

**Musical Lineup
for Hudson
Valley Exposition
Revealed**

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FREE

July 14 - July 20, 2015

SMALL NEWS IS BIG NEWS

Volume 7, Issue 291

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Examiner**

**Inspiration Comes
From Local Ladies...**



Covering Yorktown, Somers, Cortlandt, Croton-on-Hudson, Buchanan, Ossining and Peekskill **see Direct Rays**

Peekskill Health Center Renamed for 'Founding Mother'

By Rick Pezzullo

Local officials, regional health professionals and others celebrated the 40th anniversary of Hudson River Health Care's flagship facility in Peekskill Monday by renaming it in honor of Reverend Jeannette J. Phillips, the lone survivor of a foursome of women who joined forces in the early 1970s to address the lack of health care services in the community and later founded what was called the Peekskill Ambulatory Health Care Center.

"Reverend Phillips is a true leader in Westchester, and an inspiration to everyone who seeks to provide access to quality health care," said Anne Nolon, MPH, CEO of HRHCare. "We serve tens of thousands of patients at 30 sites around the region, and none of it would be possible without her work."

HRHCare is one of the largest community health systems in New York, employing 800 professionals and servicing about 112,000 patients annually at its 24 directly operated and six sub-recipient health centers, including the facility on Main Street in Peekskill.

Phillips served as the organization's first board chairperson and has championed the cause of affordable health care for decades. The other "founding mothers" were the late Willie Mae Jackson, Mary Woods and Pearl Woods.

"In 1975, I was joined by dedicated people from around Westchester and beyond to make this dream of community health care a reality," Phillips said. "I never could have done it without

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(L-R) Dr. Jack Geiger, HRHCare CEO Anne Nolon, Congresswoman Nita Lowey, Peekskill Mayor Frank Catalina and Rev. Jeannette Phillips at Monday's dedication ceremony.

Verplanck Residents Up in Arms over School Bus Depot

By Rick Pezzullo

Verplanck residents contend giving a green light to a school bus depot at the end of 6th Street near the Hudson River will change the character of the hamlet.

During two separate public hearings in June, about a dozen residents implored the Cortlandt Planning Board not to approve the application of Montauk Student Transportation, LLC to park a maximum of 92 full and van-size school buses and 95 passenger vehicles for employees, as well as a fuel storage and dispensing facility, on five acres at 301 6th Street.

Montauk, which serves the Lakeland,

Hendrick Hudson, Peekskill and Putnam Valley school districts, has been operating without required town authority on the site since relocating from Peekskill.

"The quality of life and complexion of the hamlet has changed for the worst," Jim Bell, a 25-year resident of 9th Street, remarked. "Once you give them the green light it's going to get worse. What you are doing to the community by allowing this is making it like almost being in Yonkers."

"It's inappropriate and unacceptable for many reasons," said Bernie Vaughney, a longtime resident of Broadway. "Where is

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PHOTO BY VISHNU PATEL

Job Well Done

Mary DeSilva (center), director of senior services for the Town of Yorktown, received many warm wishes from staff and friends at her recent retirement party. DeSilva, who held her post for more than 30 years, has been succeeded by Noreen O'Driscoll.

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Peekskill Health Center Renamed for 'Founding Mother'

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the rest of the founding mothers, Dr. (Jack) Geiger and our local officials."

Geiger was a pioneer in the movement towards community health centers and was in attendance at Monday's ceremony.

"Over the span of my career, I've worked with a great number of people around

the country on expanding community health options, and Reverend Phillips is one of the most passionate and dedicated among them," Geiger said. "She deserves this honor due to the great work that she and HRHCare do, here and throughout New York."

Also on hand for the festivities was Mrs.

Theodosia Green, a 101-year-old local resident who has relied on HRHCare for 40 years and relayed some of her secrets to her long life to Congresswoman Nita Lowey (D).

"Reverend Jeannette J. Phillips' tireless work has resulted in a healthier Westchester and a strong Hudson River

Healthcare system that improves the quality of life for people throughout our region," Lowey said. "Rededicating HRHC's flagship facility in Peekskill in Reverend Phillips' honor is a fitting testament to her important contributions to the health and wellbeing of residents in the Lower Hudson Valley."

Verplanck Residents Up in Arms over School Bus Depot

continued from page 1

the social, economic and environmental justice in this proposal? Montauk offers the community nothing. This area of Cortlandt has seen more than its share of heavy industrial."

Representatives for Montauk stated during the school year only 67 school buses would be parked on the site that was once used for brick manufacturing and fuel oil distribution since 25 would remain at Putnam Valley Elementary School.

However, residents maintained Montauk employees often speed through the hamlet, creating a safety hazard for walkers and bicyclists, and litter on roadways.

"They don't pay any attention to stop signs. I see it every day," said Arlene Bell of 9th Street. "They litter."

Leah Schwartz said local residents

already refer to Kings Ferry Road as "Verplanck 500" because of the high rate of speed motorists' travel.

"Verplanck is just such a beautiful gem and we should cherish it. This is not the direction we want to go," Schwartz said.

Julie Burnshmucker, who lives near the depot parcel and has family roots in Verplanck that date back to 1857, said Montauk employees far exceed the 30 miles per hour speed limit.

"You feel like you're standing on a highway. Buses are flying down the hill," she said. "Having this many buses driving through a residential area is insane. A parking garage is not a reasonable fit for Verplanck."

The Planning Board may consider Montauk to complete a formal traffic study. It will discuss the proposal again

at its July 30 work session at 7 p.m. at Cortlandt Town Hall, prior to its next

regular meeting on August 4, also at 7 p.m. at Town Hall.

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Director, Lung Cancer Program,
Cancer Treatment & Wellness Center
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A: The Low-Dose CT screen for lung cancer is a new form of traditional CT (computed tomography) scan. It uses a very low dose of radiation to provide unique 3-D information about the lungs, detecting ever-smaller lung cancers called nodules. Catching lung cancer early, when it's smallest, has the most impact on prognosis and survival. Proof is that the LDCT Scan is reducing lung cancer deaths by 20 percent.*

If you meet each of these criteria, the screening, which is conducted at Northern Westchester Hospital (NWH), could potentially save your life:

- You are between 55 and 74 years old;
- You have a smoking history of 30 pack years - meaning, 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.

Q: Should I be screened if I feel fine?

A: If you meet the criteria, absolutely. Early-stage lung cancer usually presents no symptoms. Here's why: The lung is a relatively large organ.

Now picture a marble (the nodule) floating within a big balloon. For the marble to have a noticeable impact, it must get bigger. Only when that marble becomes the size of an acorn or an orange, do symptoms develop. That's why screening is vitally important.

Q: Can I afford the advanced LDCT screening?

A: The screening is covered by Medicare and most commercial insurers. If you meet the criteria, and don't have commercial insurance or Medicare, NWH can help - with many payment options and below-average pricing. If you can benefit from the screening, we make sure you get it.

Q: What steps should I take?

A: If you think you meet the criteria, ask your primary care physician about ordering an LDCT. If you don't have a referring doctor, NWH's nurse practitioner will determine your eligibility and possibly order an LDCT. NWH is going the extra mile to make this potentially life-saving screening 100 percent accessible to everyone who needs it.

*National Institutes of Health (NIH)

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Pipeline Opponents Gear Up for Local NRC Petition Review

By Rick Pezzullo

The Nuclear Regulatory Commission Petition Review Board is scheduled Wednesday to hear from two experts regarding the placement of a controversial natural gas pipeline about 100 feet from the Indian Point nuclear power plants in Buchanan.

Paul Blanch, a nuclear expert, and Richard Kuprewicz, a pipeline expert, will give their points of view at a forum hosted by state Assemblywoman Sandra Galef (D/Ossining) July 15 at 2 p.m. at the Hendrick Hudson Library in Montrose.

Several municipalities and grassroots groups have filed a formal appeal to the Federal Energy Regulatory Commission to rescind its approval of the Spectra Energy AIM pipeline that will involve the replacement of an existing 26-inch pipe with a new higher pressured 42-inch pipe that will run through sections of Cortlandt, Peekskill and Yorktown.

On Monday, anti-pipeline activists converged on the office of U.S. Senator Charles Schumer (D) in Peekskill with nearly 1,000 signed petitions insisting that Schumer attend the forum at the library and support the safety of his constituents. Activists stated there were 119 gas transmission pipeline accidents in 2014 and placing the pipeline in close

proximity to Indian Point endangers the nuclear plant and the more than 20 million people who live and work within a 50-mile radius.

Meanwhile, members of the Democratic majority on the Westchester County Board of Legislators recently criticized County Executive Rob Astorino and his administration for securing only \$2 million for a temporary license agreement allowing Spectra to tear up approximately 18 acres of parkland in the Blue Mountain Reservation in Cortlandt.

"This agreement risks serious damage to one of our prized parks and the larger Hudson River basin," said Legislator MaryJane Shimsky, chair of the board's Infrastructure Committee. "The agreement leaves many unanswered questions about whether it will adequately protect the park and nearby residents from contamination by heavy metals and radioactive materials, polluted storm water runoff and wholesale destruction of landscape, vegetation and wildlife habitat."

In May, in a 3-2 vote, the Yorktown Town Board authorized Spectra Energy and Algonquin Gas Transmission, LLC to access and utilize 7.5 acres of temporary workspace in Sylvan Glen Park Preserve and Granite Knolls Park West

on Stony Street for 11 months and post-construction monitoring for five years.

As part of the agreement, Yorktown will receive \$1.5 million plus approxi-

mately \$600,000 in public improvements. Democratic Town Board members Vishnu Patel and Susan Siegel opposed the deal.



PHOTO BY BILL POWERS

(L-R:) Croton Community Coalition Coordinator and Chairwoman Laurie Dean and Croton Teen Council Officer Ijangmarie Abam-Depass presented Croton Harmon High School senior Vivian Vaisman with an Ipad tablet at the Fifth Annual Vassallo Prevention Fair. Vaisman answered all six bookmark questions correctly from the Coalition's marijuana education campaign conducted during the last few weeks of school.

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Local Municipalities Awarded Funding for Microgrid Projects

By Rick Pezzullo

Three northern Westchester municipalities have been awarded approximately \$100,000 each to support innovative microgrid projects.

The towns of Cortlandt and Somers and village of Croton-on-Hudson were among 83 communities that qualified for the competitions Stage 1 awards. The victorious municipalities will now study the feasibility of installing a community microgrid, which is a standalone energy system that can operate independently of the main grid in the event of a power outage.

"The Hudson Valley continues to prove itself as an incubator for new tech-

nologies," said State Senator Terrence Murphy (R/Yorktown). "It is no secret that our state continues to face an energy crisis and I applaud these communities for taking a proactive step toward energy independence."

In Cortlandt, where some businesses and residents lost power for 10 days during hurricanes Sandy and Irene and Tropical Storm Lee, officials are researching a microgrid with biomass, natural gas and diesel that would provide power to town hall, New York Presbyterian-Hudson Valley Hospital, fire departments, schools, water filtration plants and other facilities.

"The Town of Cortlandt along with

our Town Board and Committee is very pleased to have been selected by NYSER-DA to work on a microgrid feasibility study," said Cortlandt Supervisor Linda Puglisi. "The results of this study will eventually assist with a better grid system and lower costs for our residents."

Somers experienced power outages during recent severe storms that lasted up to 11 days. Its microgrid of solar and diesel energy would power town offices, gas stations, the State Police barracks, nursing homes and other facilities.

"The Town of Somers is fortunate to receive this award sponsored by NYSER-DA and we are looking forward to work-

ing with our partners and community groups to make this a success," said Somers Supervisor Rick Morrissey. "After Hurricane Sandy it became clear that we needed to upgrade our energy infrastructure and this grant is the first step toward making that objective a reality."

Much of Croton was left without power for two weeks by Hurricane Sandy. Croton plans to follow the model of a "nested microgrid" in which there would be two main geographical areas in the system, each fed by their own portfolio of distributed generation and each capable of staying powered in island mode during a grid outage.

Somers Residents Shed 150 Pounds of Prescription Medications

A slew of Somers residents recently responded to state Senator Terrence Murphy's call to remove danger from their medicine cabinets when they came to his Shed The Meds event at the Somers Town House.

In four hours, more than 150 pounds of prescription medications were collected and destined for safe disposal at a county facility.

"Our goal was to raise awareness of the dangers that are in our medicine cabinets and offer a safe place to dispose of them.

Removing more than 150 pounds of prescription drugs clearly shows what a success this event was," Murphy said.

Somers Town Supervisor Rick Morrissey said, "The goal of the Shed The Meds event is simple: offer the safe disposal of medications. It's dangerous to keep old or unused medicine, and it's irresponsible to put them in the garbage or down the drain."

Unused and expired prescription drugs can be dropped off at the Somers Police Department. Call (914) 232-9622

for more information.

"We've been collecting medications at our headquarters for quite some time at a rate of about 30 pounds a month, so we know there's a need for this program and we're proud to do it," said Somers Police Chief Michael Driscoll. "My instincts tell me there's plenty more out there, so the community should know we collect everything but needles and liquids Monday through Friday from 9 a.m. to 5 p.m. at the Somers P.D."



Somers police officers display prescription medication dropped off by residents.

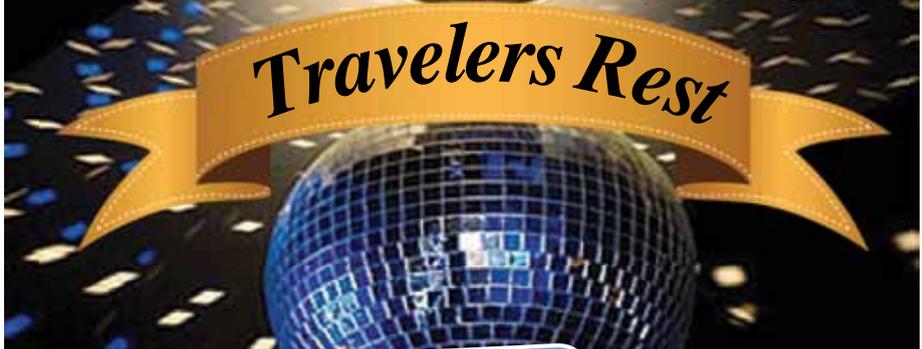


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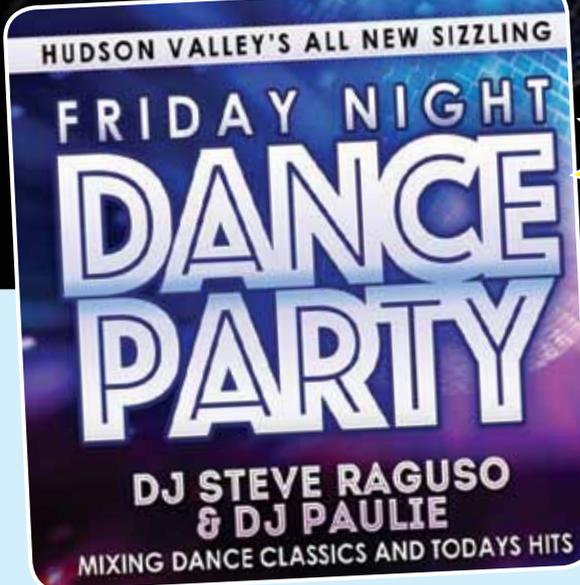
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Support Connection Launches Team Spirit Campaign

Support Connection, Inc. has announced the launch of the 2015 "Team Spirit" campaign for its 21st Annual Support-A-Walk for Breast and Ovarian Cancer, which will take place on Sunday, October 4, 2015 (rain or shine) at FDR Park in Yorktown.

The Support-A-Walk is held to bring attention to the needs of people affected by breast and ovarian cancer, and to raise funds for Support Connection's free support services for those living with these diseases. People across the Hudson Valley and beyond are helped by Support Connection's counseling and other services.

Each year, thousands of people take part in this inspiring and uplifting community event. Participants of all ages complete a 3-mile walk, often in honor of loved ones who are affected by breast and ovarian cancer.

The Team Spirit Campaign encourages friends, family members, co-workers, neighbors to "team up" for the Support-A-Walk. Teams are groups of people who decide to participate in the Walk together. Team activities can include seeking donations, planning fundraising events, inviting others to participate, spreading the word about the Walk. Attending the Walk is not a requirement; many Team



One of the many teams that took part in the 2014 Support-A-Walk.

activities can be done before the Walk from any location. Teams that do attend together often create signs or banners to carry while they walk, and gather for Team photos as part of the morning's festivities. To learn more about forming a Walk Team, visit supportconnection.org/support-a-walk-overview/form-or-join-a-team/

Team Spirit Awards will be presented for the: Top 3 Teams for fundraising; Top

3 Teams for number of Team members; Most creative Team sign or banner. For details on how to qualify, contact Support Connection at 914-962-6402 or walk@supportconnection.org. To learn more about the Support-A-Walk, or to make a donation, visit supportconnection.org.

Support Connection, Inc. is a 501 (c) (3) not-for-profit organization that provides free, confidential support serv-

ices and programs to people affected by breast and ovarian cancer. Founded in 1996, Support Connection is based in Yorktown Heights, NY, but through our toll-free services and website we serve people throughout the country. To learn more, visit supportconnection.org or call: 914-962-6402 or 800-532-4290. Support Connection Breast and Ovarian Cancer Support: We've Been There. We Care.

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Katz Rethinks Term Limit Vow with State Assembly Seat

By David Propper

Six months ago, New York State Assemblyman Steve Katz (R/Mohegan Lake) vowed during his inauguration inside the Putnam County Historic Courthouse that this current term would be his last.

But now with former state Senator Greg Ball's chief of staff Suzi McDonough announcing her interest in the seat, Katz is reconsidering whether he will officially retire from public life at the end of 2016.

"I'm leaving my options open, I'll see what happens," Katz said in a recent interview.

McDonough, a Republican, announced in May she was launching an exploratory committee for the 94th assembly seat currently held by Katz, who is in the middle of his third term. McDonough, a Mahopac resident, is currently on the Town of Carmel Town Board. She most recently worked for state Sen. Terrence Murphy (R/Yorktown), but has since resigned, according to Murphy's office.

Calling her nothing but a "stooge to Greg Ball" who is unfit for office, Katz said he is rethinking whether he would attempt to run for a fourth term in the Assembly, depending on what other candidates step forward. McDonough is the



Steve Katz

only resident in the district to publicly express interest in the seat so far.

"Quite frankly, there are going to be some excellent candidates coming out that I will do everything possible to ensure that Greg Ball does not control (that Assembly seat)," Katz said.

McDonough has hired Ball's new marketing and communication firm, Black Stone, for the campaign gear-up.

McDonough, in a statement, refuted Katz's claim and said she has shown "my strength, my independence and my ability to stand on my own two feet. I was running businesses and raising a fam-

ily in this community, long before Steve Katz came to town."

"I am going to run a positive campaign focused on the issues. I intend to leave the politics to my opponent," McDonough continued. "Folks throughout this district realize the need for competent, conservative leadership they can be proud of. Cutting taxes, protecting innocent life, and repealing the un-SAFE Act are some of my goals. I am focused on putting my best foot forward to represent the people and the community I love."

Katz and Ball, at an earlier time in both of their political careers, appeared to be allies but eventually had a falling out, leading the two Republicans to openly criticize each other. Ball even threatened to sue Katz after Katz stated Ball was under federal investigation for campaign finance misuse. Ball left public office at the end of 2014 and has since moved to Texas, though he occasionally visits New York.

"What do you want anything to do with Greg Ball of all things?" Katz said. "And she is completely of Greg Ball. Let's finally clean up Putnam. Let's have nothing to do with people who were involved with (ex-senator Vincent) Leibell and have nothing to do with Greg Ball. Let's try that for a change."

Ball, when reached for comment, panned Katz's attacks on McDonough.

"Belittling a very popular local leader, who is also an amazing mother and awesome human being who has overcome enormous personal tragedy, is both politically stupid and personally vile," Ball said in an email. "Suzi is one of the toughest and most independent people I know."

Katz said he has spoken with other potential candidates and believes that if one of those Republicans within the district ended up running, they would warrant his support.

"If there are people that I see that can take this seat and make sure that it is kept clean and without any influence from disgrace politicians from Texas pulling strings in Putnam County, yes I'm going to make sure of that any way I can," Katz remarked.



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Obituaries

Graham Muir

Graham Muir died July 4 in Peekskill after a long battle with cancer. He was 62.

He lived in Yorktown Heights and Stuyvesant, NY. He was married to the former Virginia Franklin, with whom he had two children, Jillian Muir and Christina Muir Grimes (Neil). A British subject, Mr. Muir had lived in the U.S. for several decades.

The son of the late Roy and Mary Muir, of London, Mr. Muir is also survived by one sister, Katey Muir Hussein, also of London. He attended University College School in Hampstead, England, and was a computer programming manager for Frank B. Hall, of Briarcliff Manor, and Clairrol, of Stamford, Ct.

A boating and snowmobiling enthusiast, Mr. Muir actively pursued both hobbies until his illness made that impossible this year. In lieu of flowers, the family requests donations to the Leukemia and Lymphoma Society.

Victor Palmer

Victor R. Palmer, a lifelong Peekskill resident, died July 7. He was 90.

A product of the Great Depression and a World War II veteran, Mr. Palmer was a proud American, who served his coun-

try loyally with three tours in the U.S. Air Force. He met his future wife, Priscilla, in Peekskill, and in 2008 they celebrated their Golden Wedding Anniversary. After retiring from the Lakeland Central School District, he and his wife travelled extensively and enjoyed spending time with their children, grandchildren, and great-grandchildren.

Edmond Benini

Edmond E. Benini, a resident of Croton-on-Hudson, died July 4. He was 96.

Born in Connecticut to Primo and Giovanna (Valicelli) Benini, Mr. Benini served in the United States Army from 1943 until 1946 in the Philippines. He married the love of his life Janice Hotaling in 1958. He taught Industrial Arts at Ossining High School for many years and coached both ice hockey and golf. His love of traveling led him to spend five years teaching in Japan, journeying to all seven continents, 72 different countries and every state in the U.S. Most of all he was a family man who loved spending time with his wife, children and grandchildren.

He is survived by his beloved wife Janice, cherished children James Benini (Kristin) and Judy O'Donnell, adored grandchildren James O'Donnell, Julia

O'Donnell, and Alex Benini, dearest sister Olga Marucci, niece Vicki Mantie and many friends. He was predeceased by his brother Flavio Benini.

Alexander Mastromarino

Alexander M. Mastromarino, a resident of Somers, died suddenly July 6 at Putnam Hospital in Carmel. He was 87.

He was born December 21, 1927 in Mount Vernon, NY. He is the son of the late Vincent and Carmela (Russo) Mastromarino. He was a graduate of NYU School of Engineering with a degree in Mechanical Engineering. He was a lifelong member of the American Society of Mechanical Engineers as well as a Licensed NYS Professional Engineer.

He served during the Korean Conflict as member of the NY National Guard in the 42nd Military Police Rainbow Division. He retired after 31 years as a Senior Project Engineer at General Foods, Tarrytown, NY. He donated his time and professional expertise when he supervised the construction of Holy Rosary Church in Hawthorne.

Mr. Mastromarino is survived by his wife of 60 years, Gracemarie (Gentile) (Gentile)

Mastromarino; a son, Steven of Beacon, NY; a daughter; Patricia M. (Jeffrey M.) Janway of Hooksett, New Hampshire; and two granddaughters, Nicole Mastromarino of Hopewell Junction, NY and Kristen Mastromarino of Wappingers Falls, NY.

Elaine M. Myers

Elaine Myers, a lifelong Ossining resident, died July 3. She was 68.

Although she was preceded in death by her parents Dan and Madge (DePalma) and her father-in-law Donald, a day never passed that they were not in her thoughts and prayers.

Elaine's courageous fight against cancer amazed every doctor, nurse, and person she encountered during her long battle. Although she worked equally-hard her whole life to help others as a dedicated nurse, wife of Jan, daughter-in-law of Sophie, sister-in-law of Karl and Eric, mother of Michelle and Nicole, and mother-in-law of Dale and Will, Elaine always appreciated the simple beauty of life. She never walked by a flower without stopping to smell it, and remarked every day on the beauty of the sky, and of every sunset, and of the moon every night, and of each of God's creatures visiting her backyard.

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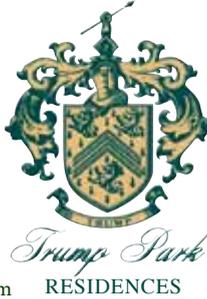
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Letters

Siegel Has Kept Residents Informed About Sewers in Hallocks Mill

To the Editor:

Re: Bill Primavera "Sewer Chick" D'Amato Dumps on Susan Siegel as "Dishonest" in the Yorktown News

I read with great interest Mr Primavera's weekly advertisement (7/9/15) "Man About Town", specifically his ad entitled "Sewer Chick" D'Amato Dumps on Susan Siegel as "Dishonest."

I have lived in the unsewered section of the Hallocks Mill Sewer District since I moved to Yorktown in 2002. Sometime between 2004-2006 I was contacted by Susan Siegel to attend a meeting dealing with the possibility of having sewers installed in the future. I attended the meeting which was held at the Yorktown Stage chaired by Linda Cooper. Over the years, Ms. Siegel kept myself and others informed about the progress or lack of progress on sewers through emails.

Sometimes I received one or two a year, other times more often.

During this time I never received an email about the Hallocks Mill Sewer District from Cathy D'Amato. I knew about her from the media, as she fought to have the problems with her failing septic system resolved. Ms. D'Amato's situation definitely highlighted the problems any of us on septic systems could face one day, but I was never aware that she was fighting for all of us who were not sewered. Concerned that I might have missed something, I Googled Ms. D'Amato on the topic of sewers and her nick name of "sewer chick." I was only able to locate two blogs she had written on the topic. The first "Misuse of East of Hudson Funds" posted on January 6, 2006, the second "Yorktown Resolution" posted on January 27, 2006. I am

still mystified as to Mr. Primavera's description of Ms. D'Amato being an "activist supreme pumping for sewers for Yorktown's "unsewered."

What I do know is that Susan Siegel did not have to spend her time working on the Hallocks Mill Sewer District. She had fought the battle for having sewers installed in her neighborhood years before. What I do know is that she was willing to give her time and expertise to those of us who needed to undertake the fight to be sewered. The decision that the residents of Hallocks Mill with septic systems might finally be able to be hooked up to a sewer system may have come to fruition during the term of Mr. Grace, but it was Ms. Siegel who helped sow the seeds a decade earlier.

ROSALIND KLIBAN-WEIS
Yorktown Heights

Children's Charity Seeks to Fill 800 Backpacks for New School Year

When Kyle and Samantha's mom saw the delivery from Friends of Karen, she was elated. Inside were the much needed supplies for her children to begin a successful school year. It was a relief for the family, whose other child, Erin, was diagnosed with leukemia.

"The last thing on my priority list, unfortunately, was getting the kids off to school with their necessary items. What a surprise when Friends of Karen stepped in with this beautiful gesture," she said. "Not just for Erin, but for my other children as well."

Friends of Karen, which provides vital, practical and comprehensive support, at no cost, to local families caring for a child with cancer or another life-threatening illness, has a Gifts For Children program that includes back-to-school help. Over the summer Friends of Karen collects donations of school supplies, backpacks and clothing gift cards to make sure each of their sick children and their well siblings starts the school year with the right supplies and something new to wear.

"Imagine going into a store and seeing happy, healthy children choosing school supplies and clothing while your own child is in the hospital, or having to decide whether to buy a backpack and new school shoes for your 'well' child or paying for medicine for your sick child," said Judith Factor, Friends of Karen's Executive Director. "Our back-to-school collection is a wonderful way the community can help in a very tangible way, so that

parents don't have to make these impossible choices."

Friends of Karen needs donations of new backpacks and school supplies, including new 2" 3-ring binders, 2-pocket folders, wide- or college-ruled filler paper, pencil sharpeners, colored pencils, washable markers, and wide-ruled composition books. \$25 gift cards to Forever 21, Gap, Macy's, Old Navy, or Target are greatly needed. If you can donate any of these back-to-school supplies or gift cards, or if you prefer to help with a cash donation, please contact Denise Tredwell at DeniseTredwell@friendsofkaren.org or (914) 617-4052.

"We've been doing this program for over 20 years, and it keeps getting bigger," Tredwell said. "This year, we have school lists for more than 800 children!"

Friends of Karen is a registered IRS 501(c)(3) charity, and the only organization in the New York Tri-State region that provides the comprehensive support that families caring for a child battling a life-threatening illness so desperately



Maleah enjoyed getting the supplies from her school list.

need to remain functioning and able to cope. Since starting in 1978, they have touched the lives of nearly 14,000 children. Headquartered in North Salem with additional offices on Long Island and in Manhattan, Friends of Karen is widely recognized for its operational efficiency, with 83¢ of every dollar going directly to support families. Charity Navigator, an independent organization that evaluates the financial efficiency and responsibility of more than 8,000 U.S. charities, consistently awards Friends of Karen a 4-star rating – their highest award.

To find out more about Friends of Karen, visit www.friendsofkaren.org

Marquee Musical Performances Set to Headline Hudson Valley Exposition

Organizers of the Hudson Valley Exposition are lining up world class talent to perform on the main stage at what's been called a mini-world's fair. The impressive list of bands and artists include the headliner Daisy Jopling Band, Joni Blondell Band, Tony Leon, Mark McIntyre Band, Noodle Noodle, Ray Blue, and Vintage Vinyl join the lineup for a full day of musical entertainment to fit every palate. All of the artists have something in common: they are from the Hudson Valley.

The Hudson Valley Exposition—a

mini-world's fair—will be returning to New York State for the first time in 70 years. The historic reintroduction of this event will be held rain or shine on Saturday, August 1, from noon to 9 p.m., at Riverfront Green Park in Peekskill. Admission is \$10 suggested donation per adult. Children 12 and under are admitted free.

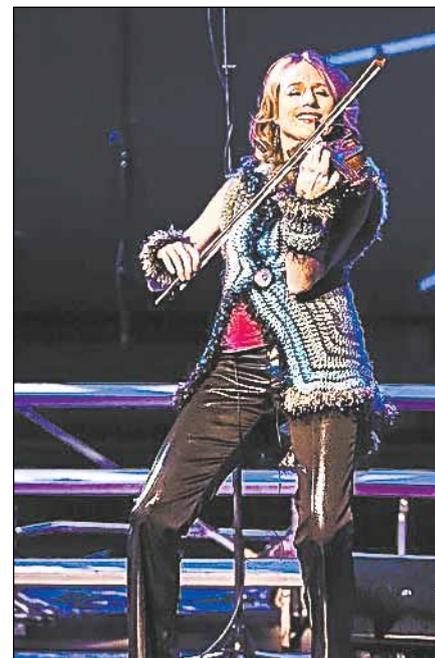
"We have a diverse line-up of world class musical performers including rap, jazz, rock, Latin and everything in between. That's what's so great about the Hudson Valley—we have such a diverse

talent base to showcase at the Exposition," said Deb Milone, Exposition Director and Executive Director, Hudson Valley Gateway Chamber of Commerce.

Here are the scheduled performers and performance times: Noodle Noodle (2 p.m.), Vintage Vinyl (3 p.m.), Ray Blue (4 p.m.), Mark McIntyre (5 p.m.), Tony Leon (6 p.m.), Joni Blondell Band (7 p.m.), Daisy Jopling Band (8 p.m.).

In addition to the musical performances, the Exposition will feature the best of yesteryear, today and tomorrow in dedicated, vibrantly themed areas: holistic/wellness, energy, technology, and industry, kids activities, artisan marketplace and Hudson Valley restaurant row. There will be unique kids' activities, historical re-enactments, trendy businesses, and the best of the Hudson Valley's food, craft beer and wines—all of which will be capped off by the Entergy Spectacular Laser Light Show.

The Exposition is presented by the Hudson Valley Gateway Chamber of Commerce in honor of its 100th Anniversary and the City of Peekskill in honor of its 75th Anniversary. Sponsors include: Entergy, City of Peekskill, WHUD 100.7, D. Bertoline & Sons and Ginsberg Development Corp. Additional sponsors include: Town of Cortlandt, Wheelabrator Westchester, BASE, Premier Athletic



The Daisy Jopling Band will hit the stage in Peekskill August 1.

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For more information, contact (914) 737-3600 or visit www.hvexposition.com. For regular updates, please like the Exposition's Facebook page.



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Westchester's Most Delicious Dishes: Take-Out Soup at Ladle of Love

By Jerry Eimbinder

Leslie Lampert is passionate about soup. Before she opened Ladle of Love in Mount Kisco in 2003, she served her homemade soup to dinner guests, families of friends who were ill with cancer and, in 2001, to Millwood firemen (among the Ground Zero first responders) and relatives of victims.

While a senior editor at Ladies' Home Journal, she started a gift basket business featuring her homemade soup. Encouraged by the response, she gave up journalism to devote full time to her new business.

So when she opened Ladle of Love in 2003, soup was the stellar attraction.

Over the years, take-out offerings and options have expanded well beyond soup and a lengthy list of delectable items can now be seen on the store's website.

Items are rotated daily and are often an expression of Lampert's creativity and imagination (examples: Harvest Celebration soup, Moroccan lamb stew and Parisian chicken stew — all longtime favorites). A new menu is posted on the website about 30 minutes (more or less) before the shop opens for business at 10 a.m. on Monday through Saturday (Ladle of Love is closed on Sundays). Many items come in four sizes: petite, small, medium and large — examples are soup,



Leslie Lampert

stews, specials and sides.

To view the selection available on any given day:

1. Go to website www.ladleoflove.com
2. Click on "Today's Menu"
3. Scroll down the page looking under "Today's Menu"

A code will appear after an item's name if the item is vegetarian (v), gluten-free (gf), dairy-free (df) or vegan (vgn).

A grilled cheese bar is a new addition to the menu — with choices for cheese, bread and topping.

The menu is divided into eight categories organized as follows:

1. Soups and Stews (choice of four sizes)
2. Specials and Super Sides (choice of four sizes)

3. Salads (appropriate vinaigrette usually included)
4. Grilled Cheese Bar (with choice of toppings)
5. Artisan Sandwiches
6. Panini or Wraps (on ciabatta or seven-grain panini)
7. Morning (available all day)
8. Add-Ons

Soup, always so very special to Lampert, remains a main attraction. Depending on when you go, you might find butternut squash, cauliflower, chicken dumpling, chicken masala, chicken noodle, chunky vegetable, clam chowder, curry zucchini bisque, gazpacho, mushroom barley, shrimp and corn chowder, split pea, Tuscan tomato, and too many other varieties to mention.

Harvest Celebration, a robust, gluten-free Ladle of Love signature soup, is a blend of butternut squash, sweet potato, carrots, onions, Granny Smith apples, water, butter, cream, maple syrup and just a bit of butter. Cost: petite (\$6.45), small (\$7.45), medium (\$8.45) and large (\$16.95).

The ingredients in the gluten-free chilled gazpacho are tomatoes, red pepper, English cucumbers, red onions, garlic, tomato juice, tomato paste, white wine vinegar, balsamic vinegar, olive oil and lemon juice. The pricing and portion

sizes are the same as for Harvest Celebration.

The gluten-free Chunky Vegetable Soup contains finely chopped onions, garlic, carrots, broccoli, yellow squash, zucchini, red bell pepper, tomatoes, sweet peas, green beans, water, and olive oil. The pricing and portion sizes are the same as for Harvest Celebration.

If I had to pick the one soup out of the three I liked best, it would be the gazpacho (best if eaten chilled). Reddish-brown in color, it has an amazing aroma and is definitely sweet, full bodied and very addictive. It comes with a balsamic glaze which you might want to take home in a separate container to determine how much glaze your taste buds prefer. Gazpacho is thought of as a Spanish or Portuguese dish but some culinary historians say it originated with the Romans and Moors.

The Chunky Vegetable Soup mixes an assortment of small pieces of chopped vegetables in evenly distributed amounts. No one ingredient dominates, so you can taste an abundance of flavors; this soup is not spicy. For a meal-in-itself serving, the medium-size portion is fine.

Harvest Celebration was created by Lampert a long time ago — before La-

continued on page 16

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Business
of the Week

Travelers Rest Ossining

By Colette Connolly

There's a lot of history within the walls of Travelers Rest, a Westchester County landmark that was once a popular stopping-off point for stagecoach travelers making their way to New York City in the late 1880s.

Today, it's a popular Continental-German restaurant run by Tina and Gary Langner, who have owned the establishment since 1961.

Gary Langner's father, Gerhardt, purchased the property with only \$300 to his name. Langer took over the business when he was 18 years old.

Over the years, the hard-working German immigrant, who worked as an apprentice for the Hotel Atlantic in Hamburg before coming to the United States, rebuilt one room at a time and then added several more.

Today his work can be seen in the wood-paneled walls that are evident throughout the building and in the stonework outside.

Adding to the restaurant's Old World charm are fireplaces in all four dining rooms as well as elaborate lighting fixtures.



Travelers Rest, a Westchester County landmark

The restaurant is noted for its German specialties, including the delicious jaeger schnitzel spaetzle, the sauerbraten served with red cabbage and dumplings and the Wiener Schnitzel, a sautéed breaded veal cutlet. Spaetzle and potato pancakes are the classic German sides.

For \$29.95, there is three-course dining ever Wednesday through Sunday. Traveler's Rest also offers an all-you-can-eat prime rib special for \$29.95 most Friday nights.

There is a full German Oktoberfest every Friday night in October featuring the regular entrees and mo.

One of its most popular attractions is the one-acre manicured garden, turning the restaurant into a destination spot for outdoor events, Tina Langner said.

"In fact, we're known throughout Westchester County as a wedding destination," she said.

The lush gardens are well suited to special events, featuring mature perennials and breathtaking seasonal annuals along with spectacular stone benches, elegant urns, bridges and a gazebo.

While the 10,000-square-foot Travelers Rest has always been known as a place where families could celebrate anniversaries, birthdays, communions, showers and Bar and Bat Mitzvahs, the Langners realized the importance of creating a different type of space where customers could grab a quick bite, enjoy a few drinks and watch TV.

The result is the newly opened Tap Room on the Terrace, which includes an original leather, wood and brass bar and big-screen TV, a small-bites menu with

items from \$4.95 to \$14.95, al fresco dining and a happy hour every day from 5 to 7 p.m. when all drinks are half price.

Other notable features include an immaculate ladies room with sinks in every stall and one of the biggest kitchens of any restaurant in Westchester, said Langner.

The couple is proud of what they've accomplished. In recent years they've brought son Gary Jr., who serves as bar manager, and daughter Brooke into the fold, with the hope that they might carry on the family business tradition.

"I don't think there's anything else I would want to do besides this," said Langner, who coordinates events for the restaurant. "To me, this is one of Westchester's hidden treasures -- a diamond in the rough, some might say."

Travelers Rest offers live music on the weekends, as well as monthly disco nights and Sip and Dip parties.

The restaurant is open Wednesday and Thursday from 5 to 9:30 p.m., Fridays and Saturdays from 5 to 10 p.m. and on Sundays from 1 to 9 p.m.

For more information or to make a reservation or to book an event, call 914-941-7744 or visit <http://thetravelersrest.com>.

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Living Vicariously for the Seemingly Right Reasons

The offerings on restaurant food menus and wine lists in the 21st century have seen a wave of unprecedented changes. Ingredients, individually and in combination, are enticing and pleasing diners with novel and sophisticated tasting experiences. Similarly, wine lists are broader and deeper, to accompany the new flavor combinations on food menus.

There is a high price to be paid for those diners seeking out meals at the cutting edge of gustatory pleasure. At high-end restaurants, it is not uncommon for food offerings to be restricted to prix fixe tasting menus, oftentimes offered with accompanying sommelier hand-selected wines to match the courses. At esteemed restaurants, a dinner tab for two commonly reaches astronomical heights (four digits) and, if accompanied by cult wines, can cross over into five digit extravagances.

Last week I explored the dining experience one might enjoy at one of these restaurants, Eleven Madison Park. The combination of food, wine and service has garnered the restaurant the highest accolades from many sources. A seat is as coveted – and expensive – as a premium box seat at major league football or baseball games.

My closing comment read “Whether

dining for hedonistic pleasure or cultured refinement, a meal at Eleven Madison Park will leave a lasting impression on a patron’s life - and wallet.”

Several readers commented on last week’s column. The initial reaction was a degree of shock that a typical dinner tab for two at Eleven Madison Park could easily exceed one thousand dollars. The next comments were more probing: who dines at this restaurant? What clientele does Eleven Madison Park attract? Who would pay several thousand dollars for a single bottle of wine (the top price is \$13,500)?



By Nick Antonaccio



I should be clear that Eleven Madison Park is not alone in the gastronomic stratosphere of New York culinary extravagances. Each of the (only) six restaurants receiving the New York Times coveted 4 stars

has a similar scope and cost as at Eleven Madison Park. In fact, the prix fixe food menu at one of them, Per Se, at \$310 (for nine courses), is higher than the \$270 (for twelve courses) at Eleven Madison Park.

Patrons dine at Eleven Madison Park for many reasons. Primary among these is that the overall meal experience will be unequalled and remembered as a defining

life experience. After that, it is my opinion it is the following thought processes that rationalize booking a reservation and applying for an equity loan:

1. It is a very special occasion. Who could forget a decade birthday celebration, wedding anniversary, college graduation or other life passage/life altering event at an exclusive restaurant? Especially if you’re sharing it with (very grateful) family members.

2. It is less expensive than a comparable European dining experience. European visitors to the United States are able to en-

joy fine dining experiences at a discount of between 10 and 30 percent to the dollar over the past year. And they are flocking to high-end American restaurants (and retail shops) in droves.

3. It is a business expense. What better way to thank a customer or client than a no holds barred meal at an American culinary temple? It seems that investment bankers and hedge fund managers have mastered the art of influencing clients, while receiving a tax subsidy from their Uncle Sam. In my financial career, I have personally been

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Brick by Brick: The Easiest Way to Build a Patio From Scratch

When we moved to Westchester in the early 1970s, our home had a curious architectural twist: the front and the back were switched, as is frequently the case with 18th century farmhouses.

At some point, the previous owners opted for privacy over curb appeal and hid the grand front porch and expansive lawn behind a tall hedge and took to parking their cars in an unpaved half-circle in the rear of the house, entering through the back door beneath a towering maple tree.

We chose to continue to embrace the back of the house as our entrance, and spiffed it up accordingly. I dressed the driveway with fresh three-eighths of an inch crushed bluestone and built up low flower beds on either side from stone. The sloping walkway leading to the front door was replaced by broad, bluestone steps. The largest project of all, however, was installing a large patio that replaced the patchy shaded lawn underneath the tree.

The paving material, of course, would have to be brick for two reasons: it's the easiest material for a do-it-yourselfer to accommodate and, I believe, it offers the warmest and most informal texture to a country landscape. Personally, I have fa-

vored brick as a surface since my days at William & Mary in Colonial Williamsburg and I traversed the uneven brick-lined walkways there daily.

For those of us who live in regions with sub-freezing temperatures in winter, a brick patio laid on sand can be an excellent choice for an outdoor space. The small gaps between the bricks and the grains of sand allow for slight movement when any moisture in the ground expands or contracts with the change in temperature, unlike a more rigid surface, which may crack.

The first step was to cut away the old lawn, which was hardly a lawn at all in the deep shade of the maple, and dig a level space into the ground, deep enough to hit the more clay-like layer below. The step I didn't take, but perhaps

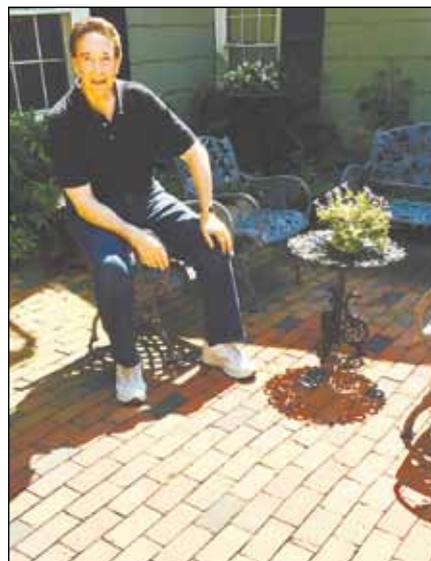
should have, was to rent a compactor to make this base truly level. Indeed, my patio would always have a mild undulation because of it, but to my eyes this has been part of its hand-hewn charm.

Next came deliveries of gravel and sand, three cubic yards of each for a 20-foot-by-20-foot space, in separate mounds behind the garage. I then used my big red wheelbarrow to make what seemed to be hundreds of trips between the garage and pa-

The Home Guru



By Bill Primavera



The Home Guru enjoys his brick patio, laid in a bond pattern which requires little cutting, the easiest do-it-yourself installation over leveled gravel and sand.

When the sand was leveled and I was ready to lay the brick, I opted for a standard running bond pattern where the edges of two bricks meet under the center of the bricks above them. Had I wished, I could have opted for many other patterns, such as herringbone, basket weave or radial designs. With a little ingenuity, a homeowner could even incorporate different sizes or colors of bricks to create a unique design.

As for me, the contrast between the red of the brick and the gray of the field stone was intriguing enough, so I chose a simpler pattern to complement those colors. Besides, I didn't want to get into the chore of complicated cuts in the brick. At the end, I swept a fine layer of sand in between the bricks, and I was done.

For the most part, the patio was perfect. The only flaw in the design is that the patio was on the north side of the house, so we always had to shovel snow since the sun would not melt it for us.

It took a summer's worth of work for me to build the patio, but the end result was worth it. We had many years of outdoor dining and relaxing under the shade of that large maple, and when it eventually succumbed to disease and had to be cut down, the patio still looked well-designed and front door worthy under the direct light of the sun.

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Kurt Rhoads in The Two Gentlemen of Verona, 2014. Photo: William Murrah

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Obituaries

continued from page 7

Elaine cherished relationships and infectiously displayed her love of others. From her brother Danny and sister-in-law Hanna, her dear-nursing-school-bff Ginger, her cousin-who-was-more-like-a-sister Elaine, to her Phelps Memorial and Westchester Medical co-workers or her OHS Class of 1965 classmates, she never missed an opportunity to share a cup of coffee and catch up on their lives.

As a lifelong resident of Ossining, Elaine always had to be near water. When she was not near the Hudson River, she was in Seaside Park N.J., or in a pool, or dreaming of Caribbean beaches, and usually listening to Jimmy Buffett tunes. Whenever she was away, she was sure to pack a bathing suit just in case she had the opportunity to be in the water.

Memorial contributions may be made in her name to the Spartans Swim Team Boosters, PO Box 1925, Ossining, NY 10562, where Elaine's greatest loves of her life—her grandchildren Hailey, Stella, and Ryan—learned to love being in the water, just like her.

Living Vicariously for the Seemingly Right Reasons

continued from page 14

the recipient of the largesse of investment bankers and securities dealers at the finest restaurants.

4. It is an opportunity to enjoy wines not available in wine shops or auction houses. Many high-end restaurants have significant budgets to purchase and cellar fine wines; wines that are extremely rare and generally unavailable to even high rollers. Eleven Madison Park offers wines, at high markups, that are difficult to find in the open market. If you've always desired a 40-year-old Burgundy or a 50-year-old Bordeaux, Eleven Madison Park can satiate your desire to indulge in a hedonistic experience.

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Nick Antonaccio is a 35-year Pleasantville resident. For over 15 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

Westchester's Most Delicious Dishes: Take-Out Soup at Ladle of Love

continued from page 10

Ladle of Love opened. It has a sweet singular taste all of its own having butternut squash and apples as prime ingredients and it has the consistency of a thick purée.

Ladle of Love's gift basket includes soup, fresh bread and a three-ounce ladle.

Delivery orders can be placed with

Love on the Run, a sister operation, by calling 914-242-9449.

Lampert's "re-invention of herself" was brought to the attention of a vast television audience on the Oprah Winfrey show in 2008.

Before founding Ladle of Love, Lampert was an editor at Ladies Home Journal for nearly 12 years. She attended Skidmore College and Colgate Univer-

sity, and has a Master's Degree in Journalism from Boston University. She lives in White Plains.

Ladle of Love is located at 11B S. Moger Avenue, Mount Kisco, NY 10549, www.ladleoflove.com, 914-242-9661. It is just around the corner from the restaurant Cafe of Lové, also owned by Lampert.

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Crossword

ACROSS

- 1 USSR today
- 4 Part of some recipe titles
- 7 Still
- 10 Cut
- 11 Lawn
- 12 Source of silver
- 13 “___ to a Grecian Urn”
- 14 What holds a civilization together
- 16 Spice girl or Shrub Oak real estate, Crowne ___
- 18 Certainly no Einstein
- 19 Great NFL play
- 22 Caspian or Dead
- 23 Workmanship
- 25 Swine dining
- 28 Spring locale
- 30 Reagan fell one short of winning this, or Westchester/Putnam insurance
- 32 Abominable Snowman’s cousin
- 35 A bit tipsy
- 36 L.A.X arr. letters
- 37 Taro dish
- 38 Balaam’s beast
- 39 Little food measuring tool

- 40 Relaxation center
- 41 Pronoun for Paula
- Down
- 1 New Mexico city noted for archeological finds
- 2 Certain salty chemical compounds
- 3 Extraordinary
- 4 Broad-ended tie
- 5 Grimace
- 6 Improvise
- 7 “Close to ___”, Bacharach song
- 8 Necessitate an “Oops!”
- 9 Classic starting location
- 15 The way, in China
- 17 Man ___ man
- 20 Indian sauces
- 21 ___ Columbia
- 24 Sleeping sickness carrier
- 26 Klutz
- 27 Kerplunks
- 28 Port in the Punic Wars
- 29 Location word
- 31 Roller coaster feature
- 32 Wager
- 33 “___ a deal!”
- 34 Dental problem

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Solution on page 18

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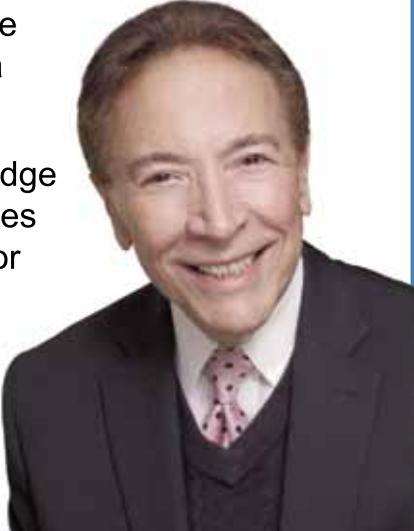
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William “Bill” Primavera is a NYS Licensed Real Estate Salesperson with William Raveis Real Estate, 1820 Commerce Street., Yorktown Heights, NY, Office: 914-245-0460. Visit: www.raveis.com.

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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, July 14

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.

Swimming Lessons: American Red Cross Swim Lessons are offered in our indoor warm water pool by certified instructors in Peekskill. All levels are offered and private lessons are also available. Classes are conducted on Tuesdays, Thursdays and Saturdays. Call Terri, manager of the Society Hill 2 Recreation Center, at 914-737-4909 for more information.

Healthy Happy Hour: Healthy Happy Hours are held on Tuesday nights in Mahopac and another location may be added. Take a 10-day vacation from processed foods. Are sugary, fatty, easy-to-prepare, addictive junk foods making you feel sick and tired? Then reset your metabolism and break your addictions to unhealthy foods. For more information contact Diane at 914-843-8745.

Wednesday, July 15

Cancer Support Program: Support Connection announces a free program: "Watercolor Painting for Women with Breast

and Ovarian Cancer" will take place from 6:30 to 8:30 p.m. at the Somers Public Library. The program is open to people living with breast, ovarian and gynecological cancers. Pre-registration is required. To register, call Support Connection at 914-962-6402 or 800-532-4290.

Torah Studies Course: Chabad of Yorktown, 2629 Old Yorktown Rd., is proud to announce season four (11 classes) of the Torah Studies course. The first nine sessions will be held on Wednesday evenings, beginning tonight. The final two classes will be held on Thursdays Sept. 17 and 24. The program brings you a series of stimulating text and discussion based classes that take place on a weekly basis. The classes are open to all, whatever your level of learning may be. The fee for the full season is \$36 and includes the cost of the textbook. Each class is independent. For more information, to view the topics of the classes, or to register visit: www.ChabadYorktown.com, call 914-962-1111 or e-mail info@ChabadYorktown.com.

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 of www.firsthebrew.org.

Thursday, July 16

Field Gallery Exhibit: The exhibit Jo-Ann Brody, Musings: Works in Clay will be held through July 31 at the Field Gallery, 4 Nelson Ave., Peekskill. Info: 914-737-1212.

Friday, July 17

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 914-2416 Ext. 315.

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.

Lasdon Park Concert: The Music in the Park series will continue today from 6:30 to 8:30 p.m. with Jon Doty and Friends playing jazz favorites at Lasdon Park, Arboretum and Veterans Memorial, Route 35, Katonah. Admission is \$5 per person. Payment can be made by cash, credit card or check. The program is sponsored by Friends of Lasdon Park, Arboretum and Veterans Memorial. Members of Friends will receive a free ticket. Families with memberships will receive two free tickets. Anyone joining Friends the day of the performance will be eligible for these free tickets as well. The event will be cancelled in case of inclement weather. Go to lasdonpark.org or call 914-864-7268 for updates and information. More information is also available by going to parks.westchestergov.com.

PV Farmers Market: The Putnam Valley Residents Coalition Farmers Market is held every Friday from 3 p.m. to 6:30 p.m., outdoors at the Tompkins Corners Cultural Center at 729 Peekskill Hollow Rd. (Tompkins Corners) through Sept. 4. Info: putnamvalleyresidentscoalition@yahoo.com

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 www.info@yorktownjewishcenter.com.

Temple Beth Am Service: Every Friday evening at 7 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 rabbiiw@optonline.net.

Saturday, July 18

Somers Library Exhibit: Jeanne Demoteses will be exhibiting a collection of paintings in watercolor, oil and acrylic during the month of July at the Somers Library art gallery. For more than 20 years, Demoteses has maintained a studio in Peekskill. Her current studio is in The Hat Factory in Peekskill's artist district. She was a member of Gallery 44 North in Peekskill, a founding member of Gallerie JJENTH, a member of the visual arts committee of the Paramount Center for the Arts in Peekskill organizing several juried exhibitions, and is on the faculty

of the Putnam Arts Council in Mahopac. Jeanne also teaches classes and workshops in Heritage Hills, for the Yorktown and Croton Parks and Recreation Depts. in Westchester as well as portrait painting in her studio. Please call the library for viewing times in the program room at 914-232-5717, or visit us online at www.somerlibrary.org.

German Fest: A German Fest will be held this weekend at the German American Club under a giant party tent, rain or shine. The event is slated for July 18 from 3 to 10 p.m. and on July 19 from 1 to 8 p.m. at 11 Kramers Pond Rd., Putnam Valley. Enjoy live German music by The Spitzbuam and a variety of German & American foods, imported beer & a Viennese cafe. There will be ample parking, along with a free bouncy tent for the kids. Admission is \$10 for adults and free for children under 14 with an adult. July 19 is Emergency Responder Recognition Day --all active and retired police officers, firefighters and EMS providers will be admitted for free with proper ID. Info: www.gac1936.com/845-528-5800.

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.

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

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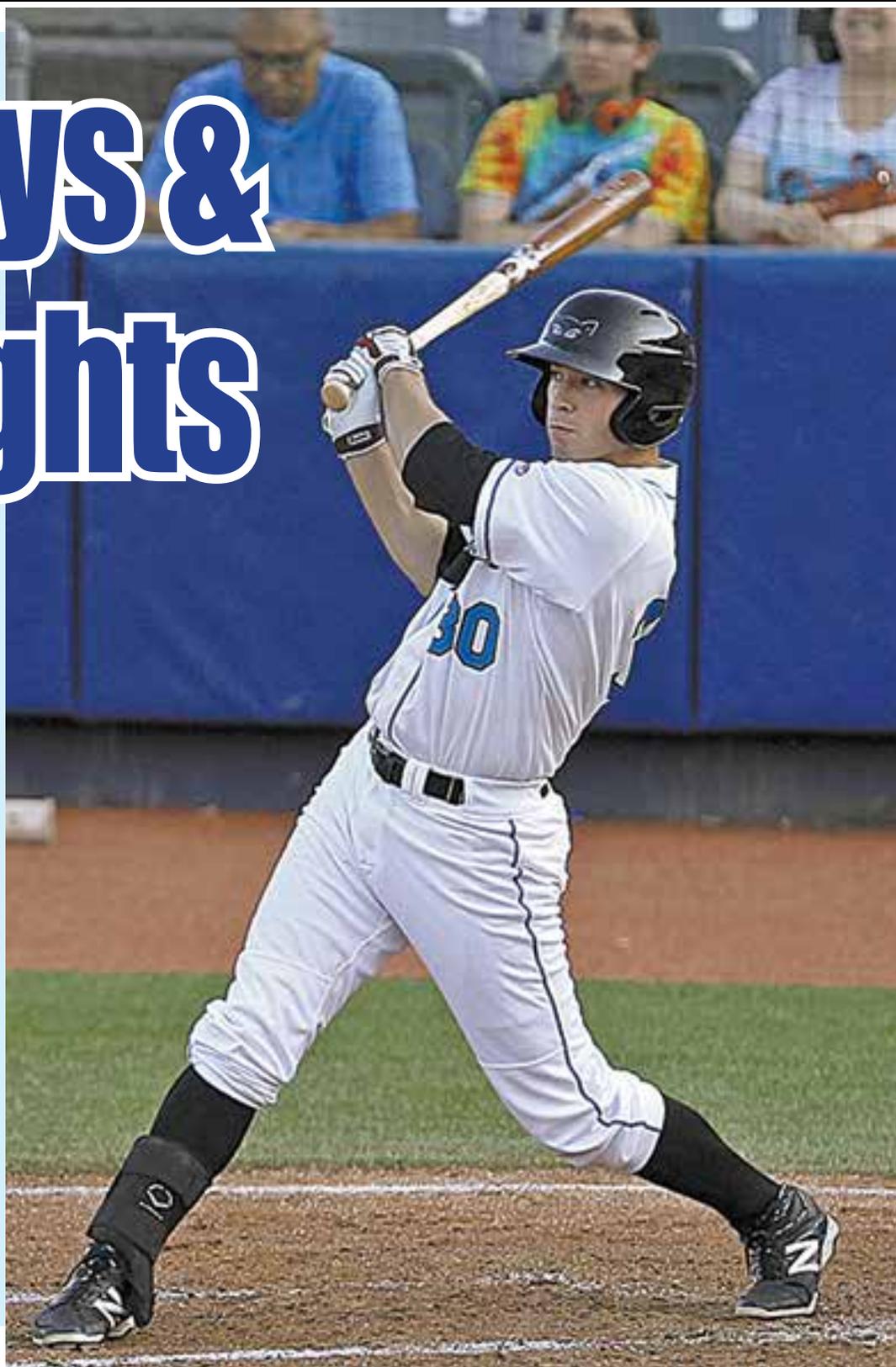
July 14-July 20, 2015

SMALL NEWS IS BIG NEWS

SPORTS SECTION

Dacey Days & Dacey Nights

**Renegade
 3B on Tear,
 HV Knocks off
 Brooklyn,
 Batavia**



ANDY JACOBS PHOTO

Hudson Valley Renegade 3B Matt Dacey continued his recent tear in Sunday's 14-6 win over the Batavia Muckdogs, smashing a three-run double and an RBI single to lead the 'Gades at Dutchess Stadium. With the win, Hudson Valley improves to 12-10 on the season while Batavia drops to 6-15... see Renegades Notebook

Sports

Renegades Notebook

Surging Hudson Valley Renegades Defeat Brooklyn, Batavia

By Monica D'Ippolito

Hudson Valley Renegades skipper, Tim Parenton peaked through the window of the team's trailer at Dutchess Stadium Friday to see the outcome of the Renegades extra-innings thriller against the New York Mets affiliate, Brooklyn Cyclones.

"Well they told me about it," Parenton said after the 12-inning, 6-5 win. "We got a window somewhere over here I could watch some of it out of. It was a bunt play to third."

Parenton was tossed earlier in the 11th inning, after Jake Cronenworth was tagged out when he was accused of attempting to round first base. It was only the second time the skipper was ejected in a game; the first came nearly 15 years ago.

"The ump said that we made an intention to go to second base and I didn't think so," Parenton explained. "I mean he's going to stick by his guns and I have to stick by my guns. I think it was a big play for us because it was our leadoff hitter. We had our two, three, four (guys) coming up. Anytime a manager argues enough to get kicked out, they think the play is critical."

Despite the ejection, Hudson Valley rallied around their coach in the 12th, taking advantage of a throwing error to third, which allowed Cade Gotta to bring home the game-winning run.

"Its been pretty good games against them," Parenton said. "I mean you hate to see a game end like that because they played such a hard game, but we'll take the win any way we can get it."

Rookie Matt Dacey - making his first career start - recorded his first professional hit and got the Renegades on the board in the bottom of the first inning. His double sailed over to right



ANDY JACOBS PHOTO

Hudson Valley Renegade 3B Matt Dacey is scalding hot of late, leading the 'Gades to a 12-10 start in NY-Penn League action.

center, allowing Michael Russell to score from first and gave the Renegades an early 1-0 lead.

The Cyclones scored a run in the top of the second and third innings, giving them the 2-1 advantage, but Dacey came up big once more in the bottom of the third. The Richmond product recorded his second career hit with another double, which brought in Russell, tying the game at two.

"It was great," Dacey said of providing the first two runs of the game. "Especially for us to get on the board early in the first

inning, especially at home we wanted to get that momentum rolling and get these fans behind us, so that definitely helped."

Manny Sanchez gave Hudson Valley back the lead in the bottom of the fifth inning. His single brought in Cronenworth and Russell, while Gotta followed with a base hit that scored Dacey from third and extending the lead 5-2.

The top of the seventh inning was a mess for the Renegades. Zach Mathieu led off the inning with a homerun to deep left field off pitcher Justin McCalvin. Then, after McCalvin put to more runners on, Tucker Tharp broke his bat while hitting a slow grounder toward Dacey at third. The broken bat may have affected Dacey's approach, but the rookie bare handed the grounder and made an errant throw to first base, which allowed the two runs to score and tied the ball game up at five a piece. It was Dacey's second error of the day.

"Emotions get the best of a guys for their first professional start as a player," Parenton said of Dacey. "He DH'd for us (Thursday) night. We just want him to play hard, he'll learn from that and you know it happens in professional baseball, you make physical errors all the time, just got to go out there and have fun and play the next day."

Despite the fielding errors, and a few poor decisions on the bases, Dacey kept demonstrating his prowess at the plate, knocking a triple in the bottom of the ninth inning. The Cyclones decided to load the bases after the hit and ultimately got out of the inning with a timely double play.

Despite coming up empty in the first two extra innings of the contest, Hudson Valley came alive in the bottom of the 12th inning. Gotta led off with a single down

the right side of the infield. Nic Wilson drew a walk from pitcher Nicco Blank, putting runners at first and second. Angel Moreno followed with a nicely placed bunt down the third base line. Instead of making the throw to first, Brooklyn's third baseman David Thompson tried getting the force out at third, but misfired, allowing Gotta to cross home plate and sealing the victory.

"We cooled off a little bit, but we kept swinging the bat," Dacey said. "We had runners on, even in the extra innings we had runners on. We put pressure on their pitchers to make good pitches, and we put pressure on their defense to make plays. At the end they made one costly error and we were able to push one run across."

Cristopher Crisostomo took home the win for the Tampa Bay Rays Single A short season affiliate, while Blank was handed the loss for the Cyclones.

The win was the first of three in a four-game home stand. The Renegades also defeated the Miami Marlins affiliate, Batavia Muckdogs Saturday 5-3, and Sunday 14-6, while also playing again Monday.

Dacey, who went 3-5 with one run and two RBI Friday, continued his spectacular play over the weekend. The 21-year old lit up the score sheet and through Sunday's game, recorded eight hits, four runs and 10 RBI, with a batting average of .500.

"I mean I couldn't even tell you how antsy I was at the beginning of this game, especially with my first at bat, getting my first pro hit, it was awesome," Dacey said. "And then my adrenaline was high, made some base running mistakes too, me and coach talked about it but I was just out there having fun. Was the first time out in the field in a long time so I was happy to be back out there."

Mahopac, Put Valley Split Difference in WPBA 11-U

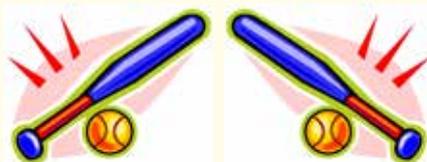
RAY GALLAGHER PHOTOS



Mahopac SS TJ Wolf settles into his ready position in a 4-3 victory over Putnam Valley last Thursday in WPBA 11-U action. PV responded with a 3-2 win over Mahopac on Saturday.



Put Valley Ambush hurler Brian Carroll fires pitch in 4-3 loss to Mahopac in 11-U WPBA action last Thursday at Union Field in PV.



Mahopac's Luca Racanelli throws up a no-throw sign as Put Valley's Joey Maloney swipes 3B in visiting 'Pac's 4-3 win over the Ambush last Thursday in WPBA 11-U action. PV responded with a 3-2 win over Mahopac on Saturday.



PV Ambush IF Joey Maloney stares down his coach for signals.

Sports

USA Soccer Heroines Not Alone in Female Athletic Exploits



By Ray Gallagher
Examiner Sports
Editor

So this was a week like no other when it comes to women's sports in the grand ol' U.S. of A. For even the most high and mighty ignoramus male in the country had to take note of the USA soccer team's sterling 5-2 win over Japan for the FIFA World Cup crown on Sunday, July 5th in Vancouver.

And then there was Michigan-born Serena Williams, who can no longer be denied her status as the greatest female player in tennis history,

probably could have coached the USA soccer team to gold had she been asked to.

And now that All-NYS F Molly Fitzpatrick is moving on to Manhattan College and All-NYS G Alex Halip is headed off to UMass, it'll be up to All-American Dana Bozek, Julia Kim, Brianna Muniz, Valerie Perkins and the rest of the clan to continue the tradition as rich as any at Lakeland. After blowing through the state tournament like a cool sea breeze, the ladies at Lakeland have gone ahead and set a precedent that may never be matched, unless of course they keep on keepin' on with seventh-straight, which is entirely possible.

Holy inspiration.

These young ladies of

Lakeland were the anticipated stars of the region, but over at **SOMERS** they produced the first NYS soccer title in school history last fall, defeating South Side, 3-1, before following that up with a second-straight Section 1 lacrosse championship and a junket to the state finals before falling to Section 11 victory Eastport-South Manor, 15-8, in the championship. It wouldn't be a reach to say that the 2014-15 school year was the best in Tusker history when it comes to the mademoiselle's of Somers.

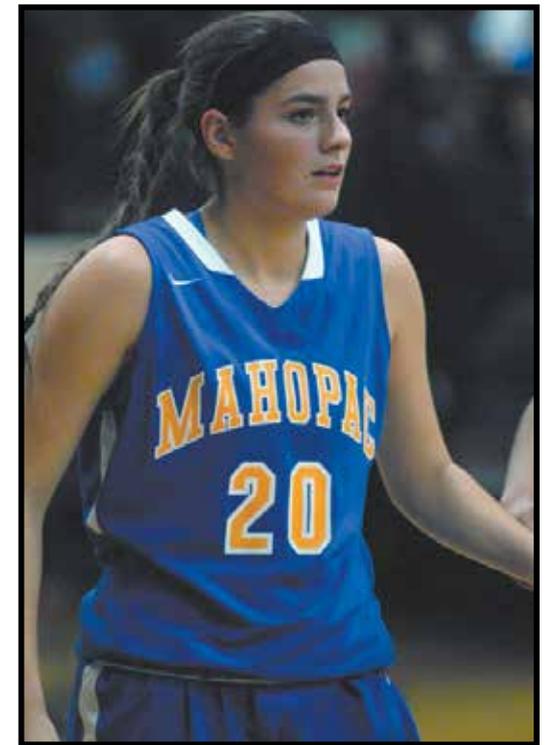
Those in Tuskerland will not soon forget the freshly graduated Nicole DeMase, a two-sport captain, who also got it done in hoops, nor will they overlook the impact of Melissa Righetti, Michelle Wienecke, Emily Englert, Hayley Bonner and the rest of this terrific senior class. Underclassmen Hannon Eberts and the Rosenzweig sisters, Gabby and Livy, among others, will hope to carry on the tradition of success that has reached new bounds within the past half-decade.

Now, when it comes to hoops, nobody does it better than **OSSINING**; a program that has transcended not just Section 1, but every public school system in NYSPHSAA. It's insane to think that a Class AA basketball program like the Pride can not only repeat as Section 1 champions, but to go on and reproduce that feat five-straight times while hauling in three consecutive NYS titles is quite possibly the greatest achievement of them all. Former Ossining All-American Saniya Chong led the Pride to three Section 1 titles before leaving for UConn after the 2013 campaign, and when she bolted for Storrs, CT, everyone figured Ossining would come back to the pack, Heck no; the train keeps a rollin' all night long with

the likes of Jalay Knowles, Shadeen Samuels, Abby Squirrel, Steph Svoboda, Madison Strippoli, Cyan Scarduzio, Jenna Lividini and the rest of the immortal pack picking up the slack. Ossining's run may never be duplicated, for it is as great a string of triumph as any we've seen in this region.

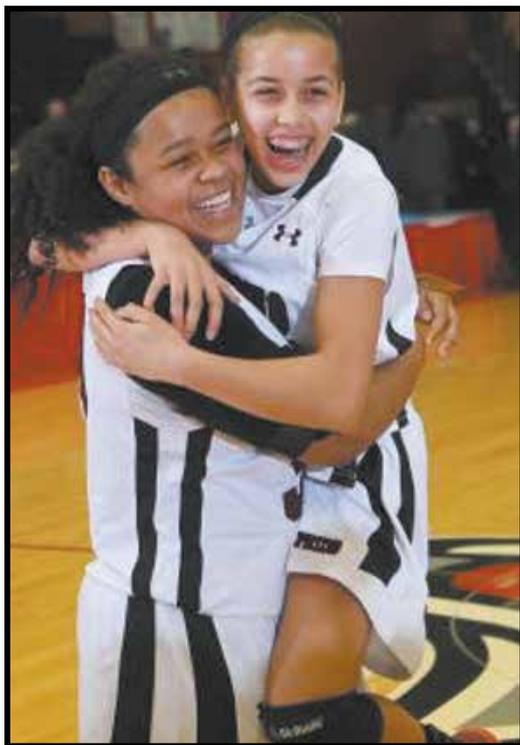
And lest we not forget the **HALDANE** girls run to their first-ever NYS Class C soccer championship last fall behind recent grad Allie Monteleone, inarguably the greatest three-sport athlete in Blue Devil history, who also led the Haldane charge to a Section 1 hoops crown. Last March

We had a couple of near-misses, too, over at **MAHOPAC** where the Indians reached the first ever Section 1 lax championship game before falling to Suffern with All-American Kim Harker shattering every Indian scoring record ever created; career goals, career assists, season goals, goals in a game, most celebrations and what not. To boot, the Indians also appeared in their first Section 1 field hockey championship since they won the state title back in 2001, doing so



Mahopac senior-to-be Tara Ravoli is among the next wave of inspiration.

and Serena was surpassing Steffi, Martina, Monica and Chrissy as the greatest tennis player of all time, the ladies in our neck of the woods pretty much outdid themselves, too. And while many young



RAY GALLAGHER/RICK KUPERBERG PHOTOS

The Strippoli sisters of Ossining, Madison and Jaida, share happy times.

winning her eighth Wimbledon title this past Saturday, and snaring her 21st major championship while crushing the notion that anyone can match her legacy.

Thank you, as always, Title IX for opening these doors, which the young lassies throughout this great country have crashed through and peppered competitors across the globe since 1972, which kind of reminded me of the past school year in and about the Northern Westchester/Putnam region. Man, what a year the local ladies gave us.

Go back to the fall of 2014 for starters. We had the **LAKELAND** field hockey team copping an unprecedented sixth consecutive NYS Class B championship, making short work of the rest of NYS under Coach Sharon Sarsen, who



Nobody has celebrated like the Lakeland field hockey, winners of six-straight NYS titles.

with a quintet of seniors who won't soon be forgotten, including Sarah Quarto, Sarah Lilley, Jane Kasperian, Kelly Maxwell and Mikaela DiBello. The **BREWSTER** softball team was 22-0 before falling in the sectional final, and I'm sure we're leaving someone out, sorry in advance.

So while our very own USA girls' soccer team was winning a third World Cup title

gals across the country were inspired by their exploits, let's remember where it all starts; right here in our own backyard and on local fields throughout our great country. And with a new cast of characters taking center stage, don't be bashful about showing your support in 2015-16.

Remember, like the boys, girls just wanna have fun!



Ladies Go Gaga Over Sports!

2014-15 Was Year to Remember



RAY GALLAGHER & READER SUBMITTED PHOTOS

Even before Team USA's historic soccer win over Japan in the recent World Cup Championship, the local ladies from Ossining to Lakeland and Somers to Haldane were in to win it during the 2014-15 school year, plying their craft at a championship level and inspiring Section 1 sports fans with a brand of competition that continues to increase across the board... see Direct Rays