

# Things to Do

## Dear Rain: Break The Humidity Already

**July 11-Aug 15-10am** Basic Drawing Class For Adults Kids at Kent Lib. More info/reg: 225-8585 or kentlibrary.org

**July 12-Aug 9 (Thursdays)** Tweens Rock program at Reed Lib, Carmel. More info/reg: 225-2439

**Thru Aug 15** "Where music meets the ocean" theme father/son exhibit at Mahopac Lib. More info: mahopaclibrary.org, 845-628-2009, ext 108

**Thru Aug 23-12:20-2:30pm** (Thursdays) Thursdays in the Park. More info: pattersonlibrary.org or call 845-878-6121 ext. 10

**Thru Aug 24-** Founders Exhibition at Front Street Gallery, Patterson. More info: frontstreetgallery.org

**Thru Aug 30-** Amanda Lynne exhibit at Mahopac Lib. More info: mahopaclibrary.org, 845-628-2009, ext 108

**Tues Aug 7-6:30pm** PJ Storytime at Kent Lib. More info/reg: 845-225-8585, kentlibrary.org

**Tues Aug 7-10am-12pm** Tapestry Weaving at Reed Lib, Carmel. More info/reg: 845-225-2439

**Tues Aug 7-3pm** Build a 3D printer at Mahopac Library at Mahopac Lib. More info/reg: 845-628-2009, ext 100, mahopaclibrary.org

**Tues Aug 7-3pm** : Mahopac High School Summer Reading Film Screening: The Perks of Being a Wallflower at Mahopac Lib. More info/reg: 845-628-2009, ext 100, mahopaclibrary.org

**Tues Aug 7-6pm** Mahopac High School Summer Reading Film Screening: One Flew Over the Cuckoo's Nest at Mahopac Lib. More info/reg: 845-628-2009, ext 100, mahopaclibrary.org

**Wed Aug 8-3pm** Mahopac High School Summer Reading Film Screening: The Zookeeper's Wife at Mahopac Lib. More info/reg: 845-628-2009, ext 100, mahopaclibrary.org

**Wed Aug 8-6:30pm** Poetry Writing Workshop at Mahopac Lib. More info/reg: 845-628-2009, ext 100, mahopaclibrary.org

**Wed Aug 8-2-2:45pm** Drop-In Bee Craft at Kent Lib. More info/reg: 845-225-8585, kentlibrary.org

**Wed Aug 8-1pm** Movie Matinee: Father Figures at Patterson lib. More info/reg: 845-878-6121 x10, pattersonlibrary.org

**Thurs Aug 9-10am-12pm** Matisse Cutouts workshop at Reed Lib, Carmel. More info/reg: 845-225-2439

**Thurs Aug 9-4:30pm** End of Summer Reading Ice Cream Party at Mahopac Lib. More info/reg: 845-628-2009, ext 100, mahopaclibrary.org

**Aug 9, 23, 30-11:30am** Tinkering at Kent Lib. More info/reg: 225-8585, kentlibrary.org

**Aug 9, 16, 23 -12:30pm** Thursdays in the Patterson Library Park. More info/reg: 845-878-6121 x10, pattersonlibrary.org

**Aug 9, 23-7pm** Coloring for Adults at Mahopac Lib. More info/reg: 845-628-2009, ext 100, mahopaclibrary.org

**Fri Aug 10-3pm** last day of Summer Reading at Kent Lib. More info/reg: 845-225-8585, kentlibrary.org

**Fri Aug 10-2pm** Mamma Mia! Screening at Kent Lib. More info/reg: 845-225-8585, kentlibrary.org

**Fri Aug 10-4pm** Self Defense at Patterson Lib. More info/reg: at 845-878-6121 x10, pattersonlibrary.org

**Fri Aug 10-6:45pm** Escape the Library at Mahopac Lib. More info/reg: 845-628-2009, ext 100, mahopaclibrary.org

**Aug 10 & Aug 11-** Cabaret at Patterson Lib. More info/reg: at 845-878-6121 x10, pattersonlibrary.org

**Tues Aug 14-10am-1pm** Abstract Art II at Reed Lib, Carmel. More info/reg: 845-225-2439

**Tues Aug 14-2pm** Percy Jackson Book Club at Kent Lib. More info/reg: 845-225-8585, kentlibrary.org

**Alcoholics Anonymous** meets seven days a week throughout Putnam County. It is a totally free, all volunteer program for those who think they might have a problem with alcohol. Call 914-949-1200 for meeting times and places.

**Cancer Support:** Support Connection, Inc., offers a wide range of free support groups women for with breast and ovarian cancer. Advance registration is required for all groups; call 914-962-6402 or 800-532-4290.

**Suicide Prevention:** "Putnam County Cares" is an app available on your mobile phone. Within that app is "SPEAK; Suicide Prevention Education and Awareness Kit."

**Support Group:** 'Spotlight on Recovery,' Drug Crisis in Our Backyard Support Group. More info: DrugCrisisInOurBackyard.com

**The Putnam County Crisis Hotline** - 845 225-1222 is available 24 hours a day 7 days a week.

**Suicide Prevention Lifeline** - 1-800-273-TALK

**Mental Health Counseling:** CoveCare Center - 225-2700

**Putnam Community Services of Rockland Psychiatric Center** - 278-2500.

## Moms & Babies Participate in Big Latch On

By ERIC GROSS

Dozens of Putnam's breastfeeding moms from both the eastern and western sections of the county travelled to Carmel Fire Department headquarters Friday and participated in the Big Latch On.

The annual event is an opportunity to support and promote breastfeeding and attracted thousands of women from around the globe who simultaneously breastfed their infants and toddlers at hundreds of locations from Calcutta to Carmel.

Putnam's "Big Latch-On" was hosted by the Putnam County Department of Health.

Supervising Public Health Nurse Rebecca Wittenberg welcomed the women, describing the latch on "as the single most important thing a mother can do. Breast feeding provides a proper balanced diet after millions of years of evolution to suit the needs of an infant. Data unequivocally indicates that children who are breastfed do better from a health point of view."

Wittenberg reported that Putnam County has "one of the highest breastfeeding rates in the New York State. State health officials hope to increase breastfeeding around New York to 80 percent. In Putnam, the number already exceeds 88 percent."

Erin Minieri of Carmel, a teacher in the Carmel School District, breastfed her daughter, Katherine: "It's the most natural and nourishing way to feed my little girl."

For Tara Varghese of Putnam Valley, breastfeeding her nine-month-old daughter Vivian was a "beautiful experience. I encourage breastfeeding to all moms," said Tara.

Those in attendance were also informed about New York's first Breast Milk Bank that recently opened in Westchester.

The organization provides safely pasteurized donated



PHOTO BY ERIC GROSS

Above: Tara Varghese attended Putnam's Big Latch On with her nine-month-old daughter Vivian. Below: Rosie Hoffman of Kent Cliffs is one of the dozens of moms taking part in the Big Latch On in Carmel. Three-month-old Eva accompanies her.



breast milk to premature and sick infants in addition to donor milk to adopted and foster babies, babies born in LGBT families, infants

born through surrogacy and full term and older infants. Those seeking additional information are asked to call 212-956-MILK.

Send Coming Events to editor@pcnr.com for inclusion!

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3 DAYS ONLY!

August 16-18

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## Community Action Program Seeking Volunteers, School Supplies

By ERIC GROSS

Putnam Community Action Program (CAP) is reaching out to the public for its assistance in two ways this week.

First, said director Judy Callahan, "CAP is in need of volunteers to assist with its Soup Kitchen and Food Pantry."

Callahan said "volunteers should be willing to commit to a regular schedule in order for the programs to run uninterrupted."

No experience is necessary, "just a willingness to work for the benefit of others," said Callahan.

Those interested are asked to contact Mary Bodor at

the CAP office by calling 278-8021, ext.12.

Callahan also reminded the public that "it's not too early to start thinking about school supplies."

CAP's School Supply Project is in need of items that will be distributed later this month to families in need.

Most needed are lunch bags and boxes, notebooks, subject dividers, pencil boxes and pencil cases, as well as marble composition books, pens, pencils and erasers, scissors, glue sticks and pencil sharpeners, markers, highlighters, index cards, sticky notes, tissues and USB flash drives. Backpacks for young children are

also being requested.

Callahan reported a "generous donor has provided CAP with an adequate number of backpacks for teens this year."

There is also a need for gift cards to assist families with the purchase of school clothing and shoes. Cards from Kohl's, Kmart, Walmart, Old Navy, Sears or Payless Shoes would be appreciated, along with gift certificates for "back to school" haircuts.

Donations may be dropped off at the CAP office at 121 Main St. in Brewster or at Cardsmart at Two Clark Place in Mahopac.

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