you did," LoBue told Odell.

"I hope the administration finds an individual that equals Commissioner Stiebeling's dedication," LoBue said afterward. "I think of three words when I think of Adam: dedication, experience and qualification."

Legislator Ginny Nacerino commended Odell after the meeting on Saturday for providing clarification to emergency services personnel after emotions were running high.
PV Library Back Open, But Construction Not Done Yet

By David Propper

When Putnam Valley Library director Kathleen McLaughlin came to work on Dec. 18, for the first time in more than a year, the community was more than welcome to join her.

After having severely limited services and essentially shutting its doors to town residents, the Putnam Valley Free Library is finally back open for business. Before, residents could only go online or call to pick up a book, but that was about it.

“The fact that everybody walking through the door is very happy makes for a nice atmosphere,” McLaughlin said.

“One lady came in yesterday and said, ‘Am I dreaming’ so people are thrilled to be coming through this door and have full access again.’

Emergency and exhaustive construction halted usual operations at the library in late 2013 when a crack in an upstairs wall raised red flags. On a frigid Saturday morning last weekend, parents with young children were checking out and returning books, and residents, young and old, were using computers.

There was a sense of normalcy after residents and staff faced nothing but unfamiliarity for months and months, but as one construction marathon is finished, another one is now just beginning.

“We’re not done,” library board president Priscilla Keresey, said. “There’s still major things we need to fix and major money we need to raise.”

The actual building won’t be worked on, besides some painting. New changes inside the library have actually made the building, particularly the upstairs, smaller.

The teen room is now located where the crafts room used to be in the back of the upstairs and three different staff members share the upstairs office space, where only one staff member used to dwell. All of that is a result of construction taking out a considerable amount of space at the front of the upstairs portion of the library that used to have an office and the teen center.

Now, the focus is currently on two bridges that lead to the library. The wooden pedestrian bridge is unusable for library visitors and the vehicular bridge isn’t sturdy enough for cars to drive over, though pedestrians can walk over it safely. It has yet to be determined which project would be addressed first.

While costs have not been pinpointed, the expense would be in the six figures. Raising that money is now the major prerogative for board trustees.

“We have some serious problems,” board trustee Terry Raskyn said. “And serious problems that can only be fixed with money.”

One major way to get that money is by way of corporate underwriting, Raskyn said, noting she’s sure there are wealthy donors and private companies in the county and surrounding region who believe in education and believe literacy is a community institution.

“We are so grateful for everyone’s patience and we welcome all the residents back,” Keresey said on behalf of the board and staff. “We missed you as much as you missed us. We really have.”

The library is still operating on modified hours, opening at noon and closing anywhere between 4 p.m. and 7 p.m. depending on the day. Once normal hours start up again, the library will be open for 52 hours a week and open in the morning and close at a later time during the day.

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Legislature Leadership Remains Unchanged for 2015

continued from page 1

A “hardworking legislator with a personal and professional demeanor.”

Legislator Joe Castellano said during the meeting Albano would “do a great job as our chair.”

Meanwhile Legislator Dini LoBue criticized Albano becoming chairman again, believing he performed poorly over the last year.

“He has demonstrated an appalling misunderstanding of the laws of the legislature in relation to the executive branch,” LoBue said.

Unlike Albano, Nacerino had competition for deputy against Legislator Roger Gross.

Legislator Kevin Wright supported an attempt to name Gross as vice-chairman position

“I think it’s a healthy thing for the legislature to have an infusion of new faces,” Wright said. “And rotation of the hierarchy of the legislature.”

This is the second straight year Gross couldn’t overcome Nacerino to earn the position of vice-chairperson.

“I was disappointed certainly that I didn’t get it,” Gross said. “I have more seniority than the deputy now and I have a lot of experience but you need the votes.”

As for Nacerino, she said she looked forward to being the second-in-command to Albano, noting how well the two have worked together over the last year.

“We collaborate on issues, we speak frequently, we’re a good team,” Nacerino said. “And I have the best interest of this legislative body in mind and I look forward to working with my colleagues in an effective manner.”

Of the two new legislators on the board this year, Toni Addonizio voted against both Albano and Nacerino, while

For the second straight year, Carl Albano will hold the gavel and lead legislature meetings at the chairman.

Bill Gouldman, who replaced longtime legislator Sam Oliverio, voted for them.

Because Albano and Nacerino voted to appoint former legislator Lou Tartaro to the board last year after he had just lost a town board election, Addonizio voted against those two receiving leadership positions. She also noted it’s good to have new people take on leadership roles.

“My reasoning is because I became fully aware of how disappointed the Town of Kent was last year based on the controversial appointment of last year’s legislator,” Addonizio said. “My vote last night represented the voice of the people of the Town of Kent.”

Gouldman said he voted for both Albano and Nacerino because it is typical that the chairman and deputy chairperson hold those leadership positions for two years.

“Any individual in that body could be chairman or vice chairman, but at this time I just chose to keep the status quo as it is,” Gouldman said.

When reached for comment later in the week, County Executive MaryEllen Odell said Albano and Nacerino “proved themselves to be good leaders.”

“In the sense they believe in good government, they work well with the administration,” Odell said. “And that they deserve to have another year to be the leaders of the legislature.”
By David Propper

So far this year, New York is one of 46 states nationwide that has been declared to have "widespread flu," and the Putnam County Department of Health is doing all it can to combat the public health epidemic.

As of Jan. 6, health department officials revealed there are now 54 confirmed, lab-tested cases of influenza in Putnam, though the number is most likely higher because some residents haven't gotten tested or seek medical attention. Considering only a couple weeks ago there were nine confirmed cases of flu, the sharp spike is unsettling to county health officials.

"It's very much more widespread so this is really a significant number," Commissioner of Health Allen Beals said. "And I think all over the country they're anticipating a very severe flu season."

When asked how this flu season compares to Beals' previous two seasons as top health official, he replied, "It looks like it's going to be a more severe flu season. But we're very fortunate in Putnam County, consistently we've had less flu than any other county."

The department held its final flu shot clinic Tuesday afternoon into the evening. Public information officer Barbara Ildardi said overall 4,114 residents have gotten a flu shot through the county, as of Monday.

That number includes students in Putnam County schools that received the flu shot when county officials went to each district to administer shots.

Beals said because the health department visits every school in every district to administer free flu shots, it cuts off those young residents typically most likely to contract the flu and spread it. Because it takes approximately two weeks for the flu shot to fully kick in, Beals is urging residents that haven't received a shot to get one immediately. Even though the flu shot doesn't cover one of the strains, it would still be beneficial against the other three strains, Beals noted. He added the shot would also weaken any strain a resident might catch regardless if the shot attacks that certain type of flu.

"There's no question (residents) should've have gotten it by now," Beals said. "So, yes it takes two weeks to built up the immunity, but get it today or in the next week and it'll still cover you for many of the months you're at risk for flu."

Last year, Putnam and rest of the country saw flu linger until May, noted Kathy Percacciolo, Putnam Health Department's Supervising Public Health Nurse.

Personally, Percacciolo said she had to bring two of her children to an urgent care clinic last week for flulike symptoms and witnessed the high number of flu-stricken residents.

"There were over 30 people in the waiting room, they had already seen 85 patients and there was an hour and a half wait," Percacciolo, who has worked for the health department for 32 years, said. "So it's rampant right now."

Percacciolo said it's a more severe flu season because this year's strain is H3N2 is a more relentless illness. After solid turnouts at the flu clinics held and the trips the county has made into the schools, Percacciolo said the county has a "couple hundred" doses left.

For those unfortunate residents that contract the flu, Percacciolo reminds them to drink plenty of fluids, rest, and consult with a doctor as soon as possible. And most importantly, stay away from other people.

"Please stay home," she said. "Do not go to work, do not go out and spread the disease."

Residents can still get the flu shot from the county and are encouraged to call 845-808-1390 to set up an appointment.
Brewster’s Got Talent is a Big Success for the Brewster Education Foundation

A Friday school snow closing could not hold back the talented acts and enthusiastic audience at the Brewster Education Foundation’s first annual “Brewster’s Got Talent” show, held on Saturday night after a one day postponement at the Brewster High School Performing Arts Center. HH Wells Middle School 7th grader Annie Sullivan took home the $1,000 grand prize for her rendition of “Defying Gravity” from “Wicked.” Her performance was “Broadway ready,” according to Judge Noreen Mahoney. Kayla Pinzur, a Brewster High School junior who is a lyrical dancer, and Karma Darwin, a local band featuring five Brewster High School alumni, were also recognized as finalists in the show.

The show featured twenty acts, of all ages and positions in the community, from elementary, middle and high school students, to faculty, alumni, and community members. Over five hundred enthusiastic audience members cheered on the participants, who included a standup comedian, trumpet player, pianist, community theater group, a sister twirling act, various dancers, singers and bands. Many people appreciated the variety and talent of the acts presented. “The quality of the performers and the enthusiasm and size of the audience exceeded our expectations for our first year. We are really looking forward to next year’s ‘Brewster’s Got Talent’, said Joe Cavanagh, Brewster Education Foundation Board Member and Talent Show Chairperson.

The Brewster Education Foundation would like to thank the following people for helping to make this event a success: Ann Marie Chalmers, Jean Stein, both of whom helped coordinate the show; judges Tom Mullane, Noreen Mahoney, and Stephanie Rubino; BHS assistant principal Kieran Stack, who served as emcee for the show; the Brewster High School stage, sound and lighting crew; and those who volunteered to sell show tickets, raffle tickets, and refreshments.

The Brewster Education Foundation was formed thirty years ago with the mission to raise money for scholarships and grants for Brewster students and faculty. It has fundraised over $1,000,000 in the last in the last thirty years. Please go to their web site (be.org) to find out about their gala dinner on April 17th.

Obituaries

Dennis Norby

Dennis Norby of Mahopac, died suddenly on January 5, at the age of 59. He was born in Ossining, the son of Roy and Margaret (Brunner) Norby. He had two sons - James and his wife Kimberly of Queens, In his early 40s he moved to New York City to Francis and Ruth (Lily) Taylor. He graduated from Delehaney High School in 1961 and from St. John’s University in 1969. He served on active duty in the U.S. Navy from

36 to 1965 aboard the U.S.S. Boston, and later served for many years in the U.S. Naval Reserves. On October 12, 1974 he married Marianne Gasson in New York City. As a child and young adult Gregory lived with his family in Queens. In his early 40s he moved with his family to Brewster. Early in his life Gregory worked with his father as a plumber and later worked over four decades in the insurance industry. He was a proud and active member of the Veterans of Foreign Wars. He spent most weekends enjoying sports with his family and friends. He also enjoyed history and was a devout Roman Catholic. Gregory was a beloved husband, father, grandfather, uncle and friend. He is survived by his wife Marianne of Brewster; his in-laws, Joseph and Carolina Vitale and Caroline Grace Koether, all of whom he adored and each grandchild and great-grandchild held a very special place in her heart. Also survived by her dear sisters Modestina of England and Gioconda of Italy.

Vincent J. ‘Jack’ Pisello

Vincent J. ‘Jack’ Pisello, age 89, of Brewster died January 7, in Greenwich, CT. Jack was born on December 27, 1925 in Port Chester to Salvatore and Mary (Garaffa) Pisello. He graduated from Port Chester High School. He proudly served in the US Navy in the Pacific during WWII on an LST. On October 2, 1949 Jack married the love of his life, Caroline F. Vitale at St. Joseph’s Church in New Rochelle. Together they raised their family in New Rochelle and moved to Brewster 23 years ago. Caroline died on August 11, 1999. Jack worked for many years as a tile layer for the Local #7 Tile Union throughout Westchester and NYC and for G. M. Crocetti, Inc. in the Bronx. As a young man Jack was a semi pro football player with the Port Chester 90’s. He was also an avid golfer. He was Jack’s love for his family that was most important. Be it summers in Westhampton Beach or taking his grandchildren to dinner, Jack was always the family man. Jack is survived by his two daughters, Viola Johnson and her husband Raymond of Armonk, NY and Denise Freda and her husband Harry of Brewster; a brother and sister, John and Millie; a son-in-law Dominick; three grandchildren, Becky Wishnia and her husband Todd, Kelly Gordon and her husband Kevin and Joey Novielli and his fiancee Aly. He was predeceased by his daughter Jacqueline C. Novielli on November 18, 1996 as well as his in-laws, Joseph and Carolina Vitale and his brothers Daniel and Bill.

Correction

In the Jan. 6-12 edition of The Putnam Examiner, in the page one article titled “Recycling Gem in Kent Proves to be Worth Resource,” it was stated that Wilma Baker, Kent resident who helped find the recycling center with her husband Jim Baker, was deceased. That information was incorrect. Ms. Baker is still alive and living in Putnam County. The Putnam Examiner regrets the error and apologizes for any confusion caused by the misinformation.
Maloney Sworn-in as Member of the 114th Congress

Representative Sean Patrick Maloney (NY-18) was officially sworn in last week as a Member of the 114th Congress. First elected in 2012, this is Rep. Maloney’s second term representing New York’s 18th Congressional District. “I’m honored to have the opportunity to serve all the hardworking families in the Hudson Valley for another two years. Working across the aisle, we can achieve commonsense solutions to the challenges our families, businesses and neighbors face every day,” said Maloney. “I’m excited to get back to work growing our economy, investing in 21st century infrastructure, and fighting for our veterans and farmers.” In his first term, Rep. Maloney fought for major legislation introducing 10 pieces of legislation that were signed into law and 15 bills and amendments that passed the House. Rep. Maloney’s legislation included provisions to reform the crop insurance program for local farmers, implement passenger and commercial rail safety technology, reduce the backlog at the VA, and hold the Federal Energy Regulatory Commission (FERC) accountable to ratepayers in the Hudson Valley. In his first term Rep. Maloney returned $3,197,408 to taxpayers who were owed payments from the government, held 55 town hall events, and secured 97 service medals for Hudson Valley veterans. Maloney was joined at the ceremonial swearing-in ceremony by his husband, Randy Florke. Maloney and Randy have three children together: Jesus, Daley, and Essie.

Paintings by Cara Gilroy on Display at Mahopac Library

Cara Gilroy’s paintings are imaginative, surreal, and mysterious. She uses acrylic paint to create abstract landscapes that invite interpretation and discovery. Visitors to Mahopac Public Library can view thirty of Cara’s recent paintings which are on display in the Third Floor Gallery through January 31. The Gallery is open during regular library hours, and most of the work in the show is available for purchase.

Cara obtained a degree in Studio Art from the University of Virginia. Her paintings depict multiple planes of perspective, a technique allows the mind to wander through the unique, and often conceptual landscapes found in the work. She strives to engage the observer’s imagination rather than simply present one view.

Among the more figurative pieces in this exhibit are North Point Observatory which depicts a woman climbing a ladder through an ambiguous and dreamlike space; Venom the Hunter – a glowing green painting depicting a woman crouching as if ready for battle. Cloudborne features a mystical couple being lifted up to a starry sky; all of Cara’s paintings have an impasto-like surface which enhances the layering aspect of her work.
Doctor’s Note: Women- This Screening Can Save Your Life

By Dr. Navid Mootabar
Chief, Obstetrics & Gynecology and Director, Institute for Robotic & Minimally Invasive Surgery at Northern Westchester Hospital

There’s important news for every woman in a recent report from the Centers for Disease Control and Prevention (CDC): Despite evidence that cervical cancer screening saves lives, about eight million women, ages 21 to 65 years, have not been screened for cervical cancer in the past five years. In addition, more than half of new cervical cancer cases occur among women who have never or rarely been screened. Here, I explain which tests you need, when to get screened, and demystify the protective HPV vaccine. I also answer women a silver lining: You rarely have to worry about advanced cervical cancer if you are regularly screened.

Did you know that cervical cancer was the leading cause of death among women 40 years ago? The introduction of screening through the Pap smear has caused the disease to drop to the fourth cause of female mortality. But that incidence could be lowered even further if more women had the recommended Pap test. To understand this screening’s exceptional value, you need to know more about the primary cause of cervical cancer: Human Papillomavirus (HPV). HPV causes approximately 90 percent of all cervical cancer cases. This sexually transmitted virus is so common, most people will contract it at some point in their lives. There are many strains (types) of HPV. Certain HPV strains are responsible for changes on a woman’s cervix that can result in cervical cancer. Other strains may cause genital or skin warts. Additional factors that contribute to an increased risk for cervical cancer include smoking, extended use of birth control, and having multiple sexual partners.

Most women who have cervical cancer will have no symptoms. However, infrequent symptoms may include unexplained vaginal bleeding, bleeding after intercourse and abnormal vaginal discharge. What’s more, the strains of HPV that may lead to cervical cancer are also asymptomatic.

Regular screening for cervical cancer has extraordinary life-saving potential. The screening test -- the Pap smear-- involves brushing cells off the cervix, which are then examined for abnormalities. Our goal is to identify cervical cancer in a precancerous state, when it is highly curable. The impact of identifying the disease early through a Pap smear is evidenced by the fact that from 2001 to 2010, the incidence of the disease decreased by almost two percent per year.

So when should you get screened? New guidelines recommend that women start at age 21. A Pap smear is recommended every three years, combined with an examination of the same cervical cells for HPV; until the age of 65, provided you have no risk factors or abnormal Pap smears. At 65, screenings can be discontinued if there have been no abnormal results in the previous 10 years, or no history prior to the past ten years of moderately pre-cancerous growth.

The three-year guideline takes into account that for most women, cervical cancer doesn’t progress quickly. Very rarely does it advance from normal to cancer in one year. Therefore, if a woman is screened every three years, there is every likelihood the disease will be caught while still in the highly curable pre-cancerous stage.

Keep in mind that the guideline represents the minimum number of screenings you need to be safe. However, some women require more frequent screenings. At each visit, your gynecologist will determine if it is appropriate to do a Pap smear, by assessing all risk factors.

There are two other forms of prevention for cervical cancer. One is the condom, the other is the HPV vaccination, which protects women from several of the most common and aggressive strains of HPV that can lead to cervical cancer. However, it does not protect against all strains that can lead to the disease. The vaccine -- a series of three injections over six months -- is recommended any time from age 9 to 26. Because HPV is transmitted through intercourse, I often recommend to my patients that they wait until they are considering becoming sexually active. Many parents question if their daughter needs the vaccine at such an early age. The decision as to when to receive the vaccine is very individual, and I believe it should be made in consultation with the patient’s gynecologist or pediatrician. I want to stress that the vaccine does not replace regular Pap smears.

Treatment for cervical cancer in the pre-cancerous stage can be as simple as an office procedure called a LEEP (loop electrosurgical excision procedure) which involves a local anesthetic and removal of all pre-cancerous cells from the cervix. There is a low incidence of recurrence. If the disease advances to cancer, treatment depends on the stage and the woman’s wish to remain fertile. It can involve a cone biopsy, in which the outer portion of the cervix is removed; a hysterectomy, continued on page 13
By Neal Rentz

Though Carmel residents may be bundling up for frigid wind chills, it is not too early to plan for the summer and warm weather activities.

Carmel Recreation Director Jim Gilchrist said registration will be accepted for its summer youth programs in March and information about the programs are currently available for the six-week summer camp and sports programs. All summer programs are offered to both Carmel residents and non-residents, he said.

“Primary Camp is for children entering grades K to first (grade) in the upcoming fall,” Gilchrist said, adding Playground Camp is for children entering grades two through eight next fall.

Summer camp will be held from June 29 through Aug. 7. No camp programs will be held on July 3.

“Camp activities include special events, sports, games, lake swimming at Sycamore Park, arts and crafts,” Gilchrist said, noting a list of activities is included in the town handbook.

Summer camp registration will begin March 23 and run through May 29, weekdays from 9 a.m. to 4 p.m. at Sycamore Park. All registration forms and program information will be available in the recreation office and on the town website www.carmelny.org at a later date, Gilchrist said. A copy of the child’s vaccination records must be attached to the form at time of registration, he said.

The early bird registration fee, accepted before the May 29 cut off for primary camp is $460 for residents and $920 for non-residents. The early bird registration fee for playground camp is $410 for residents and $820 for non-residents. After the May 29 cut off the fee goes up $50 and is based on availability, Gilchrist noted.

Camp registration is for the full six-week program only and the fee includes trips and a t-shirt that the camper is required to wear on those trips, he said.

“Fees generated are used to offset the cost of camp,” Gilchrist said.

The summer programs are more than just a way to provide fun for youths, Gilchrist said. “This program is important for both the development and socialization of the youth enrolled, as well as employment experience and training for young adults,” he said. “Camp is also a great assistance to our working parents and is offered at a reasonable and affordable rate.”

The Carmel Parks and Recreation Department is located at 790 Long Pod Rd. in Mahopac. For more information call 845-628-7888 or visit carmelny.org or Facebook.
Wall-to-Wall is Trending Back, and its Grey, Grey, Grey

More than 25 years ago, my friend John Carr was the first person I knew who built his own home. He was also the first who taught me that installing hardwood floors cost pretty much the same as installing subflooring and wall-to-wall carpeting.

Naturally, I thought, who would ever want carpeting when they could have hardwood flooring at the same price?

It seems that for the past three decades, everyone else has had the same preference, with the addition of an area rug here and there—or so I thought—until I visited my seller client. Redi-Cut Carpets of Port Chester, the largest floor surfacing store in Westchester, offers wall-to-wall carpeting, hardwood flooring and area rugs.

“Yes, actually, wall-to-wall carpeting is very much back,” said Michael Feldman, second generation owner of Redi-Cut, which is ensconced in a 5,500-square-foot space on Main Street next door to Tarry Market and Tarry Wine operated by Mario Batali and Joe Bastianich of television fame.

After having ripped out all of my wall-to-wall in two rooms, remembering that I had beautiful hardwood flooring underneath, now suddenly I’m ordering new carpeting because who knew it’s back?

“Yes, people have been into hardwood floors as a preference because they found them cleaner and anti-allergenic and didn’t collect dust, and certainly we sell wood floors and refinish them, but the carpet industry realized what was happening and responded to it,” Feldman said. “Now they make carpeting that is non-allergenic and guaranteed for life not to stain. It’s actually coated with Teflon.”

“Teflon? You, mean, like the stuff on frying pans? I asked?

“Yes, like on frying pans,” Feldman responded.

“Son of a gun, that’s some protection,” I exclaimed.

It seems that this kind of technology has been available for three years. Feldman, who goes every year to a surface flooring convention in Las Vegas to keep abreast with what’s trending in carpeting, estimates that as much as 70 percent of his market prefers wall-to-wall carpeting over hardwood flooring. That came as a real surprise to me, that the long-term trend toward hardwood flooring has suddenly reversed itself.

Further, Feldman noted that the preference in neutral shades toward the warmer beiges had cooled markedly toward the greys.

“Grey is definitely the big choice today in both lighter and darker shades,” he said.

That pronouncement did not surprise me because I can see many benefits for choosing grey as a cooler shade that tends to make a room look larger and provides a better neutral background to allow other colors to “pop.”

When asked about the choice between wool and artificial fiber, Feldman said that those who seek the more expensive options will go for wool, which is the more luxurious, but is more difficult to keep clean and doesn’t last as long. “Tremendous improvements have been made with nylon, which can look very much like wool, doesn’t stain and is virtually indestructible, and yet look how soft the texture can feel,” he said while demonstrating with the soft pile from one of his samples.

The price range for purchasing wall-to-wall carpeting is as broad as the income range of the marketplace. Feldman’s more upscale clientele might spend $22 a square foot while the average purchaser, i.e., me, would spend from $6 to $8 per square foot.

Other technology advances include production plants having the capability of customizing carpeting colors to the customers’ specifications to match colors of upholstery or draperies.

So, now that I’ve stripped my floors bare to reveal the hardwood beneath, I’ve just ordered wall-to-wall to recover them and, you’ve got it, the color I’ve selected is a subtly patterned blueshy grey.

The Never-ending Debate on the Health Aspects of Wine

“Red wine is healthy for you.”

“All alcohol is bad for you.”

Even moderate consumption can be detrimental to your health.

These contradictory headlines blare out with increasing frequency. And each is backed by a scientific study or irrefutable pedigree. Which study to believe?

We are bombarded with so many conflicting news reports we adaptively, perhaps even instinctively, make distinctions amongst the reports based on our personal viewpoint and ideology, rather than on any authoritative or higher-learned source that we can rely upon. With the proliferation of information being hurled at us, who can discern reality from perception, fact from fiction?

This incongruity is increasingly applied to scientific studies, the last bastion of efficacy, and in some minds, even inapplicability. Gone are the days when one could rely on a singular report, based on irrefutable parameters, as the definitive treatise on a particular study, be it in the field of technology, medicine, space or mathematics. The adage applies that there have been more scientific discoveries in the last 100 years than in all of humankind before that.

I’ve noticed this with increasing frequency in reports on the health impacts of consuming wine. Scientific findings vetted and published by highly regarded professional journals are increasingly contradictory. Is the scientific method becoming less reliable or is science itself becoming so advanced that permutations and differing findings are inevitable?

I have reported on the numerous studies undertaken to determine the health aspects of consuming wine in moderation. Here is the landscape of reports, all of which employed universally accepted scientific methods.

1. Moderate consumption of red wine (two glasses per day for males; one for females) is healthy. Numerous medical and scientific journals have reported on the benefits of consuming resveratrol, a compound in red wine, including protecting the heart and brain, preventing cancers, fighting cancers, reversing diabetes and obesity, boosting the immune system and slowing the aging process.

2. “Benefits of Red Wine a Myth” blared the headline of a study conducted by Johns Hopkins University on a group of older adults deep in Tuscan wine country. They concluded that any benefit would require massive quantities of resveratrol (read wine), which would inevitably have deleterious effects on one’s health.

3. Any consumption of wine is unhealthy. Studies report that wine contains alcohol and this alone overrides any perceived benefits. Even minor amounts of alcohol consumption may lead to liver disease, cancer, cognitive impairment and social dangers such as drunk driving and aggravated assaults.

4. Last week I read a polarizing report published by the University of Texas at Austin that would likely baffle the staunchest supporters of wine consumption. The online headline in Business Insider, an online news site, read: “A New Study Suggests That People Who Don’t Drink Alcohol Are More Likely To Die Young.”

The study was conducted over a 20-year span with 1,824 participants from ages 50 to 65. The study leaders concluded that 41 percent of moderate drinkers died prematurely compared to 69 percent of the nondrinkers. Heavy drinkers? Sixty percent died prematurely.

No underlying scientific reason was determined for this startling result.

It seems that for every one of us, there exists a study that conforms to our individual beliefs and psychological rationale. I find myself having to discern the truth amongst these reports: accept the scientifically-based conclusion in one report or the diametrically opposed result in another? Is there a valid scientific determination in any of them?

What’s a consumer to do? In the face of conflicting evidence, I resort to the universally accepted, unscientific evaluation method employed by generations of our ancestors—instinct. But our instincts are influenced by personal biases and ideology, which have been in part forged by the very media presenting the information our minds digest and process. The more we know, the less we know.

Nick Antonaccio is a 35-year Pleasantville resident. For over 15 years he has conducted wine tastings and lectures. 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.
Ongoing

In-Stitches Knitting Club at Reed Library (845-225-2439). Wednesday mornings 10:30 a.m. to noon and Thursday evenings 6:30 p.m. to 8 p.m. Beginners and experienced knitters and crocheters are welcomed in this fun and friendly group.

Drawing Basics Class free at Reed Library Thursdays January 15, 22, 29 February 5, 12 and 19 from 10 a.m. to noon. Please call the library to register 845-225-2439. Registration preference for this session will be given to students who have not recently taken art classes at the library.

Winter @ The Belle Levine Art Center. Mahopac. Draw, Paint, Sculpt, Spin, Develop & More. Affordable winter ART classes begin the end of January with many new offerings and ongoing favorites including pottery, painting, drawing, and photography. New adult offerings include - Drawing: Preparing the Sketchbook with Joann Zwolski and Driven to Abstraction with Jeanne Demotes along with a new Teen Darkroom class taught by Jim Sparks! Designed to explore, educate and enjoy, our classes are geared for beginner to advanced and are available for children, teens and adults. Our winter class schedule is currently posted @putnamartscouncil.com

Friday, January 16
The Wizard of Oz at the Paramount Hudson Valley. Directed by Melodie Wofford, this adaptation of the classic Wizard of Oz will be starring Gabrielle Sansone as Dorothy and a cast of talented actors from Westchester and surrounding communities. This live performance, based on the Turner Entertainment Company's 1939 film starring Judy Garland, will be showcasing the Royal Shakespeare's Wizard of Oz script adapted by John Kane; music and lyrics by Harold Arlen and E.Y. Harburg. Performances will be held on January 16, 17th and 18th and can be purchased through the box office, over the phone (914-739-0039 x2)

Crossword Answers

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Doctor’s Note: Women- This Screening Can Save Your Life

continued from page 10

involving removal of the uterus and cervix; or radiation therapy.

It is essential to understand that, although the recommendations call for a Pap smear every three years, seeing your gynecologist annually is a vital part of a woman’s comprehensive health care. Pelvic exams, Pap tests and breast cancer screenings can help prevent illness and detect problems at an early and potentially more treatable stage. All women need to be diligent about visiting their gynecologist each year.

Dr. Navid Mootabar is a member of Westchester Health Associates in Mount Kisco. He received his medical degree from the Mount Sinai Medical School, where he also completed his residency in Obstetrics, Gynecology, and Reproductive Medicine. Dr. Mootabar completed his undergraduate courses at Columbia University and was named among “America’s Top Obstetricians and Gynecologists” from the Consumer Research Council of America. Dr. Mootabar has received advanced training in robot-assisted Single Incision Laparoscopic Surgery (SILS) and utilizes this approach for select gynecologic surgery procedures.
Putnam Valley G Ryan Basso glides the lane en route to a game-high 23 points for the Tigers in a decisive 68-49 victory over visiting Ossining last Tuesday night when the Tigers improved to 4-4 and the Pride fell to 1-4.

Carmel sophomore G Brendan Cody and the Rams erased several years of futility when they finally found a way to knock off Mahopac in any boys’ sport, doing so with a wild 57-50 double-overtime triumph of Chris Eserno, Brandon Davis and the visiting Indians last Wednesday, ending several years of frustration against their neighboring rival along the way... see Boys’ Hoops Notebook.
Carmel Stops Bleeding, Beats Rival Mahopac in 20T

By Ray Gallagher
Examiner Sports Editor

You could sense the collective sigh of relief from the four corners of northeast Putnam County; Kent, Carmel, Lake Carmel and Patterson when the Carmel Rams ended three years of misery, and then some, with a 57-50 double-overtime defeat of neighboring rival Mahopac last Wednesday afternoon. You could see the orangutan being lifted off the back of CarmelCrazies, and most every student at Carmel as junior Ryan Train put the Rams on his back and scored all 19 of his game-high points in the second half and overtime, including 15 from the fourth quarter on, plus the clutch go-ahead drive that snapped a 50-50 tie.

“I’ve played in at least 500 basketball games in my life, and this was by far the best game I’ve ever been a part of,” said Train, who was also the best sport on the court, patting Indians on the back and helping them off the floor after tie-ups, collisions and what not. “I just love the rivalry and the way Mahopac always brings out the best in us.”

The League A opener for both teams was more than just another game; it always is when these two rivals tango, but Carmel needed this as bad as its ever needed a win over Mahopac, which had pretty much ruled the Rams (3-5) in every major boys’ sport, and most girls, too, the last three or four years.

The 2014 Class AA semifinalist Indians (3-5) rallied from a 20-7 second-quarter deficit in the second half to tie the game at 40-40 to force the first overtime, and again at 47-47 to force the second overtime.

“This win means so much to us since we’ve struggled to beat them in all sports, not just basketball, for a couple of years now,” the rehabilitative Train said. “It means a lot to me because of how the game ended last year with me missing the free throws at the end of the game when we had the chance to beat them.”

Junior G Quinn Willman added 12 clutch points for Carmel off four 3s, including a huge stroke in OT. Every time Mahopac was about to get over the hump and get on that run that would bury the Rams, Willman and Train seemed to have an answer.

“I thought we started the game very poorly and had some unforced turnovers that really hurt us,” Mahopac first-year Coach Jim Harter said. It’s not easy to come back in a rival game when you fall behind 20-7, but to our kids’ credit, they hung in there and put themselves in a position to win at the end.

“We just missed some free throws down the stretch,” said Harter, noting the seven consecutive fourth-quarter free throws the Indians missed before Chris Esernio hit one of two. “That kept us from finishing the job. If we had just made a few of those, it would have been a great comeback win. But give (Carmel) credit, too. Train made some big plays down the stretch and made a good drive to put them ahead one with 11 seconds left.

SOMERS REMAINS UNBEATEN

Every successful team has a guy that does the stuff that may or may not show up in the box score; that guy or gal who does the grunt work that often goes ignored by fans and media types. But no team can succeed with the grunt; for a bunch of pretty boys can only go so far before they are outworked and eliminated from competition.

Sate-ranked (No.20) Somers (6-0) is lucky to have a grunt like senior Tommy Gargiulo on its side because they would have likely suffered their first loss of the season last Saturday without his eight points, 11 rebounds and game-saving block as time expired in the Tuskers’ 64-62 League 1-D win over visiting Fox Lane (6-4).

“Coach Pat Reilly once said that the true test of character is the person that wants to do everything that nobody else wants to do, and Tommy is that guy,” Somers Coach Chris DiCintio said. “In my twenty-something years of coaching, I would say that he is easily one of the top rebounders I’ve ever seen at this level. He’s got amazing knack for rebounding and seems to get to every 50-50 ball. He’s a great, great kid and has been the steady force that has enabled this team to compete every game. His box score will never show it, but he is most definitely one of our MVPs, along with (Anthony) Maestri.

“This was a great litmus test for us,” the coach added. “Fox Lane is a great team and they will be a tough out for anyone in the playoffs, but I’m so proud of the way this team came out tonight after a 21-day layoff. The energy gave us confidence that we could play with them.

To his credit, Gargiulo is cool with everything, choosing to accept his role as a bruising presence on a team with at least three preferred scoring options in sniper Ryan Grossman (11 points vs. Fox Lane), maestro G Matt Maloney (10 points) and versatile swingman Anthony Maestri, who dropped a game-high 20 on the Foxes, including 14 in the second half.

“I know my role on this team and I’m fine with that,” Gargiulo said. “Every team needs guys that do the little things. We have a bunch of guys on this team that can score, so I try to do the other things that help us win, and we won’t stop until we raise that golden ball at the County Center, that’s our ultimate goal.”

If the Tuskers were so fortunate to hoist the coveted hardware, they would be the first Somers team to do so since 1992 (circa Derek Hyra/Willy Dietrich). Yeah, yeah... we’ve heard this about Somers...
Andrew Sofroniou and the Lakeland D did some serious snot-knocking in win over Jay, handing the Indians (4-1) their first defeat as we are about the only teams in Class A that weekly upset or two.

local coaches, who aren't surprised by a real doozy that might actually come down this March, but they won't do so unless they get the idea we're pretty destined to go to the wire. F Mason Dyslin post LaBron-dome never happens again.

No.2 YORKTOWN – Coach Downes’ Class A Huskers (6-1) saw senior Mason Dyslin post LaBron-like numbers when he went for 31 points, 13 rebounds and four blocks in the Huskers’ 45-40 League I-D win over John Jay. We’ve been on Somers and Yorktown like white on rice since Day 1, so you get the idea we're pretty pumped for this Saturday and the opening round of the 18th annual George Budries Tournament where Somers will defend its title, and the Huskers, who have matched their win total from last season after seven games under Downes, will look to stake their claim as league-title favorites and then some.

No.3 HALDANE – Coach Virgadamo’s defending Section 1 Class C champion Blue Devils (6-2) are ranked No.3 in NYS and will see senior swingman Peter Hoffmann net the 1000th point of his career this week upon making his very first shot. The “Hoff” will join Mike Kiefer, Damon Perpetua, Joe DeMarco, Joe Virgadamo and Jackson Zuvic in the milestone club.

No.4 PUTNAM VALLEY – Coach McDonnell’s Class B Tigers (5-4) had a week to prep for tonight battle with scrappy non-league Sleepy Hollow (8-1), which will lead up to a scrape with Panas on Jan.16 and the upcoming League I-C slate, including the highly-hyped Haldane tilt on Jan.24.

No.5 BREWSTER – Coach Nelly’s Class A Bears (4-4) have fought hard to get back to .500 and now that they are here we suspect Jon Palmiero, who dropped 16 in a 58-52 win over John Jay, and the Bears will remain afloat the rest of the way. Sam Adama added 13 for the Bears, who we told you not to sleep on even when they were 1-3.

HM CARMEL – Coach Venditto’s Class AA Rams (3-5) are the feel-good story of the week after they essentially saved whatever FACE they had left after losing that many game to Mahopac in a row in that many sports (we lost track it was so many). We know things are cyclical on the varsity circuit, but this was bordering on preposterous and y'all need to accept it, move on and ensure such dominance never happens again.

HM CROTON – Coach Thom’s Class B Tigers (6-2) are firmly in the League III-A title chase after taking down a pretty decent Pleasantville club behind a solid effort from the Seabass, Teejay Searight, who had 17 points, five assists and five 'bounds in the critical league win. Beat Briarcliff this week and we’ll talk about the Top 5 spot Coach Big Stevey claims y’all deserve.

HM LAKELAND – Coach Weltman’s Class A Hornets (4-5) defeated Peekskill 64-49 to get the first leg up on the League I-B title chase behind G Mike Morelli, who had a game-high 26 points and proved the Hornets have the necessary guard play to make a run. Fiery G Ryan Thomas and lengthy C Nick Fazio had 15 points apiece, providing the versatility the Hornets will need to take this thing.

HM PANAS – Coach Sully’s reigning Section 1 Class A champion Panthers (4-4) got the kind of game they are going to need from senior G Brandon Collins, who led the Panthers with 25 points in a 60-48 win over Ossining. G James Luctamar added 17 for the Panthers while AJ Stokely and Shea Holebrook had 15 and 14, respectively, for the Pride. Might they be the favorites for the I-B title?

HM MAHOPAC – Coach Harter Class AA Indians (3-5) are a terrific bunch of athletes, but they went bankrupt at the free throw line in their 57-51 double-overtime loss to Carmel, missing seven in a row at one point, while signaling the end to their dominance of Carmel.

HM HEN HUD – Coach Hirsch’s Class A Sailors (5-1) saw the Carson Jacobs, the Sailors’ basketball version of Gronk, nail a monster double-double in a 71-61 win over Beacon, whereby the beast had 21 points and inhaled 13 rebounds. Nick Marra added 17 for the Sailors, who still need that one big W to make believers out of us all.

HM PEEKSKILL – It seems Coach Turner’s Class A Red Devils (1-7) just aren’t going to amount to my expectations this season. Shame, because I really believed they could still contend for a League I-B title, even in a down year, but the clunker they provided us with against Lakeland signals otherwise.
New Year Brings New Hope to Improving Haldane

Rodney Nets 1000th Point for Peekskill; Mahopac Tops Carmel

By Tony Pinciaro

The HALDANE girls’ basketball team received a late start to the 2014-15 season.

Many of the players were returning from the New York State Public High School Athletic Association soccer and volleyball championships. This put many of the players, who also play basketball, behind schedule as they missed the first full week of practice. Add in that coach Tyrone Searight challenged his team with a difficult schedule in December. This resulted in a 1-5 start, but Searight was not concerned.

“We knew we had two weeks off before our next game so the girls worked hard and trained hard,” Searight said. “I also brought the girls down to scrimmage Croton over the break, which helped a lot.”

Haldane opened the New Year with victories over Pine Plains (50-47) and Putnam Valley (42-31) before a loss to 9-0 Peekskill.

“The Pine Plains game was a game I had zeroed in on because they are Section 9 and a possible match up in the regional semifinal,” Searight said. “The game was what I expected. They had us down the whole game. I told the girls at halftime that we were trying to do too much. Our intensity level in the second half helped us pull out the win.”

Allie Monteleone led Haldane with 26 points. Monteleone followed with a game-high 25 points in the win over Putnam Valley. Haldane trailed by one point going into the fourth quarter. Monteleone led the Haldane surge in the fourth quarter.

“The win over Pine Plains gave us confidence going into the Putnam Valley game,” Searight said. “We were iced in the third quarter, then Allie and the girls stepped up.”

SOMERS returned from Christmas break with a 53-27 win over Yorktown as Kayleigh McGuire poured in a game-high 19 points. It was Somers’ second win of the season and a nice way to put December in its rear-view mirror after some close losses.

“The win meant a lot to us going into the league,” Somers Coach Kristi Dini said. “We were undefeated in our league, last year, finishing as league champs but it’s a totally new league and a lot of talented teams.

“The girls have been working so hard and falling short in very close games so it was great to start league play off with a win.”

Everything came together for Somers as the Tuskers played a complete game.

“I thought the girls have been doing a decent job defensively, even in our losses, but we’ve just been struggling to score,” Dini said. “We were pushing the ball and executing our stuff, getting good looks, but our shots were just not falling.

“Against Yorktown, our defense was much better and our defensive game plan was executed really well. Our shots were falling, too, which was great to see and hopefully gave us some confidence.”

BREWSTER opened the season with seven consecutive wins before close defeats to New Rochelle and Carmel during Christmas break.

Coach Mike Castaldo’s team responded with a 53-42 victory over John Jay-Cross River to open January.

Julia Borsari led Brewster with a game-high 18 points.

“I am very pleased with our play,” Castaldo said. “We are unselfish and work extremely hard on defense, as a team. And, as opposed to last year, in games that we are down we are able to come back so there is a lot of fight and heart in this year’s team.”

State-ranked (No.7) Peekskill ran its record to 9-0 with victories over Lakeland (46-30), Beacon (54-35) and Haldane (70-43)

Junior Lanay Rodney scored a game-high 23 points against Lakeland. She led Peekskill with 14 points against Beacon and Rodney netted 32 against Haldane, including her 1,000th career point.

CARMEL, the only teams in Northern Westchester and Putnam, were limited to one
World Series Hero Panik Returns to SOAC, Hosts Baseball Clinic

By Ray Gallagher
Examiner Sports Editor

Former SOAC baseball sensation and 2014 World Series hero Joe Panik delighted a packed house at Lakeland High last Sunday when the San Francisco Giants 2B returned to his roots as the guest of honor for a party befitting a local champion.

Panik has made the circuit upon winning the World Series in this his rookie season with the Giants, but the return to Shrub Oak, where he shined as an elementary schooler before moving to Dutchess County, was a rare treat for local SOAC ball players, who hung on his every word, according to SOAC President Steve Rosen.

“He Panik hasn’t changed his demeanor at all since his SOAC days,” Rosen said after Panik shared breakfast with more than 200 SOAC baseball players before putting on a free baseball clinic. “He’s still the same quiet, low-key kid he always was.”

He signed every kid’s autograph, about 200 of them. He interacted with the kids during clinic, and parents told me it was great day for their kids. Joe took pictures all day with kids and families. The kid has the demeanor of a Derek Jeter, it’s amazing.

“This was very special for our club and our kids,” he added. “To have one of our own come back like this as a decorated champion is very special to all of us.”

S.O.A.C. VOLLEYBALL LEAGUE
Season: MARCH 10 - JUNE 6

Age Divisions:
GIRLS & BOYS IN GRADES 3-4
GIRLS & BOYS IN GRADES 5-6
GIRLS & BOYS IN GRADES 7-8

*Net Height Adjusted and use of Lighter Volleyballs per age group

Sign Ups: COPPER BEECH MIDDLE SCHOOL CAFETERIA
SAT. 1/1/24 9am-2pm • WED.1/28 7pm-9pm • SATURDAY 1/31 9am-12 Noon
SAT. FEB. 21: SNOW MAKE UP ONLY IF SAT JAN. 24 OR 31 ARE CANCELLED

VOLLEYBALL FEE: $110 • SOAC FAMILY MEMBERSHIP INCLUDED IN FEE

For Further Information Contact: Joe Felipe, Volleyball Coordinator
jfelipe_127@hotmail.com

THE SHRUB OAK ATHLETIC CLUB

Will be taking registrations for Baseball, Lacrosse and Softball at Lakeland Copper Beech Middle School on Route 132 on the following dates.

2015 SPRING SEASON:

BASEBALL/SOFTBALL
Boys: Ages 5-16 Girls: Ages 5-16
Sat, Jan 24 9am-2pm
Sat, Jan 31 9am-12pm

GIRLS LACROSSE
Sat, Jan 24 9am-2pm

TRAVEL
Grades 3-8
Wed., Jan 28 7pm-9pm

CLINIC
Grades 1-2
Sat, Jan 31 9am-12pm

Snow Date Saturday, Feb 21 ONLY if Saturday, January 24 OR 31 are cancelled due to weather

Instructional League: Boys: Ages 5 & 6 • Girls Ages 5 & 6

Baseball Fee $10.00 • Travel $25.00 • Softball Fee $140.00 • Family Membership Fee included in fees

For further information
Softball Director-Mike Houlihan 962-7099 • Baseball Director Vinny Fiorillo 962-7099
Girls’ Lacrosse Director Vin Collins TeamCollins8@verizon.net
Carmel junior G Ryan Train scored all 19 of his points in the second half, 15 after the third quarter, in the Rams’ 57-50 double overtime win against visiting Mahopac and a lunging Aidan Hynes (20) last Wednesday in the League I-A opener for both teams, thus ending a five-game losing streak that dates back to January 14, 2012. In fact, Mahopac had defeated Carmel 12 times in the last 14 games leading up to this one, but a frenzied Ram Nation were the ones singing “Hey-Hey, Goodbye” on this day... see Boys’ Hoops Notebook