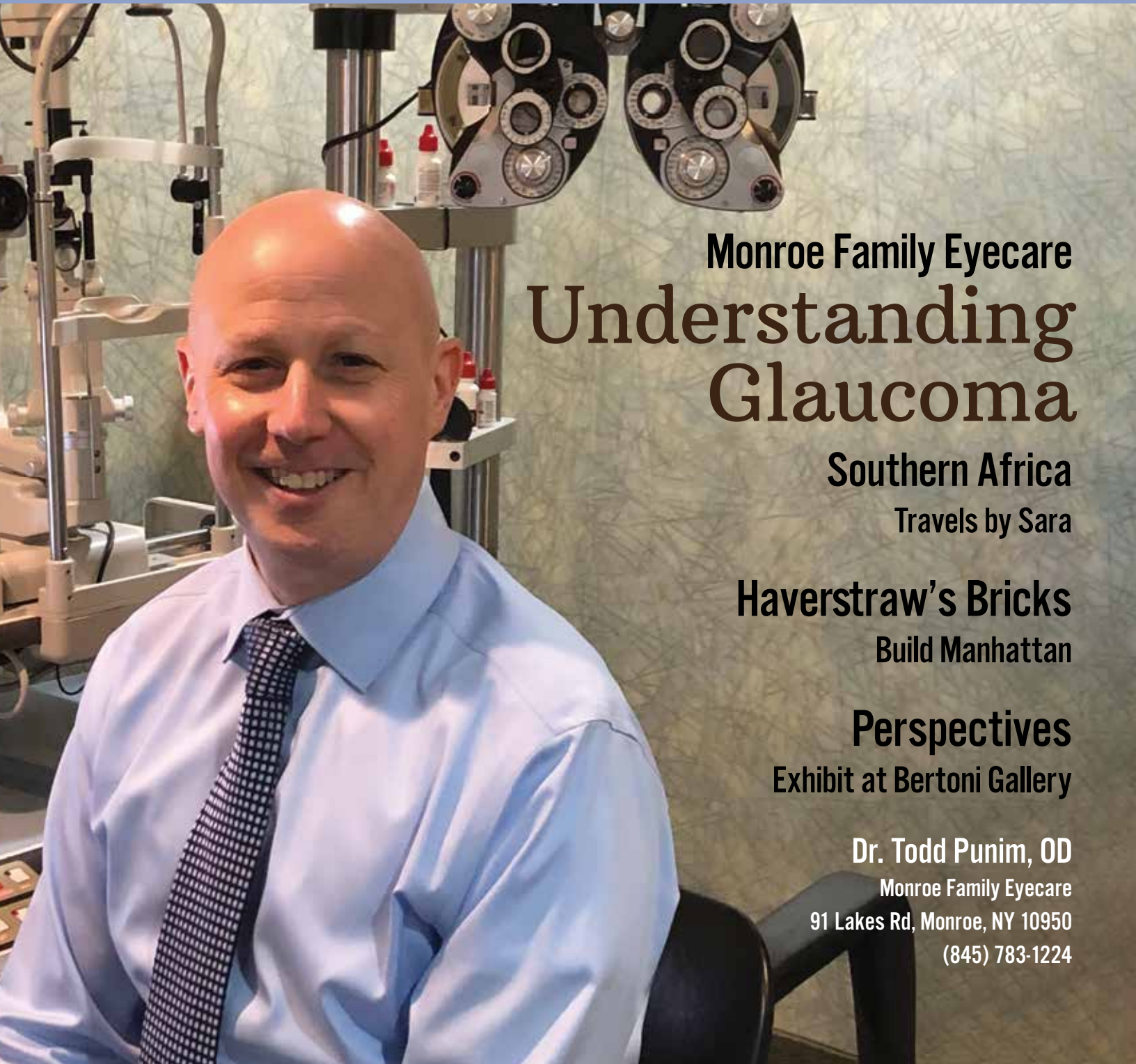




Rockland Professional Magazine

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Monroe Family Eyecare Understanding Glaucoma

Southern Africa
Travels by Sara

Haverstraw's Bricks
Build Manhattan

Perspectives
Exhibit at Bertoni Gallery

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The word Haverstraw is one of the oldest in the geography of North America. It is derived from the Dutch language and means ‘oat straw’, descriptive of the waving straw of the river meadows. It was originally pronounced ‘Haverstroo.

Haverstraw’s Bricks Build Manhattan

And Contribute To One of the Most Devastating Landslides Ever!

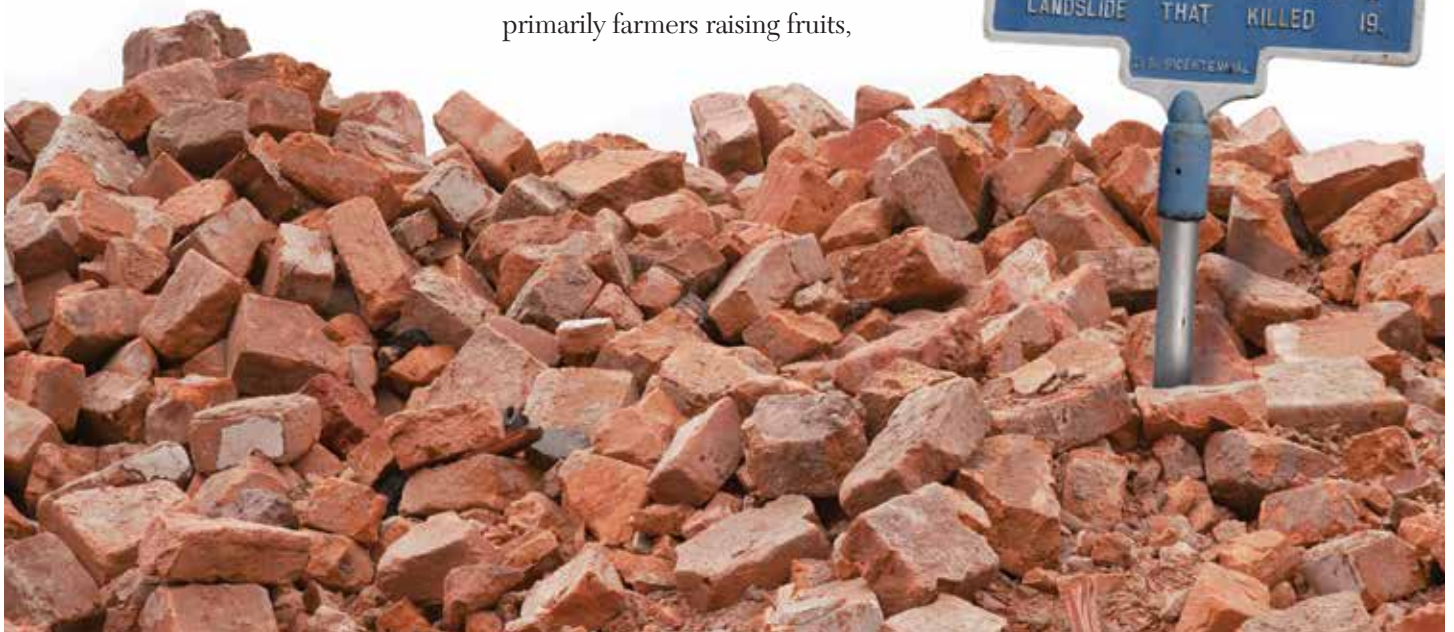
During the American Revolution, Haverstraw served as an important lookout for British activities on the Hudson. The town of Haverstraw was formed in 1788 while still part of Orange County. It was partitioned in 1791 to form the town of Clarkstown and the town of Ramapo, and again in 1865 to form the town of Stony Point.

The Dutch were the first to settle in Haverstraw. These settlers were primarily farmers raising fruits,

vegetables, and grains. Any surplus harvests were shipped down the river some 25–30 miles, to be sold in the New York City Markets.

In 1771, Jacob Van Dyke began the brick making industry, making bricks by hand. He discovered that the Hudson River shore in this area contained huge deposits of yellow and blue clay. Immense clay beds along the Hudson’s shore and beneath the surface formed the raw materials needed for the industry to grow. The brick industry grew immensely, and many brickyards appeared along the Hudson River. Schooners and barges on the Hudson River were used in the transportation.

Here the imagination, skill, daring and backbreaking labor of many thousands of people, combined raw clay and sand to make buildings that to this day, dot the Hudson Valley. Even on a larger scale, Haverstraw furnished building material that transformed the



island of Manhattan and surrounding area, into a sprawling metropolis.

By the 1880's there were over 40 brickyards in the Haverstraw area. In a single year over 300 million bricks were being shipped out of Haverstraw Bay to the New York Metropolitan market, which at the time was using more than one billion bricks annually.

On January 8, 1906 the excavation of clay used in the manufacturing of bricks, pushed closer to the residential and business sections of the village.

The earth finally gave way, causing a devastating landslide. The destruction of many homes and the tragic loss of many lives was the end result.

Two years earlier, a crack had appeared on Rockland Street and folks were convinced it was evidence of a greater problem. Even earlier, in the late 1890s, a series of small landslides had occurred, and while many people voiced concern, manufacturers assured everyone that everything was safe.

The Rockland Street crack had widened significantly by 4 p.m. on the day of the disaster, and some landlords told tenants they should evacuate. But not all residents received the word, and many fed their coal fires one last time before going to sleep.

At 11 p.m. the first landslide hit, sending hundreds barefoot into the streets, still in their bedclothes. Fires from stoves that heated the homes and the kerosene lamps that lit them were knocked over, setting buildings ablaze.

Some thought the incident was over, and headed back into their homes to get belongings, only to be caught and killed in the second slide at 11:20 p.m., and a third and final slide at 11:31 p.m.

With the ground, and the buildings above it, slowly sinking into a huge pit at river level below, all utilities went with it including electricity, gas, water and sewage. The ruptured gas lines instantly erupted in flames, and with those buildings toppling into the abyss, the combined flames from the

At 11 p.m. the first landslide hit, sending hundreds barefoot into the streets, still in their bedclothes.

gas stoves and the ruptured gas lines, began to quickly devour dozens of buildings above. Soon the entire village was threatened.

A snowstorm had coated roofs, and experts said

it prevented the entire village from burning. In a 1906 article written by the New York Times the headline read: "22 Die In Landslide, More Houses In Peril...Haverstraw Residences And Occupants Engulfed In Great Pit"

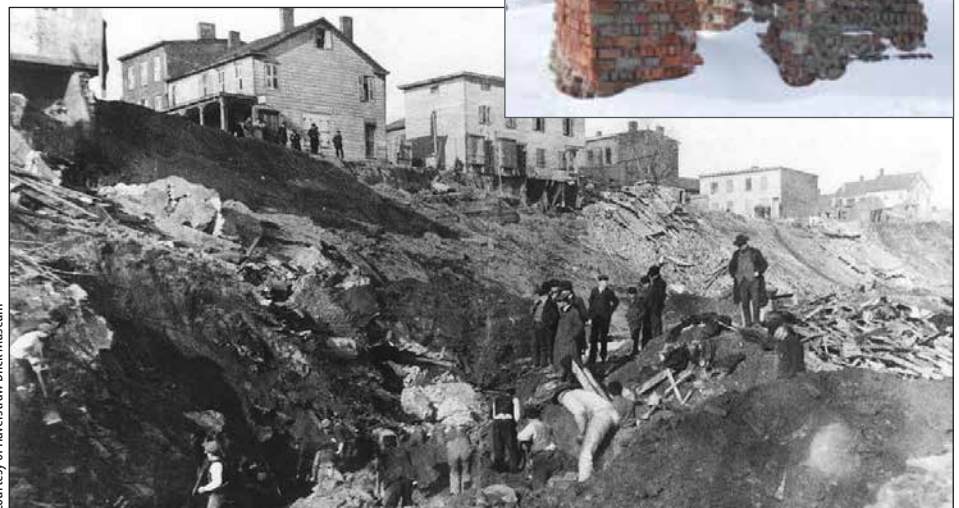
Whatever warning signals may have been made at the time, it has been said, were generally ignored because of the huge prosperity brick making had brought to Haverstraw, with many small landowners suddenly becoming millionaires. Shipbuilding, terminals,

and docks for hundreds of sailing ships and barges, also sprang up along the village shoreline, making Haverstraw the most prosperous community in Rockland and Orange Counties for nearly a century.

The area of habitation was never reclaimed, and one can still see the enormous hole where a century ago homes and businesses stood on Jefferson, Clinton, Washington, Division, Rockland and Liberty Streets.

In later years, a combination of the Great Depression, competition, and new building materials (concrete and steel were replacing bricks), brought Haverstraw's brick making industry to a close. In 1941, when the last yard closed, (Rockland County Brick Company), Haverstraw, once the world's leading center of brick production, said goodbye to an era. ❧

To learn more about the landslide and brickyards visit the Haverstraw Brick Museum, 12 Main Street, Haverstraw, NY. Open Wed-Sat-Sun, 1-4 pm. (845) 947-3505 or go to haverstrawbrickmuseum.org



Courtesy of Haverstraw Brick Museum

Workers search for survivors the day after the infamous landslide; **Inset:** Today, remnants of the brickyards can be found inside Bowline Park in Haverstraw.

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Dr. Lawrence D. Miller, O.D., M.P.A. has been a part of the practice since 2001. He is currently on the staff of Staten Island University Hospital, where he is a doctor of Low Vision. Dr. Miller is Low Vision certified in New York State; a member of the Lion's Club International and Volunteer Optometric Service for Humanity.

Dr. Christine Fitzpatrick, O.D. completed a residency at the Eye Care Center of New Jersey with an emphasis on Ocular Pathology, and worked extensively with pre and post-op cataract patients. Dr. Fitzpatrick has been part of the Plaza staff since 2008.


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pick up the phone and give us a call, or drop us an email,” adds Allan. “We will be happy to let you know about seasonal events, the best restaurants, discounts, special offers and anything else you may need to know about your intended destination. Linda and I are experienced travelers, and have been to many of the most amazing vacation destinations around the world. Our first-hand experience is invaluable to anyone planning a vacation.”

“Linda and Allan were just amazing to work with,” says one of their now-regular clients. “My kids were driving us crazy. They wanted to go to Disney World, and take my parents along. That was a lot for us to coordinate, since it is tough for my parents to get around. Linda and Allan took care of our special airline reservations and transfers, planned our days with hours of fun park time for the kids and things for my parents to enjoy during the day, activities where we could all spend time together, and the best dinner reservations for all of us in the evening. What I thought was going to be a difficult experience turned out to be an amazing vacation with memories we will cherish for a lifetime.”

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Bertoni Gallery in Warwick New York is having a new group art exhibition entitled "Perspectives." There will be an eclectic mix of local artists working in oil and water-color paintings, jewelry, collages, assemblages, stitchery, photography, ceramics, leather and mixed media.

One of our artists Nan Seefeldt was inspired by Brunel Faris the head of the art department at Oklahoma City University. She is currently working in various mixed media concepts including fabric, collage, alcohol inks and more. Her love of different textures and whimsical themes makes her laugh, and loves sharing that with others. Abstract and modern art motivates her the most. She says,

"I can find so much joy and personal satisfaction within abstraction and love the opportunity to create as often as possible, it keeps me sane and grounded." And how true that is for so many!

Another artist Glenn Donovan works in mixed media, as well. First he creates a painting and then he photographs his work. He continues to manipulate his images into very abstract forms, often having the quality of Mandalas. He says "the universe is filled with juxtaposition: beauty engulfed with chaos, turmoil struggles with serenity and random

precision. These are some of the concepts represented in his work. Early in his life, Glenn easily embraced his creative side. He filled



his teen years with music, playing bass for local bands. During his later years, he was drawn to creative writing, acting and art.

Angela Montuori of Pottery by Angela has been doing pottery for 16 years. She says, "any day spent with clay on my hands is a good one." She likes to create works of art that are functional and can be used every day of life. She loves to experiment with different color combinations, making each piece one-of-a-kind. The finished products are always a great surprise every time she opens her kiln.

Erika Rosenbaum jewelry designs radiate a simple elegance, executed in mixed metals (gold, sterling silver) and gemstones in a minimalist style.

The collections include one-of-a-kind hand-fabricated designs and limited-edition series originally sculpted in wax or through metal models, then cast using the lost wax method. An unusual stone often drives the design for a one-of-a-kind piece. She loves the feel of metal in her hands and the idea that each creation is a small sculpture that will become part of someone's personal memories. She has studied wax carving with the owner Rachel Bertoni and has become a successful jewelry designer.

You are invited to attend the closing reception of the show on Saturday May 18, from 5-7 for a meet and greet the artists.



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Many years ago when the kitchen was the heart of the home, and old inns and restaurants were the heart of a town, story telling was the heart of entertainment. Good food and spellbinding stories were a combination that satisfied both appetites, and imaginations. Many of these were ghost stories.

Along dirt roads and beyond the edge of the woods that skirt the modern roads of today, there still exist century-old buildings that continue to speak to us. Join us every issue as we visit old inns and restaurants where the secrets of history and pantry are shared with us. Historical accounts and recipes combine to bring you a glimpse of a time gone by, but not forgotten.

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back in time. Homesteads that date back over 100 years dot the countryside. The Landmark Inn still watches over the road where stagecoaches and travelers compassed their way home by its structure.

Generations of a family named Sly, farmed, lived, and made history on its beautiful acres. In an article that dates back to 1889 in the Warwick Advertiser, papers were found among Sly family descendants showing that the old farm had been in the family since the Revolutionary War. Conrad Sly, who purchased the farm, was a blacksmith who helped create the chain that stretched across the Hudson to stop the British during the Revolutionary War. His original blacksmith's shop was across the road from where the Landmark stands today. According to a book written in 1904, “History, Sly Family”, shows that Conrad came over from Bavaria with five brothers. Conrad and his family first occupied a log home near a spring on the property that had been used originally by Native American Indians. Conrad once wrote “that they found ruins of an Indian hut when they first moved there.”

Rolling fields that wave with wheat lean against the horizon behind the old inn. In this peaceful setting, a Sly family member that passed on many years ago has been glimpsed on occasion. Michael DiMartino, Landmark's owner, culinary graduate, and premier chef, has mentioned candles have been seen lighting themselves. A customer once told him, that upon driving past the inn very late at night, he almost drove off the road, when his attention was drawn to a woman in a long dress with long hair, standing in the window holding a candle, staring out into the night. Others have reported seeing an apparition of what appears to be the same woman. A waitress reported seeing the woman's reflection behind her in a mirror.

It is believed the ghost is that of “Great Aunt Hanna”, who was tremendously opposed to alcohol consumption. There was a great amount of paranormal activity in the 50's and 60's when the bar was extremely active. Glasses were witnessed being heaved against the walls, and plates suddenly found their way to the floor without encouragement of human hands.

Come and join Michael DiMartino at the Landmark Inn and taste incredible culinary creations. Enjoy the rich and rustic atmosphere where the old windows glance across the same landscape unaltered for hundreds of years.

Sip some of the best wines in the region...and hope that Aunt Hanna has mellowed as much as the wine! 

Written by Tuxedo Park Business Portfolio in collaboration with the Warwick Historical Society, Warwick library, local history librarian Sue Gardiner, Warwick historian Jean Beattie May, Warwick Advertiser, archival reference from Times Harold Record 2005, and Landmark Inn owner and chef Michael DiMartino





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Glaucoma: It's Not Just About The Pressure

*By Dr. Todd Punim, OD
Monroe Family Eyecare
91 Lakes Rd, Monroe, NY 10950
(845) 783-1224*

Glaucoma is a group of disorders that affects the eye leading to progressive damage of the retinal cells. This results in gradual irreversible damage to the optic nerve. The optic nerve is the main carrier of vision information to the brain. Damage to it results in less information sent to the brain and a loss of vision.

One of the leading causes of glaucoma is ocular hypertension. Ocular hypertension is an elevation of the pressure in the eye above the range considered normal with no detectable changes in vision or damage to the structures of the eye. We only call it glaucoma once and if these changes occur. The normal ranges in eye pressure are usually 10 mmHg to 21 mmHg. However, we see many people above that range that never develop glaucoma. Conversely, we see people within that range with progressive glaucoma. Statistically, pressures above the normal range is correlated with glaucoma, and we monitor these patients more carefully.

Unfortunately, other than in some rare types of glaucoma, patients cannot tell if they have it. For the most part, they cannot feel or see if they have pressure that is too high for their own eyes. Thankfully, today's modern equipment can help detect glaucoma at an early stage and monitor for its progression. Optical coherence tomography (OCT) is a non-invasive imaging test that uses light waves to take cross-sectional pictures of your retina. This allows your eye doctor to measure the retinal cells health. We also test detailed peripheral vision with a visual field analyzer. There is also a test called a corneal pachymeter that is used to measure the thickness and strength of the outer layers of the eye. It also helps us check for accuracy of our pressure measurements.

Family history and ethnicity may play a role in one's likelihood to develop glaucoma. A routine eye exam is the

first step in assessing a patient's risk for glaucoma. While there is no cure for glaucoma, today's medications and surgical techniques can lessen the damage to the eye. Many of these medications are in the form of eyedrops. Most patients could live out their lifetime without having vision reduced enough to ever affect their lifestyle. While high pressure measurements play a role in detecting glaucoma, they are only one piece of the puzzle.



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BOTSWANA:

The Okavango River Delta is one of the many marvels of Botswana. It is the largest inland delta in the world, and the final expression of a vast African river system encompassing three countries and two river basins. Rising in the Angolan highlands, the river flows into the Kalahari desert before surrendering to transpiration and exploration. The delta has earned its reputation as the ultimate safari destination, partly because of exclusivity which now is slowly changing. There are, however, several private concessions in the heart of the Okavango which keep it special: the Moremi reserve, Linyanti and Kwai.

Wilderness Safaris operates many camps in this pristine area and the crown jewel is the Mombo Camp. Here the wildlife is abundant—it will literally take your breath away!



Northern Botswana is also the home of beautiful Chobe National Park. The Chobe river is teeming with elephants from May through October. Each year, Botswana's zebra migrate between the south-eastern Okavango Delta and to the grasslands of the Makgadikgadi Pan National Park. This is a must for those who love zebras! Otherwise the

Makgadikgadi Pan is a haven for four-wheelers and sleeping under the stars. Just south and west is the vast Kalahari desert, home to the San Bushmen who, sadly, are being forced off their land. This is definitely worth a visit before they no longer exist.

Botswana offers the best value for your travel budget, and is the perfect place for travelers eager to experience their first safari.

ZIMBABWE AND ZAMBIA:

Victoria Falls or Mosi o Tunya “the waters that thunder” is located between Zambia and Zimbabwe. Both countries vie for the best views, but for me, it is Zimbabwe. The mighty Zambezi river tumbles over into a deep gorge and the spray can be seen for miles.

Zimbabwe has amazing wildlife in both Hwange Park and Mana Pools, plus the little known park in the southeast bordering South Africa and Mozambique called Gonarezhou (Place of Many Elephants or alternately named for the herbalists who stocked their medicines in tusks known as ‘gona’). This scenic park is full of rugged and beautiful landscapes. Here you will find the utmost luxury at Singita Pamushana.

Zambia boasts the best walking safaris in the South. There's the Luangwa river, plus two divine lodges upstream from the Falls, Royal Chundu and Tongabezi, both very special—offering superb service and lots of pampering. Zambia has several large and rarely visited parks—for the truly adventurous try Kafue or Busanga Plains.



NAMIBIA:

Namibia, known for its diamond industry and its Xhosa culture, is also home to an amazing number of natural attractions.

The famous Skeleton Coast got its name from how dangerous it was to sail a ship along the coast in centuries past. To this day, the desolate coastline is still known as the world's biggest ship graveyard. The Skeleton Coast National Park is mostly uninhabited, with a few sparse villages dotting the landscape. Most visitors come specifically to see the Cape Cross Seal Reserve. The reserve is historically significant because it was the 15th century landing spot of the first Europeans to visit the Namibian Coast. It is now a breeding colony for more than 200,000 cape fur seals.

The second largest of Namibia's game reserves after Namib-Naukluft, Etosha National Park, surrounds the vast Etosha salt pan. The pan itself is usually dry and only fills with water briefly in the



summer, but is enough to stimulate the growth of a blue-green algae which lures thousands of flamingos. Most of the wildlife, including herds of zebra, wildebeest and antelope, can be seen around the waterholes that border the pan. Etosha is served by five well-established rest camps and offers a great self-drive safari experience.

Set deep in the territories of the Namib-Naukluft National Park, where the scorching African sun beats down and sidewinder snakes drift over the undulations of sand, is the salt pan known as Sossusvlei. Beset by huge, hulking dunes – some of the highest in the world, in fact – it's a place that rarely fails to take the breath away. These great sculpted sections of desert shift in the winds, and some parts clock up whopping heights of more than 350 meters above sea level. 4X4 tours are the most popular way to see the sights, and visitors can expect to spy out the likes of antelope and oryx, springbok and ostrich as they delve into the wilds.

SOUTH AFRICA

Of course no visit to the continent's southern reaches would be complete if you did not stay in Cape Town. Known as the mother city, it is the most beautifully situated city, with Table Mountain as its backdrop, and the deep blue waters of the southern ocean lapping at its beaches.

South Africa has incredible vineyards and excellent cuisine. The food is scrumptious and fresh and there are oh so many wonderful dining choices!

History also abounds in South Africa so it is a must visit for historians. The Madikwe Game Park is a great choice for families, and the Garden route stretching from Knysna to Capetown is a delightful scenic drive. 🇿🇦





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Wisdom Teeth Explained

SHOULD WISDOM TEETH BE REMOVED?

"Wisdom Teeth" are the last teeth to erupt within the mouth. When they align properly, and gum tissue is healthy, wisdom teeth do not have to be removed. Unfortunately, this does not generally happen. Wisdom teeth may grow sideways, partially emerge from the gum, or remain trapped beneath the gum and bone. These teeth are "impacted".

WHAT ARE THE REASONS FOR WISDOM TEETH TO BE REMOVED?

Poorly positioned impacted teeth can cause many problems such as:

- Infection
- Swelling
- Stiffness
- Pain
- Illness
- Disruption of natural alignment of teeth
- Tumors
- Cysts
- Destruction of the jaw bone
- Destruction of healthy teeth



Infection



Crowding Damage



Cyst

WHEN SHOULD IMPACTED WISDOM TEETH BE REMOVED?

Wisdom teeth are easier to remove when the patient is a young adult, since the roots are not completely formed, the surrounding bone is softer, and there is less chance of damaging nearby nerve structures. Removal of wisdom teeth at a later age becomes more complicated as the roots have fully developed, may involve the nerve, and the jawbone is denser.

ORAL EXAMINATION

With an oral examination and panoramic x-ray of the mouth and jaw areas, your doctor can evaluate the position of the wisdom teeth and predict if there may be current or future problems. Studies have shown that early evaluation and treatment result in a superior outcome for the patient.

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WHAT HAPPENS AFTER SURGERY?

Following surgery, you may experience some swelling and discomfort, which are part of the normal healing process. Cold compresses may help decrease the swelling, and medication prescribed by your oral surgeon can help manage the discomfort. You may be instructed to modify your diet following surgery and later progress to more normal foods.



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Mark Lange, President

Robert Juet, one of Henry Hudson's crew, was the first European to take note of the Catskills on Hudson's boat, the Half Moon, in a 1609 expedition up the river. Some hardy pioneers, explorers and traders followed over the next several decades, leaving their imprint on the region in place names, but generally not settling the region to a significantly greater extent than the Indians had.

Over the next several decades, regular rumors of gold strikes drew more settlers to the Catskills. Trade in beaver hats spurred more exploration and settlement of the region. Sometimes called the "Blue Mountains", to balance out with Vermont's Green Mountains and New Hampshire's White Mountains, the Catskills were talked about as early as the 1600's. Maps from 1655 show them being referred to as the Kat Kills.

One of the first grand establishments was the Catskill Mountain House built in 1823. It was a famous hotel near Palenville, New York, overlooking the Hudson River Valley. In its prime, it was visited by three U.S. presidents, (U.S. Grant, Chester A. Arthur and Theodore Roosevelt), and the power elite of the day.

The Mountain House's site, the "Pine Orchard," had long been famous for its panoramic views up and down the Hudson Valley, and even beyond to the east. John Bartram and James Fenimore Cooper had both written about it in different contexts.

Artists and writers had discovered the Catskills some time earlier. Shortly after it was constructed, the Mountain House and its surroundings became a favorite subject for Washington Irving and artists of the new Hudson River School, most notably Thomas Cole.

Echoes of Grandeur in the Catskill Mountains

"Come to the Catskills...Come Play"



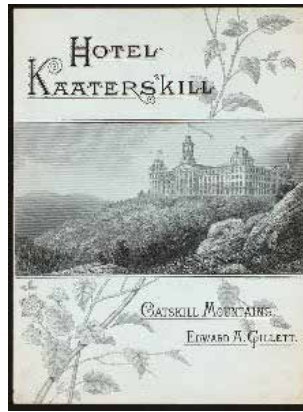
Cooper advised his European audience, “If you want to see the sights of America, go to see Niagara Falls, Lake George and the Catskill Mountain House”.

On September 18th, 1822, a group of Catskill merchants held a formal ball, high atop the Catskill escarpment at a place on South Mountain, known as the Pine Orchard. A ballroom 60 feet long was built between two existing buildings. Prominent citizens from Albany to Newburgh gathered to enjoy the festivities and the view of the Hudson Valley. The real purpose of the ball was to gain additional investors for the construction of a hotel on the site. And it worked. After the ball, they formed the Catskill Mountain Association. The Mountain House was built during the fall and winter of 1823, and opened in the summer of 1824.

In 1839, Charles Beach, son of Erastus Beach,

who owned the stagecoach service from Catskill to the Mountain House, leased the hotel from the Association. During an economic downturn in 1845, Beach bought the hotel for \$5000 at a sheriff’s tax auction. During this period, Beach substantially rebuilt the Mountain House, changing the Federalist design into the neo-classical structure that became famous. Under Beach’s ownership, the Mountain House dominated tourism in the Catskills. Most of the hotels in the Catskills were built close to rail stations. But the Mountain House was accessed by a daylong stage ride. In 1892, the Mountain House built the Otis Elevating Railway to bring guests up the 1630-foot escarpment from Palenville. But the railway was expensive to operate and maintain, and was sold for scrap in 1918, the same year the Catskill Mountain railroad was scrapped. Charles Beach had died in 1902, and over the next 16 years, so did his

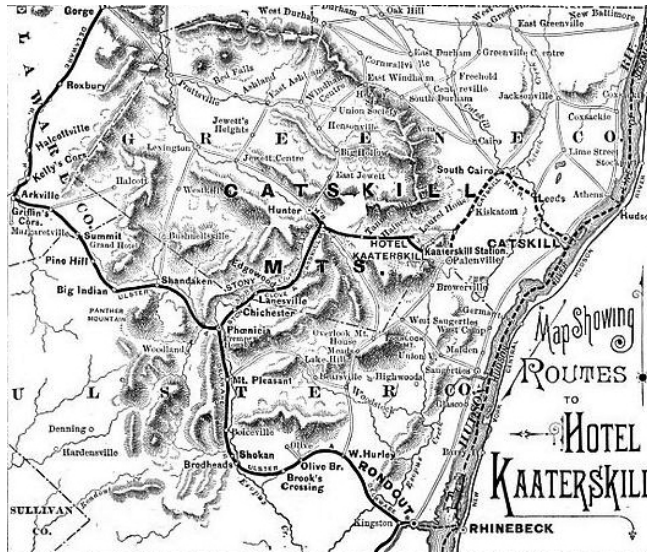




sons. The end of the Beach's' control of the Mountain House coincided with dramatic changes in the Catskills. No longer did New York's elite come to the Catskills. Now it was the middle classes that came, and they preferred the smaller, less expensive hotels. The Mountain House hung on until the start of World War II, but the season of 1941 would be its last.

It was not until the 1850's that hotels were built to rival it in size and grandeur. The Kaaterskill Hotel, the Grand Hotel in Highmount, and the expanded Laurel House, plus the smaller hotels that sprang up everywhere, all competed with the Mountain House for guests.

There was competition for the Mountain House when the Laurel House was built in the early 1850's. Peter Schutt purchased a large tract of land, including Kaaterskill Falls. Schutt was a successful tavern owner in Saugerties, and owned an interest in a hotel in Catskill. One of the attractions for visitors to the Catskill Mountain House was to walk to nearby Kaaterskill Falls. There was a small millpond past Lake Creek from the falls and for a few coins, the miller would open the gate on the dam, "turning on" the falls. One year after the Mountain House was built, Schutt built a platform looking out from the top of the falls, and a log cabin to serve refreshments



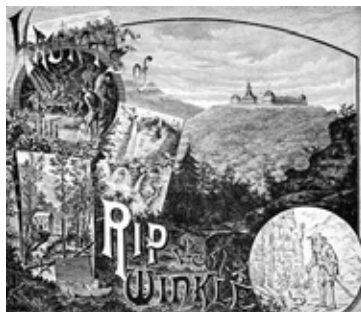
to the visitors. As business at the Mountain House grew, so did the number of visitors to the falls, and in 1852 he built a boarding house at the top of the falls. It was enlarged to a full-scale hotel in 1881. The hotel replaced the miller's pond with their own dam and pond on Spruce Creek, closer to the falls. It remained in operation until 1963, long after the larger and grander Catskill Mountain House and Hotel Kaaterskill

had closed their doors. It was so badly decayed by the time the state acquired it, it was burned to the ground in 1967 and its grounds added to the Forest Preserve.

"Come to the Catskills... Come Play" is a phrase synonymous with fond memories for almost 200 years. Stories, paintings and fiction-like romantic images, hold fast to the area that surrounded and upheld part of a lifestyle that encased a fairytale image. The Catskill's landscape and the serenity found within it, was home to many memories

that lingered long after the clubs and camps closed their doors forever. Twice-told stories and postcards depicted spring and summers that never ended, maintaining a childlike innocence long after childhood faded. **TP**

Written by Tuxedo Park Magazine





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Donald A McCain M.D. Ph.D., F.A.C.S. is the Chief of Surgical Oncology (Dept. of surgery) and Vice Chairman of the John Theurer Cancer Center at Hackensack University Medical Center and is a board certified surgical oncologist whose major interests are melanoma, gastric cancer, colorectal cancer, hepatobiliary cancer, sarcomas and micrometastases.

Dr. McCain holds an academic appointment at Rutgers Medical School. Prior to coming to Hackensack University Medical Center, he completed his surgical oncology fellowship at Memorial Sloan Kettering Cancer Center. He holds memberships in several key national and regional professional organizations and not only has he published his work extensively but he has been recognized throughout his career for research excellence.

Dr. McCain received his Bachelor of Science in chemistry from C.U.N.Y. in 1986, Master of Science in 1988 and Ph.D. in 1989 in molecular biophysics from Albert Einstein College of Medicine, NY Columbia University Graduate Programs. He continued on to receive his M.D. degree from Albert Einstein College of Medicine in 1991.

His surgical Residency 1991-1996 was completed

at the Mount Sinai Medical Center in NY and Surgical Fellowship at the world renowned Memorial Sloan-Kettering Cancer Center in NY was finalized in 1998.

From the inception of his career Dr. McCain has been a recipient of many awards. He opened his private practice in 2000 and in 2015 he opened his second practice in NY to accommodate patients in the city. Dr. McCain has credentials in New Jersey's Hackensack University Medical Center, Holy Name Hospital, and New York's Lenox Hill Hospital.

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Saddle River Day Juniors take the M3C MathWorks Math Modeling Challenge

Article by Gretchen Lee Kuhlman, Director of Communications

Ten Saddle River Day School Juniors put their advanced math skills to the test recently.

The MathWorks Math Modeling (M3) Challenge is a contest for high school juniors and seniors organized by the Philadelphia-based Society for Industrial and Applied Mathematics (SIAM). Through participation, students experience what it's like to work as a team to tackle a real-world problem under time and resource constraints, akin to those faced by professional mathematicians working in industry. Last year's challenge, "Better Ate Than Never," tasked students with creating mathematical models to address eliminating food waste at the personal, local, and state levels. This year's challenge was "One is

too many and a thousand not enough: Substance Use and Abuse." The three specific topics for discussion were:

1. "Darth Vapor" (comparing the affects of vaping vs. nicotine).
2. "Above or Under the Influence?" (predicting how many students among a class of 300 high school seniors with varying

characteristics will use the following substances: nicotine, marijuana, alcohol, and unprescribed opioids).

3. "Ripples" (developing a robust metric for the impact of substance abuse).

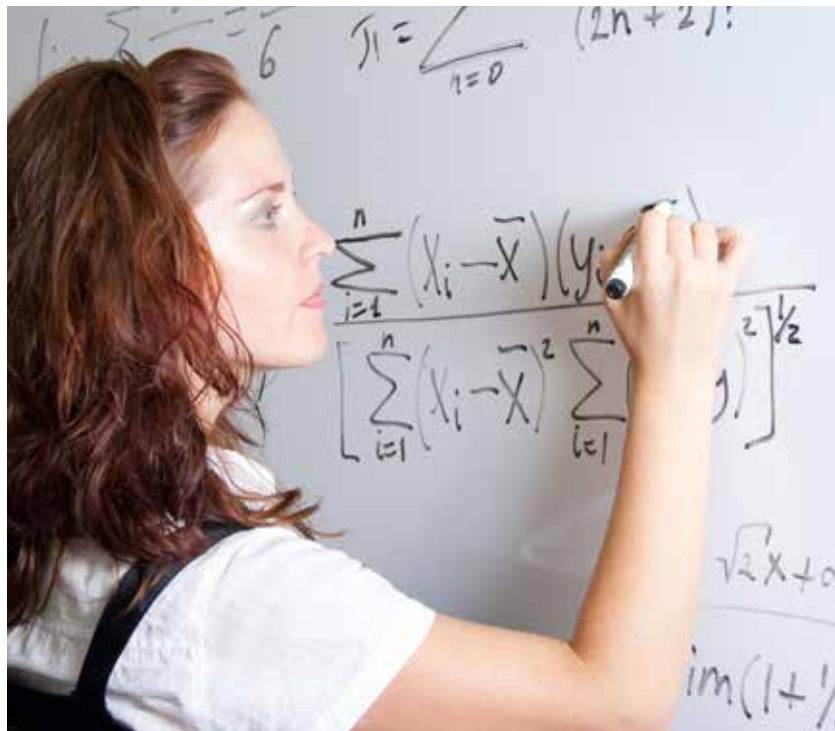
Juniors at SRDS prepared for the 14-hour intensive that took place


their coach or anyone else.

"This is a wonderful opportunity for students to solve a real-world problem, from not only a technological standpoint, but an interpersonal one as well," said Dr. Wassel.

"One of the best ways to engage students in math is by highlighting topics that are directly relevant to them.

Helping society really engenders a sense of accomplishment and satisfaction." For Jalaj Desai, Upper School Head, participating in a competition like this is crucial to a student's study of mathematics: "Applied mathematics is the future of math education and every high school student should be encouraged to find opportunities to work on projects related to mathematical modeling. At SRDS, we are committed to providing students with




these opportunities." More information about the M3 Challenge can be found at m3challenge.siam.org. 

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March 1-3, 2019, by studying previous M3 Challenges and practicing modeling techniques under the supervision of Dr. Mary Anne Wassel in the Math Department. The specific real-world problem that is posed each year is entirely unknown to participants until they download it during Challenge weekend, and they work unaided by

these opportunities."

More information about the M3 Challenge can be found at m3challenge.siam.org. 

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AMG



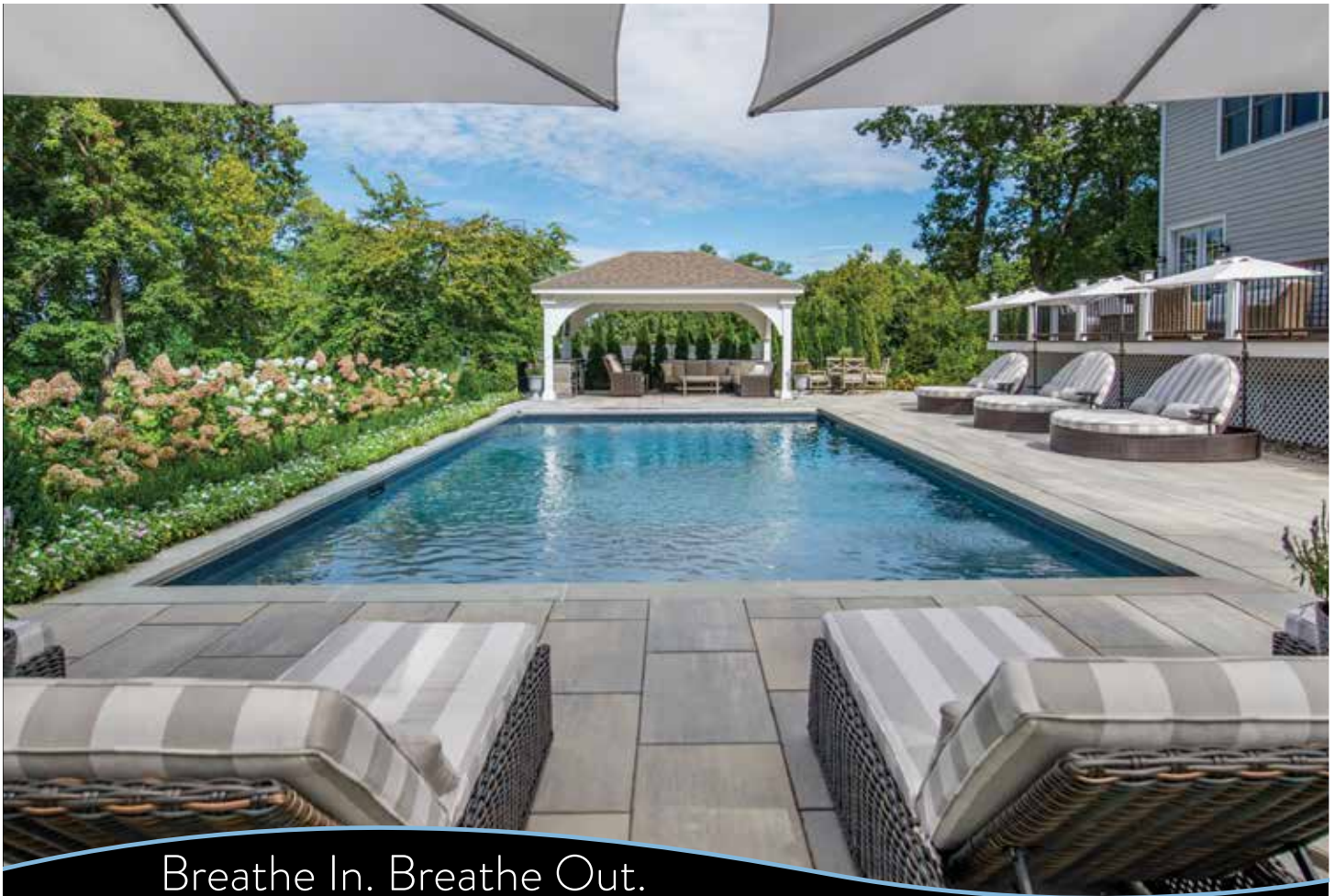
SPRINTER

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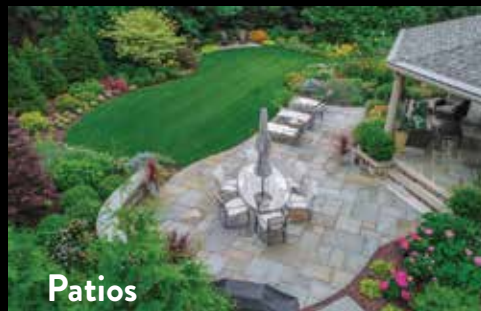


Breathe In. Breathe Out.

You're Home



Pools



Patios



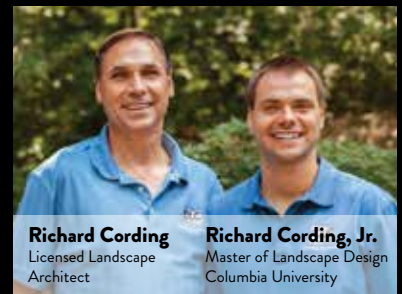
Plantings

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Licensed Landscape Architect

Richard Cording, Jr.
Master of Landscape Design
Columbia University

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