



Dedicated...page 3

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# The NORTHERN WESTCHESTER Examiner

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Covering Yorktown, Somers, Cortlandt, Croton-on-Hudson, Buchanan, Ossining and Peekskill

November 24- November 30, 2015 SMALL NEWS IS BIG NEWS Volume 7, Issue 310



## 101 Years Young

Cedar Manor Nursing & Rehabilitation Center in Ossining joyfully helped to celebrate the 101st birthday of resident Emily Viola on October 20. Emily was born in Italy, moving to Westchester County in 1921. A pioneer amongst women, she opened and operated her own seamstress business in Bronxville. Her special day was commemorated with friends, loving family and staff. Pictured with Emily is her niece Pamela Radner.

## Indian Point Safety to Remain Top Priority for Entergy

By Rick Pezullo

The owners of the Indian Point nuclear power plants in Buchanan have vowed to ensure the safety of the facility if an additional 20-year license is approved.

During an appearance before a three-judge panel of the federal Nuclear Regulatory Commission's Atomic Safety and Licensing Board in Tarrytown last week, Entergy officials maintained their legally enforceable commitments to safely operating the 40-year-old plants were based on state-of-the-art science.

"Indian Point has operated safely for more than 40 years, delivering enormous benefits such as reliable price-stable and non-greenhouse gas emitting power generation, day in and day out," said Fred Dacimo, vice president of operations license renewal for Entergy. "The fact that Nuclear Regulatory Commission staff has

spent 37,000 hours over eight years reviewing and inspecting Indian Point's application should be reassuring to everyone that all aspects of the license renewal process have been thoroughly examined, and that the facility will continue to operate at the highest levels of safety and reliability."

In September 2013, Indian Point Unit 2 began operating under Timely Renewal, which extends the initial 40-year license while the license process continues for at least several more years until the NRC makes a final determination. Indian Point Unit 3 will begin its Timely Renewal period on December 13 when its current license expires.

Indian Point supplies about 25 percent of Westchester County and New York City's electricity, and 11 percent of New York State's power. Approximately 1,000

Continued on page 9

## Winter Parking Regulations Delayed Until Jan. 1 in Peekskill

By Rick Pezullo

Winter parking regulations in the City of Peekskill will not go into effect until January 1 as a compromise to scrapping alternate street parking, a system favored by Police Chief Eric Johansen but frowned upon by some residents.

City officials decided to return to alternate street parking last year, for the first time since 2009, following widespread confusion over winter parking ordinance

rules, or blatant defiance, that resulted in hundreds of parking tickets being issued, most of which were dismissed in court.

"Trying to please each and every person is impossible," Johansen told the Common Council during a work session last week. "The last thing we're trying to do is give out tickets. I would hate to see a situation where an ambulance or fire truck can't get by because cars are parked on both sides."

Prior to implementing alternate street parking, Peekskill relied on an emergency notification system to alert residents not to park on roadways during and after snowstorms. Johansen noted last February there were 15 winter weather-related events, which caused some residents to have to park blocks away from their homes while city crews cleared the streets.

"This really affects people," said Councilwoman Vivian McKenzie.

"When we changed it we messed up a lot of people's comfort with signs and parking. The people that will be offenders will always be offenders."

McKenzie, Councilwoman Kathy Talbot and Mayor Frank Catalina said they heard many complaints from residents while out on the campaign trail, causing

Continued on page 2

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# Winter Parking Regulations Delayed Until Jan. 1

Continued from page 1

them to reconsider the current parking prohibitions.

However, Councilman Vincent Vesce said the Council helped residents by opening up more streets to alternate street parking upon a recommendation by Johansen.

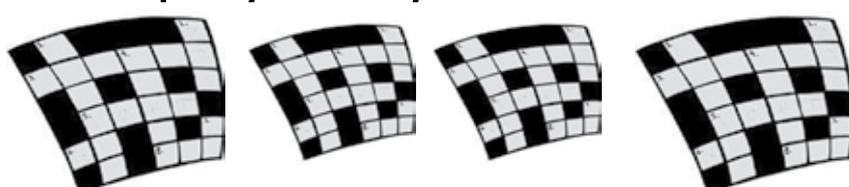
"The reality is we know operationally it's safer for the city. We're able to get the streets cleaner faster. It's more efficient," Vesce said. "I think we'll go backwards if we flip back again less than one year later."

According to the existing ordinance,

parking is prohibited on city streets from 8 p.m. to 8 a.m. from December 1 through April 15 except in designated areas where signs are posted for alternate side of the street parking. Vehicles in violation of the ordinance may be issued a parking ticket with fines starting at \$50. If a state of emergency is declared, the fines will increase to \$150.

The Council and Johansen agreed to change it until January 1, unless a snow-storm hits prior, and may remove the regulations earlier if the weather cooperates.

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## OVERCOMING PAINFUL GYNECOLOGIC CONDITIONS...

What you need to know about symptoms and treatment options

**Did You Know?**  
 Every year, fibroids lead to more than 200,000 hysterectomies. Not including the number of myomectomies, an option for women who wish to have children.\*



### Ask the Doctor

**Navid Mootabar, MD**

Chief, Obstetrics & Gynecology  
 Director, Institute for Robotic & Minimally Invasive Surgery  
 Northern Westchester Hospital

nwhroboticsurgery.org/DrMootabar

**Q: What gynecologic conditions do you see most frequently in your practice?**

**A:** Endometriosis, uterine fibroids and ovarian cysts are the big three. With endometriosis, cells from the lining of the uterus are found in the pelvic area. This can cause pelvic or abdominal pain, painful periods and painful intercourse. Uterine fibroids are benign tumors (most remain benign) growing from the uterus wall. They can cause pain, especially if large and pushing against other organs, heavy and painful periods, urinary symptoms, infertility or miscarriage. An ovarian cyst is a fluid-filled or solid growth in an ovary that can be benign, pre-cancerous or malignant, and can cause pain.

**Q: What should I do if I have one or some of these symptoms?**

**A:** Do not delay in seeing your gynecologist. I stress this because women are so busy that they often unnecessarily put up with pain. These conditions are diagnosed through a complete medical history and physical exam, sometimes aided by ultrasound and, in the case of endometriosis, a laparoscopy, in which a camera detects uterine cells in the pelvic area.

**Q: What are my treatment options?**

**A:** Since these conditions are stimulated (not created) by female hormones, medical treatments include hormonal medications, such as birth control pills, coupled with pain medication. Surgical options at Northern Westchester Hospital for all three conditions include advanced minimally invasive approaches, specifically leading-edge robot-assisted single-incision laparoscopic surgery (SILS), which can be performed through a single incision in the belly-button.

I am one of only a few physicians in the Hudson Valley trained in single-incision laparoscopic GYN surgery, which offers women a faster recovery than even traditional robot-assisted surgery and a near-invisible scar.

\* National Institutes of Health



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# Historical Trail Panel Markings Dedicated in Cortlandt

By Rick Pezzullo

During the American Revolution in 1781, General George Washington marched 680 miles with French troops, led by General Rochambeau, from Newport, Rhode Island to Yorktown, Virginia. On their path they traveled through the Town of Cortlandt and used Old St. Peter's Church on Locust Avenue as a military hospital.

Seven of the French soldiers who

fought with the United States troops are buried in unmarked graves in the cemetery in Van Cortlandtville on Oregon Road. The body of an eighth soldier, an officer, was returned to France.

When the National Historic Trail and National Park Service decided to officially designate 15 locations along the route in New York State with permanent markings, Cortlandt was chosen to have two: one at St. Peter's Church and the



RICK PEZZULLO PHOTOS

Panel markings outside Old St. Peter's Church.



Cortlandt Supervisor Linda Puglisi speaks from bully pulpit inside church.

other on the Hudson River waterfront in Verplanck.

"History happened here, right here in our community," Jeff Canning, secretary and past president of the Van Cortlandtville Historical Society and Town of Cortlandt Historical Adviser, said during a dedication ceremony at St. Peter's Church last Thursday. "This was one small piece of something very big and very important."

Cortlandt Supervisor Linda Puglisi, a history buff whose late father was a history teacher and a town historian, basked in the excitement of Cortlandt earning the special historical designations.

"Today, November 19, 2015 is a won-

derful day in our Cortlandt community as we celebrate this momentous occasion," Puglisi said from the bully pulpit inside Old St. Peter's Church. "That is a true designation. That is remarkable. It is really exciting. The history is in the fabric of our lives."

Leah Olsen, vice president of the Van Cortlandtville Historical Society and chairman of The Friends of Old St. Peter's Committee for Restoration and Recognition, talked about the eight-year effort to restore Old St. Peter's Church.

"Today is the culmination of a long and bumpy road with twists and turns, stops and starts," she said. "Here ends the long journey of restoration and recognition."

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# YSBA Announces “Put your ALL into Shopping Small Program”

The Yorktown Small Business Association is happy to announce its “Put your ALL into Shopping Small Program.” The program is a way of saying thank you for all you do in our community to Local Small Businesses.

A press conference and kickoff meeting will be held in front of Yorktown Town Hall on Saturday, November 28 (American Express Small Business Saturday) at 9 a.m. The program will run

until New Year’s Day. It is also a way of our businesses to say thank you to their customers.

Special offers and promotions are being offered by many of the participating businesses and all will be offering free raffle tickets to those who patronize their business. Look for the GREEN Balloons and GREEN Balloon posters for participating businesses. A Grand Prize of \$500 cash, merchandise and gift certificates

from various participating businesses worth thousands of dollars will be raffled off on New Year’s Day. You must patronize the participating businesses in order to qualify for the free raffle tickets. Requirements for free raffle tickets are set and provided by each participating business.

Did you know that every \$100 spent at a Local Small Business returns \$68 to the local economy? That same \$100 spent at

a national or regional chain returns just \$43 ([www.IndependentWeStand.org](http://www.IndependentWeStand.org)). All participants will receive a package including (flyers, balloons, decals, posters) upon request.

The YSBA is offering this program at no cost to all Yorktown Local Small Businesses wishing to participate, all you have to do is contact us (Yorktownsbaba@optonline.net 914-874-4347 Bob Giordano) and request the package.

# Annual Turkey Bowl Flag Football Fundraiser Saturday

The 2015 Turkey Bowl, organized by Yorkville Sports Association, takes place on Saturday, November 28 and will benefit local food pantries, including Yorktown Community Help (YCH), a Yorktown-based nonprofit that was founded in the 1960s. Its purpose is to provide food to individuals and families in need. YCH is 100% volunteer run and will be accepting donations and non-perishable foods at the event.

Winners will walk away with fabulous prizes. First place in the men’s and coed divisions will receive \$500 cash and championship pinnies. The winner of the family division will receive championship pinnies and gift certificates to local

eateries. The tournament MVP will receive a football. Additional prizes will be go to Team MVPs, Outstanding Athletic Recognition Award, Most Sportsmanship Award and the Muddiest Player Award. The event will also include a 50/50 Football Toss Accuracy Challenge!

The tournament will be held at Navajo Fields at the Yorktown Sports Complex, which is generously donating their fields. You must be at least 18 years old to participate in the competitive divisions. All ages are welcome in the family division. Every player will receive a free commemorative t-shirt. The cost to participate is \$35/player or \$250/team in the men’s and coed divisions. Participation in the family division

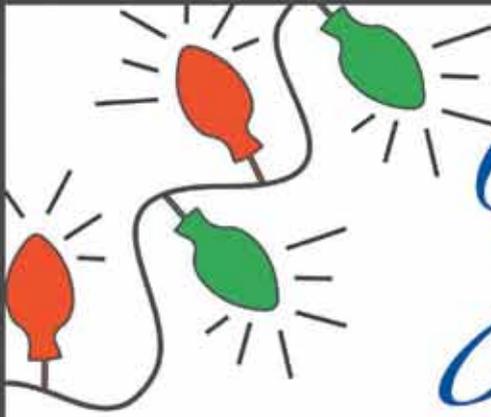
is \$200/team. The cost for students is \$20/player with a valid student id.

Team check-in starts at 11 a.m. on November 28 and the first game begins at noon. Activities will run from noon to

3 p.m. Please stop by and support this great cause! To register a team or for more information, visit [ysaleagues.com/turkeybowl](http://ysaleagues.com/turkeybowl), call (914) 962-8390 ext. 14, or email [marketing@ysaleagues.com](mailto:marketing@ysaleagues.com). #



Three Girl Scouts from Yorktown Troop #1487 were honored Saturday at a Silver Award Ceremony at the Paramount Hudson Valley Theater in Peekskill. Julia Capshaw (left), Valerie Torrieri and Gia Volpe (not pictured) earned the second highest honor in girl scouting by volunteering their time to run arts and crafts projects at local nursing homes.



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# Cortlandt Receives Approval to Buy Con Edison Property

By Rick Pezzullo

The Town of Cortlandt received official word last week that its \$2.75 million bid to purchase a 99-acre former quarry on Broadway and 11th Street in Verplanck from Con Edison had been approved.

More than a year after Cortlandt officials decided to “stop the buzz” to prevent an unwanted high voltage converter station from coming into its community, the New York State Public Service Commission (PSC) gave the transaction the go-ahead on November 19.

In 2006, Cortlandt attempted to purchase the property, which over the years some trespassers have used to cool off in the summer by diving off cliffs into deep water in what was once used as a rock quarry.

Last year, the Town Board authorized the issuance of a bond for the bulk of the \$2.75 price tag. The town has already made a \$275,000 down payment.

Cortlandt Supervisor Linda Puglisi said the town was planning to build some all-purpose recreational fields and a walking path on the property, and

move the highway, parks, sanitation and water divisions into a new centralized operating department.

To offset the costs of the new complex, Puglisi noted Cortlandt would sell the properties where the departments are currently located throughout the town.

Last year, local officials and residents made passionate pleas to the PSC to reject a proposed high voltage converter station that generates a constant buzzing sound.

West Point Partners was looking to construct a 50-foot-high, 1,000 mega-

watt high voltage converter station with buried high voltage cables behind Letteri Field on Broadway and 11th Street, the same location where the Spectra/Algonquin Energy natural gas pipeline project will run underground. The pipeline falls under the jurisdiction of the Federal Energy Regulatory Commission, whose authority supersedes town regulations.

The construction of the station in Verplanck would have enabled the connection of an 80-mile transmission line to the Town of Athens in Greene County.

# Buchanan Woman Blocks Pipeline Expansion Progress

By Rick Pezzullo

A Buchanan woman temporarily halted construction of an expanded gas pipeline Thursday by refusing to budge from a tree on her property within 300 feet of the project.

Nancy Vann's protest occurred a day before nine members of a coalition called Resist AIM, who were peacefully arrested November 9 in Montrose for blocking two ware yard driveways used by workers for Spectra Energy's controversial Algonquin Incremental Market (AIM) gas

pipeline, appeared in Cortlandt Town Court and had their case adjourned to a future date.

Vann, who was joined by Peekskill Councilwoman Kathy Talbot, who stood nearby on Reynolds Hills to show her support, said she was taking a stand for the safety of the region.

“They claim to be concerned about my safety, but what about the safety of the 20 million people at risk from a pipeline accident at Indian Point?” Vann said in a statement. “Or the thousands at risk from

asthma and other health problems in this environmental justice community?”

Last month, Spectra Energy began building a high-pressure 42-inch diameter pipeline throughout the area. A 26-inch pipeline currently runs through the region. For several years, local elected officials and residents lobbied against the project but ultimately were unable to convince the Federal Energy Regulatory Commission (FERC), whose authority supersedes home rule.

In addition to its safety and security

risks, Resist AIM maintains the pipeline would increase dependence on climate-changing fossil fuels at a time when the nations of the world are increasingly recognizing the need to move to renewable energy.

Spectra has used eminent domain to seize property to clear cut trees to make room for the expanded pipeline. By standing within 300 feet of the site last week, Vann was able to block any progress since Spectra's safety guidelines prohibit any work within that distance.

# Village of Ossining Considers Zoning Change for New Businesses

By Rick Pezzullo

The Village of Ossining is considering an amendment to its Zoning Code to attract new tenants to its business districts.

Various boards in the village met recently to discuss expanding the definition of “artisanal” to allow such businesses as craft brewing and distilling, small batch confectionary-making, frozen dessert-making (gelato, ice cream) and others.

Currently, artisan work is defined in the code as production of art, sculpture and similar items that require hand tools or machines. The code also specifies that businesses cannot produce “noxious noises, odors, vibrations, or fumes.”

“This proposed amendment is in response to a conversation with an Ossining commercial property owner,” said Ossining Mayor Victoria Gearity. “Working with our land use boards and property owners to ensure that zoning laws support current businesses, while streamlining the pathway for new businesses, is critical for growing a more vibrant local economy.”



PHOTO BY BILL POWERS

Peekskill Mayor Frank Catalina, artistic designer and creator of upcycled women's clothing Jeorjia Shea, Peekskill Councilwoman Kathy Talbot, Hudson Valley Gateway Chamber of Commerce Executive Director Deb Milone and others officially opened “Quirkshop,” an artisan boutique on Saturday, November 21, at 23 North Division Street. The “ribbon” was hand made out of upcycled cashmere. Quirkshop joins a growing list of specialty retailers who are calling downtown Peekskill home.

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## Letters

# Setting the Record Straight on Costco

### To the Editor:

I am writing to correct a factual error in the article you published recently in The Northern Westchester Examiner: "Costco Gets Green Light in Yorktown." Your article stated that I "questioned Costco's stance on solar panels since it is one of the leading sellers of (solar) panels in the country." I did not make this claim. In fact, I have no knowledge of the company's ranking in the market for residential solar panels.

However, what I did discuss and document during the Planning Board's review of the Costco application was Costco's position as a leading generator of solar

electric power - using solar panels installed on its warehouse rooftops to produce electricity. According to the Solar Energy Industries Association, Costco ranked second among U.S. companies in 2012, generating 38,900kW of electricity via solar panels at 62 different locations. By the end of FY 2013, Costco's solar power capacity exceeded 45,000kW.

In view of Costco's record of commitment to solar power at its other stores, it seems reasonable for Yorktown planners to question the company's decision to skip solar power when building in our town. Costco's decision is even more troubling given that New York

State and U.S. government incentives are currently available to reimburse the company for up to 80 percent of the cost of adding solar to the Yorktown project.

I applaud your efforts to cover community news in Northern Westchester and would greatly appreciate your publishing this letter to correct your reporting on what has been a long and labor-intensive project for town volunteers serving on the Advisory Board on Architecture & Community Appearance, Conservation Board, and Planning Board.

Sincerely,

JOHN FLYNN

# All NY College Campuses Should Be Tobacco Free

### To the Editor:

November 19, 2015 is the American Cancer Society's Great American Smoke Out. As tobacco use is responsible for nearly 1 in 5 deaths across the United States, please join me in supporting tobacco free policies, cessation programs and helping others to quit smoking and live healthier lives.

Tobacco is the only product sold today that when used as intended, kills its consumers. A recent report by the American Cancer Society rated the tobacco policies

of 201 colleges and universities across New York State. In our area, Westchester Community College, Rockland Community College and Nyack College were among the top ranking institutions for the most comprehensive policies to protect students and staff from the dangers of tobacco.

On behalf of the American Cancer Society Board of Advisors of Westchester and Rockland Counties, we applaud these schools for their top grades and encourage all academic institutions with lower grades to begin or complete the

process of implementing a tobacco free campus policy.

We also call upon the Governor and Legislature to pass legislation that requires all New York public colleges to be 100 percent tobacco free.

Please join me in creating a world with more birthdays!

Sincerely

LINDA B. WHITEHEAD  
**President**

**American Cancer Society Board of  
Advisors, Westchester and Rockland**

# Thank You Cortlandt Voters

### To the Cortlandt Community,

Thank you so much for once again placing your trust in me to continue as Cortlandt's Town Supervisor. It is an honor and a privilege to serve as Town Supervisor. We have a wonderful community and we will continue to work to-

gether to enhance and add to our list of achievements for our residents and their families.

Have a very Happy Thanksgiving!

LINDA PUGLISI  
**Supervisor**  
Town of Cortlandt

## Letters Policy

We invite readers to share their thoughts by sending letters to the editor. Please limit comments to 250 words. We will do our best to print all letters, but are limited by space constraints. Letters are subject to editing and may be withheld from publication on the discretion of the editor. Please refrain from personal attacks. Email letters to Northern Westchester Examiner Editor-in-Chief Rick Pezzullo at rpezzullo@theexaminernews.com.

The Northern Westchester Examiner requires that all letter writers provide their name, address and contact information.



Put your ALL into Shopping Small, Patronize our Local Small Businesses

In celebration of all they do for our community the YSBA is launching its "Put your ALL into Shopping Small Program" Saturday, November 28 to say thank you to our local small business community.

Look for the Green Balloons and Posters at participating businesses. Many will be offering sales and discounts to their patrons this holiday season and free raffle tickets (see participating merchant for details) for qualified purchases for the News Year Day drawing. A \$500.00 cash prize, numerous gift certificates and merchandise will be awarded.

Inquiries to Bob Giordano Yorktownsba@optonline.net or 914-874-4347. The program is available to all local small businesses in Yorktown and is offered at no charge to the participant.

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# Astorino Unveils 2016 \$1.8B Budget with No Tax Increase

By Arthur Cusano

Westchester County Executive Rob Astorino introduced his 2016 budget November 13 to county officials and the press, his sixth consecutive spending plan without a tax levy increase.

The \$1.8 billion budget maintains what Astorino called his two key goals: no tax levy increase and no use of the county's unrestricted fund balance. As in the past five years, tax increases were not an option, he said.

"I will veto any budget with a tax increase," Astorino said.

The 2016 budget includes a \$180 million capital fund, \$18 million for water, sewer and refuse districts and another \$18 million for county airport improvements.

Astorino used the presentation to criticize unfunded state and federal mandates that Westchester is forced to comply with. The county is required to spend \$1.35 billion for such programs, Astorino said, but only receives \$424 million to fund them.

"That \$926 million difference, 100 percent of it, every dollar we take in from property taxes, goes right out the door to pay for that," Astorino said. "And 70 percent of our sales tax is now being paid to these mandate costs."

Sales tax revenue declined this year due to inclement winter weather that kept consumers homebound along with



ARTHUR CUSANO PHOTO

Westchester County Executive Robert Astorino unveiled his proposed 2016 budget.

dropping gas prices, he said.

Under the proposed budget there will be no cuts to county Bee-Line bus routes, libraries or childcare programs, which will keep the current parent contributions at 27 percent. Some late-night and weekend bus stops may be eliminated due to low ridership.

However, some nonprofit organizations will see their funding slashed. There will be 20 percent funding reductions for Legal Services of the Hudson Valley and the Hudson River Museum and a 70 percent cut to Cornell Cooperative Extension funding. In addition, 25 positions in various departments are

slated to be eliminated. Those cuts follow a buyout of 158 employees over the summer. Another 60 vacant county positions will be eliminated.

To minimize layoffs, Astorino's budget plan calls for bonding \$11 million to pay for tax certiorari settlements.

"Because of our very strong credit ratings, it will cost about \$60,000 a year in interest, which relatively speaking, is fairly low," Astorino said. "If we decided to pay off the entire \$11 million in cash, which I'm open to if that's what the board chooses to do, it would require about 110 additional layoffs."

Astorino also called for state pension amortization of \$3 million, down from \$15 million this year.

"Going forward we will cash up and pay in full our pension obligations every year," he said. "We still have to pay back the original borrowing, but we're now stabilized."

Legislator Ken Jenkins (D-Yonkers), in a statement released in advance of Astorino's presentation, called the bonding "fiscally irresponsible" and said it would lead to another credit downgrade for the county. The Westchester County Association and Business Council of Westchester have objected to the reliance of borrowing for operating costs. Representatives from both organizations have stated the budgeted sales tax increases were overly optimistic, he said.

Jenkins said a downgrade would cost Westchester residents millions on the \$1.3 billion worth of capital projects. The county's AAA credit rating has been maintained by both Standard & Poor and Fitch Ratings, while Moody's recently downgraded the county to an AA1 rating.

"The Astorino administration's continued reliance on fictitious revenue when budgeting has led Westchester to this credit precipice," Jenkins stated. "Those responsible for these budget projections should be first on the list of any proposed layoffs in 2016."

Board of Legislators Chairman Michael Kaplowitz (D-Somers) said the board supported keeping tax rates level, but said cuts to nonprofits and layoffs needed more review. The proposed \$11 million tax certiorari bond also needed to be carefully considered, he said.

"That cost, in an ideal world, should be included in our operational expenses," Kaplowitz stated.

The Board of Legislators has until Dec. 27 to adopt a 2016 budget. Board members began the budget review process at their meeting last night (Monday).

Hearings to elicit feedback from the public will be held Nov. 24 at Horace Greeley High School in Chappaqua; and Dec. 9 at the county office building. Both hearings begin at 7 p.m.

## Indian Point Safety to Remain Top Priority for Entergy

Continued from page 1

people are employed at the plants, which, according to Entergy, directly and indirectly generate \$1.6 billion annually.

The NRC has already issued a report concluding there is nothing to preclude Indian Point from safely functioning for the next 20 years. A Final Environmental Impact Statement issued by the NRC also determined there were no environmental issues preventing license renewal.

However, Entergy does face some hurdles with the New York Department of State, which earlier this month filed an objection to Entergy's request for a Coastal Consistency Determination, an objection that could potentially hold up a new license.

In the objection, Governor Andrew Cuomo, who has long called for the closure of Indian Point, highlighted many concerns about the facility, including the intake of 2.5 billion gallons of water per day for cooling, which kills aquatic life in the Hudson River; a history of operational accidents; the proximity of the plants to a heavily populated area; and the risk of catastrophic events due to flooding.

While the NRC holds regulatory control

over nuclear power plants, the State of New York permits the plant's use of the river and can withhold or limit the permission to operate based on water quality concerns.

The state's position has been backed up by Riverkeeper. "We're satisfied with the Department of State's thorough evaluation of the impacts, and risks regarding Indian Point, and ultimate finding that a coastal consistency determination for the plant is simply inappropriate," said Riverkeeper Staff Attorney Deborah Brancato.

U.S. Congressman Sean Patrick Maloney (NY-18) also supported the New York Department of State's assessment of the Indian Point Energy Center.

"This latest Indian Point assessment has shown yet again that this facility just doesn't make sense for the community and the surrounding environment," Maloney stated. "I appreciate the steps that the New York Department of State has taken to ensure the safety of folks living near Indian Point. It's time we focus our efforts winding down Indian Point and get serious about replacing it with a source of energy production that will create and preserve jobs while reducing the risks to our neighbors and our wildlife."



## Soundview Prep Honors Veterans

On November 11, Veterans Day, Soundview Preparatory School in Yorktown Heights paid homage to the veterans of this country. The ceremony commenced with middle school students reciting the World War I poem In Flanders Field by John McCrae, and then presenting a brief history of the five branches of the U.S. military. It was followed by a reading of the Gettysburg Address by students in American History classes, and a dedication of the school's new flagpole to veterans, past, present and future. The ceremony culminated in the hoisting of a very special American flag belonging to a Vietnam veteran: donated by teacher Mary Basalyga of Peekskill, the flag belonged to her late husband William Basalyga, who enlisted with the Marines in 1966 and fought in Vietnam until 1968. "My husband was in heavy combat every day in Vietnam. He was wounded and was then sent back and was there for the Tet Offensive," Mrs. Basalyga said. Mrs. Basalyga teaches U.S. history and government at Soundview.

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## Obituaries

### Michele Ingulli

Michele Ingulli, owner of the former Michael's Pizzeria in Yorktown Heights, died November 10. He was 74.

He was born on February 22, 1941 in Italy. On October 15, 1970, he married Grazia Lionetto. He owned and operated Michael's Pizzeria in Yorktown Heights for 20 years, retiring in

2002.

Mr. Ingulli is survived by his devoted wife; loving children, Frank, Margherita Morocho (Jose), and Michael (Rita); two cherished grandchildren, Laura and Joseph Morocho; and his siblings, Anthony, Rose Palazolo, Theresa Perone, and Frances Gomes.

### Carol Alimonti

Carol Alimonti, a resident of Shrub Oak, died November 17. She was 74.

She was born in Peekskill on January 20, 1941 to Albert and Edith Heady. She was a Life Member of the Lake Mohegan Fire Association. She is survived by her

devoted husband Andy; loving children, Andy Alimonti, Debbie (Fred) Wright, Kevin (Maureen), and Nancy Alimonti; five cherished grandchildren, Michael, Ashley, Freddie, Meagan, Andrew; and a great grandchild Rylan.

## Police Blotter

### State Police

#### November 15

Michael Gaunt, 52, of Mahopac, was charged with driving while intoxicated, criminal possession of a controlled substance in the seventh degree and unlawful possession of marijuana following a traffic stop on Route 6. An investigation by troopers with the Somers Police Department revealed Gaunt was unlawfully possessing marijuana and oxycodone. He is due in Somers Town Court November 30.

#### November 19

At approximately 8:20 p.m., troopers responded to a car/pedestrian collision on East Main Street near Baker Street. An investigation revealed a 2007 Volvo, operated by Mark Marmer, 66,

of Putnam Valley, was traveling east when an unidentified vehicle suddenly swerved in front of him, cutting him off in an aggressive manner. Marmer was then unable to avoid striking a pedestrian, later identified as Allen Phillips, 79, of Mohegan Lake, who was pushing a shopping cart. Phillips was transported by Mohegan Lake EMS to Westchester Medical Center in stable condition. No charges were filed against Marmer.

Eric Flores, 26, of Peekskill, was charged with two counts of petit larceny for stealing a jacket and other clothing from Kohl's on November 17 and 19.

#### November 20

Two women were arrested in connection with a June 22 larceny at Walmart. Jean Rodrigues, 55, of Yonkers, was

charged with robbery in the third degree, a felony, while Miriam Gonzalez, 52, of Pleasantville, was charged with petit larceny. Walmart staff reported to police that Rodrigues stole more than \$500 worth of merchandise and upon being confronted by loss prevention personnel threatened the imminent use of a gun. Police said Gonzalez waited nearby in a vehicle and drove Rodrigues from the scene. Rodrigues was arraigned in Cortlandt Town Court and remanded to Westchester County Jail. She is due back in court on December 4. Gonzalez was issued an appearance ticket and is due in court November 30.

#### November 21

Police investigated a gang assault that occurred in the Town of Putnam Val-

ley at approximately 10:15 p.m. A preliminary investigation revealed students from several local high schools met for the purpose of engaging in a physical altercation concerning members of rival varsity football teams. During the incident, at least one bystander who was not involved in the original altercation was physically assaulted by a group of students, which resulted in him suffering serious physical injuries. It is also believed the victim was robbed of some belongings during the assault. The victim was transported by ambulance to Westchester Medical Center in serious condition, although his injuries are not believed to be life-threatening. Any witnesses to the incident are asked to contact State Police investigators at (914) 737-7171.



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# Open Door Foundation Launches Holiday Toy Drive

Every year the Open Door Foundation collects toys for children from families of less fortunate means to make sure that every child in our community will receive a new toy during the holiday season. Santa Claus visits all five Open Door Family Medical Centers sites to personally deliver the gifts to the children. In order to fill his sleigh with enough toys, Open Door is accepting donations of new toys, valued between \$10-\$20, through December 10 for children ages newborn to 14 years-old. With a goal of collecting 2,500 new, unwrapped toys, Open Door is accepting donations at all Open Door Family Medical Centers Sites:

- Mt. Kisco: 30 West Main Street
- Ossining: 165 Main Street
- Port Chester: 5 Grace Church Street
- Sleepy Hollow: 80 Beekman Avenue
- Brewster: 155 Main Street, Suite 101, Lower Level
- Administration: 2 Church Street, Ossining, Suite 101 Lower Level

To make things easy, Open Door has also created online Wish Lists at Amazon and Kohl's:

- Amazon.com: "Open Door Holiday Toy

## Marine Corps Reserve Toys for Tots

The putnam/northernwestchester counties toys for tots program is now getting under way. For more information contact bill lewis coordinator at 845 528 7987 or blbb64usmc@yahoo.com. For drop off locations go to our web site at [www.toysfortots.org](http://www.toysfortots.org) click on Drop off sites, than state and than putnam/westchester.

We will be at the jefferson valley mall and Toys r us jefferson valley weekends only, starting nov 20 New unwrapped toys may be drop off at any of our drop off Locations.

Checks made payable to the toys for tots foundation may be Mailed to toys for tots 44 somerset la, putnam valley, ny 10579.

We are also looking for helpers in all areas.

Drive"

· Kohls.com: 'Registries / Celebrations 2846646'

Monetary donations are being accepted and Open Door elves will take care of the shopping. Checks made payable to Open Door Foundation may be mailed to Alicia Ward, Open Door Foundation, 2 Church Street - Suite 101, Ossining, NY 10562. Credit card donations may be made at: <https://www.opendoormedical.org/join-us/volunteer/holiday-toy-drive>.

The Toy Drive also needs donations of

holiday gift wrap and batteries sizes AA, AAA, C, D and 9 volt.

For those with a knack for wrapping, Open Door is also looking for volunteers to help organize and wrap the gifts which will be distributed by Santa when he visits each Open Door health center in December. The annual Give Thanks Wrap-a-Thon will be held on Saturday, November 21 in the basement of the First Baptist Church in Ossining. Volunteers are needed for the following shifts:

Shift 1: 8:30am – 10:45am

Shift 2: 11:00am – 1:15pm

Shift 3: 1:30pm – 3:45pm

Shift 4: 4:00pm – 6:15pm

Other wrapping days are December 5th, 7th, 9th 14th and 16th. Shift 1: 9:30am – 12:30pm and Shift 2: 5:30pm – 8:30pm.

For more information about the Toy Drive, to sign up for the Wrap-a-thon, and to learn about other volunteer opportunities contact Volunteer Coordinator Alicia Ward at 914-502-1468 or [award@odfmc.org](mailto:award@odfmc.org).



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### Sweet Potato-Pecan Casserole

Per serving: Calories 160; Fat 4g (Saturated 1g); Cholesterol 25mg;  
Sodium 180mg; Carbohydrate 31g; Fiber 3g; Protein 3g

#### Ingredients

- Cooking spray
- 3 1/2 lbs. sweet potatoes (about 5 medium), peeled & cut into 1-inch chunks
- 1/3 cup honey
- 1 large egg
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground ginger
- Kosher salt
- 1 tablespoon packed dark brown sugar
- 1/3 cup finely chopped pecans

#### Directions

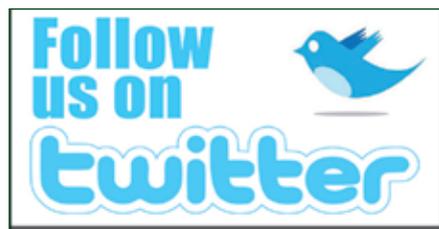
Preheat the oven to 350 degrees F. Mist an 8-inch square baking dish with cooking spray. Bring a few inches of water to a boil in a pot with a large steamer basket in place. Put the sweet potatoes in the basket, cover and steam until tender, 20 to 25 minutes. Transfer the potatoes to a bowl and let cool slightly. Add the honey, egg, 1/2 teaspoon cinnamon, the nutmeg, ginger and 1/2 teaspoon salt; whip with an electric mixer until smooth. Spread the sweet potato mixture in the prepared baking dish. Mix the brown sugar, pecans and the remaining 1/2 teaspoon cinnamon in a bowl; sprinkle over the potatoes. Bake until hot and beginning to brown around the edges, 40 to 45 minutes. (Recipe courtesy of Ellie Krieger for Food Network Magazine)

Happy Thanksgiving  
from our family to yours!

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# Yonkers Man Arraigned in Ossining Roadside Homicide

By Rick Pezzullo

A 27-year-old Yonkers man was arraigned Monday on a 10-count indictment charging him with the August murder of a fellow Yonkers man whose decomposed body was found alongside a roadway in the Town of Ossining.

Joaquin Recinos Garcia was charged with felony counts of murder, robbery and criminal possession of a weapon by the Westchester County District Attorney's Office in connection with the August 19 death of Luis Blanco, 62. If convicted, Garcia could face a maximum sentence of 25 years to life without parole.

On August 24, at approximately 6:40 a.m., a jogger running on Route 133 in Ossining found Blanco's body. An autopsy carried out by the Westchester Medical Examiner's Office determined Blanco suffered a bullet wound to the back of his head and had been stabbed multiple times in the head, neck and torso.

An investigation by the DA's Office, Ossining Village Police and Yonkers Police revealed Garcia owed Blanco money and they were scheduled to meet on August 19, the day Blanco was reported missing.

According to District Attorney Janet DiFiore, it was determined that Garcia, along with another man, an unindicted co-conspirator, picked up Blanco in a Ford SUV in Yonkers. Garcia allegedly told Blanco he could not pay the money he owed him, and when Blanco threatened to inform Garcia's employer, Garcia became angry, brandished a screwdriver and demanded Blanco hand over all his valuables.

Garcia then proceeded to stab Blanco multiple times. The unidentified man in the back of the SUV then shot Blanco once in the back of the head. Garcia was arrested by Ossining Village Police on September 18. He is next due in court on December 8.



Joaquin Recinos Garcia

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- Dunbar Heights - 898 Highland Avenue
- First Hebrew Congregation Uptown - 1821 East Main Street

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\*Shuttle not available for 12/15 and 2/9 market dates.

REMAINING DATES: 10/13, 10/27, 11/10, 11/24, 12/15 and 2/9.

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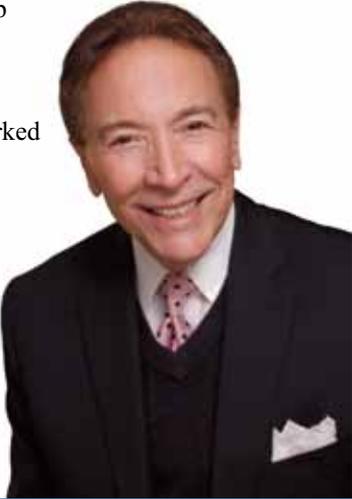
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For many years, I’ve had the pleasure of sharing the great joys and challenges of home ownership as I’ve written on these pages as “The Home Guru.”

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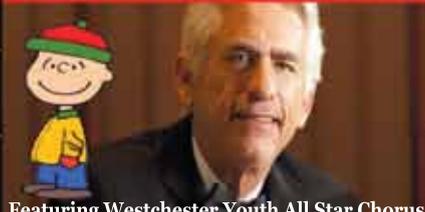
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# See It to Use It: The Benefits of Out-in-the-Open Storage

While I wear the mantle of The Home Guru, I get practically all of my ideas and advice from others who are specialists in their fields. But most times, the spark of an idea comes right at home, faced with a chore to be done or some small improvement to make life easier or more enjoyable. And frequently, they are suggested by my wife Margaret.

Just recently, she came up with a clever organization idea for her walk-in closet resulting from her frustration of having to fumble around in a jewelry chest for just the right necklace, among many she has collected, to match her outfit for the day.

To the left of the entrance is a corner with two small stretches of bare wall where she suggested I nail several rows of brass brads from which she could hang her necklaces in plain sight. "See it to use it," she said. I counted out her necklaces, noted their length, then nailed three rows of the brads in an attractive, even pattern. After my wife had hung the necklaces in their new open environment, we realized we had created a work of art of sorts.

But the practical aspect of the project is its usefulness every time she holds up

a garment and can see at a glance which ones coordinate. Since we created this little project, a couple of my wife's girlfriends have been introduced to the idea and have promised to organize their necklaces in the same way.

From this small project we were inspired to find even more ways to put frequently used objects in plain sight. For instance, I've taken to organizing all my home office suppliers in see-through containers, as well as old files, so that additional labeling is not required as with the cardboard boxes I formerly used.

Not everyone will be a fan of keeping items out in the open. I supposed people fall into two camps: one side needs to see everything in its place to feel assured that their home is in order, while the other side wants to keep things out of sight so their environment may function as a blank slate.

Some people may also worry that they will "stop seeing" items if they are always out in the open. Rather than inspiring more frequent use, their various collections may dissolve into so much background noise.

My suggestion is to be judicious about

what goes on display. Too much of anything, or too many items loose without an assigned home, will become clutter, and clutter is the enemy of organization. Pick out only what you really use, and use frequently, and take the time to give everything its own place. What may otherwise have become disheveled can instead look enticing.

The kitchen is no doubt the busiest room for most families, and storing items in the open can help boost efficiency. Plates staked on edge in racks, pots and pans hanging from peg boards, and serving utensils arranged in vases have become popular, and a set of open shelves, opposed to closed-up cabinets, can make a kitchen appear larger. If you worry that dust will settle on plates, you can choose cabinets with glass doors.

If you are prone to purchasing small appliances that you don't use as often as you would like - I am thinking of slow cookers, pasta machines, stand mixers and the like - having them lined up on a dedicated shelf, out of the way but not out of reach, may make inspiration strike more frequently when you are planning which dish to make.

Food itself can suffer from being out of sight and, therefore, out of mind. Think about which foods are easiest to see and

reach, and you may get a sense of what foods you are eating most. Follow the nutritionists' advice instead, and keep fresh fruit in bowls on the counter and sliced crudité on an eye level shelf in the refrigerator. Move leftovers to transparent containers, or at least label them, and you are more likely to eat them before they go bad.

Our hobbies give us much pleasure, so why not indulge in the display of your tools and materials even when you are not using them? You might find wall space to display woodworking tools, multicolored skeins of yarn, or exercise accessories. Seeing your favorite tools and materials may spark a creative impulse in you, even at an odd hour.

If out of sight is out of mind, everything in plain view is more likely to be used and therefore be truly useful.

*Bill Primavera is a Realtor® associated with William Raveis Real Estate and Founder of Primavera Public Relations, Inc., the longest running public relations agency in Westchester (www.PrimaveraPR.com). His real estate site is www.PrimaveraRealEstate.com, and his blog is www.TheHomeGuru.com. To engage the services of The Home Guru to market your home for sale, call 914-522-2076.*



By Bill Primavera

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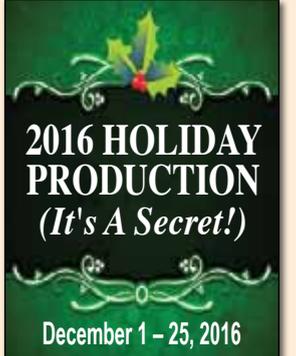


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# Lung Cancer Screening Detects Cancer Sooner

By Dr. Christos Stavropoulos, FACS

You may know that lung cancer is the number one cause of cancer death in the U.S. (and worldwide).<sup>\*</sup> But you may not know that an advanced type of screening -- the Low-Dose CT Scan -- is reducing lung cancer deaths by 20 percent.<sup>\*</sup> Its effectiveness makes this scan today's "standard of care" for those at high risk; and it is newly covered by Medicare and most health insurance plans. Read on to see if you meet the screening criteria, and to learn how Northern Westchester Hospital (NWH) makes sure every eligible person can afford this test.

## Who should get a Low-Dose CT screening?

If you meet each of these criteria, Low-Dose CT (LDCT) lung cancer screening, which is conducted at NWH, may be right for you:

- You are between 55 and 74 years old;
- You have a smoking history of 30 pack years. That means you smoke (or smoked) one pack daily for 30 years, two packs daily for 15 years, or three packs daily for 10 years;
- You currently smoke or quit within the past 15 years;
- You have no symptoms of lung cancer.

## What exactly is LDCT screening?

LDCT lung cancer screening is a new form of traditional CT (computed tomography) imaging technology that uses a very low dose of radiation to provide critical 3-D information about the lungs. It is unprecedented in its ability to detect ever-smaller lung cancers called nodules -- small lesions or defects in lung tissue that can represent early cancers. The life-saving power of earlier detection can't be overstated. When we catch cancer early -- when it is smallest -- we can have the most impact on prognosis and survival. According to the American Cancer Society, LDCT screening is shown to prevent up to 12,000 deaths from lung cancer a year in the US.

## Why is getting screened so essential?

Screening for lung cancer is particularly vital, as this cancer presents no symptoms in its early stage. Here's why: The lung is a relatively large organ. Picture a marble floating within a big balloon. For the marble to have a noticeable impact, it must become bigger. Only when that marble becomes the size of an acorn or an orange, do symptoms develop. There may be pain as the now-bigger growth presses against neighboring lung tissue or blood vessels; or a persistent cough can develop from its pressure against the airways. That is why a person harboring early-stage lung cancer usually reports they "feel fine," and precisely why screening is necessary and effective.

## What are the chances of something being found?

Most screening results are negative. The

overwhelming majority of nodules are benign. Fewer than three percent of those screened will need intervention in the form of a biopsy. Of those people, only a small percentage wind up having cancer. That's the point: We are looking for those few people with lung cancer. As with any screening, a small number of false positives can lead to unnecessary diagnostic biopsies. However, every biopsy performed at Northern Westchester Hospital is done using the most up-to-date, minimally invasive method possible. When lung cancer is diagnosed, NWH offers comprehensive oncologic care

second to none.

## How affordable is the LDCT screening?

Medicare now covers LDCT screening and commercial insurers are moving toward coverage. But what if you meet the eligibility criteria, and don't have commercial insurance or Medicare? NWH can help -- with a wide range of payment options and below-average pricing. We will work with you. If you can benefit from the screening, we make sure you get it.

## Steps to take

If you believe you meet the screening criteria, speak to your primary care physician about ordering an LDCT. If you don't have a physician who can refer, NWH's nurse practitioner will perform a comprehensive assessment, determine eligibility and order an LDCT if necessary. NWH is going the extra mile to make this potentially life-saving screening 100 percent accessible to everyone who needs it.

To learn more about the Lung Cancer Screening Program or to make an appointment with our Nurse Practitioner, call 914-242-7695 from 8:30 am to 4:30 pm.

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# Celebrating the Upcoming Holidays at My Favorite Wine Bars

The holiday season is upon us. Celebrations with family, friends and business associates are beginning to ramp up. What better way to relax with friends or family than at the modern-day American version of the English pub, the wine bar.

In northern Westchester, we have two outstanding examples. In Mt. Kisco, Pour Café and Wine Bar, at 241 East Main Street, has been a mainstay for revelers the last eight years. In Pleasantville, Batonnage Wine Bar, at 10 Marble Avenue, will soon be celebrating its fifth anniversary.

Each wine bar offers unique slants on the traditional wine bar theme.

## Pour Café and Wine Bar (pourmtkisco.com)

At Pour, you feel like you're visiting a rich relative's home. It is a refurbished 19th century Victorian, with intimate candle-lit rooms resplendent with comfortable sofas and lounge chairs. But you are attracted to the bar, where bottles of rare spirits are on display – and open for your consumption.

Your host, Anthony Colasacco, wants to replicate this experience. So pull up

a seat, engage him in conversation and take advantage of his largesse, all at reasonable prices.

"Pour is the place to come and discover boutique spirits, small production wines and small plates folks won't find elsewhere in Westchester," says Anthony. "We are the place to discover new and unique flavors in an intimate setting."

Here is the breakdown of the vastness of Pour's offerings. Space doesn't permit a discussion of its breadth and depth.

### By the glass:

16 wines (8 each of white and red)

10 cocktails

100 bourbons and ryes (also offered in five select sets of flights)

### By the bottle:

12 beers

62 wines (28 whites; 39 reds)

### Small plates:

A well-conceived menu of cheeses and charcuteries plus six flatbreads with alluring gastronomic toppings. A must nightcap for chocoholics: Vosges Mo's Dark Chocolate Bacon Bar.

**Batonnage (batonnagewinebar.com)**

David Paljevic, the manager, is working hard to re-invent the wine bar. His lists tend to be more expansive than others and he offers a unique flight concept. All by-the-glass selections of wine, whiskeys and scotches are available as choose-your-own small pours of one to three ounces in multiples of three choices (flights). For example, pick any three of the 48 bourbons and ryes to sample in one ounce portions, then enjoy a more generous portion of your favorite.

David and his father, Paul (the owner of Batonnage and its next-door neighbor, Eurospa), have created a New York City vibe in the wine bar. The high-top tables in the front room and the lounge seating in the rear room invite patrons to relax in a sophisticated atmosphere. From the teak flooring to the corkwood composition vaulted ceiling, from the hand-crafted fixtures to the onyx bar top, Batonnage is cosmopolitan and urbane.

David will soon be introducing Flight Passport, his promotional app, which will capture your on-premise flight purchases for your future visits. For every five flights purchased, you receive a sixth flight gratis.

"It's about the experience," says David. "My goal is to stock the familiar and the unfamiliar, so try something different when you visit."

Jordan Vazquez, Batonnage's mixologist, has crafted an eclectic cocktail list (try his version of the Old Fashioned). "Tell me the style and ingredients you prefer in a cocktail and I'll create a personalized mixed drink on the spot," Jordan offers adventurous bar patrons.

The current beverage lists:

### By the glass:

20 wines (10 each of white and red, plus flights)

8 sparkling wines

17 cocktails

68 Bourbons, ryes and scotches (plus flights)

2 Sangrias

4 Margaritas

8 Ports

3 Aperitifs

### By the bottle:

26 beers

129 wines; half and full bottles (32 whites; 94 reds; 3 Roses)

### Small plates:

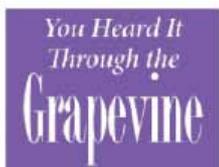
An extensive menu of cheeses and charcuteries. Try the truffle burrata bruschetta or one of the five personal-size gourmet pizzas.

Note: Batonnage will change its name in January to Flight Wine and Whiskey

*Continued on page 25*



By Nick Antonaccio



## Crossword

### ACROSS

- 1 Movie theatre talk
- 4 Have \_\_\_ at
- 7 Play for a sap
- 10 Grief
- 11 Oktoberfest vessel
- 12 Cellphone storage card
- 13 Type of wind
- 14 Unpaid debt
- 16 Released again
- 18 Smoked delicacies
- 19 They're all in the family
- 22 Petitions
- 23 Englishman in New York?
- 25 A Romanov title
- 27 You will be in this state of mind when you eat at this Mahopac dairy bar & grill
- 28 A small preliminary model of intended work (such as a sculpture)
- 30 Ancient Greek city- in modern day Turkey
- 33 Small songbird
- 34 Slide shout
- 35 Set (against)
- 36 One-striper (abbr.)
- 37 Make a goof

- 38 Work under cover, in a way
- 39 Formally known as

### DOWN

- 1 Curving, twisting lines, shapes, or forms, or Mahopac frozen yogurt shop
- 2 Sink a putt
- 3 DNA shapes
- 4 Aggregate
- 5 Buddhist spiritual instructor
- 6 Giants
- 7 Mexican neighbor (abbr.)
- 8 Elton John, for one
- 9 Jimmy Kimmel has four
- 15 OK to munch on
- 17 Kind of oil
- 20 English composer, Benjamin
- 21 Chapel in Vatican City
- 24 Malaria fly
- 26 Scratches
- 27 Buxom
- 29 Witticism
- 30 Farm animal
- 31 Apiece
- 32 \_\_\_ Highness

1	2	3		4	5	6		7	8	9
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			28		29					
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34				35				36		
37				38				39		

*Solution on page 24*

1	S	2	H	3	H		4	A	5	G	6	O		7	U	8	S	9	E
10	W	O	E				11	M	U	G				12	S	I	M		
13	I	L	L				14	A	R	R	15	E	A	R	S				
16	R	E	I	17	S	S	U	E	D										
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**SMALL NEWS IS BIG NEWS**

# 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, Nov. 24

**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).

**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, Nov. 25

**Seniors' Fitness Classes:** Free fitness classes are being offered to seniors who reside in Peekskill. The schedule is: Monday, Tuesday, Wednesday – The WorkOut – 10 to 11 a.m. Thursday – Fall Prevention Class – 10 to 11 a.m. Friday – Zumba Gold – 11 a.m. to noon. Call Terri Dean at 914-734-4250 Ext.1 for more information. Classes are conducted at 4 Nelson Ave., downstairs from the library.

**Field Library Exhibit:** The Field Library, 4 Nelson Ave., Peekskill, and the Hudson Valley Center for Contemporary Art are presenting Sabrina Occhipinti: Doorways at the library through Dec. 31. Info: 914-737-1212, peekskill.org or visit the library's Facebook page.

**Fitness Program** The POUNDTM Fitness Program, a 45-minute full-body cardio and stress relief jam session, fusing Pilates, cardio, plyometrics isometric movements and poses, is offered at Theatre and Dance Arts 131 Bedford Rd. Katonah. Drop in or weekly discount rates available. The program is being provided on Wednesdays at 7:30 p.m. and on Saturdays at 11:45 a.m. Call Peggy for more information at 914 960-4097.

**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 or www.firsthebrew.org.

## Thursday, Nov. 26

**Taste Of Talmud:** Every Thursday morning from 10:30 a.m. to noon at the Yorktown Jewish Center, 2966 Crompond Rd., Wendy Segal conducts a class: titled "A Taste of Talmud" She discusses "How Jewish Thinking by our Sages Informs Our Lives Today." Come join our lively weekly class (in its sixth year!) which discusses contemporary ethical issues in light of the wisdom of the Talmud and our sages. No prior Jewish knowledge or Hebrew reading is necessary. Everyone is welcome. Info: 914-245-2324 or yorktownjewishcenter.org.

**Love:** "Love," an exhibit about varying

aspects of love in the 20th and 21st Centuries in paint, installation, video, and sculpture is being held through Dec. 6 at the Hudson Valley Center for Contemporary Art, 1701 Main St., Peekskill. Artists include Alzamora, Barney, Bercea, Brenner, Brickley, Edmier, Feuerman, Gutheil, Hacker, Indiana, LeDray, Majic, Mapplethorpe, Neshat, Newsom, Otterson, Ozbolt, Pretzer, Ritterpusch, Ruckhäberle, Sadler, Tomasula, and Wathen. Info: 914-788-0100 or www.hvcca.org. HVCCA is also on Facebook.

## Friday, Nov. 27

**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.

**Peter Pan:** "Peter Pan," one of the most crowd-pleasing shows presented by the Yorktown Stage, will be performed on Nov. 27 and 29 at 2 p.m. and on Nov. 28 at 7:30 p.m. at the theater, 1974 Commerce St., Tickets are \$28 for adults; \$21 for students (12-22) and seniors (63 and up); and \$19 for children under 12. Group discounts are available. Info and tickets: 914-962-0606 or www.yorktownstage.org.

**Jewish Center Services:** At the Yorktown Jewish Center, 2966 Crompond Rd. Friday night Sabbath services in the spring will begin at 8 p.m. and Sabbath services on Saturdays will be held at 9:15 a.m. On most Saturdays, after the services Rabbi Sternstein conducts a learning session based on the Torah portion of the week. Light refreshments are served and everyone is invited to join us as we share in the warmth, knowledge and friendship within our congregation. Info: 914-245-2324 or yorktownjewishcenter.org.

**Temple Beth Am Services:** Every Friday evening at 8 p.m. Temple Beth Am, 203 Church Pl., Yorktown, "opens its doors to all who enter" for Shabbat. Our modern Sabbath service has a spiritual and engaging feel while following traditional modes. For information, please call our Rabbi at 914-962-7500 or e-mail him at rabbiw@optonline.net.

## Saturday, Nov. 28

**Christmas Tree Sale:** The Northeast Westchester Rotary Club in Somers, the Mount Kisco Rotary Club and the Bedford-Armonk Rotary Club will again collaborate in conducting the annual Christmas Tree Sale Fundraiser, which begins today. Money that is raised will help fund numerous local projects, some of which include: publication of the book,

"On My Mind," a compilation of short stories and poems written by area and inner city high school students; donation of food to local food pantries; offering college scholarships and donation of special equipment to libraries The tree sale is being held at the Bedford Hills Memorial Park, 60 Haines Rd. Exit 39 off the Saw Mill River Parkway. The hours will be Tuesday-Friday from 5 to 8 p.m. and Saturday and Sunday from 9 a.m. to 6 p.m. There are a wide variety of high quality, reasonably-priced trees. We will assist you in finding the perfect tree, trim it to your specs, and load your tree onto your car. In addition, a business journal will be included with each purchase where local businesses can print a holiday greeting, offer coupons, etc. For more information visit www.NEWRotaryClub.org.

**Yoga Program:** Support Connection, which provides free programs and services for people affected by breast and ovarian cancer, announces a free program: "Yoga-A Path toward Wellness." It is offered every Saturday from noon to 1:30 p.m., at Club Fit, 600 Bank Rd., Jefferson Valley. The program is open to women with breast, ovarian and gynecological cancer. To learn more or to pre-register, which is required, call Support Connection at 914-962-6402 or 800-532-4290.

**Ossining Farmers Market:** Down to Earth Markets is holding the Ossining Farmers Market outside at the corner of Spring and Main Streets. The market runs every Saturday from 9 a.m. to 1 p.m. Visit DowntoEarthMarkets.com for vendor details, events, and other updates at Ossining's Down to Earth Winter Farmers Market.

**Overeaters Anonymus:** Worried about the way you eat? If food rules your life, Overeaters Anonymus 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

**HVCCA Exhibit:** The Hudson Valley Center for Contemporary Art, 1701 Main St. Peekskill, is presenting Hermann Nitsch's one-person installation, "Leviticus" through Dec. 6. The installation features Nitsch's "Leviticus," his seminal book (52" x 38") opened to the segment describing the sacrificial services of the High Priest. The surrounding walls feature 12 terragraph prints and accompanying extracts from Leviticus in both Hebrew and German. Info: 914-788-0100 or www.hvcca.org. HVCCA is also on Facebook.

## Sunday, Nov. 29

**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@laughingheartsyoga.com

**Library Art Exhibit:** Gina Bodelsen and Kjersti Lovece will do a joint art exhibit at the Somers Library during the month of November. Bodelsen will exhibit works in oils and acrylics, showcasing still life, floral, and landscaping scenes. Lovece will exhibit landscapes in colored pencil. Call the library for viewing times in the Program Room at 914-232-5717..

## Monday, Nov. 30

**Peekskill Swimming Lessons:** A new season of swimming lessons for children and adults, as well as private lessons, are being provided at the Society Hill 2 Recreation Center, 2 Campus Drive, Peekskill. The lessons are led by an American Red Cross instructor in a heated pool. Call Terri at 914-737-4909 for more information.

**Musical Munchkins:** The Yorktown Musical Munchkins meet on Mondays from 9:30 to 10:15 a.m. at the Yorktown Stage Theater in room 12. The program is for older babies up to the 1's. Free trial classes are offered. Info: 914-771-7000 or www.musicalmunchkins.com.

**Pirkei Class:** Every Monday, at 11a.m. at the Yorktown Jewish Center, 2966 Crompond Rd., Rabbi Urbas conducts a Pirkei class which discusses Jewish ethics. Everyone is welcome. Info: 914-245-2324 or yorktownjewishcenter.org.

**Free Jazz Sessions:** Free Jazz Jam Sessions are being held every Monday at The Winery at St. George, 1715 E. Main St., Mohegan Lake. Info: 914-455-4272.

## Celebrating the Upcoming Holidays at My Favorite Wine Bars

*Continued from page 23*

Bar. Stay tuned for announcements.

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*Nick Antonaccio is a 40-year Pleasantville resident. For over 20 years he has conducted numerous 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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## LEGALS

**NOTICE OF FORMATION OF KEVIN KENNEDY PLLC** filed with the Secretary of State of NY on September 9,2015. SSNY has been designated as agent upon whom process against the PLLC may be served. SSNY shall mail process to **2020 Maple Hill Street #1113, Yorktown Heights, New York 10598. Purpose: any lawful activity.**

**Notice of Formation of M&R Account Services LLC Art. Of Org.** filed with SSNY on 10/14/2015. Office Location: Westchester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: **M&R Account Services LLC, 29 Scenic Dr Apt O, Croton on Hudson, NY 10520 Purpose: any lawful purpose.**

**Notice of Formation of Frawley Coaching, LLC.** Arts of Org. filed with NY Secy of State (SSNY) on 9/4/15. Office location: Westchester County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 7014 13th Avenue, Suite 202, Brooklyn, NY 11228. **Purpose: any lawful activity.**

**Notice of Formation of Dovetail DB LLC** Arts of Org. filed with Secy. of State

of NY(SSNY) on 9/15/2015. Location: Westchester County. SSNY designated as agent for service of process on LLC. SSNY shall mail process to: 55 East 76th St., 1D, NY, NY 10021. **Purpose: any lawful activity.**

**NOTICE OF FORMATION OF TTL Photography, LLC.** Articles of Organization filed with Secy. Of State of N.Y.(SSNY) on 09/16/2015. Office location: Westchester County. SSNY designated agent whom process may be served and shall copy of process against LLC to principle business address: 1304 Midland Avenue, Ste. B-60, Yonkers, N.Y. 10704. **Purpose: any lawful act.**

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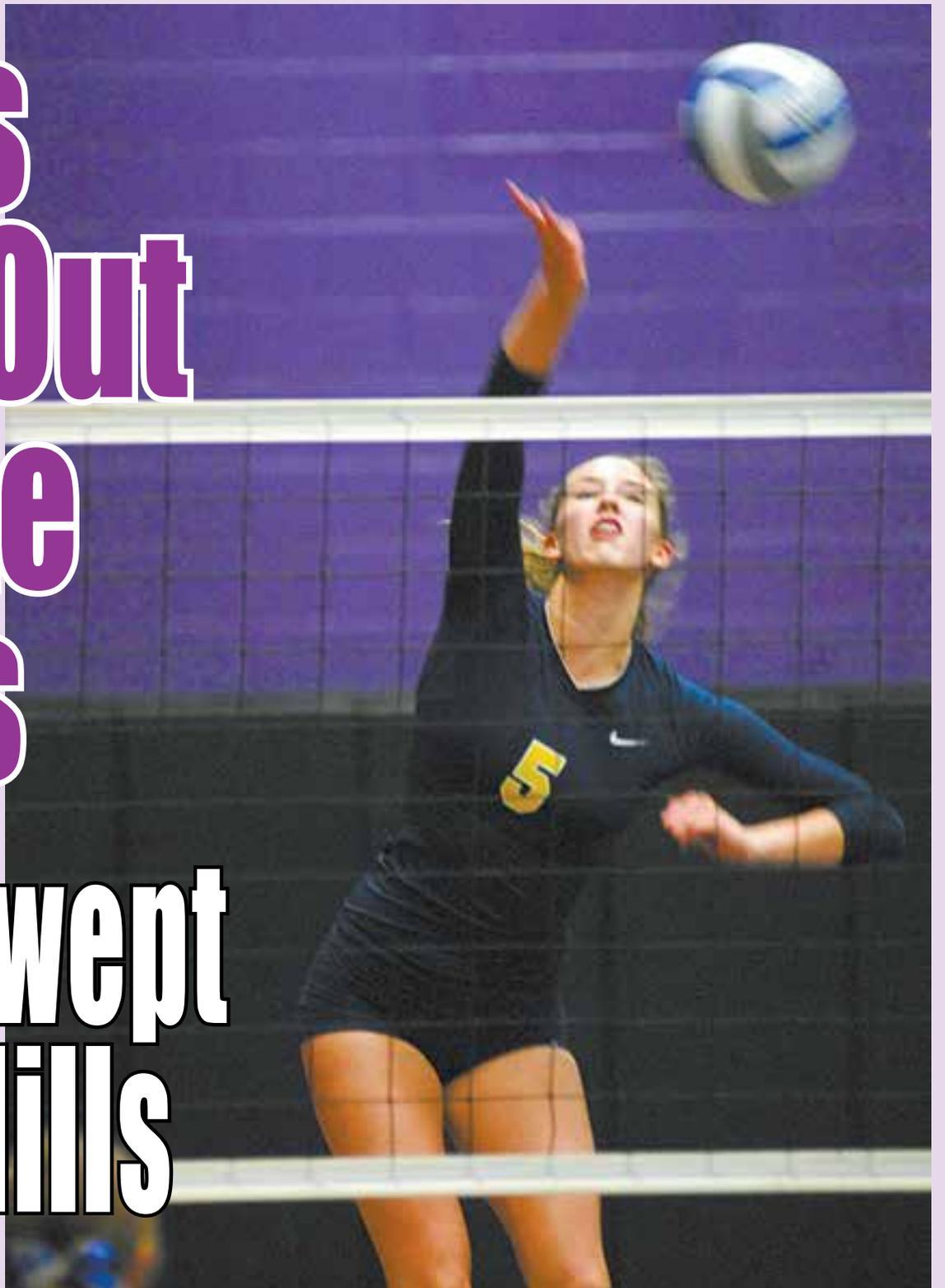
November 24-November 30, 2015

SMALL NEWS IS BIG NEWS

SPORTS SECTION

# Panas Flames Out in State Finals

# Panthers Swept by Burnt Hills



RAY GALLAGHER PHOTO

Perennial Section 2 Class A powerhouse Burnt Hills swept Walter Panas in Sunday's NYSPHSAA championship, taking the Panthers out in three dominant games (25-16, 25-18, 25-19) and winning their sixth NYS title since 2002. Panas sophomores Yvette Burcescu (above) and Sabrina Patriciello were named to the all-tournament team after leading the Panthers (17-2) to their first state championship appearance in school history. Coach Joe Felipe's youthful Panthers are now expected to make a return to Glens Falls next year after the best season in their history.

# Sports

## Girls Hoops Notebook

# County Center Road Runs Through Ossining, Peekskill, Haldane

By Tony Pinciario, John Orlando & Ray Gallagher

**OSSINING** may well be, once again, the best public school program in New York State; the proof is in the pudding. Team that underestimate Ossining this year because of its graduation departures, would be making a huge mistake.

Ossining, which went 23-3 last year, won its fifth consecutive Section 1 Class AA title and third-straight New York State championship last March, does not rebuild. The Pride retool and refine.

Pride Coach Dan Ricci was happy, but also sad at graduation when six seniors – Jalay Knowles, Stefanie Svoboda, Madison Strippoli, Jenna Lividini, Abby Squirrell and Cyan Scarduzio -- received their Ossining diplomas. Knowles (playing at Hartford), Svoboda (playing at Pace), Strippoli (playing at New York Institute of Technology) and Lividini (playing at Brockport), as well as



RICK KUPERBERG/RAY GALLAGHER PHOTOS

Ossining's Shadeen Samuels expects to lead the Pride back to the NYS Class AA tournament after yet another Section 1 title.



Peekskill G Lanay Rodney is among the best all-around players in Class A.



Brewster's Frannie Merkel and the Bears are said to be much improved this season.

Squirrell (playing lacrosse at Marquette) and Scarduzio (playing field hockey at St. Thomas Aquinas) were the nucleus for two of the three state-title teams and some of the best players in program history.

Ricci, in his 24th year, welcomes back one starter, but, in Shadeen Samuels, he feels he has the best player in Section 1. Samuels, who averaged 19.4 points, 6.2 rebounds, 3.7 assists and 3.6 steals per game, recently committed to play at Seton Hall, and is the best-rounded player in the section. She is virtually unguardable without the help of double and triple teams.

Along with Samuels, Ossining returns seniors Gabby Ferrao and Alexis Bernardo along with sophomore

Helen Ishmael.

Ricci has promoted sophomore Kelsey Quain, a guard, along with a talented freshmen trio of Aubrey Griffin and Jaida Strippoli, both guards, and Kailah Harris, a center, to varsity. Harris is the truth, cut in the mold of Knowles. Griffin, a freak of nature, is the most gifted player at Ossining since UConn stud Saniya Chong. Both Griffin and Harris have been offered by Seton Hall, but that's just the start for each.

All three freshmen will start and produce four incredible runs to add to the lore of Section 1's finest program ever, quite possibly the finest public school program in state history by the time they are done.

The rest of the unit forms what Ricci said may be the most athletic team he's ever coached.

"We have some good returning role players in defensive stopper Gabby Ferrao, shooter Alexis Bernardo and rebounder Helen Ishmael," Ricci said. "Add in the very talented freshmen class and this

could be a special team. It all depends on how fast our young players adapt to the varsity game and the pace at we like to play."

That pace is incredibly fast and often overwhelming, which is what we can expect on a regular basis this season.

**BREWSTER** went 11-7 and lost in a first round sectional game last year, but fourth-year Coach Mike Castaldo has an experienced returning core to lead the team.

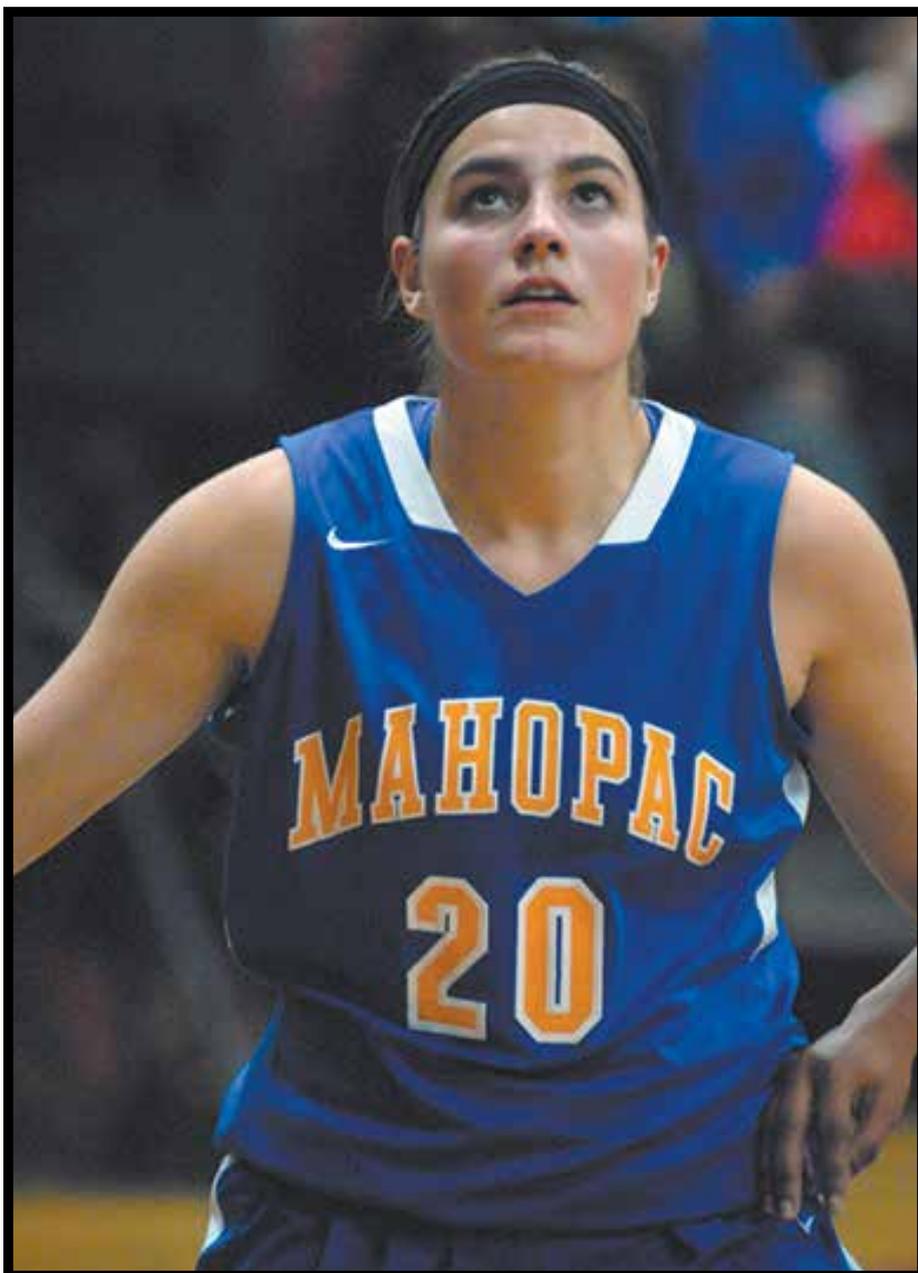
Castaldo will turn to a pair of seniors and juniors to guide Brewster through a difficult league schedule. Senior Frannie Merkel returns to the front court and classmate Katie DePaoli is a guard. Junior Julia Borsari, whose father, Chris, was an offensive lineman for the University of Virginia, will join Merkel on the forward line and fellow junior Dayja Medina will play guard.

An underclassmen duo will also man the guard positions – sophomore Jess Miele and freshman Maggie DePaoli.

Through the first two weeks of

# Sports

## Girls Hoops Notebook



Mahopac F Tara Ravoli will provide a strong paint presence for the Indians this season.

preseason, Castaldo said his team is meshing the returning experienced players with the talented younger players and it has worked extremely well. There are two open starting positions which has led to girls working hard hoping to earn one of those two spots.

"I feel we have a solid team that can compete for the league title this year, however, our league has so much talent and great coaches that we need to play more consistent this year to have a shot," Castaldo said.

**CARMEL** will have a new look entering the 2015-16 season after six seniors graduated, including Kelly Oliver, who is playing at Mount St. Vincent.

Veteran coach Dan O'Hare will turn to senior Hanna Riddle (forward) and freshman Claire Cody (guard). O'Hare said these two returnees played significant minutes last year for a team that went 8-12. Carmel beat Mount Vernon in a first round sectional game, but lost to Ursuline in the next round.

O'Hare cited four newcomers to varsity who will see quality minutes. The group

is comprised of junior Sia Kassoh (guard), sophomore Maria Mazzamuto (forward) and the freshmen tandem of Khadijah Johnson (guard) and Alex Barry (forward)

"We have speed and the ability to get to the rim," O'Hare said. "We are concentrating on scoring from the perimeter and playing lock-down man defense. I like the make-up of our team and their eagerness to learn. I believe that once our very young newcomers learn the intensity and pace of varsity ball, our team can be very competitive. We will be a work in progress and look to improve with every game played."

**MAHOPAC** will need to replace the points and rebounds supplied by graduated Alayne Felix, who was the primary option for third-year Mahopac Coach Chuck Scozzafava the last two seasons. Carly Pease, Amanda Geyer and Tara Ravoli, are three returning starters. Kim Schiera, Allison Reilly, Claire Felix, Amanda McCarney, Katie McDonough, Natalie Scanlon, Samantha Colatruglio, Siobhan Hynes and Zina McInerney are a nice mix of younger and older veterans

within the rotation.

Coming off an 11-8 season and a first round loss to Scarsdale in the Class AA playoffs, Coach Scozz thinks this unit is ready to improve upon that record, despite the loss of Alayne Felix, now playing Maine Maritime Academy

"Carly, Tara and Amanda are all returning starters who know what it takes at this level to compete and be successful," the coach said. "All of our newcomers are key. They give us strength of depth, since I feel like I have 12 kids we can get into flow without fear. The key is how well these young girls adjust to the varsity game."

**PEEKSKILL** will have its third coach in three seasons as Kim Saxton takes over a talented team that could be the last ones standing in Class A if the unit develops the maturity and necessary discipline to become a champion. After leading Peekskill to an 18-4 season and a sectional final appearance, Steven Loscher resigned.

All-Section senior Lanay Rodney will return for a fourth season and will serve as the team's go-to girl after scoring 23 PPG last season, one that saw the Red Devils' rein as two-time defending sectional champions come to an end in a loss to Albertus Magnus.

Rodney is the most talented player in Section 1 Class A and should drop buckets in bushels this year. This is Lanay's team and her legacy will be forged with a senior year that ends up with a gold ball moment.

All-Section senior G/F Lisana Burnett will also be a force for the Red Devils, who fully expect to be back at the County Center in 2016. Senior C Taylor Clare should rock the boards and G Nyrie Holliman is poised for a breakout campaign.

Peekskill should be hungry, what with the bitter taste of defeat still pungent in their mouths. Should the Red Devils make ball security and stifling defense a priority, the rest will come as naturally as a Rodney 3-ball.

**HALDANE** will be aiming for a Section 1 Class C title three-peat after besting Alexander Hamilton in the final the past two years. Coach Tyrone Searight

and his team will have to do it without the graduated Allie Monteleone, who surpassed 1,000 career points and is now playing at Pace University.

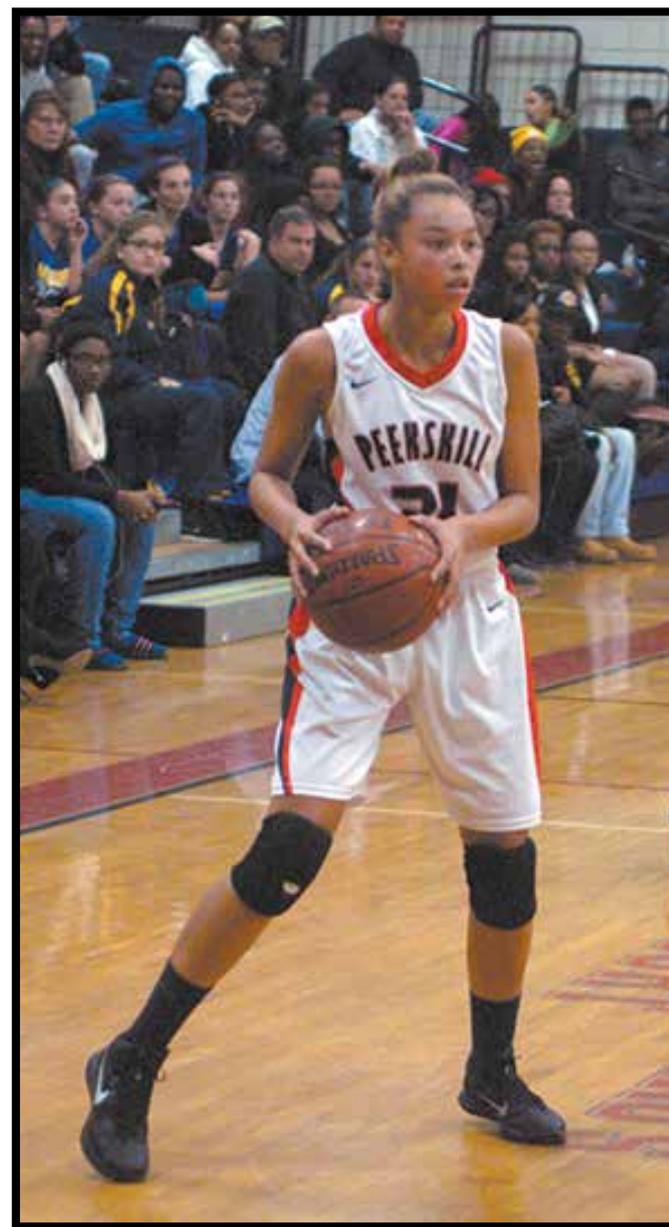
Even though Monteleone graduated, the cupboard still has plenty of talent returning from a 12-8 team. This core is spearheaded by the junior guard triumvirate of Hanna Monteleone, Marissa Lisikatos and Alexandra Cinuanta. Joining the trio are sophomores Abbey Stowell, Allison Chiera, Allison Marino and Gabriele Baumann, and freshmen Julia Rotando and Zoe Lyons-Davis.

The newcomers to varsity are sophomore Valerie Scanga, freshman Sandy Harrison and eighth-grader Olivia McDermott.

"We have the girls that played in big games last season so having that experience on the floor is important and we want to play that up-tempo style that we like to play," Searight said.

Searight feels the major adjustment his team will have to make is create a way to get the 20 points-per-game that Allie Monteleone gave Haldane. Also, his team will be tested early with a tough schedule.

"The key for our season is how we fight



Peekskill's Lisana Burnett will slash and dash for Red Devils this winter.

# Sports

## Girls Hoops Notebook



Haldane G Missy Lisikatos (R) provides a steady calm to the Blue Devil backcourt.

when adversity hits during games and how we, as a team, battle out of it to become a team," Searight said.

**SOMERS** lost a bunch to graduation but remains a well-coached unit under Kristi Dini, the former Boston College



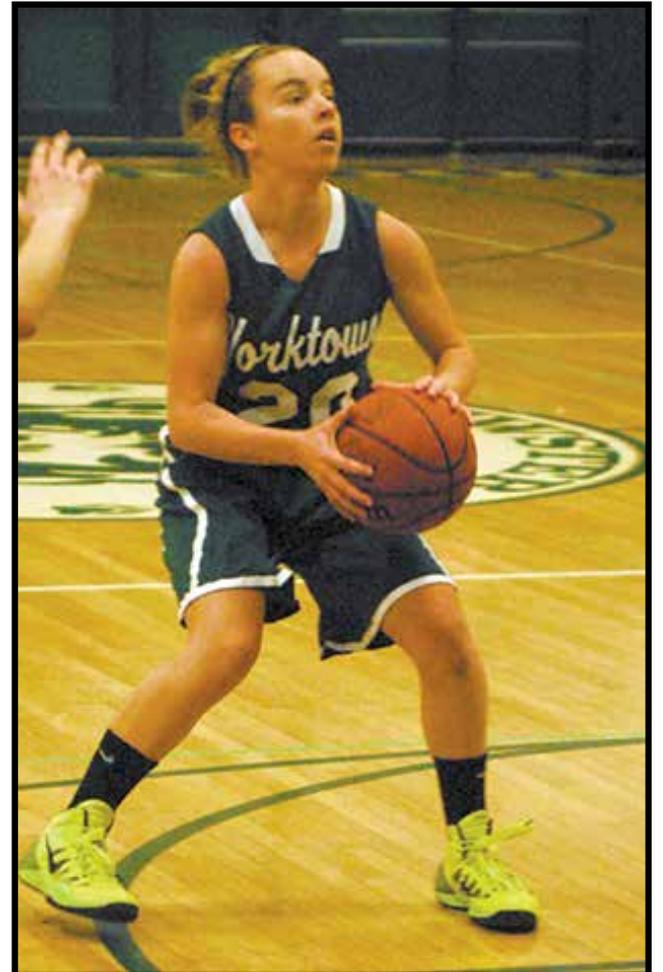
Somers G Gabby Rosenzweig is ready to push the tempo for the Tuskers this season.

and Putnam Valley star.

Given the fairly broad turnover of personnel at Somers High, one might expect a slight drop off from last year's trip to the Section 1 Class A quarterfinals.

"Yes, five girls have moved on to graduation and this may look like a different team, but in this case different is good," Somers Coach Kristi Dini said. "All who remain are highly-qualified, system girls with strong ability, and two of the new faces are seniors that did not play basketball last year due to playing various other sports at a very high level. They are top notch athletes we'll add to the mix."

With all that said, a strong stench of excitement and confidence erupted from her voice as the unit of Gabby Rosensweig, Livy Rosensweig, Livi Lipski, Jackie Penzo, Meg McHue, Hannon Eberts, Allie Arcidiacano, Christina Heibeisen, Faith Ferguson, Dani Cucharella and Hannah Angelini take aim in Class A. It's obvious her belief from what has transpired in practice will lead



Yorktown G Alyssa Francese will work the point for the Huskers this season.

to a Tusker team that will compete solidly in league play as well as against the various other AA teams scheduled. For those willing to bet on the Tuskers chances to travel deep into sectional play, should at least consider reading into the enthusiasm surrounding Tusker Territory.

### PUTNAM VALLEY

Three years ago, when Coach Nick Lenhard took over the reins of a struggling program, Putnam Valley was to be considered young and raw, as the overwhelming majority of the team consisted of freshman and

sophomores. They suffered mightily and took their lumps throughout that season. In year two, and still loaded with freshman, sophomores and juniors, the Tigers were able to obtain a fair amount of wins, thus qualifying them for an out-bracket playoff bid. A loss to North Salem ended things abruptly, however, the maturity was very evident indeed. As Section 1 begins a new season, this squad is a "Now Team", one that is extremely experienced and fairly deep and plum out of excuses.

Putnam Valley will bring back five seniors, two juniors, three sophomores and Dora Rippon (the one freshman replacing last season's lone graduate). All three sophomores (G Maria Tomais, G/F Catherine Mazza and F Morgan Winogradoff) received significant court time last season for the Tigers and will undoubtedly be major contributors, even more so this season.

G Juliana Torsiello and F Rebecca Marro are back as juniors adding athleticism, ball skills and height to the roster. All five seniors (F Alyssa Stockinger, F Alex Knight, G Stephanie Wagner, C Christina Byrne and C Reena Olsen) have logged three seasons at this level and are ready to let it fly, as is eighth-grader Kelly Venezia, who is polished beyond her years and poised to inflict immediate damage as the youngest player in the program's history.

The Tigers are battle-tested and prepared to lead the charge to what should be a very solid season. How solid a season

# Sports

## Girls Hoops Notebook



Haldane G Hannah Monteleone hopes to lead the reigning Class C champion Blue Devils back to the state tournament.

is not yet known, but one thing is for certain, improvement is on the horizon.

**HEN HUD** enters the season minus its top two scorers from last year in Amy Glashoff and Amber Feminella. The tandem combined for 24 points a game as Hen Hud went 8-12.

Veteran coach Ken Sherman is planning to account for those 24 points per game with an experienced returning group, featuring junior point guard Jaelyn Smith and classmate Maria Scalf, who will start alongside Smith at the two guard. Sherman will always rely on senior guards Jenna Richardson and Montana Garrett, and juniors Jackie Raguso (center) and Kamryn Sherman.

Sherman highlighted sophomore Taylor Prokopiak (forward) as one of the team's key newcomers. Sherman plans on creating offense from his defense this season, hoping to use transition as a means to score. He said his team will work hard defensively and create turnovers, which will lead to some points.

Hen Hud will not receive a break from

the schedule-makers as the Sailors league includes Ossining, Peekskill, Beacon, Lakeland and Panas. Ossining (Class AA) and Peekskill (Class A) are the pre-season favorites to win sectional titles.

"My team has a great attitude and we are looking forward to our opener on Dec. 1 against Pleasantville," Sherman said.

**LAKELAND** is looking to build off a .500 (10-10) 2014-15 season. The Hornets opened the post season with a sectional win over arch-rival Panas, but lost to Harrison. Second-year Coach Miranda Lustig has an experienced nucleus returning, led by starters Colleen Walsh (guard/forward) and Jordyn Coitino (guard), both juniors. The tandem is joined by classmates Val Potenza (guard/forward) and Rielely Walsh (guard/forward), sophomore Kelsey McCrudden (guard) and freshman Alexa Cole (guard).

Juniors Krista Verrino (guard) and Maura Coakley (guard), along with sophomores Kelsey Walsh (forward), Jessica Ascencao (guard/forward) and Adrianna DeSantis (guard) comprise the



Putnam Valley's Reena Olsen hopes to lead Tigers to a strong Class B showing.

new varsity players.

"The girls are working hard and they are having fun together," Lustig said. "It's hard to succeed if you're not having fun. Our main goal is to continue to be better than we were the day before. The key is getting the season off to a good start and to never be outworked by our opponent."

**WALTER PANAS** is young, but Coach Matt Evangelista is excited to tap his team's potential after an 8-11 record last year. Samantha Sudol, Jenna DeSilva and Kailey D'Alessandro graduated, but Panas returns three starters and six players total.

The starting trio of juniors Melissa Keefe (center) and Carlyn Mucci (guard/forward) are joined by sophomore Danielle Merante (forward). Merante is fresh off a stellar field hockey season. She led the team in scoring as Panas won eight games and was seeded third in the Section 1 Class B Field Hockey Championship Tournament.

Junior Jade Pagel (forward/center) and sophomores Kristen Kelly (guard) and Kellie Brown (guard) round out the returning nucleus. Freshman Julia Araujo

(point guard) is one of the young, new players to varsity.

Evangelista is encouraged by his team's enthusiasm, athletic ability and team chemistry through the first two weeks of preseason. His immediate concern is injuries as he said a number of players are nursing them.

"With a freshman and three sophomores in the rotation, we will be young," Evangelista said. "Although many of the girls played AAU, summer and fall leagues, and were largely successful, they will need to translate that to real varsity games. Additionally, this group of girls is very nice, but they play and practice incredibly hard. Hopefully, our youthful enthusiasm will overcome some of our inexperience."

*Girls basketball Coaches are strongly encouraged to contact beat writer Tony Pinciario at [tfinch23@optonline.net](mailto:tfinch23@optonline.net) with positive comments, stats and box score info after each game or no later than Sunday morning for inclusion in the Examiner's weekly Girls' Hoops Notebook.*

# Swish, Dish... Just Don't Miss!

## Road to County Center Runs Through Ossining *2015-16 Girls' Hoops Preview*



RICK KUPERBERG PHOTO

Ossining senior Shadeen Samuels, the Seton Hall-bound All-NYS forward, will lead the three-time reigning NYS Class AA champion Pride on the hardwood this winter, hoping to become the first team in state history to win a fourth-straight championship under Pride Coach Danny Ricci, who will simply reload his stable in an effort to do something no one has done before... see Girls Hoops previews inside

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