



The Putnam County Out of the Darkness Walk is scheduled Oct. 20 in Carmel.

## Mental Health Orgs. Step Up the Fight Against Stigmas

More people today than ever before understand that mental illness is a medical condition. It's also becoming clearer that early treatment is most effective.

Unfortunately, stigma and discrimination still exist and often keep people from seeking help.

This October, with Mental Illness Awareness Week beginning Oct. 6 and National Depression Screening Day on Oct. 10, Putnam's mental health advocates from the health department, the Mental Health Association and the Suicide Prevention Task Force are joining forces to raise awareness, fight stigma and reduce suicides.

Together, they are promoting Putnam's Out of the Darkness Walk on Oct. 20. The walk starts at 11:15 a.m. at the Carmel Fire Department on Gleneida Avenue. Registration begins at 10 a.m., and can also be completed in advance at [www.afsp.org/Putnam](http://www.afsp.org/Putnam).

"We need to talk openly about mental illness and mental health and encourage people to seek help," said Health Commissioner Dr. Michael Neshewat, who practiced as a family medicine doctor for decades before heading up the health department.

The Putnam County Crisis Intervention 24-hour number is 845-225-1222. This "hotline" is staffed by professionals who make recommendations to anyone based on the situation. There are also "warmlines" available offering peer support, meaning the

phone will be answered by people with shared experiences. They are operated through Putnam's Mental Health Association.

Megan Castellano, executive director of Putnam's Mental Health Association, and Marla Behler, coordinator of the Child Advocacy Center, encourage everyone to keep the dialogue going.

"Many resources are available in Putnam — we are here to help," said Castellano. "Statistically speaking, 22 veterans die by suicide every day here in the U.S. — more than in combat. Additionally, more firefighters and members of law enforcement die by suicide than in the line of duty. These numbers are truly tragic. Getting the word out that peer support is available has the potential to save lives."

The Mental Health Association, in partnership with the law enforcement community, has recently launched "First Line," a new warmline manned by active and retired first responders. First Line offers peer-to-peer support for members of law enforcement, first responders and their families. It's confidential and anonymous. The First Line number is 845-745-0088.

The Vet2Vet warm line, with "veterans helping other veterans through peer support," continues at 914-519-8097.

More information about the Mental Health Association and multiple services for youth and others is available at [www.mha-putnam.org](http://www.mha-putnam.org).

## Militaria Show is Oct. 19

A military collectables and knife show will be held Oct. 19 from 9 a.m. to 3 p.m. at the Patterson Recreation Center, 65 Front St.

Historical items for sale will include insignia, medals, uniforms, equipment, swords, knives, headgear, books, artwork, antique muzzle loaders, surplus and more. The material will cover the years from the American Revolution to the present day.

Vendors come from all over the Northeast.

There will also be several uniformed "living historians" ready to answer questions about

Three candidates running for office in Putnam County have been endorsed by the SAM Party of New York.

Camille Linson has been nominated for County Court judge, Terry Raskyn has been nominated for Putnam Valley town justice, and incumbent Maureen Fleming has been nominated for Kent town supervisor.

The SAM Party of New York was founded to support candidates who are involved in their local communities and "getting things done." Party leaders interviewed more than 200 candidates across New York State interested in running on the SAM Party line and promoting SAM's principles of good government, transparency, and engaging residents to build solutions that work.

"These candidates have a

## SAM Party Endorses 3 in Putnam Backs Linson, Fleming and Raskyn

record of accomplishment in their communities and believe in the principle of working with others regardless of political affiliation in order to get results for their communities," said SAM Party of New York Chairman Michael Volpe. "These individuals are highly qualified for the offices they seek. We are proud to endorse these candidates and encourage residents to vote for them on the SAM Party line Nov. 5."

Fleming said she is grateful for the endorsement and the message it sends about the broad support this campaign has across the political spectrum. "I look forward to working with the SAM Party of New York and continuing the spirit of civic engagement and results-oriented policies our administration believes in," she said.

"Inclusion and fairness are the cornerstones of my ethics, my practice and my campaign — and they are also the cornerstone of the SAM Party of New York," added Linson. "I am honored to have earned their nomination and am excited about the additional option people now have to support our campaign this Nov. 5."

Raskyn called it an honor to be in the inaugural class of SAM Party candidates.

"Public service is one of the most important contributions anyone can give to a community, and I want to continue serving our town by ensuring not only justice for all who live, work, or travel through Putnam Valley, but also ensuring equal access to justice," she said. For more information about SAM and what the party stands for, visit [www.joinSAMNY.org](http://www.joinSAMNY.org).

Mahopac. (845) 621-1992.

### Brewster

Neggie, Michael, 50, Sep 25. Beecher Funeral Home, Brewster. (845) 279-3615.

(845) 628-5655.

### Spadafino Sr., Joseph W., 80,

Sep 18, Joseph J. Smith Funeral Home, Mahopac. (845) 621-1992.

### Perry, Alfred, 97, Sep 26.

Beecher Funeral Home, Brewster. (845) 279-3615.

### Carmel

#### Brewster

Langlois, Marian, 100, Oct 2. Beecher Funeral Home, Brewster. (845) 279-3615.

#### Nix Jr., Edward, 58, Sep 27.

Cargain Funeral Homes, Carmel. (845) 225-3672.

#### O'Malley, Judith Ann, 73,

Sep 28, Cargain Funeral Homes, Carmel. (845) 225-3672.

#### Mahopac

German, Arthur, 91, Sep 28. Joseph J. Smith Funeral Home, Mahopac. (845) 621-1992.

Kienle, Hildegard M., 86, Oct 2. Cargain Funeral Homes, Mahopac. (845) 628-5655.

Rossetti, John A., 18, Sep 27. Cargain Funeral Homes, Mahopac.

## Law Office of Andres D. Gil, PLLC

Honor, Integrity, Compassion, and Dignity



New York State Certified  
Attorney, Probate and Real Estate

- Estate Planning
- Probate
- Special Needs Trusts
- Revocable Trusts
- Wills
- Real Estate Transactions

Call us today at (845) 940-1110

973 Route 22, Suite 3, Brewster

[www.ADG-LAW.com](http://www.ADG-LAW.com)

## Mining down 180 feet is the height of an 18 story building.

**STOP THE KENT TRUCKSTOP**  
**STOP THE DESTRUCTIVE LIVE MINING**

**180'**  
(18 Story Building)

Areas around Putnam County have been mined and left by developers who promise to do so much for the Towns they are mining. But after razing the land and removing the rock, they make their millions and move on.

Mining the depth of an 18 story building over an area of 54 acres, will mean years of blasting, rock crushing and heavy machinery hauling tons of rock through our Town. This endless blasting will create structural damage to foundations, wells and roads, and contaminate the air.

Our lives in Kent will never be the same. And all this will be taking place 1,500 feet from our Kent Schools!

**SIGN UP TO RECEIVE OUR EMAILS AT [STOPKENTTRUCKSTOP@gmail.com](mailto:STOPKENTTRUCKSTOP@gmail.com)**