

Former Local Mayor Dies



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September 23 - September 29, 2014

SMALL NEWS IS BIG NEWS

Volume 6, Issue 249

Opponents, Union Workers Clash Over Pipeline Project

By Sue Guzman

Proponents and opponents of a controversial natural gas pipeline project mobbed the Muriel Morabito Community Center in Cortlandt last Monday night to weigh in on the controversial Algonquin Pipeline Project being considered by the Federal Energy Regulatory Commission (FERC).

The public hearing was held to allow comments on the Draft Environmental Impact Statement for Spectra Energy Corporation's proposed project that would run from Stony Point, under the Hudson River, through Peekskill, Cortlandt, portions of Yorktown and into Southeast, Connecticut, Rhode Island and Massachusetts. The proposal, which is being reviewed by FERC, would remove an existing 26-inch gas pipeline and replace it with a 42-inch one.

The evening began with a news conference held by pipeline opponents that included the grassroots groups Stop the Algonquin Pipe-

line Expansion (SAPE), Concerned Peekskill Residents (CPR) and Keep Yorktown Safe. Amid raucous shouts by megaphone-wielding proponents of the pipeline, Suzannah Glidden with SAPE called the DEIS "fatally flawed and incomplete," adding, "Most glaring is the absence of a comprehensive assessment of the unacceptably dangerous siting of the pipeline under extreme high pressure right next to the Indian Point nuclear power facility--1500 feet away and its 40 years of spent nuclear fuel rods."

That sentiment was echoed by state Assemblywoman Sandy Galef (D/Ossining), who called it an accident waiting to happen. "You can't have this huge high energy line put in with a nuclear power plant down the line," she maintained. Galef said she wrote to FERC in January asking that a study be done by the NRC to determine whether the gas pipeline would have any

continued on page 6



SUSAN GUZMAN PHOTO

Suzannah Gliddon of SAPE is joined by political leaders and residents opposed to the Algonquin Pipeline Expansion Project

Youths Charged with Ransacking Islamic Center in Mohegan

By Rick Pezzullo

Three male Mohegan Lake youths were arrested Wednesday in connection with the ransacking of the Hudson Valley Islamic Community Center on Lexington Avenue.

The unidentified youths, one 13 and the other two 12, were charged with juvenile delinquency and are scheduled to appear in Westchester County Family Court on September 30. The youths were captured on the Islamic Center's surveillance cameras, which helped Yorktown Police locate two of them riding bicycles about 10 hours later in the neighborhood on Lakeland Street, near Clover Road.



RICK PEZZULLO PHOTO

Hudson Valley Islamic Center in Mohegan Lake

The third suspect turned himself in with a parent at police headquarters.

Yorktown Police Lieutenant Robert Noble told a reporter police were not

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Somers Businessman Indicted for Tax and Wire Fraud, Witness Tampering

By Rick Pezzullo

A Somers businessman and publisher of a weekly newspaper in Westchester County was indicted by a federal grand jury in White Plains Thursday for submitting multiple false loan applications to banks, tax fraud, wire fraud and witness tampering.

Selim "Sam" Zherka, 46, publisher of The Westchester Guardian, owner of two gentleman clubs in Manhattan and an

outspoken critic of the county's administration, was arrested by FBI agents at his New Rochelle office. He pled not guilty to the charges but was ordered held without bail.

"As alleged, Zherka's entrepreneurship got a little too creative when he began fabricating loan applications, among many other things, and Zherka's web of deception knew few bounds," said FBI Assistant Director-in-Charge George

Venzelos. "Today he finds himself under arrest and on the wrong side of the law."

According to the indictment, from November 2005 through 2008, Zherka obtained more than \$146 million in loans from three banks for the purchase and/or refinancing of apartment house complexes in New England, Tennessee, New Jersey and New York by lying about the purchase prices of the real estate he was acquiring, the amount of down pay-

ments he was making, his assets, his income, his tax returns and the circumstances of a 2000 court judgment against him for assault and breach of contract.

He is also charged with engaging in a decade-long tax fraud scheme, including failing to file personal tax returns for over a decade. If convicted on the charges, Zherka, a father of eight, could spend the rest of his life in prison and face more than \$1 million in fines.

Police Blotter

State Police

September 9 - Colin Tullgren, 22, of Somers, was arrested for allegedly possessing and using a stolen credit card which was taken from a Somers resident some time during August. Police said Tullgren used the stolen credit card to make numerous purchases from the Jefferson Valley Mall in Yorktown. He was charged with two counts of criminal possession of stolen property and two counts of criminal possession of a forged instrument, both felonies. Tullgren was remanded to Westchester County Jail in lieu of \$15,000 cash/\$30,000 bond.

September 10 - Jabbar Cherry, 24, of Yorktown, was charged with grand larceny in the fourth degree, a Class E felony,

for allegedly stealing a company credit card and making unauthorized purchases at a local supermarket. Cherry was issued an appearance ticket and released.

September 15 - Robert Kilichowski, 56, of Verplanck, was charged with identity theft in the first degree, a felony. On August 1, police began an investigation after a victim reported somebody had cashed a check that was made out to him in the amount of \$4,492.83. The investigation identified Kilichowski as the suspect who signed the victim's name before depositing the money into his own bank account. Kilichowski was arraigned in Cortlandt Town Court and is scheduled to return on September 29.

Yorktown Police

September 10 - 10:09 p.m. - Danielle Hartmann, 19, of Mahopac, was charged with nine counts of criminal possession of stolen property in the fourth degree. Police received a call at 8:22 p.m. from a female resident of Croton Heights Road reporting the theft of a wallet containing assorted credit cards. Officer Matthew Iacona conducted an investigation that revealed the resident had her wallet stolen while transporting a stranded female motorist, identified as Hartmann, from Hanover Street to Mount Kisco and back to Hanover Street. Hartmann not only possessed stolen credit/debit cards but also assorted personal papers owned by the Croton Heights Road resident. Hartmann was remanded by Yorktown Town Justice Sal Lagonia to Westchester Coun-

ty Jail in lieu of \$5,000 cash bail.

September 16 - 6 p.m. - An unidentified 15-year-old Yorktown male was charged with juvenile delinquency for allegedly making a threat on the social media app "Yik Yak" in the vicinity of Yorktown High School. The application allows anonymous posts that can only be viewed by other users within a 1.5-mile radius. Police said the post made statements about bullying and a non-specific threat that "the school will explode." Police located the suspect at his residence with the assistance of GPS tracking associated with the app. He was processed, released to a parent and issued an appearance ticket for Westchester County

continued on page 7



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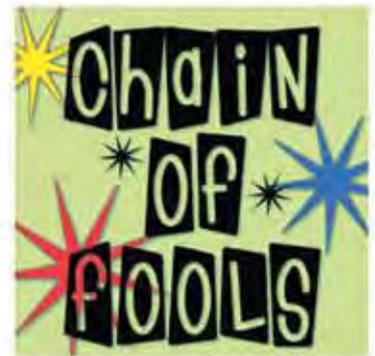
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Yorktown High Grad Crowned 'Diva Bikini' Champion

By Rick Pezullo

Amanda Saccomanno, a graduate of Yorktown High School, won first place last month in the largest and most prestigious "fitness and fashion" competition in the world.

On August 16, Saccomanno, who graduated from Iona College with honors in 2012 earning a bachelor's degree in speech language pathology, was crowned the World Beauty Fitness & Fashion "Diva Bikini Pro World Champion," a competition that aired on pay-per-view at the Cosmopolitan Hotel in Las Vegas.

More than 50 countries were represented at the competition, which showcases the most elegant and physically aesthetic women and men in the industry.

In 2013, Saccomanno won her pro-card at her first contest in Boston. She recently signed multiple endorsement deals and had photo shoots for covers of well-known fitness magazines. She has also launched a modeling career and is scheduled to travel to Australia, London, South Africa and Canada.



Amanda Saccomanno struts her stuff

Peekskill Youths Become Published Authors with Sci-Fi Book

By Rick Pezullo

A dozen members of the Peekskill Youth Bureau have become published authors.

Tanya Johnson, program coordinator for The Peekskill Youth Bureau Leadership Initiative for Teens (LIFT) Program, announced last week the Science Fiction short story book, *Stories Across The Universe*, that the youths wrote in collaboration with Westchester author Jaz Johnson is now available on Amazon, Createspace and Barnes & Noble.

In addition, the youths will be hosting a book signing on Thursday, September 25 from 6:30 to 8 p.m. at the Youth Bureau at 828 Main Street with local dignitaries and the general public. Proceeds from any book sales will benefit the LIFT Program.

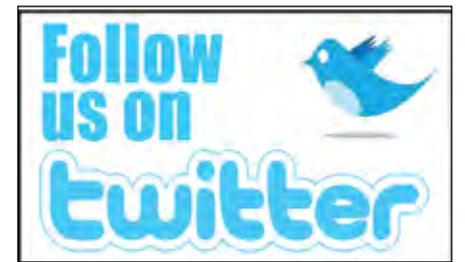
The new authors, ages 10 to 13 years old, are A. Bailey, P. Ham, J. Gonzalez, D. Quinn, D. Williams, K. Cousins, J. Pasato, F.K. Ham, T. Popotte, V. Wilson, A. Silva and L. Bridgewater.

Light refreshments, corporate donations and support for Thursday's event have been provided by the City of Peekskill, The Peekskill Youth Bureau Board of Directors, G&K Sweet Foods, LLC,



12 young new authors will be holding a book signing Thursday.

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Former Buchanan Mayor Al Donahue Dies at 78

By Rick Pezzullo

Former Village of Buchanan Mayor Alfred J. "Al" Donahue, who led the village for 12 years and unsuccessfully ran for his former job last spring, died September 20 surrounded by his loving family. He was 78.

Donahue was born on January 8, 1936 in Peekskill, to John and Mary Bruno Donahue. He served honorably in the U.S. Army during the Vietnam era. On April 25, 1959,

he married Carolyn Gilbert at the Assumption Church in Peekskill.

Prior to entering the local political scene, he was a New York State Trooper for 29 years. He was very active in community and civic affairs and was a constant presence at Buchanan meetings.

In addition to his wife of 55 years, he is survived by five children; Cynthia (Robert) Lynch, Michael Donahue, Mary (Kriss) Hammond, Timothy (Desiree) Dona-

hue and Doreen (Brian) Sheridan and 20 grandchildren. Also surviving are three brothers; Patrick Donahue, John (Loretta) Donohue and Larry (Carol) Donahue, brother-in-law, Vincent Sorano, and many nieces and nephews. He was predeceased by sister, Alice Sorano, grandson, Tyler Hammond, sister-in-law, Linda Donahue and best buddy, Kenneth MacDonald.

Visitation will be Wednesday, September 24 from 2 to 8 p.m. at the Joseph F.

Nardone Funeral Home in Peekskill. A Mass of Christian Burial will be offered on Thursday, September 25 at 10a.m. at Assumption Church in Peekskill. Interment will follow at St. Patrick's Cemetery in Verplanck. Donations can be sent to American Legion Post 274, PO Box 21, Peekskill, NY 10566 "Heroes to Hometown Program" or American Cancer Society (in memory of Alfred Donahue) Attn: Sam Sheridan, 43 Nagog Park, Ste. 110, Acton, MA 01720.

Town of Ossining Board Chooses Village Cops over County

By Rick Pezzullo

By Rick Pezzullo

The Town of Ossining board has entered into negotiations with the Village of Ossining for police services, ending a four-year relationship with Westchester County Police.

"The Village of Ossining's proposal has many attractive elements, specifically the opportunity to pursue consistent policing throughout both the town and village, and also in the Ossining school system," Supervisor Susanne Donnelly stated in a press release on behalf of the Town Board. "We are also pleased that this contract includes hiring five people from the Town of Ossining, allowing

our community members to serve their neighbors and grow in our community."

The contract negotiations must be completed no later than October 15 or the Town Board may request a one-year extension of the existing contract with the county.

Donnelly noted a deal has not been signed yet since the Town Board has some concerns about some details of the village's proposal.

"The proposed method of providing services, relying so heavily on overtime, appears to have few, if any, adherents in local law enforcement," Donnelly stated. "The village has been asked to address the viability of this method and insists that it

will devise a plan to effectively use this technique. It thus appears that the actual specifics may be a work in progress."

Some of the specific outstanding issues mentioned by Donnelly include: the use of overtime/double-up days as a "plan," not as an emergency provision; the use of overtime throughout the contract; provisions that have been made if some of the new officers do not successfully complete the police academy; and what guarantee does the town have that officers assigned to the town will actually be covering the town sectors.

Donnelly stressed the Town Board was "extremely pleased" with the services of the county police and would not hesitate

to recommend them to any other municipality.

"The County Police have demonstrated professionalism above and beyond our expectations, and have set a high bar for any police department that becomes responsible for the safety and well-being of the unincorporated area," she said.

"We look forward to moving ahead with the process, and trust that the residents of the unincorporated area understand and respect both our decision and our process together. We hope to continue to strengthen our community and partner on this new endeavor in a way that enhances all of Ossining," Donnelly added.



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Opponents, Union Workers Clash Over Pipeline Project

continued from page 1

negative repercussions on the health and safety of the people living around Indian Point. No study has been done, she noted.

Buchanan Mayor Theresa Knickerbocker said one of her biggest concerns was that the pipeline would come within 450 feet of the Buchanan-Verplanck Elementary School, calling it a "big safety issue."

Cortlandt Supervisor Linda Puglisi was also among those in opposition to the pipeline. "We've done more than our fair share to provide energy in our community, our region and our state. We do not need to become the energy capital of America," she remarked.

As Puglisi was shouted down to chants of 'we want jobs' by hundreds of unionized workers who gathered to show their support for the project, she responded by saying, "We support the people who are looking for jobs, but this is not the right project for our community."

About 200 union laborers from Westchester and Rockland counties clad in bright orange shirts were in attendance in support of the Algonquin Pipeline Project. Frank Marchese Jr. with the New York State Laborers' Organizing Fund, said, "Our workers are hard working men and women who not only need jobs, but live here and pay taxes here, so they would never jeopardize the health and well-being of their families for the sake of a job."

"We know this job can be done in a safe manner with minimal environmental impact," Marchese said. "Over 70 percent of the project involves existing right-of-ways, meaning the pipe is in the ground already and is merely being upgraded."

Peekskill Mayor Frank Catalina opposed the pipeline project for a different reason. He said Peekskill lawmakers met with officials from Spectra Energy and did not get answers to their questions regard-

ing liability. "When you don't know what your liability insurance is, you should not come to Peekskill. When you do know who is going to pay for damage to the roads, damage to private property, you should not come to Peekskill," he said.

Courtney Williams, parent of a future Buchanan-Verplanck Elementary School student, disputed Spectra's assertion that the expansion would only involve replacing an existing pipeline 1,500 feet from

the school. Williams said the new route would actually be only 450 feet from Buchanan-Verplanck Elementary.

Opponents of the pipeline presented FERC with a petition containing more than 26,000 signatures at Monday night's meeting. An estimated 400 people packed into the community center and approximately 80 speakers addressed FERC during the more than four-hour hearing, with the overwhelming majority denouncing the project.

Pipeline Opponents Claim Grace, Murphy not Representing Yorktown

By Rick Pezzullo

Members of Keep Yorktown Safe and other grassroots groups demonstrated before and during a Yorktown Town Board meeting last week, a day after a marathon public hearing in Cortlandt on the proposed gas pipeline expansion.

Several speakers took issue with Supervisor Michael Grace not being in attendance at the more than four-hour hearing held by the Federal Energy Regulatory Commission (FERC) and criticized Councilman Terrence Murphy for not joining other area officials in signing a petition asking FERC to reject what they perceive to be a "fatally flawed" Draft Environmental Impact Statement for the project.

Roseann Brackert asserted Grace and

Murphy were working closely with Spectra Energy, the company seeking permission to replace the existing 26-inch pipeline with 42-inch pipes.

"You two gentlemen are working for someone and it's not for the Town of Yorktown," Brackert maintained. "Supervisor Grace should come clean and announce what his deal with Spectra is."

Paul Moskowitz also questioned the motives of Grace and Murphy, saying "Mr. Grace and Mr. Murphy are the only officials in Westchester County acting for Spectra and against the interests of the people of the Town of Yorktown."

Murphy said he submitted written comments to FERC requesting that all safety measures take precedent over any other issues with the pipeline expansion,

while Grace said he "had a long standing commitment and an emergency with one of his children" that kept him away from Monday's hearing.

However, Grace said the town had "limited ability to change the direction" of the pipeline but had done everything so far to protect Yorktown.

"There is nobody on this board that wants to compromise the safety of Yorktown. We have asked that FERC keep Spectra's feet to the fire on all health and safety issues," he said. "This is not FERC's first rodeo. There are 305,000 linear miles of pipeline in the United States. There are so many considerations that go into this that are bigger than us. I appreciate the passion you all have. I have to look at all sides of the issue before I get involved."

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Obituaries

Vincent Madaffari

Vincent Edward Madaffari, a resident of Mohegan Lake, died on September 19, 2014. He was 73.

Mr. Madaffari was born in the Bronx on September 20, 1940 and was the son of the late Edward and Annie (D'Arminio) Madaffari. He was a graduate of Farleigh Dickinson University where he received his B.S in Electrical Engineering in 1986. He was a retired Electrical Engineer with Technicon. He was an avid fisherman, enjoyed the trotters and telling jokes

Mr. Madaffari is survived by his beloved wife Barbara (Renna); his loving daughters Lauri-Ann (Michael) Medwid and Mary-Ann (Philip) Mele; he loved spending time with his five grandchildren Melissa, Christina, Michael, Samantha and Nicole; his siblings Edward and Janet Spears; many nieces, nephews and cousins.

A funeral mass was held at St. Elizabeth Ann Seton Church in Shrub Oak. Interment followed at Assumption Cemetery in Cortlandt.

Louis Morris

Louis Morris, a resident of Montrose, died on September 16. He was 88.

Mr. Morris was born in Peekskill on June 17, 1926 to the late Louis and Dora (Chaplin) Morris. He was a proud United States Navy veteran who served during WWII. He was married on September 13, 1952 at St. Christopher's Church in Buchanan to Beatrice Ford. He worked for many years and retired from New York Central Rail Road in 1962 then worked his second career as an account manager for Metropolitan Life in Yorktown Heights. After his retirement from MetLife, he worked as a school bus driver for the Lakeland School District which gave him great pleasure retiring at the age of 84.

Amongst his many interest, h was an active member of the Elks Lodge in Peekskill, member of the Cortlandt Centennial Hose Co., faithful parishioner of St. Christopher's Church in Buchanan and an avid golfer.

He is survived by his beloved wife Beatrice; loving nieces and nephews, Diana Morris, Peter Morris, Louis Pische, Carter Pische, Kathryn Pische, Marc Levine and Lawrence DeMeo. He is also survived by many more nieces, nephews, cousins and many dear friends. He will truly be missed by all who knew him. A Mass of Christian Burial was celebrated at St. Christopher's Church in Buchanan.

Evelyn Gilchrest

Evelyn Gilchrest, a resident of Peekskill, and formerly of Boykins, VA, died peacefully on September 17 surrounded by her family. She was 69.

She was born March 4, 1945 to the late Major and Etta Jordan. She worked at the Ossining Open Door for 28 years. She was preceded in death by her husband, Walter Gilchrest and is survived by her daughters, Valerie Gilchrest, Sharon Gilchrest and Waltina McCLeod (Bradley), grandson Anthony Gilchrest, granddaughters, Crystal Schuler and LaShanda Egleton and great-granddaughter, Xyla Collins.

Rose Ross

Rose M. Ross, a resident of Ossining, died on September 14. She was 94.

She was born June 19, 1920 in North Tarrytown, to Anthony and Marianna (Gautieri) DiCairano. She worked for Eastern Aircraft many years ago. She was predeceased by her husband Albert, who died in 1958, her daughter Patricia Holmes, who died in 1984, brother Gerard DiCairano and sister Angelina Faiella. She is survived by her brother Daniel DiCairano, sisters Jennie Gabriele, Mary

Cronin, Theresa Ryan and many nieces and nephews. A Mass of Christian Burial was held at St. Ann's Church, followed by burial at St. Augustine's Cemetery.

Police Blotter

continued from page 2

Department of Probation.

8 p.m. – Anthony Viverito, 56, of Yorktown, was charged with harassment in the second degree, a violation, after police investigated an August 23 complaint from a male who alleged Viverito struck him in the face.

September 17 - 4:50 p.m. – Joseph Colaizzi, 29, of Yorktown, was charged with two counts of criminal contempt and criminal possession of a controlled substance after police responded to aid a subject on Rutledge Drive who had overdosed. Investigation at the scene revealed Colaizzi allegedly violated two order of protections while being under the influence and possessing a quantity of heroin which was prohibited in the order of protection. He was remanded by Yorktown Town Justice Sal Lagonia to Westchester County Jail in lieu of \$25,000 cash bail.

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Adam Stone
astone@theexaminernews.com
Publisher

Laura Markowski
lmarkowski@theexaminernews.com
Associate Publisher

Peter Stone
pstone@theexaminernews.com
Chief Financial Officer

Rick Pezzullo
rpezzullo@theexaminernews.com
Editor-in-Chief

Martin Wilbur
mwilbur@theexaminernews.com
Assistant Editor

Neal Rentz
nrentz@theexaminernews.com
Reporter

David Propper
dpropper@theexaminernews.com
Reporter

Ray Gallagher
rgallagher@theexaminernews.com
Sports Editor

Stan Gitner
Freelance Photographer

Mekea Fishin
mfishin@theexaminernews.com
Layout Designer

Dina Spalvieri
dspalvieri@theexaminernews.com
Ad Designer

Jeff Ohlbaum
johlbaum@theexaminernews.com
Senior Account Executive

Paul Cardi
pcardi@theexaminernews.com
Senior Account Executive

Nina Harrison
nharrison@theexaminernews.com
Account Executive

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Op-Ed

Majority of Peekskill Common Council Supports City Manager

By Darren Rigger

As a Peekskill City Council member, I want to assure everyone that the majority of my fellow council members stand by Anthony Ruggiero as the Peekskill City Manager. The unsettling comments I read in this paper earlier in the week are troublesome and I am writing to clear up any misperceptions.

As the CEO of the city and its more than \$35 Million budget, Mr. Ruggiero makes hundreds of financial decisions a year. He is extremely diligent, has been ethical and honest, and always has the best interest of the city at heart. He has not played politics or provided patronage jobs and this may have upset people who want to go back to the good old boy network.

Mr. Ruggiero has worked for the City of Peekskill for well over a decade. He served as Director of Planning and as Acting City Manager. He is very qualified to be City Manager and comparatively

even more qualified than many of his successful predecessors.

More than almost any other person in the City, Mr. Ruggiero has been a part of Peekskill's renaissance. He has worked on bringing to fruition the Main Street Revitalization Program, Annsville Preserve park, the Downtown Streetscape projects, the new Holiday Inn, our new Peekskill Landing Park, the new Riverfront South railway for which construction is set to start shortly, preparing the way for a comprehensive redevelopment of lower south street, and more. All of these projects were many years in the works.

I believe elected officials have to be judicious in their comments. Constantly attacking senior staff is destabilizing and hurts the city. The Mayor in Peekskill is very passionate and can sometimes get angry. Thank goodness he does not have the votes to act on his strong opinions or perhaps we would not have a BID,

the Paramount, the Peekskill Brewery or most of our senior staff. Elected officials, like me, come and go every two years and come from all walks of life. They bring to the table a wide variety of skills and life experiences. But none on our Council are professional city planners or managers. That is why we have this type of government where the taxpayers benefit from the experiences of non-political professionals.

I join my fellow council members and remain committed to working with Mr. Ruggiero to continue moving the city forward. And while I believe the city staff is doing a terrific job, I encourage people to see for themselves. Come visit Peekskill: stroll our new park at Peekskill Landing, enjoy a delicious meal or catch a live musical act. I am sure you will agree that over the past 6 years Peekskill has become a destination city and true jewel in the Hudson Valley.

Letters

All are Invited to Experience Support-A-Walk on October 5

To the Editor:

Thank you for your moving articles about people who have helped shape Support Connection since our first Walk twenty years ago. As Support Connection prepares for our 20th Anniversary Support-A-Walk on Sunday, October 5th, I continue to be inspired by those who have helped us touch the lives of so many people dealing with breast or ovarian cancer. Ilene, Andrea and Judy, who you featured over the last few months, are examples of women who took their experience with cancer to lend support and offer hope to others dealing with it.

As October is Breast Cancer Awareness month, we will see many signs and symbols about the need for awareness, detection and raising money for research. You will not see much about the availability of personalized resources for peo-

ple impacted by breast or ovarian cancer, especially provided by cancer survivors. That is where Support Connection steps in. Over the years, our counselors, all who have experienced cancer, offer this support from the lens of someone who has been there. When a person reaches out, they have access to critically needed resources- one to one peer counseling, support groups, resource information and wellness programs. Services are free, unlimited and confidential. Whether a person lives in our home base of Yorktown Heights or somewhere across the country, we are there for him or her.

It is through the generosity of publications like the Examiner News that help spread the word about our work, as well as businesses and donors, that we have helped thousands of people, with hundreds more reaching out to us each year.

I encourage your readers to join Support Connection on Sunday, October 5th at FDR Park in Yorktown Heights to experience our 20th Anniversary Support-A-Walk. You will be surrounded by caring volunteers and walkers, all there to support our efforts while celebrating life and paying tribute to loved ones. Even if you can't attend, your donation will help make a huge difference and guarantee that we can be there for all who need us.

Please call 914-962-6402 or visit www.supportconnection.org to find out more about our services or to register or make a donation to the Support-A-Walk. It is my hope that your kindness and generosity comes back to you one thousand times over.

Gratefully,

KATHERINE QUINN
Executive Director
Support Connection

Improved Breast Cancer Detection

By **Bonnie Litvack, MD, FACR**
Director of Women's Imaging, Northern Westchester Hospital

Northern Westchester Hospital is celebrating the arrival of a new Hologic 3-D Mammography unit, which produces a clearer image of the breast. We are excited to be able to offer this new imaging technique to our patients.

This innovative screening and diagnostic mammography tool is called Digital Breast Tomosynthesis (DBT) and is performed at the same time and with the same machine as the two-dimensional (2-D) mammogram. For the 3-D portion of the exam, the x-ray machine arm sweeps in an arc over the breast taking multiple thin section images of the breast. There is no additional compression required and the 3-D acquisition only takes a few seconds longer for each view. The thin section 3-D images allow the radiologist to view the breast tissue layer by layer minimizing breast tissue overlap, enabling the radiologist to provide a more confident assessment.

2-D digital mammography remains the standard of care for breast cancer screening. However, Digital Breast Tomosynthesis is now an FDA-approved option for both screening and diagnostic mammography. The medical literature

has shown that Digital Breast Tomosynthesis has a higher cancer detection rate than 2-D digital mammography alone and DBT decreases the number of patients who need to be called back for additional images, reducing patient stress. Digital Breast Tomosynthesis can be beneficial for all women. However, it is most helpful for women with dense breasts, those at high risk for breast cancer and women with a personal history of breast cancer.

The Women's Imaging Center at Northern Westchester Hospital strives to provide the women of our community with the highest level of care. Digital Breast Tomosynthesis (3-D mammography) is a new tool to help us fulfill our mission.

To schedule your annual mammogram at Northern Westchester Hospital, please call 914.666.1445.

Dr. Bonnie Litvack is Director of Women's Imaging at Northern Westchester Hospital. She is Board Certified in Diagnostic Radiology, Fellowship trained in MRI, and has extensive experience in all aspects of women's imaging services. Dr. Litvack takes a 'primary care' approach with her patients, and seeks to reduce the anxiety that many women understandably experience during scans.

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As a veteran PR professional, his work will be just as creative and meaningful when it comes time to list and market your home for sale.

To see Jessica on September 27, call the Paramount at 914-739-0039.

To contact Bill to discuss your real estate needs, call him directly at: 914-522-2076. To know more about him, visit www.PrimaveraRealEstate.com.

William "Bill" Primavera is a NYS Licensed Salesperson with William Raveis Real Estate, 1820 Commerce Street, Yorktown Heights, NY, 914.245.0460. www.raveis.com.



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www.WestchesterHeartWalk.org



Wagner Issues Debate Challenge to Murphy in Senate Race

By David Propper

In a move that would keep both candidates running for the 40th senate district seat plenty busy in October, Democratic candidate Justin Wagner proposed he and Republican foe Terrence Murphy participate in a series of nine debates.

In a press release issued last week, Wagner announced he challenged Murphy to nine different debates, including two the same night. In a letter to Murphy inviting him to attend the forums with him, Wagner wrote, "I believe very strongly -- and I hope you agree -- that elections shouldn't just be about scripted TV ads and glossy mail, and that voters should have plenty of opportunities to

hear from us at debates and candidate forums throughout the district."

Right now, seven debates are nailed down.

Dates and locations that Wagner plans on attending include the following:

- Tuesday, Oct. 7, League of Women Voters of Somers
- Wednesday, Oct. 8, Concerned Residents of Southeast
- Thursday, Oct. 9, Concerned Residents of Carmel / Mahopac
- Thursday, Oct. 16, League of Women Voters of North Salem
- Monday, Oct. 20, Kendal-on-Hudson Candidates Forum, Sleepy Hollow

- Monday, Oct. 20, League of Women Voters of Putnam County, Mahopac
- Thursday, Oct. 23, League of Women Voters of Chappaqua

Continuing in his letter to Murphy, Wagner stated, "To fail to attend multiple candidate forums throughout the district would send a terrible message to voters." He added he would like the two campaigns to schedule two different televised debates, as well.

Wagner, who ran for the same seat in 2012 against current state Senator Greg Ball and lost, chastised Ball during the previous campaign for skipping out on multiple debates.

Murphy, who is a Yorktown councilman and debated fellow Republican Bob Castelli earlier this month when the two were in a primary contest, said he would have to see what his schedule is like and will "pick and choose the debates" he's going to attend.

But Murphy wasn't shy about why he believes Wagner, an attorney, is seeking so many debates with him over the next month.

"When a guy has no record and is desperate he has to try whatever he can possibly do in order to create issues and fabricate the truth," Murphy said.

Rick Pezzullo contributed to this report

New President Likely to Lead Yorktown Chamber of Commerce

By Rick Pezzullo

It appears a new president is on the horizon to lead the Yorktown Chamber of Commerce.

Aaron Bock, chairman of the Board of Directors, confirmed Monday that current President Joseph Visconti has "expressed an interest in stepping down" from his six-year post and may fill the position of past president, now held by James Stropoli of Club Fit.

The chamber will be holding elections for several positions in December and is cur-

rently accepting nominations. Bock said former Yorktown Highway Superintendent Eric DiBartolo has made his intentions to try to succeed Visconti known.

"Just because he has expressed an interest doesn't mean it's a done deal," Bock said.

Under Visconti, the chamber endorsed political candidates in the Town of Yorktown last year, angering some longtime members who felt the chamber should not get involved in elections and resigned over the issue.

Youths Charged with Ransacking Islamic Center in Mohegan

continued from page 1

treating the incident as a bias or hate crime.

"We just believe it was area kids going in there and creating mischief," Noble said.

The youths allegedly vandalized the school wing of the Islamic Center, which is located next to George Washington Elementary School and was formerly Franciscan High School. The vandalism

included tearing items off walls, writing profanity on blackboards and destroying several Qurans.

Reportedly, the youths entered the building through doors that were unlocked for services later in the day.





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New Initiative Unveiled to Promote Yorktown's Trails

By Rick Pezzullo

Local residents and business owners announced on Friday the creation of the Yorktown Trails Town Committee to promote the town's walking, hiking and biking trails and subsequently spur economic development.

Led by former supervisor and current Town Board candidate Susan Siegel, the group's mission is to spread the word about Yorktown as a day trip destination, including places to eat and shop.

"There's more to economic development than just new businesses. One of

the critical components of economic development is strengthening the existing commercial base in our hamlets," said Siegel, standing outside the Trailside Café on Commerce Street. "And in Yorktown, that can be done by promoting one of our unique assets---our trails. It's kind of a no-brainer."

One of the members of the newly formed committee, which welcomes other residents, is Jane Daniels, co-author of Walkable Westchester, a guide to more than 600 miles of hiking trails in 200 Westchester parks, including 20 trails in Yorktown.

"We already have the trails. They're an integral part of our community. Now we just have to promote them and let users know what services and goods are available to them as they pass through Yorktown," Daniels said. "It's very much a quality of life effort."

Others on the committee are Robert Giordano, founder of the Yorktown Small Business Association; Tom Walsh, owner of Yorktown Cycles; Justin Fagan, owner of Trailside Café and JJ's Scoop-house; Charles Crosby, manager of Turco's; Mark Linehan, a hiker and cyclist

who leads bicycle rides for the Westchester Cycle Club; and Jonathan Nettelfield, who markets Walkway Over the Hudson.

"We see this as a first step in elevating the economy by highlighting one of our assets," Giordano said.

"One of the things about Yorktown is it has a wonderful trail system," Nettelfield added. "Most of the residents don't know that it's there."

The Yorktown Trail Committee is scheduled to hold its first meeting on Monday, September 29 at 7 p.m. at the Trailside Café.

Country Singer Jessica Lynn, Primavera PR Team Up

One of Country Music's newest rising stars, Jessica Lynn, has appointed Primavera Public Relations her agency of record, it was announced today. Both the artist and Primavera are Yorktown Heights home-grown.

On September 27, Lynn will be performing at the Paramount Hudson Valley Theatre in Peekskill, for a brand new television special, "Jessica Lynn - Takin' Over." The concert will benefit "United for the Troops, helping servicemen and women around the world.

An emerging Country/Pop star, Lynn recently filmed and recorded

her first full-length television special and live album, "This Much Fun - Live from the Winery at St. George" currently airing nationwide on PBS. Lynn was selected to perform our country's National Anthem twice in New York's famed Madison Square Garden by special invite, and signed a major publishing deal that has her regularly commuting to Nashville to write with today's top hit writers.

This summer Lynn performed at the National Association of Music Merchants (NAMM), and toured at some of the country's largest music festivals

alongside Country Music icons such as Brad Paisley, Hank Williams Jr., Montgomery Gentry, Lady Antebellum, Dierks Bentley, Jake Owen and others.

"Who knew that I would be captivated by a country singer?" commented Bill Primavera, founder of Primavera Public Relations, the longest running marketing firm in the Hudson Valley, headquartered in Yorktown Heights, which happens to be Jessica's hometown as well. "To date, country music had not been my preferred genre of choice, but when I met Jessica and

heard her music I was captivated. I was surprised to find that the heart and soul of her music is backed up with a master's degree in math and special education."

Primavera Public Relations is a full service, results-driven marketing firm serving a diverse portfolio of clients from small businesses to international organizations. Primavera specializes in general business and manufacturing, food and beverage, restaurants and hospitality, real estate and commercial development, design and architecture, retail, non-profits and education.

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Ms. Dancewear Inc. Mohegan Lake

By Neal Rentz

Mohegan Lake resident Susan Stanford had young daughters who were dancers who “had a hard time finding dancewear.”

Finding dancewear is not a problem at Ms. Dancewear Inc., the store Stanford owns in Mohegan Lake on Route 6.

The store sells dancewear, dance shoes, and clothing for gymnastics, cheerleading, amateur and professional theatrical performing, skating and fitness, Stanford said. The store has customers of both sexes and all ages, though most of the customers are females under 25, she said.

One of the store’s specialties is dance shoes, including ballet shoes that need to be fit exactly, Stanford said. Ballet shoe fittings are done at the store generally by appointment.

“At certain times of the year we need to do it by appointment because we have so many people walking in,” Stanford said. “The shoe has to fit so exactly (because) the dancer could be injured or just won’t be dancing to their full potential” with shoes that are not fit properly. It takes about an hour to do a dance shoe fitting, she said, adding that the store also does



NEAL RENTZ PHOTO

Mohegan Lake resident Susan Stanford (right), owner of Ms. Dancewear Inc. and the store’s manager Melissa Amoroso of Mahopac..

shoe fitting at dance studios.

“This is a very busy time of year because all the (dance) schools are opening up again and the gymnastics places are opening,” Stanford said. “We very busy from August to October.”

The name Ms. Dancewear Inc. came about as “an interesting play on words” of Stanford and her former partner. She and

her former partner originally opened the store in 1996 and Stanford has run the business on her own since 2002.

“We decided to open this business together so that there would be something local where you could get a wider variety of dancewear and dance shoes,” Stanford said. “I had no background in it. I was a legal secretary”

Stanford said East Main Street (Route 6) was chosen because it is centrally located. “Everyone has to pass here,” she said. “There’s a lot of dance schools surrounding us.”

Last month, Stanford started an on line store to allow customers to purchase items without traveling to her store, especially in bad weather. “It’s becoming more of an Internet society,” she said. “We can also reach customers across the country.”

Stanford said her customers come from “all over” -- from northern to southern Westchester, as well as Orange, Dutchess and Putnam counties and Connecticut.

“We reached out to the studios,” she said. “I wanted to build the largest inventory of anyone around and the word sort of spread that you could get just about anything here.”

“They know that even if they’re driving an hour to come they’re going to get everything they need in one stop,” Stanford added.

Ms. Dancewear Inc. is located at 1870 E. Main St. in Mohegan Lake. For more information call 914-526-8380, visit msdancewear.com or send an e-mail to msdancewear@yahoo.com.

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Domestic Violence Forum Focuses on Ending Scourge of Abuse

By Janine Bowen

Representatives from several local agencies, women's rights advocates and victims' services organizations challenged the public to put an end to domestic violence during a forum in White Plains last Friday.

Following several high-profile incidents recently involving NFL players, the panelists discussed how domestic violence isn't confined to young male sports stars or celebrities.

"This is not about Ray Rice or the NFL. It's about us and what we do and don't do to ensure that our children grow up in a world where gender-based violence is never acceptable," said Maria Imperial, chief executive officer of the YWCA, which hosted the event.

Panelists said in order to eliminate the prevalence of domestic violence, behavioral and cultural changes must be made. They noted that children who grow up in violent households learn the behavior and continue the cycle.

Frank Williams of the White Plains Youth Bureau recounted his own upbringing in Mississippi, where it was commonplace for children to be punished by getting hit with a belt. They were also taught that if someone hits them, they should hit back.

Saying that "when people know better, they do better," Williams stressed that communities must offer children conflict resolution tools, so they learn to work through issues without resorting to physical aggressiveness. In addition, he urged communities to reach out to children to help bolster their self-esteem and self-respect, noting that they will learn the value of communication and strong relationships and pass that message on to their children.

"It is not just a sports problem, it's a community problem and it's a family problem," Williams said. "In some home today, some child will be spanked. On some block ... some child will be bullied. So we have an opportunity today to say, 'No, we're not going to allow our young people to live in this kind of environment.'"

CarlLa Horton, executive director of Hope's Door, a Pleasantville-based organization that seeks to end domestic violence, said that while the organization helps victims of both genders and all sexual orientations, women and children are disproportionately affected by domestic violence. One-quarter of all women will be a domestic violence victim in their lifetime.

Horton urged the public never to blame the victim, regardless of her life choices. She also warned people against ignoring incidents of domestic violence when people they know, love and admire are victims.

Law enforcement and the criminal justice system needs to revamp its practices and introduce new protocols so victims who step forward will be assured justice.

"If a victim with damning and irrefutable video evidence can be betrayed by the criminal justice system, well, what possible

chance does a victim behind closed doors at home have?" questioned Horton.

The issue of domestic violence has been a problem in sports for many years, said Assemblywoman Amy Paulin (D-Scarsdale), who attended the forum. Paulin believes that the Rice incident would have been swept under the rug had there not been video footage.

John Savage, CEO of WestCOP, an Elmsford-based organization that manages resources to help the low-income and at-risk populations, urged state and county leaders to fund prevention programs. He wants a

campaign launched to make domestic violence socially unacceptable, similar to campaigns combating smoking and littering.

Anti-violence messages also need to reach all populations because domestic violence transcends all racial and economic boundaries, said County Legislator Mary-Jane Shimsky (D-Hastings-on-Hudson), who also attended last Friday's forum. Shimsky cited the case of a federal judge in Alabama, Mark Fuller, who was recently arrested on charges of assaulting his wife, but has yet to step down amid public calls for his resignation.

"I think that anything we do as a county, anything we do as a state has to take account of the fact that we don't have to just correct poor people or people of color," Shimsky said. "This is a problem that affects way too many of our houses in all of our towns and all of our neighborhoods."

Assemblywoman Sandy Galef (D-Ossining) added that the Women's Equality Act, which has been passed by the Assembly but has been thwarted twice in the Senate, aims to address the issue of domestic violence, human trafficking and equal pay for women.

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A Festival of Fun



PHOTOS BY VISHNU PATEL

The Field Home's Annual Fall Festival Saturday was enjoyed by youngsters and adults.



Augie's Prime Cut owners Sal Barone and Audrey Hochroth (shown with Fat Sal the cow), at Captain Lawrence Brewery in Elmsford where more than \$45,000 was raised on September 15 at the fourth annual fundraiser for Autism Speaks. Community Based Services, Inc. (CBS) also received some of the proceeds.

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Peekskill Rotary Hosts 44th Annual Horse Show



Top left photo: A Pet "Pawrade" was held, where participants dressed their pets up in costumes, or as celebrity look-alikes.



Top right photo: Free tractor rides took visitors around Blue Mountain Reservation.



Bottom left photo: Brandon Vanvalkenburg, riding "Zap Me a Winner," would go on to win the youth trial-class championship.



Bottom right: Tyke Frost drove the Wells Fargo stagecoach throughout the afternoon.

PHOTOS BY MICHAEL GIULIANO



PHOTOS BY DANIEL LEFKOWITZ

Rock'n the Stage

Musician Livingston Taylor was a hit on stage and with fans after the show at Yorktown Stage Saturday at a benefit concert for the Justin Veatch Fund.

Bridge View Tavern Introduces Wild-Game Burgers and St. Louis Ribs

By Jerry Eimbinder

A number of new pub dishes including wild-game burgers have been added to the menu at the Bridge View Tavern in Sleepy Hollow. Proprietor Chris Maceyak said that new arrivals also include house-smoked St. Louis style barbecue ribs. The ribs are center-cut and served as a full-rack only. The game burgers include elk, wild boar and venison (shipped overnight from a Colorado supplier).

The new dishes join a menu already including Baby Back Ribs and a varied selection of ground-beef, bison and veggie burgers.

A new dessert, maple-walnut bread pudding, is now available and pumpkin cheesecake is coming soon, Maceyak said. Fresh fish, including Atlantic salmon, codfish and shrimp, arrives three days a week, he mentioned.

"All smoking of meat is done on our premises," he said. "The smoking time ranges from six to fourteen hours depending on type of cut and weight but



typically the smoking rate is about 90 minutes per pound. Chicken wings are smoked for five hours and then fried."

Crowd favorites, Maceyak noted, include New Orleans Cajun Po' Boy (\$16) and the house-smoked pulled pork sandwich (\$14). His own personal favorite, he advised, is a 10-ounce beef burger on a brioche roll, topped with blue cheese and applewood smoked bacon, and served with French fries and 'slaw (\$14).

"Eighteen dedicated drafts are offered at any one time," he said, "and the

selection is rotated weekly." Samples for tasting are cheerfully offered. The majority of the beers are from California, Colorado, or are procured locally from breweries such as the Captain Lawrence Brewing Company.

Numerous specials are offered including wings at half-price and \$5 pints on Monday nights, and select \$4 pints on Tuesday and Wednesday evenings.

Television sports packages include NFL, NHL, and college football (SEC

and Big 10). Thirteen TV receivers make possible the granting of specific game requests for watching.

Heaters extend the season for outside seating sometimes affected by cool river breezes because of the restaurant's proximity to the Hudson.

The restaurant was opened across the street from the former General Motors site by Chris Maceyak and his father Stephen Maceyak in 2009.

Family-owned, the Bridge View Tavern has views of the Hudson River and plentiful parking. A free self-parking lot is available as is free street marking (no meters).

Reservations are not accepted on Fridays or Saturdays.

Fall/winter hours are from 4 p.m. to midnight on Monday and from 11:30 a.m. to 1 a.m. on Tuesday through Sunday. The kitchen closes at 10 p.m. each evening.

Bridge View Tavern is located at 226 Beekman Avenue, Sleepy Hollow 10591, www.bridgeviewtavern.com, 914-332-0078.

Dining Venues for Halloween-Related Events in Sleepy Hollow

By Jerry Eimbinder

Historic Hudson Valley brings back two Halloween-related events in Sleepy Hollow during October, 2014 — both start on October 4, run on 13 dates, and end nearly a month later.

Horseman's Hollow takes place at Philipsburg Manor and includes a jaunt along a trail of horror. Irving's 'Legend' is highlighted by a 45-minute recital of the "Legend of Sleepy Hollow" by renowned storyteller Jonathan Kruk. Accompanied by spooky music, Kruk performs across the street from Philipsburg Manor at the Old Dutch Church.

Horseman's Hollow, which debuted in 2011, is an outdoors and indoors night stroll where participants follow a narrow trail through a ghoulish-infested corn field, haunted sheds and other spooky places where ghosts and frightening creatures await them. Costumed evil-looking actors and special effects including a computer-controlled spider provide scares at almost every turn. Eventually the visitors enter the terrifying lair of the Headless Horseman.

Advance purchase of tickets for both events is required at website or by telephone. Light food fare is provided by "Tastefully Yours" at Philipsburg Manor including light refreshments such as apple cider, donuts, hot dogs, hamburgers and chili. Tastefully

Yours is located outside the Visitor Center near the entrance to Horseman's Hollow. Picnic tables are available.

Where to eat in the neighborhood

Popular nearby dining establishments include:

Bridge View Tavern. See article in this issue. 226 Beekman Avenue, Sleepy Hollow, NY 10591, www.bridgeviewtavern.com, 914-332-0078.

Finalmente Trattoria. Italian cuisine. Rack of New Zealand lamb and red snapper are favorites of local customers. 31 Beekman Avenue, Sleepy Hollow, NY 10591, 914-909-4787.

J.P. Doyle's Restaurant & Public House. Brian Doyle and partner/proprietor Nicholas Bell opened J.P. Doyle's, a family-friendly and comfortable sports bar and restaurant, in September of 1999. Serves Shepherd's Pie, Fish & Chips, burgers, Nicky's house-made Mac 'n cheese, house-made potato skins, a large New York steak and fish. 48 Beekman Avenue, Sleepy Hollow, NY 10591, www.jp-doylesrestaurant.com, 914-631-3015.

Que Chula es Puebla. Opened in July 2007 by Pablo Ilagorre. Focuses on the authentic food of Puebla, a Mexican city long recognized as the birthplace of some of Mexico's most famous dishes. Mixlote de Pollo provides an exquisite taste resulting from marinating chicken in two sauces, guajillo (garlic and chile) and pasilla; the chicken is wrapped in parchment paper and

served with black beans and rice. 180 Valley Street, Sleepy Hollow, NY 10591, 914-332-0072.

River Grill. Continental and pub food. Specialties include Baby Back Ribs (\$20), Maryland crab cakes with house-made remoulade (\$24) and Fish & Chips with French fries (\$19). Newly introduced autumn drinks include Headless Horseman (Spiced rum with orange juice, shaken to perfection, topped with an orange slice, a little grenadine and a cherry garnished), Harvest Sangria and Pumpkin Martini. 222 Beekman Avenue, Sleepy Hollow 10591, www.rivergrillny.com, 914-909-6500.

Horseman's Hollow information

Location: Philipsburg Manor
Parking: Park at Philipsburg Manor
Performance dates: Oct. 4-5, 10-12, 17-19, 24-26, 31 and Nov. 1
Recommended age for attendees: Children 10 or older and adults
Cost: \$25 on Saturdays; \$20 on other days.
Members receive a \$5 discount

Irving's Legend information

Location: Old Dutch Church
Accessibility: Entry to the Old Dutch Church requires negotiating a long, steep ramp, uneven stone steps, narrow entryways and tight aisles
Parking: Park at Philipsburg Manor
Performance dates: Oct. 4-5, 10-12, 17-19, 24-26, 31 and Nov. 1

Recommended age for attendees: Children 10 or older and adults

Cost: Adults, \$20; children under 18, \$16. Members receive a \$5 discount

To purchase tickets go to: www.hudsonvalley.org/events/horsemans-hollow/tickets. Tickets can be ordered by phone for either event by calling 914-366-6900. A \$2 surcharge per ticket applies for phone orders.

Souvenirs relating to the events:

During the run of Horseman's Hollow, the Philipsburg Manor Museum Shop will offer an assortment of "horror" merchandise, such as knife and hatchet bookends, dead man pen holders, skull salt/pepper shakers, werewolf gloves, light up skulls, zombie board games, candy blood bags, a selection of horror books and jewelry, and Horseman's Hollow magnets and postcards.

Irving's 'Legend' merchandise for purchase includes nine versions of "The Legend of Sleepy Hollow" written by Washington Irving, 'Legend'-themed magnets, key chains, pins, T-shirts, caps, journals, cotton throws, ornaments, porcelain boxes, floaty pens, mini snow globes, bookmarks, nail files, chocolate bars, notecards. Original oil paintings by local artist Suzanne Christine are also offered.

Refer to www.hudsonvalley.org for more information about Historic Hudson Valley and its many events.

If Wine Doesn't Benefit You, it May Just Kill You

In previous columns I've been an advocate for the moderate consumption of wine. I've presented the benefits and rarely focused on the negative aspects. (Isn't there always a counterargument these days concerning the benefits or detriments of any form of food or beverage?)

Well, here it is: the negative argument for imbibing wine-- or any other alcoholic beverage.

In an effort to provide a balanced approach, let's first focus on the benefits of consuming wine in moderation.

1. Anecdotal proof. Wine has been consumed by many civilizations for millennia. The Egyptians of 3,000 B.C., the Greeks and Romans of 1,000 B.C. and Western Europeans of the last 2,000 years have consumed wine for its proven medicinal, therapeutic and anti-microbial values.

History sometimes provides a better validation of theorems than the most recent scientific evidence.

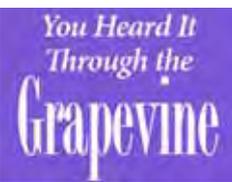
2. Numerous Studies. Volumes have been written on the benefits of antioxidants in our food and in our bodies.

Studies have validated the benefits of red wine: protecting the heart and brain, fighting and preventing cancers, reversing diabetes and obesity, boosting the immune system and slowing the aging process.

Now the counterargument. There are generally three reasons offered for the negative effects of imbibing: first, high alcohol; second, high alcohol; and third, high calories.



By Nick Antonaccio



High Alcohol. It is quite clear that excessive alcoholic intake is dangerous. In addition to the deleterious health effects (liver disease, increase in cancer, cognitive impairment), there are the social dangers (drunk driving, aggravated assaults).

But how to define excessive? How to gauge one's tolerance level? There seems to be a shifting scientific argument that even one daily glass

of wine may be unhealthy for a segment of our population.

Consumption of wine can be habit-forming and lead to increased intake of alcohol, leading to a plethora of medical and social problems for the popula-

tion as a whole. A study published in the British Medical Journal earlier this year found drinking less reduces the risk of heart disease and lowers blood pressure. The head of the study reported, "We saw a link between a reduced consumption of alcohol and improved cardiovascular health, regardless of whether the individual was a light, moderate or heavy drinker."

High calories. A gram of carbohydrate sugar contains four calories. A gram of wine contains seven calories. Extrapolating that, a typical glass of wine (five ounces), with an average percentage of alcohol, has as many calories as two chocolate chip cookies. Do the math: the equivalency is for each glass of wine consumed.

In the United States, we've come to grips with the counterbalancing arguments in several economic cycles. Early immigrants brought their lifestyles from Western Europe to their new homes in America, including wine with meals.

As a developing industrial nation in the 19th century, the burgeoning throng of hourly factory and mining workers looked to alcohol to blur the realities of their long, exhausting workdays. Alcoholism was rampant.

The temperance movement grew out of this national inebriation, culminating in the 18th Amendment, banning the manufacture and sale of alcoholic beverages. After 13 years of legislated temperance, which was only moderately successful, the 21st Amendment ended Prohibition.

Fast forward to 2014. Wine is broadly seen as acceptable, and in the opinion of a number of stalwart consumers, a natural accompaniment to a meal. Even the Food and Drug Administration continues to support the medical benefits of one to two glasses of red wine each day.

Is there a means by which we can drink our wine and preserve the benefits, while reducing the negative effects? Short of switching to grape juice, which contains as much antioxidants as wine, is there an acceptable compromise?

Next week: low-alcohol, light and non-alcoholic wine.

Nick Antonaccio is a 35-year Pleasantville resident. For over 15 years he has conducted wine tastings and lectures. He also offers personalized wine tastings and wine travel services. Nick's credo: continuous experimenting results in instinctive behavior. You can reach him at nantonaccio@theexaminernews.com or on Twitter @sharingwine.

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Crossword

ACROSS

- 1 "Everybody Loves Raymond" star or Mohegan Lake insurance office
- 7 No pro
- 11 Deep-seated
- 12 Everglades deposit
- 13 Beard type
- 14 Sacred bird
- 15 Get behind
- 17 Comment
- 20 Snide laugh
- 24 Offered for feedback
- 26 Skeptical
- 27 Ghastly
- 29 "Oh, my!"
- 30 Chilling
- 31 Only just managed, with "out"
- 34 White water ____
- 40 Sea danger
- 41 Glacial period
- 42 Like Hubbard's cupboard
- 43 Root word

DOWN

- 1 Huge truck
- 2 Yoko, once
- 3 A good degree
- 4 Borghese patronized it

- 5 Formally known as
- 6 Classic theater
- 7 Per person
- 8 Lincoln's home: Abbr.
- 9 --- Chi (Chinese martial art)
- 10 "___ magic!"
- 16 Bequeath
- 17 Bend
- 18 Morse dash designator
- 19 CSI stuff
- 20 'N ____
- 21 Barrel
- 22 Before, to Longfellow
- 23 Type of bread
- Cortlandt auto parts store or Governor Christie scandal
- 25
- 28 Hawk's haven
- 31 Tide action
- 32 New Zealand parrot
- 33 Miss the mark
- 35 Behave
- 36 Whimsical
- 37 Scottish cap
- 38 Self image
- 39 Cub's home

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42						43					

See solution on page 21



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Happenings

The Northern Westchester Examiner We're happy to help spread the word about your community event. Please submit your information at least three weeks prior to your event and include the words "Happenings Calendar Submission" in your email subject line. Entries should be sent to Neal Rentz at nrentz@theexaminernews.com.com.

Tuesday, Sept. 23

Ovarian Cancer Seminar: Yorktown-based Support Connection announces a free educational webinar for women with ovarian cancer. It will take place from 8 to 9 p.m. (New York time). This free program is available to women nationwide. For those without computer access, it is also possible to participate via toll-free teleconference. The program is being held in September in recognition of National Ovarian Cancer Awareness Month. The program is free. Women interested in participating should call Support Connection in advance to register and receive instructions. To learn more or to register, call Support Connection at 914-962-6402 or 1-800-532-4290.

Library Art Exhibit: Becca Raffo, a senior at Somers High School, is exhibiting her photography, drawings, and paintings at the Somers Library during the month of September. She will host an Art Opening at the Somers Library in the Program Room on Sept. 13 from 12:30 to 2:30 p.m. For questions please call the library at 914-232-5717, or contact somersartgallery@wlsmail.org.

Garden Club Event: The Garden Club of Peekskill will be having a Fundraiser Luncheon honoring two outstanding members, Dorothy Leslie and Helen Lindsey. These women have each been members for 50 plus years and have served in many capacities both in the GCP and also on the district, state, and national levels. The luncheon will be at the Cortlandt Colonial Restaurant. Tickets are \$5. Reservations may be made by calling 914-737-1594.

Free Medicare Counseling: Get help understanding your Medicare benefits and coverage on Tuesdays year-round (except holidays) at the John C. Hart Memorial Library in Shrub Oak, from 10 a.m. to 1 p.m. and on Thursdays from 10 a.m. to 1 p.m. at the Field Library in Peekskill. No appointments are necessary for the free service. Meet with a trained counselor for information about Medicare Parts A, B and D, Medicare Advantage Plans, Medicare Savings Plans, Extra Help and EPIC. You can also call the Senior Benefits Information Center helpline with your questions at 914-231-3260 and a counselor will return your call within two business days. For a listing of all eight SBIC centers in Westchester libraries, go to <http://www.westchesterlibraries.org/senior-benefits-information-centers/>.

Farmers' Market: The Putnam Valley Grange Farmers' Market is held every Tuesday from 3 to 7 p.m. at the corner of Mill Street and Peekskill Hollow Road (Adams Corners).

Senior Benefits Information: Trained volunteer counselors help older adults and

their caregivers find information about government benefits to help them stretch their budgets every Tuesday from 10 a.m. to 1 p.m. at the John C. Hart Memorial Library, 1130 E. Main St., Shrub Oak. Get information on Medicare health and prescription plans, nutrition assistance, the Home Energy Assistance Program (HEAP), tax relief programs, and much more. Info: 914-245-5262 Ext.227 or <http://www.westchesterlibraries.org/sbic>.

Checkmate: A chess program is held every Tuesday at 4 p.m. at the Ossining Public Library, 53 Croton Ave. It is held in the second floor conference room. Info: 914-941-2416 Ext. 336.

Wednesday, Sept. 24

Putnam Valley Holy Days: The Reform Temple of Putnam Valley's new spiritual leaders, Rabbis Steve Altarescu and Laurie Levy, will be joined by Cantor Howard Kilik, Accompanist Cary Brown and the Reform Temple of Putnam Valley (RTPV) Choir as they lead a spiritual journey through prayer, song and reflection during the High Holy Days, - Sept.24 through Oct. 4, The RTPV extends an invitation to all who wish to participate, noting that first time guests are encouraged to attend and may request complimentary tickets. Services will be held at the temple at 362 Church Rd. Ticket information and a schedule of services for Rosh Hashanah, beginning at 8 p.m. on Sep. 24, and Yom Kippur, beginning at 8 p.m. on Oct. 3 with Kol Nidre, is available at www.rtpv.org. Questions may be directed to RTPV at 845-528-4774 or via email at highholydays@rtpv.org.

Somers Holy Day Services: The Hebrew Congregation of Somers High Holidays services begin tonight at 7 p.m. Tickets are complimentary for first-time visitors. For information, please email info@hebrewcongregationofsomers.org or call 914-248-9532. The synagogue is located at Cypress Lane and Mervin Drive in Shenorock.

Rosh Hashana Services: Join us for Rosh Hashana services at Chabad of Yorktown, 1992 Commerce St. All are welcome and there are no membership fees. There will be children's programs and traditional services with contemporary messages. There will be Hebrew and English prayer books. A light buffet will be served after the services. To RSVP or receive more information, call 914-962-6600. Or visit ChabadYorktown.com.

Knitting Circle: "Marge's Knitting Circle" will be offered from 6:30 to 8 p.m. at the Support Connection office in Yorktown Heights, NY 10598. It is open to people living with breast, ovarian and gynecological cancers. To learn more or to

pre-register, which is required, call Support Connection at 914-962-6402 or 800-532-4290.

Bingo Wednesdays: Come to First Hebrew for \$2,000 in total guaranteed bingo prizes, plus an average of \$1,000 awarded in specialty games. Doors open 5 p.m. and games begin 7:15 p.m. every Wednesday (except holidays - check First Hebrew's website calendar.) First Hebrew is just west of the Beach Shopping Center at 1821 Main St., Peekskill. Info: 914 -739-0500 of www.firsthebrew.org.

Thursday, Sept. 25

Peekskill Holy Days: Rosh Hashanah and Tashlik services will be held at First Hebrew, 1821 Main St., Peekskill, just west of Beach shopping Center Celebrate the Jewish New Year at First Hebrew, with guest passes for first time visitors. Services start at 9 a.m. on both days of Rosh Hashanah, Sept. 25 and 26. Cast your sins into the water at the traditional Tashlikh service at 1 p.m. on Sept. 25. Come back for Kol Nidre and Yom Kippur, Oct. 3 at 6 p.m. and Oct.4 at 9 a.m. respectively. Info: 914-739-0500 /fhc@firsthebrew.org or www.firsthebrew.org.

Helping Homeless Veterans: The Military Order of the Purple Heart Chapter 21 and My Brother Vinny need your help in assisting homeless veterans. Once a homeless veteran is approved by the government for apartment living, the veteran needs all the furnishings, linens, towels, cooking, eating utensils to set up his new apartment. One item that is desperately needed is window air conditioners. Anyone who wishes to donate an air conditioner, bed linens or towels may drop them off at St. Luke's Church's basement, Route 100, Somers NY. Hours of drop-off are Monday and Wednesday from 9 to 11:30 a.m. and from 2 to 4:30 p.m. and Tuesday and Thursday from 9 a.m. to 4:30 p.m. Please leave your name and address so we may thank you. Info: 914-277-4822.

Friday, Sept. 26

Birding Program: Birders U: Birding 101 a two-hour workshop for beginning and intermediate birders will introduce bird biology, field ID tips, bird sounds, bird feeding, online and mobile birding resources and where and when to go birding in our area throughout the year. The program, suitable for ages 10 and up will be held from 7 to 9 a.m. at the Community Bible Church of Northern Westchester, 301 Chadeayne Rd., Ossining. The fee for members of any Audubon group is \$10 and the charge for non-members is \$20. Registration is required. Info and registration: 914-666-6503 or e-mail office@sawmillriveraudubon.org.

Free Play Dates: A free play date program is being held every Friday from 11 a.m. to noon at the Rosenthal JCC Early Childhood Center at the Yorktown Jewish Center, 2966 Crompond Rd. The program is intended for children between the ages of 16 and 36 months and their parents or caregivers. Children can play, do art and socialize all under the direction of an experienced early childhood teacher. Pre-registration is suggested. Contact Jennifer at 914-962-8430 or e-mail her at Jennifer@rosenthaljcc.org.

Job Hunting Help: Free drop-in, hands-on assistance with online applications, resume writing, e-mail accounts and more is held on Fridays from 11 a.m. to 1 p.m. in the second floor conference room at the Ossining Public Library, 53 Croton Ave. Assistance is offered on a first-come, first-serve basis. This is not a computer class. Info: Cheryl at 941-2416 Ext. 315.

Saturday, Sept. 27

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Ossining Farmers Market: The Ossining Down to Earth Farmers Market is held year-round on Saturdays from 8:30 a.m. to 1 p.m. at the corner of Main and Spring Streets. Info: 914-923-4837 Ext. 202.

Overeaters Anonymous: Worried about the way you eat? If food rules your life, Overeaters Anonymous may have the answer for you. There is no weigh-ins, dues or fees. The group meets on Saturdays from 8:30 to 9:30 am at the fourth floor conference at the Graymoor Spiritual Life Center, 1350 Route 9, Garrison. Info: call/text Lisa at 917-716-2488.

Sunday, Sept. 28

Healing Yoga: Yoga classes for women with breast cancer are held at 5 p.m. on Sundays at Hudson Yoga, 5 Old Post Rd. South, Croton-on-Hudson. Weekly classes are being conducted by rotating instructors. The suggestion is \$15. Info: Ellisha Simpson at 914-319-4010 or send an e-mail to info@laughingheartesyoga.com.

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SMALL NEWS IS BIG NEWS

SPORTS SECTION

Sailors, Hornets Tie 2-2 Knot



RAY GALLAGHER PHOTO

Hen Hud's Miguel Perez eludes Lakeland defenders David Acevedo (3) and Deven Gergenti last Tuesday when the visiting Sailors tied the undermanned Hornets, 2-2, with a pair of second-half goals... see Boys' Soccer Notebook

Sports

Grid Notebook

Yorktown, Somers, Lakeland Get it Done in Class A

Mahopac, Carmel Improve to 2-1 in Class AA; Put Valley Preps for Do-or-Die Showdown

By Ray Gallagher
Examiner Sports Editor

Week 3 is in the books and while the level of play has been impressive, perhaps the most striking element to date has been the support from student bodies and parents throughout the Northern Westchester/Putnam County region. The raucous fanfare has made the riveting action that much more exciting.

CLASS A NOTES

When Rye Coach Dino Garr recently said that Harrison was the best 0-2 team in the section, which Harrison team was he talking about? Certainly not the team that showed up in SOMERS last Friday night and suffered one of the worst beatdowns in program history, a stunning 48-7 shellacking; in which Tuskers HB Matt Morgante scored four touchdowns. On a night when the Tuskers had five touchdowns of more than 50 yards, Morgante went for a career-best 185 yards and three scores on the ground, including electrifying jaunts of 51, 55 and 72 yards. He added a pick-six for good measure. Somers QB Nick Lombardo also found RB Andrew Gross for a 64-yard TD strike. On the other side of the ball, Somers junior DL Tom Castelluccio had eight solo sticks, 10 tackles in all.

So we can safely eliminate Harrison (0-3) as a contender for the Class A crown, but we're looking at handful of teams that have emerged through three



RAY GALLAGHER PHOTOS

Lakeland DL Gjino Trashaj tracks and hunts down Panas QB Justin Lee in Hornets' 21-9 win last Friday.

weeks as legit contenders, including state-ranked (No.10) John Jay CR (3-0); (No.12) Rye (3-0); (No.17) Yorktown (3-0); (No.22) Sleepy Hollow (2-1) and two-time defending champion Somers (2-1). Beacon is also 3-0 but we're just not sold on the Bulldogs, who struggled mightily to put away Brewster, 13-12.

Could this be the year John Jay Coach Jimmy Clark finally sheds the championship monkey off his back? The man can flat-out coach but he's gone 0-4 in championship games against the likes of programs like New Rochelle and Poughkeepsie. With the Indians paying a visit to Somers in Week 4, we're going to find out if his Indians are for real or just a byproduct of a fairly soft season-opening schedule that has included Tappan Zee, Brewster (1-2) and Spring Valley (a combined 2-7).

Get your popcorn ready, gang, because we're looking at two of the more explosive offenses in Class A set to tango. Somers has its back against the wall and there's nothing worse than facing a Tony

DeMatteo-coached team playing for its playoff life. Last touch wins.

After seeing LAKELAND (2-1) pick off five PANAS passes in last Friday's 21-9 win

Capozzi rushed for a score and fired another TD pass to Ryan Thomas. RB Keir Maley rushed for 85 yards and added a late rushing score for the Hornets. Hornet DB Nick Vazquez picked off two Justin Lee passes. The Lakeland defense did an outstanding job of containing Panas junior RB Joe DeLuca, who finished with just 66 yards on 17 totes.

YORKTOWN is looking like one of the more balanced teams in Class A and the Huskers' 34-7 win over visiting Pearl River did nothing to foil that notion as the Huskers took a 34-0 halftime lead, largely on the back of junior RB Nick Santavicca (rushed for 161 yards) and senior QB Ryan Baker (150 yards rushing and two scores). Baker also found TE Dan Del Bene for a TD pass. LB Mike Dedvukaj had a pick-six and RB Tim Forbes found paydirt as well. Love the direction this unit is headed in... la mia famiglia!

CLASS AA NOTES

MAHOPAC (2-1) has a little something going on after its 44-13 conquest of visiting Suffern on Homecoming Day. Granted, Mahopac's two wins have come against less-than-stellar competition (Fox Lane the other win), but the Indians were within a

whisker of putting 2014 Class AA runner-up John Jay East Fishkill away in a Week 2 loss that is more impressive given the fact that Jay took New Rochelle into overtime in Week 3 before losing 21-14 to the Huguenots.

Mahopac senior FB Max Littleton rushed for a touchdown and recovered a fumble for a defensive score while junior QB Dan Foley threw for a score and rushed for another as the Indians racked up a season-high 307 yards on the ground. The playoffs are probably on the line

this week when the Indians are slated for a do-or-die encounter against undefeated host Mamaroneck in Week 4. A loss would

continued on page 27



Lakeland WR Trevor McCarthy just misses long TD catch in win over Panas.



Hornets Kevin Prunty (3) and Ryan Thomas celebrate Thomas' game-clinching TD catch in 21-9 win over Panas last Saturday.

over the host Panthers (2-1), it appeared as though neither club has the makeup of a champion; though both have serious playoff potential. Lakeland QB Anthony

Sports

Boys' Soccer Notebook

Carmel Stuns Arlington, Hands Admirals Rare Loss

Yorktown Falls to Greeley; Put Valley Beats Pawling, Falls Again to Haldane

By A.J. Martelli

The Carmel Rams went out as a team this past Friday night in great spirits, with every reason in the world to celebrate what had happened last Thursday evening at Arlington. Up against the defending Class AA champs and the 2012 NYS kings, the Rams pulled off the upset of a lifetime, beating the Admirals 3-2 in what was only Arlington's third loss since 2012.

The win left a lot of folks around the section in disbelief – even the Carmel players.

"I can tell you right now that we weren't expecting that win," said Rams senior ace Sebastian Lopez, who banked in the go-ahead goal and finished with two goals



RAY GALLAGHER PHOTOS

Hen Hud's Miguelito 'Flow' Perez and Lakeland's Cole Unmann battle for possession in 2-2 tie last Tuesday.

halftime, but it wasn't enough to deflate the Rams.

"When we scored the first goal we could hardly believe it," Lopez said. "When they tied up the game before the first half ended we didn't back down. That actually motivated us to play harder, and we did."

Lopez put the Rams up 2-1 early in the second half, slipping one past the keeper on an assist from Tom Lankafel. His brother Ryan also assisted Lopez's third goal, which was enough to slay the mighty Admirals.

"We still confident that scoring goals is not a problem for me and Ryan Lankafel," Lopez added. "Our defense did an incredible job containing the attack. After the game ended a feeling came to me that I've never felt before. It was great. I was so proud of my team for all the hard work and heart they put out there. Now I guess we feel a little more confident and know we are capable of beating any team."

The Rams (3-4) will have a light schedule for a few days, but looming are games at North Salem Sept. 29 and a home game vs. Roy C. Ketcham Sept. 30.

YORKTOWN split a pair of games this week, first beating BREWSTER 2-0 Thursday, but falling 1-0 to the Quakers at Horace Greeley Saturday morning, the day of Greeley's homecoming, in a rematch of last year's Class AA opening round, which ended in a double OT loss for Town.

The Huskers played a game of even-Steven with the Quakers throughout, making it a scoreless affair at the half. But Greeley's Matt Neuberger was able to boot one in with 15:37 to go for the decider. Huskers Head Coach Ed Polchinski thought his team did a great job despite drawing the short straw.

"It was a great game by both ends; they (the Quakers) were all up for their

homecoming, I assume," he said. "I can't take anything away from my boys – they came here to play. We had our opportunities; their goalie came up with some big saves, same as our goalie. I was very pleased on both ends, unfortunately we just came out on the short end this time."

Yorktown (2-3-1) has some pivotal games coming up on the schedule against Lakeland on Saturday and Fox Lane a week from today. Polchinski knows the road ahead is tough, but believes it will make the Huskers battle ready; tested for the end of the season.

"We're just about .500, we're in a tough league, which is good – I like it," he said. "It will prepare us hopefully for the sectionals. That's our goal. I think if we play like we did today we'll do fine for the rest of the season and it'll prepare us for the sectionals."

PUTNAM VALLEY fended off Pawling 2-0 last Thursday at home, seeing first half goals from senior midfielder Sebastian Uribe and junior middle Anders Spittal to secure the W. Senior goalie Kyle Bronzo pitched a shutout with five saves. The Tigers followed by playing even keel with the Blue Devils, but fell short 1-0 in the game's final minute of double OT.

"I feel the team still has more to prove," said Put Valley boss Craig Glenn. "We are hoping to upset some larger schools that we meet in the upcoming weeks. I feel that when the team starts playing to their potential, we could hang with any team around."

"This is one of the more skilled teams Putnam Valley has had in a while, but needs to have it come together when facing Yorktown and Carmel. We are aggressive and have confidence, but we need to start finishing more often. We seem to hit posts often, and hopefully these misses will start falling for us in the coming weeks."



Hen Hud's Aidan Datene, perhaps the Sailors' best player in a decade, tries to slip coverage of Lakeland's Deven Girgenti in 2-2 tie between Sailors and Hornets.

The Tigers (3-4) will travel down to Pleasantville for their next game Saturday.

HEN HUD and **LAKELAND** both beat **PEEKSKILL** this past week; the Sailors defeating the Red Devils 4-2 last Thursday, and the Hornets picking up a 5-1 over Peekskill Saturday morning. In between, though, Hen Hud and Lakeland squared off with each other, battling to a 2-2 tie last Tuesday.

Matias Prando scored both of the Hornet goals in the stalemate with the Sailors; Aidan Datene and Miguel Perez ensured the tie.

On Saturday Johnny Denis proved why the Hornets are a force to be reckoned with, notching four goals and an assist vs. the Red Devils. Jordan Fein threw in Lakeland's final goal and contributed an assist. Mike O'Driscoll also picked up a point with an assist.

The Sailors also won big Saturday, handing Beacon a 6-2 loss. Datene scored twice in the win.



Carmel striker Sebastian Lopez scored twice in the Rams' stunning 3-2 upset of state-ranked No. 1 Arlington last Friday.

and one assist. "Everyone didn't look too motivated before the game, but the minute we stepped onto the field, I could see good energy flowing."

Carmel put pressure on Arlington right away, receiving a goal off the foot of Ryan Lankafel, which Lopez assisted. The Admirals answered with a goal before



Hen Hud's Mike DiPietro and Lakeland's Shay Girgenti get after head ball in 2-2 tie.

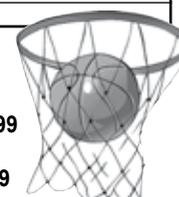
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Sports

Field Hockey Notebook

Put Valley Seeking Return to Form, Can't Run with Lakeland

By Ray Gallagher
Examiner Sports Editor

In a recent conversation with Putnam Valley modified field hockey Coach Dan Turner we discussed some of the variables holding the Tigers' field hockey program back the last couple of seasons. For one, moving soccer from the spring to the fall a few years ago has certainly hurt the small Class B school. With five athletic program for girls to choose from in the fall, field hockey has taken a back seat while soccer, volleyball and cheerleading have drawn many of the athletes off the hockey green.

The results have been less than fruitful for the Tigers, the last team from New York State to defeat five-time defending state champion Lakeland High... all the way back in 2008. The two met again last Thursday, with visiting Lakeland (8-0) securing a 7-0 victory over the unmatched Tigers.

Hornet F Brianna Muniz led the way with two goals and two assists on a day when six Hornets banged the boards in



RICK KUPERBERG PHOTO (PLEASE VISIT WWW.HVSPHOTOS)

Put Valley's Jackie Cunningham gives chase to Lakeland's All-NYS star Dana Bozek, who scored once and assisted on another in 7-0 Hornet

all, including All-American Dana Bozek (1A), Emily Powers, Meghan Fahey, Kimmy Briscoe and Valerie Perkins (2A). Putnam Valley was on the defensive all game, with Lakeland holding a 30-1 edge on corners. Lakeland goalies Alex Halpin and Madison Beames combined on the shutout.

A young Putnam Valley team may not have had what

it took to hang with one of the premier programs in the country, but first-year Coach Kristina Vucetic knows it's all about the big picture and building for the future.

"I am happy to say that my girls really showed that they could compete with a skillful team like Lakeland," the coach said. "The score does not reflect my girls' performance. We were able to hold Lakeland 0-0 for a little more than 15 minutes. We still held our own until after the second goal, when AnnMarie Spica went down with a pretty

bad knee injury. Susanna Granieri had an outstanding performance in goal. She had 12 saves, and persevered after having defend corner after corner. At one point, she was the only person standing in Lakeland's way of scoring goals. This was a phenomenal performance coming from our sophomore goalie, who has more than proved herself this year. She proved resilient against Lakeland's chances to

score on corners. Senior Jaime Turner and Junior Cierra Espineira held down the defensive side with excellent clearing and stopping of the ball."

The Hornets also defeated Hen Hud, 9-0, with Bozek scoring three goals in the first seven minutes of the game. She added two assists while teammate Molly Fitzpatrick scored twice and set up another.

Behind a hat trick from F Mikaela DiBello, MAHOPAC improved to 5-0 (league), 5-1 (overall) after a 5-3 victory over Arlington last Wednesday prior to a 2-1 win over John Jay EF last Thursday. Other Mahopac scorers against the Admirals included Sarah Lilley, assisted by Jane Kasparian (3A) and Tara Kirby. The Indians led 4-0 at the half before calling off the dogs. Nicole Amerling played just a half in goal and made two saves.

Against Jay, Sarah Quarto (assisted by Girven) and Lilley (assisted by Kasparian) each banged the boards for the Indians, who maintain the look of a Class A contender.

Field hockey coaches are encouraged to send results and comments to raygallaghersports@gmail.com to ensure your student athletes are being covered.



Carmel's Ashley Heis and Alexa Dapolito converge on Mahopac's Alyssa Kirby in 2-0 Indian win.



Carmel's Ashley Heis and Mahopac's Kristen Reilly maneuver for possession in 2-0 Indian win last week.

Mahopac Kicks Carmel, 2-0, Improve to 4-2 on Year



Mahopac's Taylor Ganis breaks free from Carmel's Ally Galaraga in 2-0 Indian win.



Mahopac's Erin Butler works against Ram Ally Galaraga in 2-0 Indian win.

Sports

Field Hockey Notebook

My Renewed Faith in the Youth of America is Growing



By Ray Gallagher
Examiner Sports
Editor

By Ray Gallagher
Examiner Sports
Editor

I need you kids to do me one big favor, and it would help if your parents did likewise. This recent wave of patriotism that I have witnessed at some of these Section 1 football games I've been attending – Lakeland

dear our beloved country is to us.

When and why did so many of us stop doing this? When did this become “uncool”? My nephew, K.G., didn't appear uncool when he did so on the County Center hardwood before Put Valley's Section 1 Class B championship loss to Woodlands, but he was the only one doing so on either team. (Mama raised you right, boy!)



Listen, we need every ounce of nationalism we can draw from every student, parent and grandparent alive because our country is headed for the crapper if we don't band together, return to the Cowboy Diplomacy of the Ronald Regan era and rid this country of the enemy within: ISIS, and other radical groups like it. Heck, I'd take FOX News cowgirl and former Westchester D.A.

Jeanine Pirro over our current President any day of the week.

Yes, this is America; land of the free and home of the brave, but it's time we start to love our country again, or we'll be sorry when these freaks take over and start burning Ol' Glory right here on our

own soil. And there won't be a damn thing we can do about it because WE let IT get away from us; IT being our own country. Yeah, we've lost our grip and it's time to get to take it back from the separatists, who seek to destroy from within.

But I have to admit that what I saw the other night at Panas was a great start. First off, the Lakeland kids didn't go for a typical black out or white out. The Hornet faithful went with a red-, white- & blue-out, and it was spectacular to see the American flags and Captain America shields waving amidst the frenzy of a 21-9 Lakeland win over its sister school.

Then, after Panther Pride was exhibited in the form of the student body clad in military camo, two former Walter Panas students were honored for their military service with a resounding ovation, and the Panthers themselves majestically busted out a P.O.W. flag and the stars and stripes while bursting onto the smoke-filled scene (see photo). T'was a thing of beauty, my friends.

If your parents, teachers and administrators weren't proud of y'all last Friday night, know that I was, especially when Panther Matt Larkin ushered Mrs. Pereira to Lakeland sideline after her son, Brenden, was taken to Hudson Valley Hospital with a badly broken arm.

But I'm the kind of guy who's tough to please long term. Don't just settle for one grand night of patriotism. Explore this bold, new world with vim and vigor. Fly your flags again, show your loyalty to your country and put your damn hand over your heart while the Star Spangled Banner

is lipped. (Parents, can you help set a dang example here)...

Ray Rice, whoa! Dude clocks and drops his wife in an elevator and thinks I won't need a year or two to get past that image of Janay being dragged unconscious into the lobby. Just take your lumps, Ray-Ray. Appeal all you want, there shouldn't be a team desperate enough in the NFL for the P.R. baggage you now come with...

Adrian Peterson, same deal, bud: Go away for a year and I might forget you whipped your four-year-old son in his privates with a switch and then stuck



RAY GALLAGHER PHOTOS

Panas Panthers (L-R) Chris Buonanno, Joey DeLuca, Stephen Kelley and Zack Saad burst onto the scene last Friday night during Panas' 21-9 loss to rival Lakeland.

vs. Panas, in particular last Friday night -- is enough to give an ol' patriot like myself chills, but the icing on the cake for me would be the symbolic hand-to-heart gesture during the national anthem, which truly signifies just how near and



In a very touching moment, Panas' Matt Larkin walked Mrs. Pereira to Lakeland sideline after her son, Brenden, was taken to Hudson Valley Hospital for surgery with a badly broken arm last Friday.

leaves in his mouth to muffle his screams. This is American in 2014, we don't whip our pre-K's in that manner any longer, not sure we ever should have. He's four, not 14... fool!

We are a forgiving nation, indeed; but get out of my face for now.

Yorktown, Somers, Lakeland Get it Done in Class A

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make it very, very difficult to crack the field of eight Class AA playoff teams (four from each league). A win would keep Mahopac in line for its first playoff berth since 2010. To do so, Mahopac will need to contain Marquez Jackson-Allen, the section's top rusher with just under 200 yards per game (595 rushing yards).

CARMEL (2-1), which chalked up its second win in a two after a 25-7 win over host Ramapo in Week 3, played Mamaroneck tough in a 14-13 loss last year when the Tigers went 2-6; which is why we're not totally sold on Mamaroneck just yet. Mahopac's best effort should be enough to get the job done.

The Carmel Rams will look to remain in playoff contention for another week but it won't be easy against a Clarkstown North (1-2) team that has played a couple of close game with state-ranked (No.7)



Mahopac's Nick Light breaks free for big gain in Homecoming win over Suffern last Friday.

New Ro and (No.18) Scarsdale.

CLASS B NOTES

PUTNAM VALLEY (2-1) will play its biggest game in at least five years this Friday when Coach Matt Mello's Tigers visit defending champion Pleasantville (2-1), which suffered a 23-0 setback at the hands of Lourdes, which has emerged as the early Class B favorite.

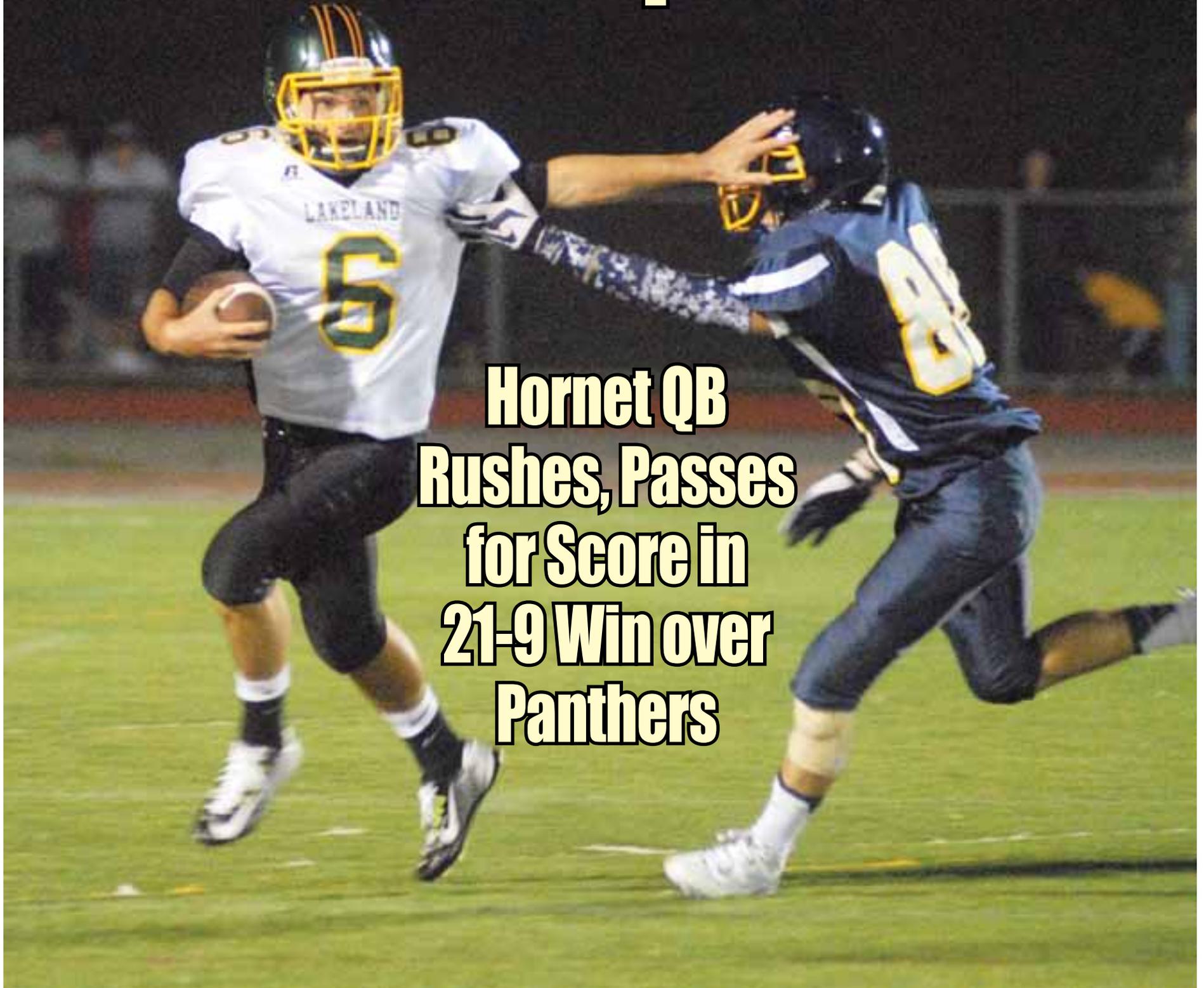
On the heels of their impressive 57-6 drubbing of Edgemont, the Tigers will find out exactly what they are made of this week,

from Monday through Friday. Coach Mello noted that this would be the most important week of preparation since he took over the program some four years ago. The Tigers saw WR Eddie Lent, and RBs Zach Girvalo and Dean D'Alessio each score a pair of TDs while Luis Fernandez, Elviz Belen and Ryan Mello each scored once. Mike Dellabate (12 tackles) and Jake Reyes (10 sticks) led the defense while FB/LB Ryan Mello blew dudes up on both sides of the ball.

Eight Tigers combined to rush for 251 yards on 33 carries.

CROTON fell to 0-3 after a 28-7 loss to Class A HEN HUD (2-1), which saw RB Jordan Artope rush 16 times for 124 yards and three touchdowns in the 28-7 win. Beast Mode Jr. also caught three passes for 54 yards and notched 11 tackles at LB. Artope is legit.

Lakeland Caps Panas!



**Hornet QB
Rushes, Passes
for Score in
21-9 Win over
Panthers**

RAY GALLAGHER PHOTO

Lakeland QB Anthony Capozzi rushed and passed for touchdowns in the Hornets' 21-9 at rival Panas Friday, ending the Nick Mlynar (88) and the Panthers' two-game win streak over the Hornets and handing them their first loss of the season... see Grid Notebook

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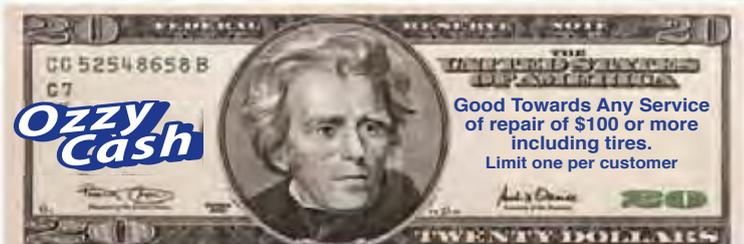
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