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PUTNAM COUNTY'S LOCAL NEWSPAPER

This paper publishes official notices for Putnam County, Carmel, Kent, Southeast, Brewster, Patterson

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EDITORIAL@PUTNAMPRESSTIMES.COM

WEDNESDAY, JULY 16, 2025



Archery is always a popular activity at the Putnam County Fair & 4-H Showcase, which is scheduled July 26 and 27.

Are You Ready for the County Fair & 4-H Showcase? *Putnam Continues 'Rev 250' Celebrations*



Traditional games like ring toss and shooting balls in a barrel are offered at the annual event.



Livestock exhibits are a must-see each year. Additional photos are on page 13.

Get ready for a weekend of classic cars, milkshakes, dog demonstrations, a rubber duck race, pony rides – and so much more!

The annual Putnam County Fair & 4-H Showcase is set to bring two days of family-friendly enter-

tainment and educational exhibits to Putnam. The event will be held Saturday, July 26 from 10 a.m. to 7 p.m., and Sunday, July 27 from 10 a.m. to 5 p.m., at Veterans Memorial Park, 201 Gypsy Trail Road.

"The Fair & 4-H Showcase

celebrates the best of our local community and the incredible potential of our youth," said Stefanie Hubert, executive director of Cornell Cooperative Extension-Putnam County. "By bringing

Continued on Page 13

Is Fighting Rate Hikes a Waste of Energy?

By Holly Crocco

The conversation surrounding proposed rate increases for energy companies in 2026 is not going to die down anytime soon.

Patterson Town Supervisor Richard Williams shared with residents the latest information he has received from Avangrid – the parent company of New York State Gas & Electric, and Rochester Gas & Electric – during the July 9 Patterson Town Board meeting.

"I've had the opportunity to attend two or three meetings about this with the leadership of NYSEG," he said. "Some things were very illuminating – to me anyway."

While the company has filed for a one-year rate increase, which will raise its revenue \$850.4 million, with \$464.4 million going to NYSEG, it is looking to ultimately negotiate a five-year increase.

If the company is successful at securing a five-year rate increase, that would equate to a \$17.3 billion revenue increase. As such, someone using 600 kilowatts of electricity each month would see their bill go from \$140.29 to \$173.41 – an increase of 23.6 percent, per NYSEG projections.

Williams said the company claims the one-year rate filing is to correct legacy issues, deficiencies in the delivery system including broken or deteriorating poles and malfunctioning equipment, and standard operation and capital expenses, as well as to pay for state policies.

According to Williams, 38 percent of a homeowner's energy bill goes toward the supply cost, which NYSEG doesn't make any money on. The delivery charge makes up 33 percent of the bill.

"One of the things that is a
Continued on Page 11

Public Invited to Participate in 'Snapshot NY'

Snapshot NY, a citizen science program that allows the public to participate in wildlife monitoring through the deployment of trail cameras, was recently announced by New York State Department of Environmental Conservation Commissioner Amanda Lefton, in collaboration with the New York Cooperative Fish & Wildlife Research Unit at Cornell University.

The project will help improve the way DEC monitors and manages more than a dozen wildlife species.

"More than 60 percent of land in New York is privately owned, and this new collaborative effort will help DEC biologists collect critical information about wildlife in areas where our experts have historically lacked access," said Lefton. "As an added bonus, Snapshot NY is a fantastic opportunity to get outside, connect with the outdoors, and directly contribute to wildlife conservation efforts in New York State."

Angela Fuller, leader of the U.S. Geological Survey New York Cooperative Fish & Wildlife

Research Unit and professor at Cornell University, said Snapshot NY represents an unprecedented opportunity to generate large-scale, long-term data on wildlife populations across New York.

"This collaboration exemplifies how partnerships among agencies, scientists, and the public can advance wildlife conservation and management in meaningful and measurable ways," she said.

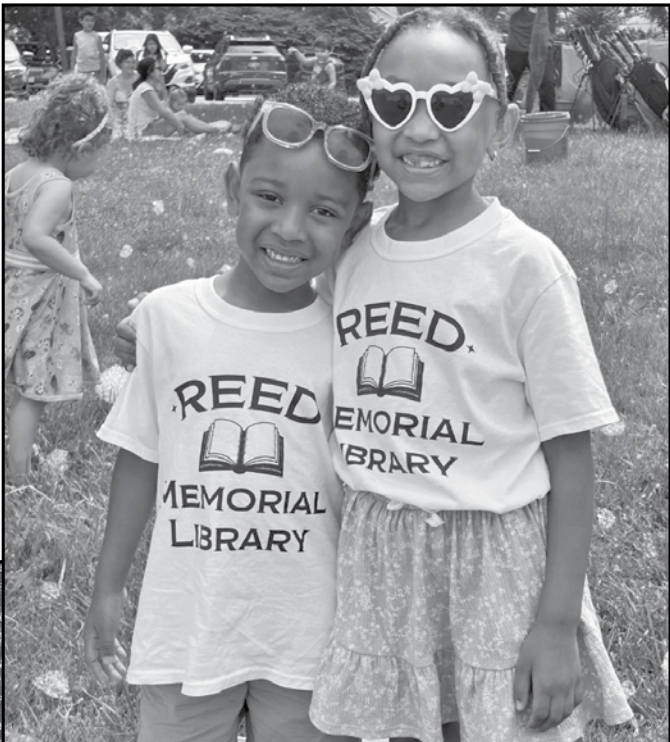
The data collected through Snapshot NY will help DEC continue to make informed decisions, improve the effectiveness of wildlife conservation and management strategies, and track changes in wildlife populations over time.

Volunteers are encouraged to place trail cameras on private property across New York. For the project, the state has been divided into 4,500 grid cells, with a goal to get a camera in as many cells as possible. Those without access will need permission to set up a camera on nearby public land.

Use your own trail camera (preferred) or apply to borrow a trail camera through the Snapshot

Continued on Page 10

Reed Library Hosts Summer Fun!



“Little Readers” laughed, played, and had a blast with Charlie and the Bubble Factory during Reed Memorial Library’s summer kick-off party in Carmel.

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German Fest - 2025



11 Kramers Pond Road • Putnam Valley, NY



Saturday: July 19th, 2025 – 3:00 PM – 10:00 PM

Sunday: July 20th, 2025 – 12 Noon – 7:00 PM

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Featuring entertainment by
The SPITZBUAM
performing in the giant tent
Saturday July 19th, and
Sunday July 20th

also appearing on Saturday is
Erich Baal
Appearing Sunday is
Rick Cruz



Beer Stein Holding Contest – Saturday, July 19th, @ 7:00 PM

July 20th, is “Emergency Responder Recognition Day.”
All active & retired police officers, firefighters and emergency medical
service providers, **ADMITTED FREE**, upon showing proper ID

A great variety of German and American food is available, including our **Oktoberfest Pretzels**.
We have domestic and imported beer in bottles and on tap, featuring **imported Spaten Beer**.
Mixed drinks are available at the club house bar. Viennese Café inside the club house
Must be 21 years of age to drink alcoholic beverages. Soda & water is available
There will be activities for the children.



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our Annual Oktoberfest
September 6th and 7th





From left are State Sen. Pete Harckham, Assemblyman Matt Slater, and Southeast Town Highway Superintendent Mike Burdick.

Resurfacing Project Begins on Route 312

Construction has started on a long-awaited repaving project along Route 312 in the Town of Southeast. The state-funded project, which was announced in December, will resurface the stretch from just west of the Metro-North Railroad grade crossing to the intersection with Route 22.

Funded with \$2 million in state resources, this phase of the Route 312 repaving project is part of New York’s broader effort to improve roads across the Hudson Valley and ensure fundamental infrastructure is safe and drivable year-round.

“This is a major win for drivers in Putnam County who rely on Route 312 every day,” said Assemblyman Matt Slater, R-Yorktown. “We made a commitment last year to get this done, and I’m proud to see the work officially underway on this aging stretch of roadway. I’ll keep advocating for the investments our towns need to support families, local businesses, and a better quality of life.”

The scope of the work includes resurfacing approximately 3 miles of Route 312, as well as drainage improvements where feasible. Construction is expected to continue through the fall, with substantial completion projected by Dec. 1, at which point the roadway will be fully open and accessible to the public with enhanced safety and drivability.

“The Route 312 repaving project will benefit thousands of local residents, commuters, and business owners who rely on this critical high-volume traffic artery, which is very badly deteriorated,” said State Sen. Pete Harckham, D-Peekskill. “I am happy to have partnered with Assemblyman Slater to make this project a priority with the Department of Transportation so it can benefit residents, as well as our vital local economy. We will continue to do all we can to ensure our roads get fixed.”

The repaving project had originally been announced as part of a \$3.5 million infrastructure investment by the state, with work planned in phases to address drainage, resurfacing, and traffic signal upgrades as needed.



Participants during last year’s beer stein holding contest.

German Fest Returns to Putnam Valley

The German-American Social Club of Peekskill will present German Fest 2025 on Saturday, July 19 from 3 to 10 p.m., and Sunday, July 20 from noon to 7 p.m., under a giant party tent at 11 Kramers Pond Road, Putnam Valley.

The event will take place rain or shine.

Admission is \$10 per adult, with youth younger than 14 admitted free with an adult.

The Spitzbuam will perform both days. Additionally, Erich Baal will appear Saturday and Rick Cruz will appear Sunday.

A beer stein holding contest is scheduled Saturday at 7 p.m.

Sunday is Emergency Responder Recognition Day, when all active and retired police officers, firefighters, and emergency medical service providers are admitted free with proper identification.

The weekend will include a variety of German and American food, including Oktoberfest pretzels. Domestic and imported beer in bottles and on tap will be offered, featuring imported Spaten beer. Mixed drinks will be available at the clubhouse bar, where there will also be a Viennese café.

Children’s activities will round-out the weekend.

Parking is free, and an ATM is located on-premises.

For more information, visit www.gac1936.com or call 845-528-5800.

Academic Honors

Jane O’Connell Canfield of Brewster has graduated magna cum laude from Dickinson College in Pennsylvania with a bachelor of arts degree in American studies. She was also named to the Dean’s List for the spring semester.

Presley Shaye Damiano of Patterson was named to the Dean’s List at Furman University in South Carolina for the spring semester.

The following Putnam natives have graduated from Fairfield University in Connecticut:

Brewster – Kayla Fox, Madison Martabano, and Thomas Martabano.

Carmel – Amelia Brennock, Kelly Conroy, Mary Esposito, Grace Harney, and Matthew Wetzel.

Garrison – Brigid Muller.

Mahopac – Michelle Delamura, Caroline Feeley, Emma Hirschmugl, Martina Petersen, and Andrew Silkowski.

Patterson – Anthony Falco.

Putnam Valley – Grace Foltin.

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We Will Miss

Carmel
Stephen Joseph Sullivan, 83, July 1. Cargain Funeral Home, Carmel, (845) 225-3672.

Mahopac
Christopher M. “Chris” Creazzo, 74, July 8. Joseph J. Smith Funeral Home, Mahopac, (845) 621-1992.

Patricia A. Seger, 87, July 1. Joseph J. Smith Funeral Home, Mahopac, (845) 621-1992.

Vincent R. Bondi, 59, July 1. Joseph J. Smith Funeral Home, Mahopac, (845) 621-1992.

Garrison
Michael George Gilligan, 92, July 7. Clinton Inc Funeral Homes, Cold Spring, (845) 265-3333.

Lake Peekskill
Brian Thomas Rankel, 63, July 3. Heritage Funeral Home, Putnam Valley, (845) 526-3000.

Patterson
Millie Curro, 98, July 2. Beecher Funeral Home, Brewster, NY, (845) 279-3615.

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Driver Rescued from Overturned Vehicle

The Brewster Fire Department responded to a rollover accident July 1, with a report a driver trapped in a vehicle off Route 312 in the area of Minor Road. First arriving units found a vehicle down an embankment in a precarious position, with the driver pinned. Volunteers went to work stabilizing the vehicle and extricating the driver, who was turned over to Brewster EMS and carried up to the roadway. The driver was then transported to a nearby hospital with non-life-threatening injuries. Route 312 was closed in both directions while the rescue operation took place. Photo provided by Brewster Fire Department.

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Nutrition Corner

By Allison J. Stowell
MS, RD, CDN

Perfect Parfaits

Yogurt parfaits, made from layering yogurt and toppings, provide a quick and balanced blend of nutrition. They're perfect for picnics, beach days, road trips and other summer activities. It's easy to accidentally build parfaits that are high in sugar and lacking in other nutrients. To ensure your parfait is balanced and nutritious, seek these attributes:

Probiotics: Probiotics are essential for maintaining a healthy gut and have other benefits too. While all yogurt is made from culture, only options that have live culture added back into it will have probiotic benefit to your body (in other cases, the culture will no longer be viable). Look for a statement on the container letting you know that the yogurt you're selecting includes active culture (it may be listed below other ingredients).

Protein: Protein-rich, Greek yogurt ensures that your parfait is satiating and reduces your hunger. While any parfait will provide an assortment of micronutrients, passing on protein-rich yogurt means missing out on an opportunity to meet your daily protein needs (an important goal for all of us).

Low sugar: Flavored yogurt typically contains a significant amount of added sugar, which is directly correlated with increased risk of obesity, heart disease and diabetes. To avoid added sugar, choose either plain (unflavored yogurt) or an option sweetened with a non-nutritive sweetener like monk fruit.

Heart healthy fat: Parfaits are a perfect opportunity for heart healthy fats from nuts and seeds. The fats found in nuts and seeds reduce risk of heart disease and help with maintaining ideal cholesterol levels.

Add fruit: Boost the antioxidants in your parfait with colorful berries and other fruit (especially helpful with plain yogurt).

Allison J Stowell MS RD CDN serves as the online dietitian for Hannaford Supermarket. To learn about FREE, virtual nutrition classes and more, visit Hannaford.com/dietitians. For more on the

Guiding Stars nutrition guidance program, visit GuidingStars.com.

Yogurt Parfait with Skillet Granola (1 Guiding Stars)

www.Hannaford.com

Use Greek yogurt for additional protein. Honey and berries add just enough sweet to this low sugar, satisfying parfait.

Ingredients:

- 1/4 cup sliced almonds
- 3/4 cup old-fashioned oats
- 1/4 cup unsalted pumpkin seeds (pepitas)
- 1/2 tsp. ground allspice
- pinch of salt
- 1 Tbsp. canola oil
- 2 tsp. honey
- 2 cups plain nonfat yogurt
- 2 tsp. vanilla extract
- 2 cups fresh or frozen blueberries (thawed)

Directions:

1. In a large skillet over medium-high heat, cook almonds until toasted, about 3 to 5 minutes; watch carefully to make sure they don't burn. Transfer to a plate to cool.
2. In a medium bowl, toss together oats, pumpkin seeds, allspice, and salt. In skillet used to toast almonds, heat oil and honey over medium heat. Add oat mixture to skillet and cook, stirring frequently, until fragrant and golden, about 3 to 5 minutes. Spread mixture on a baking sheet or cutting board to cool.
3. In a medium bowl, stir together yogurt and vanilla. Divide half the yogurt among four wide-mouth glasses or jars. Top with half the granola and half the berries. Repeat with another layer of yogurt, granola, and berries. Garnish with almonds. Serve immediately.
3. In a medium bowl, stir together yogurt and vanilla. Divide half the yogurt among four wide-mouth glasses or jars. Top with half the granola and half the berries. Repeat with another layer of yogurt, granola, and berries. Garnish with almonds. Serve immediately.

Shrimp Spaghetti

(Family Features)

Shrimp Spaghetti

Ingredients:

- 1 pound spaghetti noodles
- 2 tablespoons butter
- 1/4 cup avocado oil
- 1 package (12 ounces) raw shrimp
- 2 tablespoons garlic powder, divided
- 1 teaspoon smoked paprika
- 1 cup chicken broth
- 1/2 cup grated Parmesan cheese
- 1/4 cup heavy cream
- 1 teaspoon onion powder
- 1 cup frozen or fresh spinach bread, for serving

Directions:

Cook spaghetti noodles according to package instructions. In skillet over medium heat,

add butter, avocado oil and shrimp. Mix in 1 tablespoon garlic powder and paprika. Remove shrimp after they begin to turn pink; set aside. Add chicken broth, Parmesan, heavy cream, remaining garlic powder, onion powder and spinach to skillet and mix well. Add shrimp back to skillet to finish cooking. Mix in noodles and serve with bread.

Servings: 4-6
Source: Culinary.net

Seniors Earn Italian American Club Scholarships



Cade Zeolla, Ryan Schluter, and Isabella Hitchcock were recently presented with scholarships by IAC President Giulio Cefaloni and Scholarship Committee Chairperson Linda Cefaloni.



Three graduating Mahopac High School seniors were each presented with a \$500 scholarship by the Italian American Club of Mahopac in June and July. The scholarships were accompanied by certificates of recognition for the students' demonstrated academic achievement, extracurricular activities, and contributions to both school and the greater community.

Honored were Cade Zeolla, who will be attending University of Pennsylvania and plans to major in economics/finance; Ryan Schluter, who will be attending the University of Tennessee and plans to major in business; and Isabella Hitchcock, who will be attending Stony Brook University and plans to major in marine biology.

The scholarship winners and their families were invited to a dinner with the club membership, and the recipients each read their essays on "How the Italian language and culture have affected my life," which was part of the application criteria.

"Individuals like these fill us with pride and hope for a brighter future," said Club President Giulio Cefaloni. "We wish them the best in their educational pursuits and challenge them to continue to study the Italian culture and language, and learn more about the contribu-

tions Italians have made to civilization in the arts, government, science, and in the founding of our nation."

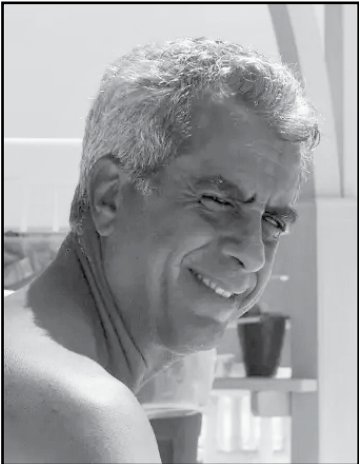
For more information, visit italianamericanclubofmahopac.org or Facebook.

Obituary

Christopher M. Creazzo

Christopher M. "Chris" Creazzo passed away peacefully July 8, 2025, at the age of 74. He was born July 18, 1950, in New York City, son of the late Michael and Dorothy (née Russo) Creazzo. Chris grew up in Yonkers and on Sept. 23, 1972, married Barbara Basciano at St. Lucy's Church.

Professionally, Chris built a successful career in finance at Verizon Communications, where his sharp wit and unwavering dedication were well known. Outside of the office, he was an avid golfer and bowler, reveling in the camaraderie and friendly competition. Chris also loved cars, particularly his prized 2005 Mustang, and he found Barbara a classic 1966 Mustang – a testament to his generous spirit.



Christopher M. Creazzo

Family was the cornerstone of Chris's life. He was the kind of man who would do anything for anyone, always with his sig-

nature sarcastic quip, "Do I have a choice?" This playful sense of humor and his unwavering support for them will be deeply missed.

Chris is survived by his wife of 52 years, Barbara; his daughter Jackie Pinto-Creazzo and her spouse, Nicole; his son Nicholas and his fiancée, Christopher Quimi; sister-in-law Linda; nephew Michael; his brother Steven; nieces Lisa and Rachael; and his adored German Shepherd, Beau.

Visitation was Saturday, July 12 at Joseph J. Smith Funeral Home in Mahopac, followed by a funeral.

In lieu of flowers, please make memorial contributions in his name to the Putnam Humane Society, www.puthumane.org, P.O. Box 297, Carmel, NY 10512.

Carmel Schools Seeks Focus Group Participants

As part of its ongoing effort to reflect on and enhance its educational practices, the Carmel Central School District is inviting school staff and community members to participate in focus groups to discuss the current elementary school model.

These conversations are part of the district's continued exploration of its Community Schools Model and a potential transition to the Princeton Model of Education.

A focus group is a guided discussion where participants share their experiences, perspectives, and ideas on a specific topic. The purpose is to gather valuable feedback and insights that will help inform future decisions about the elementary schools. The community's voice is important in helping the district understand what is working well and what opportunities there may be to improve student learning and school experiences.

Focus groups are scheduled Wednesday, July 30 from 6:30 to

8 p.m.; Friday and Saturday, Aug. 1 and 2 from 10 to 11:30 a.m.; and Sunday, Aug. 3 from 1 to 3 p.m. – at the district office, 81 South St., Patterson.

All interested school staff, parents, caregivers, and community partners are encouraged to attend one of these sessions and help shape the future of the elementary

schools.

RSVP in parentsquare.com.

If you are unable to attend a focus group and would prefer to share your thoughts in an individual interview, reach out to Interim Superintendent Dr. Erin Meehan-Fairben at emeehan@carmelschools.org to express your interest and arrange a time.

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Jazz Meets Soul in Brewster

The Brewster Summer Music Series will welcome the John H. Smith Band to the Southeast Veterans Park gazebo stage for a free concert Wednesday, July 23 from 6:30 to 8:30 p.m. Don't miss the band that some have called one of the tightest and most exciting live groups in the tri-state area.

A masterful guitarist and long-time favorite in both the Harlem and Long Island jazz scenes, Smith brings his unique blend of smooth jazz, R&B, pop, and soul-infused rock to the series for what promises to be an unforgettable evening.

Smith is a seasoned performer known for dazzling audiences with his fluid guitar work, magnetic stage presence, and fresh interpretations of both originals and familiar hits. The John H. Smith Trio and Quartet have graced top venues including Lincoln Center, The Red Rooster and Minton's Jazz Club in Harlem, as well as The Oo La La Club, private celebrations, and community festivals throughout New York.

His latest single recently spent multiple months on the Spotify Top



The John H. Smith Band will perform July 23.

100 streaming list for smooth jazz – a testament to his ever-growing popularity and broad appeal.

Bring your lawn chairs, picnic blankets, and dancing shoes for this free community event. The evening also features food and ice cream trucks, a 50/50 raffle, and community sponsor tents.

For event updates and weather-related announcements, visit www.culturalartscsco.com/brewster-summer-music-series.

On July 30, Genevieve Faivre and Friends will perform Brazilian, jazz, and more.

History Column

Jack Alcott, Southeast Historian



The Brewster train station is on the left. Photo about 1900.

Train Time in Southeast

In the 19th century there were several train stations in the Brewster-Southeast vicinity – including the Brewster village

station, the first in 1848.

Dykeman's also was built about that time, 1848-49. That station was sold to John Cesar and moved.

Later came the Tilly Foster station (1870s) for the iron mining community that sprang up there.

Then the Brewster-New Haven station in the early 1880s on the Maybrook line. It stood about where Kobacker's Market in Brewster is today.

The Mill Plain station just over the Connecticut border was located about where Trader Joe's is today on Route 6, Mill Plain Road.

The railroad carried both passengers and freight from Danbury to Brewster and back on the fabled Maybrook line from 1881 to 1928, when the growing convenience of automobiles siphoned off rail riders.

The Towners hamlet station just up the line from Brewster in Patterson off Route 164 also reportedly dates to about 1848-49. It no longer exists.

According to Glenn L. Rowe, the Tilly Foster station was closed in 1951, which was when the Putnam Division trains no longer stopped there. The Putnam Division ended passenger service on May 29, 1958.

"There was still one round-trip run from Brewster via the Putnam Division to Lake Mahopac, then via the Lake Mahopac branch to Golden's Bridge and the via the Harlem Division to Grand Central until April 3, 1959, when it was discontinued," per Rowe.

Jack Alcott is the Town of Southeast historian and a Brewster history enthusiast. See more on Facebook, at "Southeast, NY – Historian."

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Putnam County Community Events

Donations Sought

Donations for the Patterson book sale may be dropped off beginning Saturday, Aug. 9 at the Patterson Fire Department grounds, 13 Burdick Road. Books, CDs, DVDs, Blue-Ray discs or vinyl LPs may be deposited in a POD storage container near the pavilion on the grounds (not left outside). Only books in good condition. It would help if fiction, non-fiction, and children’s books are packaged in separate, labeled bags or boxes. No magazines, textbooks, encyclopedias, VHS or cassettes.

American Legion Meeting

American Legion Post 1542 of Patteson meets the last Tuesday of month at 7 p.m., at 1027 Route 311, Patterson.

Marine Corps League

The Marine Corps League Putnam County Detachment meets the second Wednesday each month at noon at George’s Place on Gleneida Avenue in Carmel. For membership, email MCLPutnamCountyNY242@gmail.com.

Tuesday, July 15

Kent Town Board

The Kent Town Board will meet the following Tuesdays at 7 p.m. at Town Hall: July 15, Aug. 5 and 19 (daytimes), Sept. 2 and 16, Oct. 7 and 21, Nov. 18 and 25, and Dec. 2 and 16.

Yoga for Kids

Brewster Public Library will host yoga for kids age 5 to 8 on Tuesday, July 15 at 4 p.m. Kids will enjoy a playful yoga course and learn basic poses, principles, as well as routines that provide a sense of consistency in an ever-changing world. Children should bring their own mats and water bottles. Registration is required at [brewsterlibrary.org](#).

Painting with Seema

Bring your creativity to Reed Memorial Library in Carmel on Tuesday, July 15 at 5 p.m. and enjoy a relaxing, meditative and artistic atmosphere. With vibrant paints and brush strokes, create your own masterpiece to take home. Registration required at [carmellibrary.org/calendar](#).

Library Meetings

The **Kent Public Library** Board of Trustees will meet at 7 p.m. in the library on the following Tuesdays: July 15, Aug. 19, Sept. 16, Oct. 21, Nov. 18 and Dec. 16. The **Patterson Library** Board of Trustees will meet Tuesdays, July 15 and Aug. 19 at 6:30 p.m.

Golden Apple Chorus

Mahopac Public Library will host a performance by the Golden Apple Chorus on Tuesday, July 15 at 6:30 p.m. This award-winning, all-female a cappella chorus sings four-part harmony in the barber-shop style, including a mix of old standards, fifties, gospel, patriotic, and contemporary selections. Register at [www.mahopaclibrary.org](#) or 845-628-2009, ext. 100.

Roaming Reeder

Reed Memorial Library in Carmel presents Roaming Reeder, a friendly walking group, at 10:30 a.m. Tuesdays through November, weather permitting. Meet at the library and enjoy a walk through Carmel. All fitness

levels. Registration required at [carmellibrary.org/calendar](#).

Wednesday, July 16

Summer Music Series

The 2025 Brewster Summer Music Series continues Wednesdays from 6:30 to 8:30 p.m., at Southeast Veterans Park at the corner of Railroad and Morningthorpe Avenue: The Tilly Foster Bluegrass Band on July 16; The John H. Smith Band playing blues and jazz July 23; and Genevieve Faivre & Friends playing Brazilian, jazz and more July 30.

‘Minecraft’

Brewster Public Library will show “Minecraft” on Wednesday, July 16 at 5 p.m. Popcorn and juice provided for the kids, along with an activity packet to enjoy while watching the film. A portal draws four unlikely heroes into the Overworld, a peculiar, cubic realm bursting with imagination. To return home, they must navigate the landscape while undertaking a magical adventure. Rated PG. Registration is required.

Lego Program

Reed Memorial Library in Carmel will host a “Color Our World Lego Camp” on Wednesday at 1 p.m., beginning July 16. Critical thinking and artistic expression will be encouraged while youth have fun creating with Legos. For children age 4 and older. Registration is required at [carmellibrary.org](#) or at 845-225-2439.

Thursday, July 17

Live Concerts

The Town of Carmel Recreation & Parks Department will hold free concerts the following Thursdays from 7 to 9 p.m. at Sycamore Park in Mahopac: July 10 Nashville Drive; July 17 Ladies Night NY; July 31, Patrick Perone Elvis Tribute & the Blue Suede Rockers; Aug. 7, Good Old Brothers.

‘Evita’

“Evita” will be presented by Musicals at Richter’s through July 19 at 100 Aunt Hack Road, Danbury, Friday through Sunday at 8 p.m., with a discounted performance Thursday, July 17. Grounds open at 7 p.m. for picnicking. Tickets are \$30 for adults, \$25 for seniors age 65 and older and students (with ID), and \$15 for children age 10 and younger. Bring chairs and blankets. Concessions available. For tickets, visit [www.musicalsatrichter.org](#), leave a message at 203-748-6873, or e-mail [info@musicalsatrichter.org](#).

Google Sheet Programs

Mahopac Public Library will present a class on “Google Sheets Basics” on Thursday, July 10 at 10 a.m., and “Advanced Google Sheets” on Thursday, July 17 at 10 a.m. Learn how to access Google Sheets, the parts of a Sheets workbook, formatting options, and how to use the collaboration tools; in the latter class, cover how to use functions, different ways to utilize Smart Chips, how to create a table, and ways to refine data with a Pivot Table. To participate in the practice activities, bring your Google (Gmail) username and password. These classes are hybrid. Register at [www.mahopaclibrary.org](#) or 845-628-2009, ext. 100.

Nutty Science

Reed Memorial Library in Carmel will host “Cast Away Science Show with the Nutty Scientist” on July 17 at 6 p.m. An interactive family program where children will learn about chemical reactions, changes in matter, Newton’s laws of motion, electricity, and more. For children ages 5 and older. Registration is required. Registration is required at [Carmellibrary.org](#) or 845-225-2439.

World of Bats

Discover the fascinating world of bat echolocation and why these nighttime flyers are often heard but not by human ears, Thursday, July 17 at 5:30 p.m. at Brewster Public Library. After the presentation by with Jerry Schneider, children will be able to make a bat-themed tie-dye shirt. T-shirts available for \$5 each or bring your own. Registration is required at [brewsterlibrary.org](#).

Art Program

Reed Memorial Library in Carmel will host an art camp Thursdays at 11 a.m., beginning July 17. An exploration of different art forms including painting, clay, and collage. For children age 4 to 10. Registration is required at [carmellibrary.org](#) or at 845-225-2439.

Friday, July 18

‘1776’

The Brewster Theater Company opens America’s 250th birthday celebration year with the beloved revolutionary musical “1776” at the Theater at Drew Methodist Church, 28 Gleneida Ave., Carmel, on July 18, 19, 25 and 26, and Aug. 1 and 2, at 7:30 p.m.; and July 27 and Aug. 3 at 2 p.m. Tickets at [www.brewstertheater.org](#) and at the door (reservations recommended).

Outdoor Concerts

The Arts on the Lake 2025 summer concert season continues Friday, July 18, the Chris Brokaw Band will arrive. Friday, July 25, Yotoco brings the electrifying rhythms of Afro-Caribbean, Son Cubano, Cumbia, Salsa, and Plena music to the stage. All concerts from 7 to 9 p.m. (July 11 may be longer), at 640 Route 52, Kent Lakes. Bring lawn chairs, food, and drinks. Light refreshments sold. Parking is limited. Tickets are \$10. Children younger than 12 free.

Movies in the Meadow

The Town of Carmel Recreation & Parks Department will host movies in the meadow at Camarda Park at dusk on Fridays, July 18 and Aug. 8. Free.

Sound Bath in the Stacks

Teens age 12 and older, and adults, are invited to a one-of-a-kind, after-hours experience at Kent Public Library on Friday, July 18 at 6 p.m. Sound Bath in the Stacks is a soothing, immersive sound meditation led by Lindsey O’Connell. Wear cozy clothes, bring a blanket or mat, and prepare to unwind in the peaceful heart of the library. Registration is required.

Film Night for Adults

Mahopac Public Library will present a “Friday Film Night for Adults” on Friday, July 18 at 6 p.m. Register at [www.mahopaclibrary.org](#) or 845-628-2009, ext. 100.

Saturday, July 19

German Fest

The German-American Social Club of Peekskill will present German Fest 2025 on Saturday, July 19 from 3 to 10 p.m., and Sunday, July 20 from noon to 7 p.m., under a giant party tent at 11 Kramers Pond Road, Putnam Valley. Rain or shine. \$10 per adult, youth younger than 14 free. Live music, food, beer, Viennese café, children’s activities. A beer stein holding contest is Saturday at 7 p.m. On Sunday, free admission for active and retired police officers, firefighters, and EMS providers.

Indigo Dyeing

Garrison Art Center invites the community to participate in a hands-on community indigo dyeing and Shibori event Saturday, July 19 from 10 a.m. to 2 p.m., at 23 Garrison’s Landing (rain or shine). Whether you’re refreshing a vintage linen, reviving a stained shirt, or upcycling something well-loved, the experience is about creative experimentation and shared joy. The cost is \$10 per item to dye (natural fibers only, and no oversized items such as bedspreads or quilts). Register at [www.garrisonartcenter.org/upaw-at-gac](#).

Sunday, July 20

Classical Music

Harpists Kathryn Andrews and Kristi Shade will perform as Duo Scorpio at the Chapel Restoration’s Sunday Music Series on July 20 at 4 p.m., 45 Market St., Cold Spring. Free. Features works commissioned by the duo from composers Andy Akiho, Nico Muhly, and Robert Paterson, along with compositions for two harps by Caroline Lizotte and Bernard André.

Monday, July 21

Astronomy Presentation

Kent Public Library will host an astronomy presentation Monday, July 21 at 6 p.m. Join Dr. Michael Zeilinhofer for “Rivers of Lava and Tides of Chaos: The Mystery of Io.” This talk will be presented in person and via Zoom. Register at [kentpl.librarycalendar.com](#).

Job Hunting Forum

The Westchester Networking Organization will host author, consultant, and speaker Ron Katz on Monday, July 21 from 6 to 8 p.m., via Zoom. What’s the best format for my resume? How can I use LinkedIn more effectively? What’s the best way to network? Bring questions to this open-forum-style session. If possible, e-mail them in advance to [Ron@PenguinHR.com](#), and include “WNO” in the subject line. Pre-registration is required by 2 p.m. July 21, at [https://WNO20250721.eventbrite.com](#).

Bingo

A free community Bingo even is scheduled July 21 from 4 to 7 p.m. at Putnam County Veterans Memorial Park, 201 Gypsy Trail Road, Carmel. Games, behavior health resources, free ice cream, and more. Presented by the Putnam County Co-Occurring System of Care Committee.

Tuesday, July 22

‘Peekskill Riots Part 2’

Mahopac Public Library will present “Peekskill Riots Part 2: ‘The Friendly Town by the River’” on Tuesday, July 22 at 6 p.m. Join documentary filmmaker Jon Scott Bennett for an in-person showing of the episode. Register at [www.mahopaclibrary.org](#) or 845-628-2009, ext. 100.

Pirate History in the Northeast

Patterson Library will present “Off the Plank – Pirate History in the Northeast,” on Tuesday, July 22 at 6:30 p.m. Edward R. Murrow Award-winning journalist and Peabody Award nominee Davis Dunavin, radio reporter and host of “Off The Path” podcast, will captivate with stories of sunken treasure, dramatic battles, and extraordinary adventures. He will delve into the legends of Captain Kidd, Black Sam Bellamy, and other pirates who once navigated the waters of New York and New England. Adult program. To register, call 845-878-6121 or go to [www.pattersonlibrary.org](#).

Thursday, July 24

Southeast Town Board

The Southeast Town Board will meet at 7 p.m. the following Thursdays at Town Hall: July 24, Aug. 7 and 21, Sept. 11 and 25, Oct. 9 and 23, Nov. 6 and 20, and Dec. 4 and 18.

Make Phone Charms

Get crafty and personalize your phone with your own handmade charm Thursday, July 24 at 5:30 p.m., at Brewster Public Library. For ages 13 to 17. All supplies provided. Registration is required.

Mahopac Parade & Carnival

The Mahopac Volunteer Fire Department will hold its annual calendar July 24 through July 27, and July 31 through Aug. 2. Hours are 7 to 11 p.m. Thursday and Friday, 6 to 11 p.m. Saturday, and 2 to 6 p.m. Sunday, July 27. The annual dress parade is scheduled Thursday, July 24 along Route 6.

Saturday, July 26

Veterans Memorial Chapel Rededication

Miss New York will cut the ribbon at the rededication of the Whipple-Feeley Putnam County Veterans Memorial Chapel, 200 Gypsy Trail Road, Carmel, at noon July 26. The event will honor Karl Rohde, Ed Cooke, Peter Allegretta, Erik Aguirre, and the late Denis Castelli for their invaluable contributions to Putnam County and the nation.

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See “Calm Amidst Chaos” by Chirstopher Carter at Studio Around the Corner this summer.

Detach With ‘Calm Amidst Chaos’ in Brewster

This summer, the Town of Southeast's Cultural Arts Coalition presents the work of Christopher Carter, in his first solo show, at the Studio Around the Corner, 67 Main St., Brewster.

Using painting to connect to a higher consciousness, Carter creates images he hopes will invoke a sense of calming depth for the viewer, promoting stillness and serenity in a chaotic world.

Carter is an artist, woodworker, musician, and practitioner of various spiritual disciplines. He was born in Gloucester, Mass., in 1973, where he lived until 2000 when he moved with his then-wife and two young children to the Catskills. After struggling with substance abuse for years, Carter found sobriety in 2021.

He said a large part of his recovery is engaging in authenticity and vulnerability through creative expression.

Traditionally trained in wood-working and furniture design, Carter has always been drawn to creative endeavors. Primarily, his work is abstract in acrylic on canvas, but he also does black-and-white sketches and works in other mediums.

He said he practices painting as an exercise in surrender and nonattachment.

Find Carter's work on Etsy under “Drift Gallery,” or on Instagram @Gallery.Drift.

The Cultural Arts Coalition is a not-for-profit organization dedicated to creating and sustaining cultural arts for Brewster, Southeast, and the region. For more information, visit www.culturalartsco.com.

Job Hunting Forum

This month, the Westchester Networking Organization will host author, consultant, and speaker Ron Katz on Monday, July 21 from 6 to 8 p.m., via Zoom.

Since many job seekers are plagued by doubts at some point in their search – whether it's “adjusting” the dates on a resume to the timing of follow-up calls – wouldn't it be great if there was someone to ask?

Here's your chance.

Hear Katz answer questions such as: What's the best format for my resume? How many pages should it be? How can I use LinkedIn more effectively? What's the best way to network? When's the best time to bring up salary? What should I do when I'm asked for a figure? Am I too old to get a job?

Attendees are encouraged to bring questions to this open-forum-style session. If possible, e-mail your questions in advance to Katz at Ron@PenguinHR.com, and include “WNO” in the subject line.

Pre-registration is required by 2 p.m. July 21, at <https://WNO20250721.eventbrite.com>.

For more information, email wno1635@gmail.com.

2025 Summer Concerts

Arts on the Lake

7 PM Fri - July 18

Chris Brokaw

Back from touring Australia, Japan and Mexico
A consummate indie musician & film composer - part of Lemonheads & Codeine

7 PM Fri - July 25

Yotoco

Afro-Caribbean, Son Cubano, Cumbia, Salsa, and Plena

This project is made possible, in part, through the Putnam Arts Council's Arts Link Grant Program with public funds provided through the NY State Council on the Arts with support from the Office of the Governor and the NY State Legislature.



Info & Tickets: \$10

Artsonthelake.org

Carmel Cruisers Mark 4 Years at Putnam Plaza



The Carmel Cruisers can be found in the Wendy's parking lot at Putnam Plaza, 1894 Route 6, every other Saturday from 3 to 8 p.m. through Sept. 20, and every Sunday morning from 9 a.m. to noon through Oct. 12. This is their fourth season of free car shows for the community. Provided photos.



Brewster Summer Music Series

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6/18 - 7/30 6:30 PM

THE GAZEBO AT SOUTHEAST VETERANS PARK

6/18 - JAY PRINCE & FRIENDS
6/25 - CHICO ALVAREZ AND MAFIMBA
7/2 - BOOKENDS
7/9 - WAY BEHIND THE SUN
7/16 - TILLY FOSTER BLUE GRASS
7/23 - JON H. SMITH BAND
7/30 - GENEVIEVE FAIVRE JAZZ

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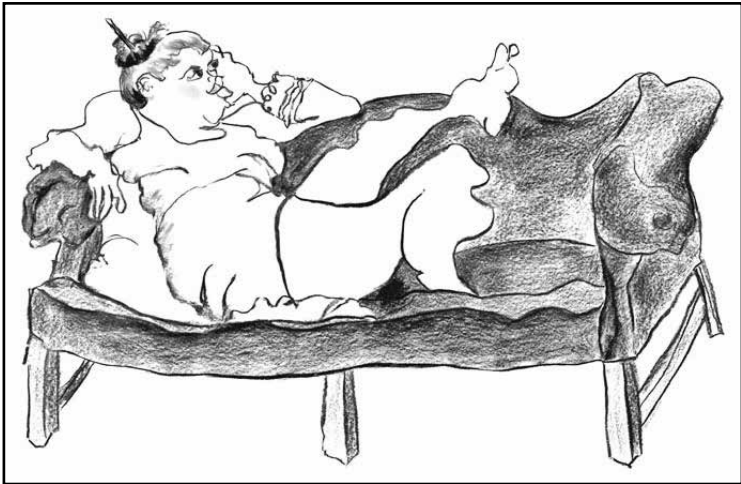
Put Valley Artist Featured at Tompkins Corners

An exhibit and sale of large multimedia female figure paintings by Putnam Valley resident Carol Benisatto will open at the Tompkins Corners Cultural Center Maaik Hoekstra Gallery on July 11, at 729 Peekskill Hollow Road, Putnam Valley, and will run through August.

A reception is scheduled Sunday, July 20 from 2 to 4 p.m. The event is free, and TCCC signature refreshments will be served.

Benisatto's most recent work is a collection of unusual character portraits and landscapes. In the past, her media was primarily charcoal, pastel, and ink, but she has also been showing work done in watercolor and oil.

The artist's unique approach to figure painting has made her a popular exhibitor in the Hudson Valley and New York City for many years. Her work is in private collections in San Francisco, Virginia, Florida, Montana, New Jersey, and New York. She has also been an exhibiting member of several arts organizations, including the Katonah Museum Artist Association, the Blue



Work by Carol Benisatto will be on display through August.

Door, and Veridian Artists in NYC, where she served as vice president.

Benisatto credits much of her success not only to her degree in advertising art and design, but also to her studies at several art institutes, including the Stevenson Academy of Art in Seacliff, the Long Island Art League, and the Nassau County Museum of Art. Most important to this body of work are her studies with Maija Veida at the Katonah Art Center.

After Veide's retirement, Benisatto studied with Tracy Burtz, also at the Katonah Art Center.

For more information about the artist, visit carolbenisatto.com.

Tompkins Corners Cultural Center is celebrating its 10th anniversary season as a 501(c)3 not-for-profit arts organization. For more information, visit TompkinsCorners.org or Facebook, or email info@tompkinscorners.org.

CAP Seeks Donations of School Supplies

Putnam Community Action Partnership is once again asking for donations to help equip students of low-income families with the essentials they need for academic success next school year.

For many students, a lack of school supplies due to financial hardship can create significant learning disadvantages, along

with social and emotional hurdles.

Putnam CAP would like to provide families with autonomy in selecting and purchasing the supplies their children need, by providing them with \$50 in gift cards and a backpack for each child in their family.

Donations of gift cards in

\$25 denominations to stores such as Staples, Wal-Mart, and Target as well as donations of new backpacks are needed, and may be dropped off at the CAP office, 121 Main St., Brewster, through Aug. 13.

Monetary donations are also accepted, and can be made at www.putnamcap.org.

ARTS ON THE LAKE PRESENTS 'MY KINGDOM FOR A HORSE'



July 18th 6-8pm

exhibition July 18th - August 22nd

Featuring Paintings by Seth Becker, Zorawar Sidhu, Ben Cowan & Kevin Connolly Gillespie

640 ROUTE 52 KENT LAKES, NY 10512

New AotL Exhibit Explores Feelings of Community

Summer Concerts Continue With Chris Brokaw Rock Band

"My Kingdom for a Horse" is the second of three visual art exhibitions to be held this summer at Arts on the Lake, 640 Route 52, Kent Lakes.

The show highlights selected paintings and drawings by Seth Becker (Venus Over Manhattan), Ben Cowan (Deanna Evans Projects), Zorawar Sidhu (Petzel, National Gallery of Art, MOMA), and Kevin Connolly Gillespie (Rockefeller Center).

"My Kingdom for a Horse" deals with the concept of municipal, community, and individual participation," said Alex Sewell of Idea Machine and curator of the exhibition. "How accessible are the areas we call home? And can we navigate our communities with freedom, autonomy and safety? We invite you to explore your own feelings of community agency whilst viewing our subtle yet chromatic paintings; what's around the corner but is currently inaccessible?"

An opening reception is scheduled Friday, July 18 from 6 to 8 p.m. Refreshments will be served. The exhibition will run through Aug. 22.

For gallery hours and more information, visit artsonthelake.org.

The Chris Brokaw Rock Band will perform on Arts on the Lake's Boyd Concert Lawn outdoor summer stage Friday, July 18.

Perhaps best known for his work as the drummer in Codeine and the guitarist in Come, Brokaw's albums are considered landmarks in American independent rock music. He maintains a full solo and band touring schedule and recently returned from Italy, France, and Mexico, celebrating his new album "Ghost Ship."

On Friday, July 25, YOTOCO brings the electrifying rhythms of Afro-Caribbean, Son Cubano, Cumbia, Salsa, and Plena music to the stage.

All July concerts take place from 7 to 9 p.m., at 640 Route 52, Kent Lakes. Attendees can bring lawn chairs, food, and drinks. A limited number of chairs are available for rent, and light refreshments and snacks are sold. Parking is limited, so it is recommended to arrive early to secure a spot.

Tickets are \$10 per person, with children younger than 12 admitted free. They are available at artsonthelake.org or at the door.

website, including GPS coordinates, time, and date, to contribute to the statewide dataset.

Whether you are someone who loves nature or are a hunter scouting for the upcoming season, the program is open to all.

Volunteers can create an account at www.snapshotny.org and select one of the survey blocks to deploy a trail camera. If your chosen block is already reserved, DEC strongly encourages participants to consider selecting a block on nearby available public lands or to sign up for the waitlist for the preferred block.

Public Invited to Participate in 'Snapshot NY'

Continued from Page 1

program. Trail cameras detect heat signatures and motion, and snap photos of passing animals.

Volunteers download the Snapshot NY app and periodically upload images (about once every two weeks) to the Snapshot NY

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ARE YOU READY FOR THE SUMMER SEASON?

Is Fighting Rate Hikes a Waste of Energy?

Continued from Page 1

little disconcerting is... 20 percent of an electric bill actually is going back to the government, either in taxes or in mandated programs," said the supervisor.

Of the proposed increase, the state would retain \$234 million to go toward several initiatives, including phase one of the state's Climate Leadership & Protection Act, geared toward reducing prosperous fuels and moving toward electrification; ready-to-support broadband expansion; and support for low-income customers and other programs

"There's a state mandate program that they subsidize low-income customers, so a portion of your bill is actually being used to pay someone else's bill as well," said Williams.

In addition, per the state, NYSEG has to increase the number of full-time employees in its call center by 500, and abide by the Roadway Excavation Quality Assurance Act.

"The state is mandating that NYSEG, when doing any roadwork, now has to pay a prevailing wage," explained Williams. "That's going to increase cost of NYSEG doing any roadwork related to underground, elect service, or gas service by \$40 million."

Legacy issues, which total \$379.5 million, include storm recover costs, arrears recovery, more timely recovery of reclaiming and danger tee expenses, and capital expenses to correct legacy under-investments.

"If a tree goes down (or) there's a major storm that goes through, they have to restore power within 72 hours," said Williams. "We get a storm rolling through like we did in May of 2018, I want to see how that's going to work."

NYSEG is also looking to make a change to its vegetative management operations.

"Currently in this area we are on a five-year trimming cycle," said Williams. "If you go to upstate New York, their trimming cycle is roughly about 10 years, so they are looking to balance it off. But we would be on a more liberal trimming cycle."

He expressed concern because the area has a lot of dead ash trees that need to come down, with beech trees now "becoming a problem."

Other areas that will receive funding are customer care and digital enhancements.

"Really what they are looking to do is to leverage this one-year request into a multi-year investment," said the supervisor. "It's going to be a five-year rate plan, so they want to do this because they feel it will stabilize costs and better address some issues they have, and in doing so they will be able to reallocate some of the funding – so the corrective legacy activities will be taking more of a front seat."

Williams said the company will need to make many infrastructure improvements to keep up with energy demands.

"I will tell you right now, in

talking with NYSEG representatives, they do not have the capacity now to deal with the demand that they have," he said. "So they're going to need to make a very, very substantial investment in their infrastructure – new wiring, new poles – to meet the demand in the next several years.

"I sympathize with NYSEG in that a lot of this is being driven by state mandates that they have to implement," continued Williams. "But this is the third double-digit increase that everybody has been handed in the last three years."

Those past increases paid for smart meter installation, resilience in the system, upgrades to substations, and other costs.

"In the last rate increase that we saw they were saying it was going to be about \$25 per household... Well, my bill went up a heck of a lot more than \$25," said Williams.

Harckham Slams Con Ed Rate Hike Proposal

NYSEG isn't the only energy company seeking a rate hike.

In testimony July 8 before the New York State Public Service Commission, State Sen. Pete Harckham, D-Peekskill, called Con Edison's proposed double-digit rate hikes for gas and electric service as being out of touch with the reality of New Yorkers – many of whom are struggling to make ends meet.

"Con Edison's proposal is tone-deaf and out of touch with the realities now facing working families and fixed-income New Yorkers," said Harckham, who was testifying at one of four state PSC hearings on the Con Ed proposal. "Many New Yorkers are already struggling to pay rent, buy groceries, and afford basic healthcare. Inflation has stretched household budgets thin and higher utility bills will be the breaking point for many families."

The increase will impact more than 368,000 customers in Westchester and more than 3.6 million in the metropolitan area.

Harckham said his office receives hundreds of calls and emails weekly about sky-high electric rates from ordinary folks, including seniors, who claim they cannot afford to pay them. Last winter, utility bills of more than \$1,000 were not uncommon.

Last year, Con Edison reported profits of \$1.82 billion, in line with its growing profits since 2019. The utility now proposes rate increases of 11.3 percent for electric and 13.4 percent for gas, which are expected to raise \$2 billion a year in revenue.

If approved by PSC, the state's utility regulator, the new rates would go into effect Jan. 1.

Harckham said that in its current rate case, Con Edison is requesting a return on equity of 10 percent, one of the highest in the nation for utilities, which means Con Ed expects shareholders to see generous returns – even as customers face rate hikes many cannot afford.

He said that while investment in infrastructure is important and essential, customers should not bear the entire costs for the sake of profits.

"I urge the Public Service Commission to reject this proposal because struggling New Yorkers cannot afford to foot the bill for corporate returns," said Harckham.

Hear Music for Two Harps at Chapel Restoration

Harpists Kathryn Andrews and Kristi Shade will perform as Duo Scorpio at the Chapel Restoration's Sunday Music Series on July 20 at 4 p.m., 45 Market St., Cold Spring.

The program features works commissioned by the duo from composers Andy Akiho, Nico Muhly, and Robert Paterson, along with compositions for two harps by Caroline Lizotte and Bernard Andr s.

The concert is free, with donations encouraged.

In 2010, Andrews and Shade began searching for music for their newly formed duo and found this area of harp repertoire yet to be fully explored in a contemporary setting. Duo Scorpio has since built an impressive repertoire for their unique ensemble, and has twice been awarded an American Harp Society Grant as well as a Classical Commissioning Grant from Chamber Music America.

They have performed throughout the U.S., Asia, and Australia, and released their first recording, "Scorpion Tales," in 2013 on American Modern Recordings, followed by "Two Bridges" in 2017.

Andrews and Shade met in New York City where they received their master's degrees studying with Susan Jolles at the Manhattan School of Music. They also coincidentally share the same birthdate in November, and have embraced their Scorpio zodiac alignment by using their talent and passion to form this unique duo.

For more information, visit chapelrestoration.org.



Harpists Kathryn Andrews and Kristi Shade make up Duo Scorpio.

Low-Flying Airplane Alert

From July 16 through Aug. 31, a C-130 research aircraft will periodically fly over the tri-state area to collect data about air quality.

These flights, which will take place during both the day and night, are part of a research campaign called the Greater New York Oxidant Trace Gas Halogen & Aerosol Airborne Mission.

During the six-week campaign, researchers will sample the air above the tri-state area to learn more about how summer air quality in an urban environment varies over a 24-hour time period. Data from GOTHAAM will help air quality agencies in the region and other megacities better understand harmful pollution.

GOTHAAM is led by researchers at Stony Brook University, supported by the U.S. National Science Foundation National Center for Atmospheric Research, and funded by the National Science Foundation.



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Face painting, arts and crafts, games, livestock, and more will abound at the fair.

Are You Ready for the County Fair & 4-H Showcase?
Continued from Page 1

together nonprofit organizations, diverse food and craft vendors, and attendees from children to adults, the fair creates meaningful connections, strengthens the community, and celebrates the timeless spirit of summer in Putnam County.”

CCE’s 4-H Youth Program features engaging demonstrations, educational exhibits, creative projects, and animal showmanship. Fairgoers can also enjoy games and crafts, 4-H milkshakes and lemonade. CCE Master Gardener volunteers will be on hand to share expert advice, and the Putnam Pollinator Pathway team

will showcase a living pollinator garden display.

CCE 4-H clubs will display educational exhibits, present archery demonstrations, offer puppet performances, lead a SPHERO robot obstacle course, and show horsemanship.

In addition to the 4-H showcase, attendees can indulge in a variety of offerings, from food trucks to inflatables and games for kids, and browse unique items from craft vendors. At the dog park, fairgoers will be wowed by the canine demonstrations by the New York State Police K9 Unit and Von Wolfenfels K9.

Bill Hammond will serve as emcee for the weekend, with a lineup of bands taking the stage, including Not Tuna, Dos Bills & Friends, Classic Rock Euphoria, Basement by the Lake, Cross Purpose, Lakeside Harmony Chorus, and Guardian Revival Veterans. The highly anticipated NY Cruis-



ers Car Show will take place Saturday, with a rain date of Sunday.

The event will culminate with the annual duck derby, hosted by CCE. Want to adopt a duck and take part in the race? Visit <http://weblink.donorperfect.com/DD25>.

“I am thrilled to welcome back residents and visitors alike to the fair,” said County Executive Kevin Byrne. “My administration has added new features to this year’s two-day event, including a special journey back in time to our

Revolutionary-era past, complete with reenactors and local history exhibits. Best of all, admission and parking are always free.”

This year will also mark the county’s kick-off of Revolutionary Putnam County, part of a nationwide celebration commemorating the 250th anniversary of the American Revolution in 2026. In the new History Pavilion, there will be colonial fair experiences including storytelling by Jonathan Kruk, reenactor encampments from the New York 4th Regiment and New York 5th Regiment, and authentic Revolutionary War music and the living history staff of East Fishkill Historical Society.

Don’t miss meeting members of local historical societies and museums as well as the chance to catch Karl Rohde, Vietnam veteran, Silver Star recipient, and director of the county’s Veterans Service Agency, in his one-man show, “With No Name on the Marquee.”

“This is an exciting year at the fair as we launch Revolutionary Putnam County,” said Putnam Historian Jennifer Cassidy. “We’re proud to offer a larger, more engaging presence that brings local history to life through immersive experiences, storytelling, reenactments, and the voices of those who preserve our past.”

If you’re a student needing community service hours or an adult who enjoys lending a hand, consider volunteering at the fair. Sign up at <https://volunteer.bloomerang.co/web-admin/app/#/join-party?k=c4ec07vmddf6ej>.

For more information, visit cceputnamcounty.org, email putnam@cornell.edu, or call 845-278-6738.

Carmel Youth Earns Gold in National Flag Football Contest



Carter Hey recently returned from Los Angeles, where he participated in the USA Football Select Bowl.

A sixth-grade High Honor Roll student at George Fisher Middle School has returned from Los Angeles after competing in the USA Football Select Bowl and helping his team bring home the gold.

In February, Carter Hey, age 12, of Carmel, competed at a Talent ID Camp at the NY JETS training facility to vie for a place

on the USA U12 team and compete against the nation’s best in flag football. Athletes underwent a series of skill, speed, and strength evaluations to select the best athletes to represent their region.

In May, Hey was named to the boys’ Team USA U12 Grey. The team is comprised of 12 of Northeast’s best flag football play-

ers, and led by Coach Gary Fiegel from Tampa.

From June 18 to 22, athletes from all over the world descended on Los Angeles to compete in a week of competition at the USA Football Summer Select Series Tournament. During the week, the

U12 Grey team was undefeated in pool play, seeding them number one going into bracket, where they continued their streak and went on to be the undefeated champions of the boys U12 Select Bowl.

Hey played a pivotal role in the team’s success as their rusher,

having more than 15 sacks, and causing a safety in the championship game – helping solidify the team’s victory.

Hey will be heading to Texas at the end of July to compete in the AAU Flag Football National Championships with his team.

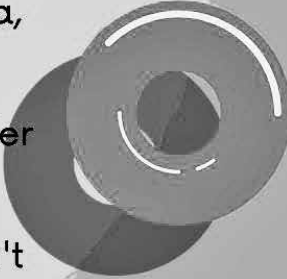
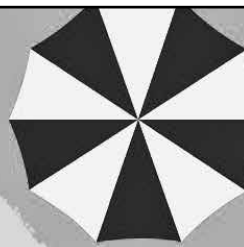
SUN SAFETY

In Case of Sunburn:

- Apply cold compresses
- Drink plenty of fluids
- Call health provider if sunburn is severe or fever develops

In Case of Heat Exhaustion:

- Symptoms: pale/moist skin, high temperature, dizziness, nausea, rapid pulse, cramps, muscle spasms
- Stop all activity, move to cooler place, rest
- Drink cool water
- Call provider if symptoms don't improve



Putnam County
Department of Health

PUTNAM COUNTY AND TOWN NOTICES

To Place Legal Notices, Email (legals@putnampresstimes.com) or Call 845-628-8400

PUBLIC NOTICE

Southeast

SOUTHEAST
PLANNING BOARD
NOTICE OF
PUBLIC HEARING

PUBLIC NOTICE

Thomas LaPerch, Chairman
Town of Southeast Planning Board
Dated: July 1, 2025
P. 7/16 - 44

PUBLIC NOTICE

PLEASE TAKE NOTICE

that the Planning Board/Architectural Review Board of the Town of Southeast, New York, in accordance with Chapters 78 and 138 of the Code of the Town of Southeast, and NYCRR Part 617 of the Environmental Conservation Law (as applicable), will hold a Public Hearing on Monday, July 28, 2025 at 7:00 p.m., at Southeast Town Offices, 1360 Route 22, Brewster, New York to consider the following:

DERVISHAJ RESIDENCE – Application is being made for Wetland Permit for a proposal to construct a single-family home 10 ft. wide driveway, an open bottom culvert to cross the onsite stream, individual well and septic system on a 5.4-acre property. Construction would result in approximately 0.4 acres of disturbance.

Putnam

NOTICE IS HEREBY GIVEN that a public hearing will be held before the County Executive of the County of Putnam at **Room #300** of the County Office Building, 40 Gleneida Avenue, Carmel, New York 10512 on the **23rd day of July, 2025 at 3:30 p.m. and 5:00 p.m.** concerning:

A LOCAL LAW TO AMEND CHAPTER 220, ARTICLE X, ENTITLED “EXEMPTION FOR QUALIFIED MEMBERS OF VOLUNTEER FIRE DEPARTMENTS AND AMBULANCE CORPS”

Amending the Code of the County of Putnam, as approved and adopted by the Putnam County Legislature on July 7, 2025 by

PUBLIC NOTICE

resolution #177, by amending Chapter 220 of the Code, entitled “EXEMPTION FOR QUALIFIED MEMBERS OF VOLUNTEER FIRE DEPARTMENTS AND AMBULANCE CORPS.” Pursuant to NYS RPTL § 466-1, the property tax exemption granted by this Chapter has been expanded to volunteers who provide qualified emergency services to a neighboring city, village, or town. Further, the period of service required for eligibility to receive the exemption has been reduced to two (2) years, while maintaining continual eligibility for the exemption.

Copies of the Local Law are available at the Office of the Putnam County Legislature, Room 318, 40 Gleneida Avenue, Carmel, New York 10512.

At the aforesaid time and place all persons interested in the subject matter thereof will be heard concerning same. Comments will also be accepted via regular mail submitted to the above referenced address, to send an email: Please go to the following website and click “**Send us a message**” countyexecutive@putnamcountyny.gov, and facsimile to (845) 808-1901.

This Local Law shall take effect immediately upon the filing with the secretary of state.
Dated: July 9, 2025
Carmel, New York

C. Compton Spain
Putnam County Attorney
P. 7/16 - 70

PUBLIC NOTICE

C O U N T Y O F P U T N A M
NOTICE FOR BID
NOTICE IS HEREBY GIVEN that sealed bids will be received by the Director of Purchasing of Putnam County for the following commodities and/or service:
RFB 18-25 – DPW GARAGE ROOF REPLACEMENT
Detailed specifications may be secured at the office of the Director of Purchasing, Putnam County Office Building, 40 Gleneida Avenue, Room 105, Carmel, New York 10512 between the hours of 9:00 A.M. and 5:00 P.M., Monday through Friday or you may download from the Empire State Bid System’s website at www.empirestatebidsystem.com. Sealed bids must be filed in the above office on or before **1:00 P.M., WEDNESDAY, AUGUST 13, 2025.**
dated: Carmel, New York
July 10, 2025
Sgd/John Tully, Purchasing Director
Putnam County Purchasing Department
P. 7/16 - 31

PUBLIC NOTICE

Kent

ZONING BOARD
OF APPEALS
25 Sybil’s Crossing
Kent Lakes, NY 10512
Agenda July 21, 2025

NOTICE IS HEREBY GIVEN that the Zoning Board of Appeals of the Town of Kent will hold a Public Hearing on **July 21, 2025** at the Kent Town Hall, 25 Sybil’s Crossing, Kent Lakes, NY at 7:00 p.m. to review the following applications:

1. Susan Tsafas
306 Clarkson Court
Lake Carmel, NY 10512

ZBA-25-008: Holdover from last month: Requesting a variance to construct a 12’ x 24’ shed on property without a main building.
TM# 22.81-1-4
2. Holly Ann Woolard
22 Roslyn Road

PUBLIC NOTICE

Carmel, NY 10512

ZBA-25-009: Requesting a 12 ft. rear variance on the north part of the property. Amending approved pool variance to add a 286 sq. ft. pool deck.
TM# 22.82-1-23

The Zoning Board of Appeals will entertain any other business, which is properly presented to the Board.

SITE INSPECTIONS ARE THE 2nd. SUNDAY OF THE MONTH. Between 9am & 10:00am
CC: Town Clerk
Town Board
Zoning Board of Appeals Members
Planning Board Clerk
Wm. Walters, Building Inspector
P. 7/16 - 58

PUBLIC NOTICE

Carmel

LEGAL NOTICE

By the Planning Board of the Town of Carmel, pursuant to Section 267, notice is hereby given that a public hearing will be held on:

JULY 23, 2025

At 7:00 p.m. at Town Hall, 60 McAlpin Avenue, Mahopac, NY 10541 or as soon thereafter as possible on the following matters:

CARMEL RESIDENTIAL

119 Seminary Hill Road, Carmel, NY 10512 – Tax Map # 55.14-1-35, 26.321, 26.322, 26.323, 26.324 –Residential Site Plan (39 units) & 3 Lot Subdivision.

By Order of the Chairman,

Craig Paeprrer
P. 7/16 - 34

PUBLIC NOTICE

COMPREHENSIVE
ANNUAL FINANCIAL
REPORT (CAFR) 2024
PUBLIC NOTICE

NOTICE IS HEREBY GIVEN, that the 2024 fiscal affairs of the Town of Carmel and political subdivisions for the period beginning on January 1, 2024 and ending on December 31, 2024 have been audited by the Town’s Independent Auditing Firm, and that the Comprehensive Annual Financial Report (CAFR) is filed in the Office of the Town Clerk where a copy is available to all interested persons. Pursuant to Section 35 of the General Municipal Law, the Town Board of the Town of Carmel, will in its discretion, prepare a written response to the audit report of the independent public accountants and file any such response in the office of the Town Clerk as a public record after acceptance of the report.

By Order of the Town Board of the Town of Carmel
Alice Daly, Town Clerk
July 9, 2025
P. 7/16 - 37

PUBLIC NOTICE

Supreme Court

NOTICE OF SALE
SUPREME COURT -
COUNTY OF PUTNAM

PUBLIC NOTICE

U.S. Bank Trust National Association, not in its individual capacity but solely as owner trustee for REO Trust 2017-RPL1

Plaintiff,

Against

Ronald Hund; Doris E Hund; U.S. Bank Trust National Association, not in its individual capacity but solely as owner trustee for REO Trust 20 17-RPL1

Defendant(s)

Pursuant to a Judgment of Foreclosure and Sale, duly entered 12/18/2024, I, the undersigned Referee, will sell at public auction, in Courtroom 209 in the Putnam Supreme Courthouse, 20 County Center, Carmel, NY 10512 on 7/28/2025 at 9:30AM, premises known as 28 Quaker Road, Carmel, NY 10512 and described as follows:

ALL that certain plot piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Town of Kent, County of Putnam and State of New York. Section 22.80 Block 1 Lot 56
The approximate amount of the current Judgment lien is \$205,566.05 plus interest and costs. The Premises will be sold subject to provisions of the aforesaid Judgment of Foreclosure and Sale; Index # 501354/2022
Michael John Khader, Esq., Referee.

SHELDON MAY & ASSOCIATES Attorneys at Law, 255 Merrick Road, Rockville Centre, NY 11570
Dated: 5/5/2025 File Number: 37741 CA
P. 6/25, 7/2, 7/9, 7/16 - 60

PUBLIC NOTICE

NOTICE OF SALE SUPREME COURT COUNTY OF PUTNAM U.S. BANK NATIONAL ASSOCIATION AS TRUSTEE FOR THE HOLDERS OF BANC OF AMERICA FUNDING CORPORATION MORTGAGE PASS-THROUGH CERTIFICATES, SERIES 2007-3, Plaintiff AGAINST CLIVE JOHNS, ANNA JOHNS, ET AL., Defendant(s) Pursuant to a Judgment of Foreclosure and Sale duly entered April 24, 2025, I, the undersigned Referee will sell at public auction in Courtroom 209 of the Putnam Supreme Court, 20 County Center, Carmel, NY 10512 on August 4, 2025 at 9:30 AM, premises known as 8 Clearbrook Drive, Mahopac, NY 10541. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Town of Carmel, County of Putnam and State of New York, Section 74.12 Block 2 and Lot 39. Approximate amount of judgment \$607,050.55 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index #500324/2024. Julie A. Cherico, Esq., Referee Gross Polowy, LLC 1775 Wehrle Drive Williamsville, NY 14221 22-001699 85728
P. 7/2, 7/9, 7/16, 7/23 - 41

PUBLIC NOTICE

LLC

Notice of Formation of **Le-one Lactation, LLC.** Arts. of Org. filed with SSNY on 5/28/2025. Office location: Putnam County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail process to Natalya Leone, 38 Ponderosa Rd, Carmel, New York, 10512. Purpose: any lawful act or activity.
P. 6/11, 6/18, 6/25, 7/2, 7/9, 7/16

PUBLIC NOTICE

Notice of Formation of **MCNP, LLC.** Articles of Org

JOHN MAXWELL
Chairman

SILVIO BALZANO
Vice-Chairman

TOWN OF CARMEL
ZONING BOARD OF APPEALS



60 McAlpin Avenue
Mahopac, New York 10541
Tel. (845) 628-1500 – Ext 187
www.ci.carmel.ny.us

BOARD MEMBERS
ROSE FABIANO
CLAUDINE MCDERMOTT
JULIE MCKEON
WILLIAM SANTINI
JOHN STARACE

LEGAL NOTICE

By the Zoning Board of Appeals of the Town of Carmel pursuant to Section 267 Town Law, notice is hereby given that a hearing will be held on:

JULY 24, 2025 – 7:30 P.M.

To hear the following applications:

HOLDOVER APPLICATIONS:

1. Application of **CENTENNIAL GOLF CLUB of NEW YORK LLC (Setbacks)** for a Variation of Section 156-28(A) seeking a Variance for relief of Sections 156-28(A).6 distance between buildings; and 156-28(A)8 perimeter building setback. The property is located at 185 John Simpson Road, Carmel NY and is known as Tax Map #44.-2-2.-1 & 44.-2-4.-2.

Code Requires/Allows	Provided	Variance Required
156-28(A)6 requires 50 ft. between buildings	20 ft. between buildings	30 ft.
156-28(A)8 requires 100 ft. perimeter setback	45 ft. setback	55 ft.

NEW APPLICATIONS:

2. Application of **LORI ANN FRANZESE** for a Variation of Section 156-9, seeking a variance to retain the existing decks. The property is located at 97 Friendly Road, Mahopac and is known as Tax Map #85.8-2-31.

Code Requires/Allows	Provided	Variance Required
30’	2.5’	27.5’

3. Application of **JOHN “JACK” STEWART** for a Variation of Section 156-9, seeking a Use Variance to legalize the existing sale of boats & supplies on residential property in the LDR zoning district. The property is located at 330 Overlook Court, Carmel NY and is known as Tax Map #77.-2-3.

Code Requires/Allows	Provided	Variance Required
Roof Mounted Solar ONLY	Ground Mounted Solar	Allow Ground Mounted Solar

4. Application of **BARRY ROSOLEN** for a Variation of Section 156-25, seeking a variance to install ground mounted solar panels. The property is located at 27 DeLiso Lane, Mahopac and is known as Tax Map #65.6-1-1.

Code Requires/Allows	Provided	Variance Required
4’ Front	6’	2’

5. Application of **MICHAEL & LINDA SENATORE** for a Variation of Section 156-19 A(1), seeking a variance to retain 6’ fence in front yard (4’ allowed). The property is located at 113 Crosshill Road, Mahopac and is known as Tax Map #74.42-1-30.

Code Requires/Allows	Provided	Variance Required
40’ Front	8’	32’
15’ Side	12.6	2.4’

MISCELLANEOUS:

MINUTES: June 26, 2025

By order of the Chairman,

John Maxwell

Protect Skin from the Sun

3 simple tips for summer skin care

FAMILY FEATURES

Taking good care of your skin all year long is essential, but even more so in the summer when the power of the sun is at its strongest. Healthy skin doesn't require fancy moisturizers or expensive skin care products. You just need to adopt a few healthy habits.

For example, keeping your skin healthy and glowing starts from the inside out by eating and drinking healthy foods and beverages that nourish your body's largest organ and promote healthy skin cells. Additionally, studies show certain foods, such as fresh, juicy grapes, may help protect healthy skin even when exposed to UV light, which is known to damage skin cells.

A study published in the journal "Antioxidants," in which people consumed 2 1/4 cups of grapes every day for two weeks, showed increased resistance to sunburn and reduced markers of UV damage at the cellular level. This study reinforced previous and similar findings published in the "Journal of the American Academy of Dermatology." Grapes are also a hydrating food with 82% water content; hydration is essential to healthy skin.

Along with snacking on fresh, delicious California grapes, consider these everyday ways you can keep your skin safe from the sun's rays.

Seek Shade

Most experts recommend avoiding the sun at the height of the day, between 10 a.m. and 2 p.m., when its rays are at full strength. That doesn't mean you

can't be outside – just seek shade as often as possible while enjoying the warm summer air.

Prioritize Hydration

Drinking water and staying hydrated is important year-round, but especially when it's hot and you're more likely to lose water content through sweat. Keep your body full of moisture with simple and delicious Grape-Infused Waters. For a zesty kick, try Grape, Ginger and Lime that combines the sweetness of grapes with the zing of ginger and lime, or Grape, Lemon and Mint, offering a bright and invigorating blend of citrus and mint. Enter your Zen state with a mellow, spa-like sip from Grape, Cucumber and Mint.

For a cool, hydrating snack, try freezing grapes. Simply rinse, pat dry, remove from the stems and freeze for 2 hours in a single layer on a sheet pan. You can even enjoy them as flavorful ice cube replacements in these easy-to-prepare, flavorful beverages.

Layer Up

While you're enjoying the sunshine, layer up with a generous application of 30 SPF or higher sunscreen every 1-2 hours. Wear lightweight, long-sleeve shirts; wide-brimmed hats; sunglasses; and other protective clothing to reduce sun exposure, which can lead to wrinkles, age spots and other health problems, including an increased risk of skin cancer.

Visit GrapesFromCalifornia.com for more delicious recipes and information on grapes and health.



A Trio of Grape-Infused Waters

Servings: 4

Grape, Ginger and Lime:

- 1 heaping cup Grapes from California, muddled, plus additional for serving (optional)
- 5 quarter-size slices peeled fresh ginger, muddled
- 4 lime slices
- 4 cups water
- ice

Grape, Lemon and Mint:

- 1 heaping cup Grapes from California, muddled, plus additional for serving (optional)
- 3 lemon slices
- 3 large stems fresh mint
- 4 cups water
- ice

Grape, Cucumber and Mint:

- 1 heaping cup Grapes from California, muddled, plus additional for serving (optional)

- 6-8 thin slices cucumber, halved
- 3 large stems fresh mint
- 4 cups water
- ice

To make grape, ginger and lime water: In pitcher, place grapes, ginger and lime slices. Add water and stir well. Cover and chill overnight.

Before serving, stir well and pour into ice-filled glasses, adding grapes to each glass, if desired.

To make grape, lemon and mint water: In pitcher, place grapes, lemon slices and mint. Add water and stir well. Cover and chill overnight.

Before serving, stir well and pour into ice-filled glasses, adding grapes to each glass, as desired.

To make grape, cucumber and mint water: In pitcher, place grapes, cucumber and mint. Add water and stir well. Cover and chill overnight.

Before serving, stir well and pour into ice-filled glasses, adding grapes to each glass, as desired.

Nutritional information per serving: 25 calories; 0 g protein; 7 g carbohydrates; 0 g fat; 0 mg cholesterol; 0 mg sodium; 0 g fiber.

Make Summer as *Safe* as It is *Fun*

FAMILY FEATURES

With school out for summer, children will be away from teachers and coaches who might be trained in first aid and CPR, making it crucial for parents and summer caregivers to brush up on safety tips and life-saving skills.

No matter where your summer plans take you, make sure you're equipped with the knowledge and tools you need for safe, fun days in the sun.

Keep a First Aid Kit on Hand

Having basic first aid supplies handy lets you take care of minor boo-boos so the summer play can carry on. Plan to include cleansers, wound dressings, bandages and tape; antibiotic ointment; scissors and tweezers; bug bite treatment; and over-the-counter medications such as pain relievers and antihistamines for allergic reactions.



Photo courtesy of Getty Images

CPR Guide

The American Heart Association wants to make sure every parent knows CPR. To make sure you are ready when it matters most. **Each year, more than 23,000 children have a cardiac arrest and nearly 20% are infants.** Learn CPR today so you can be ready and become a part of the Nation of Lifesavers.

HANDS-ONLY CPR VS. CPR WITH BREATHS

HANDS-ONLY CPR

CALL 911

PUSH HARD AND FAST IN THE CENTER OF THE CHEST

Public awareness campaign to get more people to act when they come across a cardiac arrest. Starting point to get more people to learn CPR. **Will not meet requirements if you need CPR for your job.**

CPR TRAINING

COMPRESSIONS + BREATHS

Offered through online or in-person classes. Provides more in-depth training with an instructor, including CPR with breaths and choking relief. **Often necessary for people who need CPR training for work.**

HOW DOES IT WORK?

Chest compressions are good for the first few minutes someone is in cardiac arrest. Pushing the remaining oxygen through the body helps keep vital organs alive. It buys time until someone with more skills can help.

CPR with breaths combines chest compressions and breaths. This provides more oxygen to circulate throughout the body.

WHO CAN I USE IT ON?

Adults and teens
For children and infants, the American Heart Association recommends CPR with breaths.

Anyone who is in cardiac arrest, including:

- Adults and teens
- Infants and children
- Pregnant women
- Victims of drowning, drug overdose, collapse due to breathing problems or prolonged cardiac arrest

HOW DO I LEARN?

Go to heart.org/Nation
so you can be ready and become a part of the Nation of Lifesavers.

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Nation of Lifesavers is nationally sponsored by

Learn CPR

Sudden cardiac arrest can happen to anyone at any age. Summer activities like swimming, boating and other watersports can lead to drowning or serious injuries, but so can outdoor play and sporting events in extreme heat. In fact, more than 23,000 children experience cardiac arrest outside of the hospital each year, according to the American Heart Association, approximately 40% of which are related to sports.

Immediate CPR and automated external defibrillator (AED) use can double or even triple someone's chance of surviving cardiac arrest. For teens and adults, Hands-Only CPR could save their life. For infants and children, CPR with breaths is recommended.

Studies show children as young as 9 years old can learn and retain CPR skills. This summer, there are many learning options available to families, including online CPR courses, local in-person Heartsaver courses, CPR Anytime Training Kits and CPR kiosks, available in public places and airports across the country.

Know the Signs of Heat Exhaustion

Even when it doesn't seem extreme, heat and humidity can take a toll. On one end of the heat stress spectrum are heat cramps, which may ease if you take a break, drink water and cool off.

More serious heat exhaustion may occur when the body's temperature rises to 100-102 F and can include an inability to maintain physical activity, dizziness, nausea, dehydration and rapid heart rate. Try to cool down and drink water, but if symptoms worsen or vomiting occurs, seek medical help.

Heat stroke may cause death or permanent disability.

It is characterized by a body temperature of 104-106 F or higher, heat exhaustion symptoms, trouble walking and neurological difficulties such as slurred speech or confusion.

Be Smart Around Water

Drowning can happen quickly and silently. Every day, an average of 10 people of all ages die in the United States from accidental, non-boating related drowning. Always swim with a friend and keep watch, especially where water isn't clear and underwater obstacles may be present. When boating, always wear a life jacket. At home, install fencing at least 4 feet high around pools and remove toys from the pool when it's not in use so children aren't tempted to play without supervision.

Bike Safely

Taking some safety precautions can make bike rides even more enjoyable. Before heading out, check all riders' bikes to ensure everything is in good operating condition, including brakes, tires, chains and gears.

Always wear a helmet and consider guards to protect your knees, elbows and hands in the event of a fall. Avoid riding at night, when you're less visible to drivers, and wear bright colors that make you stand out. Drive with traffic (not against it) and follow the same rules as a car when it comes to street signs and intersections. Remain alert at all times and avoid distractions such as music that can prevent you from hearing warning sounds such as a car horn.

Join the American Heart Association's Nation of Lifesavers and make this summer as safe as it is fun with tips on CPR and other safety concerns at heart.org/nation.