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Park Zoo

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The NORTHERN WESTCHESTER Examiner

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

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August 23-August 29, 2016

SMALL NEWS IS BIG NEWS

Volume 8, Issue 349

Peekskill Residents Seek City's Help to Fix Water Problems

By Rick Pezullo

Residents of a Peekskill apartment complex are reaching out again to city officials for assistance in fixing a persistent water pressure problem.

A petition signed by 108 occupants of the 123-unit Peekskill Towers on Lakeview Drive was submitted to the Peekskill Common Council last week to "do whatever needs to be done" on the 18-acre property to eliminate their water woes.

John Devine, who said he was representing the apartment dwellers, maintained some of the residents don't have enough water pressure to take a shower.

"This is a quality of life issue," Devine, armed with photographs and data, stressed. "We shouldn't have to wake up in the morning and worry about being able to take a shower or go to the bathroom."

Devine said the situation has worsened in recent months with water running out three to five times a day in May, June and July.

"That's a problem. That's a big problem," he said. "Mud and dirt comes through the pipes when the pressure goes off."

Edward Schuka, a resident of Peekskill Towers, said he was concerned about the safety of residents and first responders in the event of a fire or another emergency.

"My fear is they will be a victim instead of a rescuer," Schuka said. "I implore the council to take action before a resident or citizen is injured or worse."

According to Devine, a prior city manager suggested a water line needed to be extended to the building at a cost of more than \$300,000. "We don't feel that's a fair suggestion," he said.

Dave Rambo, Peekskill's newly hired water superintendent, explained the city has done some water testing in the area and during high demand times there is a "big fluctuation" in the water pressure.

"There are some challenges in the system out there, and this is one of them," Rambo said. "We need to come up with a

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Grant Secured for Drug Crisis in Our Backyard



State Senator Terrence Murphy (R/Yorktown) announced a \$5,000 grant to support the work of Drug Crisis in Our Backyard at last Wednesday's "Shed the Meds" program at Jefferson Village in Yorktown. Both "Shed the Meds" and Drug Crisis in Our Backyard have been instrumental in helping raise awareness concerning the dangers of drugs and drug addiction. Murphy praised the work of Drug Crisis in Our Backyard, which helps individuals and families struggling against addiction. Co-founder Carol Christiansen was on hand to receive news of the grant.

Cortlandt Teens Charged with Spray Painting Local Bridge

By Rick Pezullo

Two Cortlandt teens were charged by the Putnam County Sheriff's Department with spray painting a bridge on Indian Brook Road in the Town of Philipstown.

John Darling, 18, of Cobblestone Lane, and Kevin Dyckman, 17, of Sprout Brook Road, were charged with felony criminal mischief in the third degree, along with making graffiti and possession of graffiti instruments, both misdemeanors, after they admitted to spray painting the bridge,



Putnam Sheriff Donald Smith

according to Putnam Sheriff Donald B. Smith.

On August 11 at approximately 5:30 p.m., Deputy Sheriffs Benjamin Levine and Robert Detlefs responded to a report of several male subjects defacing the bridge. Upon arrival, the officers observed freshly painted graffiti "tags" on the concrete bridge support structure but were unable to locate any suspects.

Levine and Detlefs canvassed the area and located a vehicle that matched a

description and license plate reported by a complainant in the parking lot of the Appalachian Market on Route 9. The deputies interviewed two males in the vehicle, later identified as Darling and Dyckman, who allegedly admitted to spray painting the overpass.

The officers later recovered a backpack containing six cans of spray paint, the colors of which matched the graffiti colors. Darling and Dyckman were processed at the Putnam County Correctional Facility.



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Peekskill Residents Seek City's Help to Fix Water Problems

continued from page 1

game plan for both complexes out there.” Peekskill Mayor Frank Catalina also vowed to help residents once it's determined where the responsibility for the water pressure lies with the city and Peekskill Towers.

“What legal obligation the city has, the city will meet or exceed that obligation,” Catalina said.

“I think we can get it done and get you what you need,” Councilman Joe Torres added.

Undefeated Champs



The champion Yorktown Huskers 10u went undefeated in the WPBA Girls travel softball summer league with 10 wins. The team was coached by first time Head Coach Rich Cohen. (L-R:) Top: Matt Albano, Andrew Reilly, Rich Cohen and Anthony Centofanti; Middle: Julie Rolle, Alyssa Rivera, Isabel Gomes, Jacqueline Valle, Julia Centofanti and Jasmine Morales; Bottom: Adrianna Albano, Alina Rivera, Amanda Cohen and Sophia Reilly (not pictured: Victoria Cipriano, Kimberlee Outhouse)

Yorktown Huskers 12U Claim Crown



The Yorktown Huskers 12u girls travel softball team finished in first place this summer with an impressive 10-1 record. It is the third straight year the team has won the crown in the WPBA having claimed the title the previous two seasons in the 10u league. The team was coached by Lou Salveggi. (L-R:) coaches Chau Vo, Carl Piehler and Salveggi; Top: Leah Cohen, Lauren Strauss, Olivia Fasce, Cassie Moss, Breanna Vo, Kelly Jennings, Elaina Ornstein and Maya Servedio; Bottom: Emily Piehler, Halley Moran, Olivia Salveggi, Belle Raffa and Samantha Longo.



If Your Chronic Wound Isn't Healing... Discover the effectiveness of advanced wound care

Ask the Doctor

Dr. Bruce Molinelli
General Surgeon
Medical Director, Wound Care & Hyperbaric Medicine Program
Northern Westchester Hospital

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914.666.1200 | www.nwhc.net

Q: Why do some chronic wounds fail to heal?

A: A wound develops when there is insufficient blood flow to the skin. An inadequate supply of oxygen and nutrients carried by the blood causes skin layers to break down, resulting in an open wound. Various factors can then prevent the wound from healing. These include inadequate blood supply; excessive swelling; infection; or malnourishment, which reduces the nutrients needed for healing.

Q: What medical conditions put me at risk for non-healing wounds?

A: Venous insufficiency damages the one-way valves in the veins, leading to backward-flowing blood that damages the soft tissue under the skin, producing a wound. Diabetes constricts tiny blood vessels so they can't deliver adequate blood. Diabetic neuropathy, a loss of sensation at the extremities, can result in compressed blood vessels when a person sits or lies too long on a body part.

Peripheral vascular disease involves a loss of blood flow to hands and feet due to narrowing of the arteries. Pressure ulcers, which you may know as "bedsores," are chronic wounds resulting from sustained pressure

where bone is close to the skin surface, reducing blood supply. Wounds can cause severe infections leading to loss of function, limb or life. Fortunately, advanced wound care is producing outstanding healing rates.

Q: How can I benefit from advanced wound care?

A: By providing highly specialized care at our award-winning Wound Care Center, we are healing wounds faster and significantly lowering the rate of amputations. Our multifaceted wound care includes a wide range of advanced treatments, including hyperbaric oxygen therapy, which super-saturates the blood with oxygen to help damaged cells heal.

Q: What should I look for in a wound care program?

A: Look for a program with dedicated staff, that provides advanced treatment options, from varied dressings and vascular surgery to wound grafting and hyperbaric oxygen. By partnering with Healogics, NWH consistently achieves a very high success rate with hard-to-heal wounds through accessing the world's largest database of wounds and receiving specialized training.

Support Connection Holds Kickoff for Annual Walk

By Rick Pezzullo

Since opening its doors 20 years ago, Support Connection has helped thousands of women and their families cope with the many concerns, questions and fears that accompany a diagnosis of breast or ovarian cancer.

Two of those women, Jane Crossley and Dottie McHugh, are the proud ambassadors for the 2016 Support-A-Walk being held Sunday, October 2 at FDR Park in Yorktown, and they were on hand Monday morning at NewYork-Presbyterian Hudson Valley Hospital in Cortlandt for the kickoff event for the walk, which is the non-profit organization's largest annual fundraiser.

"Support Connection is absolutely fabulous," said Crossley, who was diagnosed with ovarian cancer in February 2012 and reached out to a neighbor who was one of Support Connection's Peer Counselors who had experienced cancer first-hand. "We were in such shock. You feel like you were hit by a bulldozer. She took away some of the fears and gave us such hope. Wherever you are on your journey, there's always hope."

Crossley has been in remission for four years and has been a regular attendee at Support-A-Walk ever since.

"You see how many people are there for



RICK PEZZULLO PHOTO

2016 Support-A-Walk Ambassadors Jane Crossley and Dottie McHugh.

the same reasons and you see so clearly that you're not alone. It's very powerful," Crossley said. "I always wanted to give back to this wonderful organization and now I have the means to do it."

McHugh was diagnosed with breast cancer in 2005 at the age of 38, just six months after her mother-in-law died from the disease she suffered with for 13 years. She and her family now raise funds for Support-A-Walk as "Ann's Avengers," in honor of her mother-in-law.

"Their resources are amazing," McHugh said of Support connection. "The staff is

amazing. I never met anyone who didn't have a smile on their face or a reassuring word. They help you through things you wouldn't even think about. Huge things that make a difference. It's my absolute pleasure to represent the walk and give back to them."

Marisa Giuliano, Support Connection's Development and Walk Coordinator, said the money raised at Support-A-Walk represents 40 percent of the funding the organization relies on annually. Even though the walk is held the first Sunday in October every year, donations can be

made various ways until January.

"To this day our mission remains the same," said Support Connection Executive Director Katherine Quinn. "We're here to help people. Every dollar you put out will help a woman with breast or ovarian cancer."

Marlene Stager, a Support Connection Peer Counselor, stressed the importance of financial contributions to ensure Support Connection's free and confidential services will continue.

"Support Connection counselors understand because we have traveled that road," Stager said. "We remain available throughout treatment and beyond. We provide a safe place for women to discuss their devastation, uncertainty and fear."

NewYork-Presbyterian Hudson Valley Hospital was the only hospital to initially greet Support Connection with open arms when it was first established, according to Quinn, and has been a consistent supporter. On Thursday, September 1, from 11:30 a.m. to 1 p.m., a "Cooking for Health" class for breast cancer survivors will be offered free of charge by Chef Emilie at the hospital.

To make a donation or learn more about Support-A-Walk, visit www.supportconnection.org, call (914) 962-6402 or send an email to walk@supportconnection.org.



**Annual Support-A-Walk
for Breast & Ovarian
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Sunday Oct. 2, 2016

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Philipstown Justice to Step Down Amid Judicial Complaints

By David Propper

A longtime Town of Philipstown judge, who faced judicial complaints, is resigning from his position, officials announced Thursday.

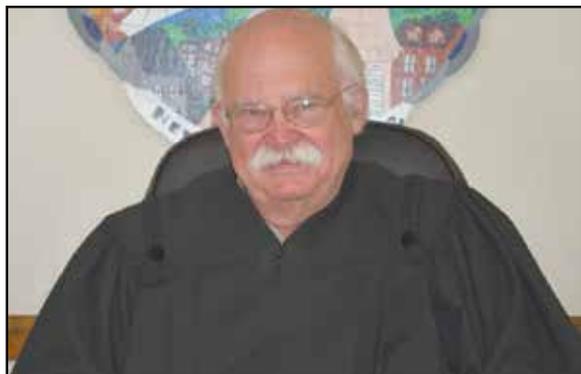
Alan Steiner, who is the Philipstown justice and acting Village of Cold Spring justice, has notified town and village officials of his intent to step down on September 20 according to the New York State Commission on Judicial Conduct. After he leaves office, he has also agreed to never seek or accept judicial office again, according to the commission.

As town justice since 2000, his current term was set to expire at the end of this year.

The state commission notified Steiner, a Garrison resident, in April of this year that it was investigating him over complaints levied against him. One complaint is that he used his Facebook account to engage in direct or indirect political activity, which judges are prohibited from doing. He also failed to announce a decision for more than year in a small claims case and failed to timely complete required Continuing Judicial Education (CLE) for the years 2010, 2011, and 2014.

Steiner has since completed his CLE requirements and removed all commentary from his Facebook account, according to the commission.

Steiner had also faced heat as chairman



Judge Alan Steiner

of the nonprofit The Preservation Company in Peekskill, which received a federal grant and then doled it out to Peekskill Deputy Mayor Drew Claxton and her son in 2007. Claxton wasn't entitled to get grant money as an elected official in the city.

In his July 27 letter Philipstown Supervisor Richard Shea, Steiner gave several reasons why he was going to resign, though he didn't mention the state investigation. Prior to the letter, he already decided not to seek reelection.

His main reason was his wife had just undergone brain surgery and is anticipating a long recovery period. Steiner wrote he also hasn't been able to render decisions in a timely fashion and stay updated on his Continuing Legal Education and by stepping down he

would be allowed to be more vocal in the political process.

"I have cherished the time I have spent in service to the community," Steiner wrote.

His attorney, Deborah Scalise, issued a statement stressing his "resignation is not a consequence of the pending charges, but due to a planned retirement."

"Judge Steiner notes that he fully cooperated with the commission's investigation and that the stipulation makes no findings with respect to the allegations," Scalise said. "Judge Steiner agreed to conclude this process with the understanding that the stipulation is not an admission or concession of guilt. Judge Steiner will continue his participation in bar association and other community activities in the future."

Peekskill Mayor Frank Catalina filed a complaint earlier this year against Steiner for professional misconduct and damaging his reputation with remarks made over the state grant toward The Preservation Company. The judicial commission dismissed the complaints a few months after they were filed.

Nevertheless, Catalina took the opportunity on Facebook last week to slam Steiner.

"Just another embarrassing and disgraceful footnote to the illegal loans/grants totaling \$40,000 to Drew Claxton by The Preservation Company. Alan Steiner was the attorney for TPC who oversaw every aspect of the 'deal'... the application, the approval, the issuance or the check, made sure TPC records vanished (because NO work was done at the Fremont Street property, certainly not \$40,000 of work), and, of course, engaged in the nastiest of politics in attacking ME while providing political cover for Councilwoman Claxton," Catalina wrote.

"I think they call this chickens coming home to roost! No surprise to me; this guy has been dirty and political for a long, long time - before AND after becoming a judge! Another clear reason attorney's involved in POLITICS should never be appointed as a Judge especially as a political favor!," Catalina stated. "As for Alan Steiner, he rides off in complete and utter disgrace winning the title: 'First Philipstown Judge to Resign in Disgrace under Threat of Removal'; and believe me, resignation only happens just before the big boot kicks you out. Hopefully, TPC (still reeling from paying back Claxton's dirty loan / grant to the State and not receiving further grants through the City) will retain competent counsel without a political ax to grind and who is not ethically challenged"

Rick Pezzullo contributed to this article

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SUMMER CLEARANCE EVENT

Summer Trails Day Camp Named 'Best of Westchester'

Summer Trails Day Camp, located in Somers, was recently named "Best Summer Day Camp" for Westchester Magazine's "Best of Westchester" annual awards. This is the third year in a row

facility located in Northern Westchester, which boasts a wildlife-filled lake, two heated swimming pools, archery range, challenging vertical and horizontal climbing activities, nature trails, spacious

ball fields, as well as athletic and creative arts facilities. Summer Trails traditional camp program is open to children ages 3-14. During this program, the campers engage in sports, have fun with friends, expand their limits and learn about sportsmanship.



Summer Trails won "Best Summer Day Camp."

"Summer Trails Day Camp is honored to have won 'Best Summer Day Camp' for the third consecutive year! We are so proud that our families continue to recognize the quality in program and mature staff that Summer Trails provides," said Jamie Sirkin, Director of Summer Trails Day Camp and a resident of Armonk.

Summer Trails is a private 20-acre

Summer Trails also offers a baseball camp that is open to children ages 8-13. The program is taught by mature, experienced coaches who assist each camper in reaching his/her full baseball potential. In addition to these programs, Summer Trails offers multiple clinics such as basketball, softball, hip hop, lacrosse and rock and roll band.

Summer Trails also works with campers across the education spectrum to provide

academic skills and advancement through the camp's EDGE Program. The tutorials are taught by educators, hand-picked from the Summer Trails team, who develop and create an individualized learning program

to help children excel. This is the ideal learning opportunity for children that have summer homework to complete and for children who could benefit from continued educational reinforcements.

Successful Solar Campaign Brings New Energy to Somers

Take a tour of Somers and you may notice a trend. Dotting the rooftops of homes, and even local community buildings, are new solar systems. 30 residents in the town signed up for new solar systems during the recent Solarize Somers campaign. It was one of the most successful campaigns in the Solarize Westchester program.

"We were thrilled to see so much interest and passion for solar. We launched this program in October of 2015 and since then, people have been anxious to learn more. The idea of energy savings, energy independence and doing something positive for the environment has really resonated with so many," said Michael Blum, Chair of the Somers Energy Environment Committee.

"I would like to thank the residents of Somers for their interest in solar. By

taking these steps Somers can continue to be a leader in sustainability, and an example for others to follow," added Town Supervisor Rick Morrissey.

Because of the tremendous support, the chosen installer partner, Direct Energy Solar™, donated a 5.2 kilowatt solar system to the Town. The system has been installed on the Somers Library. A celebration will be held on September 1 at 10 a.m. in front of the Library.

"We've partnered with dozens of communities, and this is one of our most successful programs. It's so energizing to see people excited about the possibilities and savings with solar. We're pleased to make this donation, so everyone in the town can benefit from the power of the sun," said David Goldberg, manager of Community Business Development for Direct Energy Solar.

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Obituaries

Estelle Fryburg

Estelle Fryburg, a long-time resident of Lake Peekskill who also had a winter home in Bradenton, FL, died, June 1 at Hudson Valley Hospital after a long



illness. She was 86.

A funeral service for Estelle was held at First Hebrew Congregation in Peekskill on June 5 and she was buried in the synagogue's cemetery, under a single headstone, next to her late husband, Carl Fryburg, who died on July 1 6, 2013.

She is survived by her sons MH Fryburg of Croton-on-Hudson and David Fryburg

of East Lyme, CT, her daughter-in-law Julie Fryburg, and her grandchildren, Jesse, Daniel and Lily.

Mrs. Fryburg graduated from City College, where she also earned a Master's degree in education. She received her Ph. D degree from NYU. "Dr. Fryburg," as she was known to her students, had retired after a long career teaching at Manhattan College and Bronx Community College; she was the author of a book, Reading and Learning Disability: A Neuropsychological Approach to Evaluation and Instruction.

She celebrated her love of reading, and her career as a college professor who taught teachers how to teach reading, on her NY and FL vanity license plates, which each say READIN. Long-time members of the First Hebrew Congregation in Peekskill and of Temple Israel in Lake Peekskill, Estelle and Carl taught Yiddish classes and presented Jewish movies.

In 2005, Estelle co-founded the 4 A BETTER WESTCHESTER + NYS ASSOCIATION, INC., with

MH Fryburg and Stefan Lonce. The 4 A BETTER WESTCHESTER + NYS ASSOCIATION is a nonprofit based in Croton, whose projects include legislation pending in the NYS Assembly and State Senate to name the new Tappan Zee Bridge the FRANKLIN AND ELEANOR ROOSEVELT BRIDGE, and legislation

introduced by Assemblywoman Sandy Galef to authorize the NY DMV earn income (without raising fees) by selling gift cards for vanity license plates.

Donations in memory of Estelle L. Fryburg should be made to: 4 A BETTER WESTCHESTER + NYS ASSOCIATION (www.TakeBackOurFutureNow.org) and mailed to: 35 Brook St., Croton-on-Hudson, NY 10520.

James Gilbert

James E. Gilbert, a resident of Montrose, died August 16. He was 78.

He is survived by his beloved wife, Linda Gilbert; devoted children, Nicole Laureti and her husband Andy and Scott J. Gilbert and his fiancé Ashley DiCola and his adoring grandchildren, Vinny and Cassandra Laureti.

He was born to Ellen and Edward Gilbert on November 26, 1937. He was raised in Croton-on-Hudson and graduated from Croton Harmon High School in 1955. Mr. Gilbert played multiple sports in high school and after school, some of which included football and softball. He worked for Hudson Wire for several years before moving on to being the District Maintenance Mechanic for the Croton Harmon School District. While there, he served as president of the Croton Harmon Schools CSEA Custodial Unit. Upon his retirement from Croton Harmon School District, he worked as a security guard for several organizations including: the Montrose Veterans Home, Half Moon Bay, and IBM. He also was a dedicated member of the Hudson Valley Yacht Club where he served as Commodore for several years. He played an intricate part in moving the boat club from Peekskill to Verplanck.

Mr. Gilbert also had a love to protect and serve his community. He served as a member of the Buchanan Fire Department for 56 years. While at his tenure in Buchanan, he served as Chief from 1971 to 1973; he also was the lead in starting up the Buchanan Ex-Chiefs Association and served as president

of that association from 2013 until his passing. In addition, he was also an avid softball player for Buchanan Engine Company, a dedicated parade marcher, and chaired the parade committee for several years. He was known to make calls to everyone the night before a parade to encourage them (strongly) to march. He also was a member of the Cortlandt Engine Company from 2012 until 2016 as an associate member serving in the same place as his son Scott, who is currently the 1st Assistant Chief.

Mr. Gilbert loved the fire service but everyone that knew him knows that he was a passionate New York Giants fan. He had been going to Giants games for over 40 years, only missing a couple of games due to a heart attack he suffered back in 1995. He had a strict routine and if you ever rode on the Giants bus to a game you would know it. He had to be the first one in the parking lot every game, no snow, sleet, or even ice would stop him from being there. If you were even a few minutes late to the bus, you needed to get another ride. He was such a passionate fan that he would consistently call and remind the Giants Organization how good or bad they were playing, even during the game itself. He loved his Giants family like his own.

He married his beloved wife, Linda Gilbert on August 19, 1995. They were married at the Hudson Valley Yacht Club where he was a dedicated member. He also was a caring step father to Linda's seven children. Over the years James and Linda enjoyed going trips to the Pocono Mountains where they had a time share. While in the Poconos, they would frequently go on hikes at Bushkill Falls and enjoyed relaxing at the condo by the fire. James and Linda also took many trips to Lake George, the location where they had their honeymoon. When they were not traveling, they enjoyed their everyday lives living in Montrose.

He is also survived by his first child and daughter, Nicole Laureti and her husband Andy Laureti. He also leaves behind

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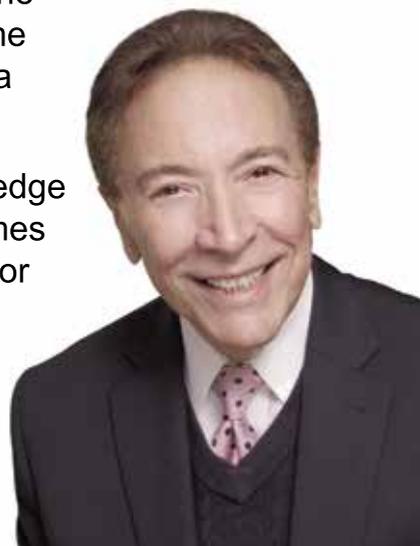
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Attorney General Smothers My Pillow for Failing to Collect Sales Tax

State Attorney General Eric T. Schneiderman last week announced a \$1.1 million settlement resolving a whistleblower case against My Pillow, Inc., a Minnesota corporation that sells pillows and other sleep-related products. The lawsuit alleged that My Pillow knowingly failed to collect and remit New York sales taxes on sales made to New York customers through its website and over the telephone.

The action began when a whistleblower filed a complaint in state Supreme Court in Manhattan. Based on its investigation of the whistleblower's allegations, the Attorney General's Office contends that from 2011-2015, My Pillow failed to collect and remit approximately \$537,000 in sales taxes on taxable sales made over the phone and through the Internet to New Yorkers. My Pillow was required to collect and remit sales taxes because the company sold products at trade shows in New York through independent contractors and other representatives, among other reasons. The Attorney General's Office claims that My Pillow knowingly made false records or statements concerning the sales taxes it was required to collect and remit.

"Out-of-state companies like My Pillow cannot shirk their obligations to New York. Companies that fail to collect and remit applicable sales taxes harm the State and local governments—something that cannot be tolerated," said Schneiderman.

This settlement is the latest tax-related recovery resulting from an action filed under the New York False Claims Act. The Act is one of the state's most powerful civil fraud enforcement tools because it allows whistleblowers and prosecutors to take legal action against companies or individuals that defraud the government. Persons found liable under the False Claims Act must pay treble damages, penalties and attorneys' fees. Under the False Claims Act, whistleblowers may be eligible to receive up to 30 percent of any money recovered by the government as a result of information they provide. The whistleblower in this action will receive \$221,800.00 from the settlement proceeds.

Attorney General Schneiderman expressed his thanks to the whistleblower and its attorneys, and to the New York State Department of Taxation and Finance, for their assistance in bringing this case to resolution.

Carlucci Secures \$230,000 for Ossining Sports



Senator David Carlucci (D-Rockland/Westchester) joined Ossining High School officials and football team to announce \$230,000 in funding secured for a new press box and bleachers to ensure everyone enjoys the athletics of Ossining High School. The bleachers and press box were just completed and brings a whole new look to the football field. The bleachers will be able to hold over 1,000 people and is also handicap accessible. The Ossining football team joined school officials in thanking Senator Carlucci and took part in the ribbon cutting.



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Mosquitos with West Nile Virus Found in Westchester

This season's first batch of mosquitoes carrying West Nile Virus has been confirmed by the Westchester County Department of Health. The area surrounding the positive mosquito batch in Yonkers has been inspected by the health department and nearby catch basins with standing water have been treated to protect against further mosquito breeding in the area.

"The presence of West Nile Virus has been a reality in the Hudson Valley for quite some time now, so this positive test is not a surprise," said Westchester County Executive Rob Astorino. "Nevertheless, it's a reminder for residents to protect themselves and their families against West Nile Virus and other mosquito-borne illnesses. For the county's part, we have implemented a proactive and comprehensive plan to combat mosquito-borne illness for more than a decade, including advice and resources for our residents."

In 2016, the Westchester County Department of Health has submitted 243 pools of mosquitoes to the New York State Department of Health for testing with only one positive result. The state Health Department has identified 195 positive mosquito pools throughout New York so far this year. Symptoms of West Nile encephalitis (a severe infection) usually occur from three to 14 days following the bite and include high fever, headache, confusion, muscle aches and weakness, seizures, or paralysis. Most people who are infected with West Nile Virus will not show any symptoms. Persons over 50 years of age are at the highest risk for a severe disease.

West Nile Virus is not to be confused with Zika. To date, no mosquitoes in New York State have tested positive for Zika and there have been no locally-acquired cases.

"We hope confirmation of mosquitoes with West Nile Virus reminds residents to take precautions," said Westchester County

Health Commissioner Sherlita Amler, MD. "The best ways to avoid West Nile, and other mosquito-borne illnesses, are to remove standing water from your property."

According to Dr. Amler, favorite mosquito breeding sites include buckets, plant pot saucers, clogged gutters, pet bowls, old tires, as well as children's pools and toys. Residents should also minimize spending time outdoors at dawn and dusk, and apply insect repellents according to the label directions when enjoying activities outside.

As in prior years, the county Health Department prepared for the 2016 mosquito season by evaluating and treating with larvicide, as needed, all catch basins on county and municipal roads throughout Westchester. In addition to larviciding, the county also gave away free fathead minnows and mosquito dunks to residents this spring. The minnows help to curtail the mosquito population in ponds and water

features by feeding on mosquito larvae and pupae before they develop into adult mosquitoes. The mosquito dunks serve the same purpose in birdbaths, rain barrels and unused pools. Free mosquito dunks are still available, and residents can make arrangements to pick them up by calling (914) 813-5000.

In 2015, 17 positive mosquito batches were found in Westchester County with the first positive batch collected around this time. The county has been safely applying larvicide since 2001 to suppress the mosquito population.

Residents who notice large areas of standing water on public property that could serve as potential mosquito breeding grounds should report it to the Westchester County Department of Health by calling (914) 813-5000 or emailing hweb@westchestergov.com. For more information about preventing West Nile Virus, visit health.westchestergov.com/west-nile-virus.

Breastfeeding: A Small Moment with Far-Reaching Benefits



By Kim McKechnie, RN, IBCLC, Lactation Coordinator at Northern Westchester Hospital

We know that in most cases "natural" is better, and breastfeeding is no exception. Breastfeeding your baby is the most healthful way to feed and nurture most newborns, and the American Academy of Pediatrics (AAP) backs this contention. The AAP recommends exclusive breastfeeding for the first six months of a baby's life, as well as continued breastfeeding for at least the first year as solid foods are introduced.

Breastfeeding your baby can also lead to broader benefits. Breastfed babies are sick less often than babies who are fed with formula because of the natural antibodies that are passed from a nursing mother to her baby. Breastfeeding protects babies from infections by contributing to their immune system resulting in

lower occurrences of conditions such as ear infections, diarrhea, and respiratory infections.

In fact, the U.S. Department of Health and Human Services says that we as a country benefit overall when mothers breastfeed. According to a recent study, if 90 percent of families breastfed exclusively for six months the United States would save about \$13 billion per year because medical costs are lower for fully-breastfed infants than for those of never-breastfed babies.

Fewer sick days for babies also means fewer missed days of work for you. Another benefit is a cleaner environment – no plastic refuse and a shallower environmental "footprint."

Not to be overlooked are the many benefits of breastfeeding for mothers, beginning with postpartum weight loss. It's easier for a woman who's gained a reasonable amount of weight during pregnancy to lose that weight more quickly if she breastfeeds.

Women who breastfeed, according to the World Health Organization, lower their risk of both breast and ovarian cancers.

Breastfeeding also decreases a woman's risk of developing Type 2 diabetes, as well as statistically lessening the likelihood of her developing osteoporosis later in life.

Having a newborn baby in your life can be a bit chaotic at times; fortunately, breastfeeding also provides psychological and emotional benefits which cannot be ignored. The built-in benefit of breastfeeding – some peaceful downtime – can have a restorative and meditative effect on the busy mother of a newborn. Breastfeeding provides the opportunity to peacefully nurture and bond with your baby as he or she feels the beat of your heart and warmth of your skin, and learns the unique sound of your voice.

Breastfeeding's numerous benefits outweigh some of its initial challenges. At Northern Westchester Hospital, we are committed to helping you achieve breastfeeding success. During your stay, you have access to someone with lactation expertise 24 hour a day, seven days a week. Any time of day – or night – someone can help you.

Breastfeeding is an intimate act of love for both mother and baby, and I

Letters Policy

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feel privileged to be able to witness and help facilitate this beautiful bonding experience.

Letters to the Editor

Municipal Parking Signs Installed in Yorktown

To the Editor:

Kudos to our Highway Superintendent Dave Paganelli and Town Board for getting our municipal parking signs installed. For some time, the YSBA has been advocating for our local small businesses and the need to identify our municipal parking areas



in the town. Recently new signs have been installed in Yorktown Heights on Underhill Avenue, Kear Street and in Mohegan Lake on Route 6. Identifying parking for customers is just one of many steps the town needs to take to improve the climate for local small businesses in town.

For information about the YSBA contact Bob Giordano: Yorktownsba@optonline.net or 914-874-4347.

– Bob Giordano

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Yorktown Police Show Zero Tolerance in Goal to End Drunk Driving

This Labor Day weekend, families and friends will be celebrating the end of the summer. Sadly, this festive time has also become a dangerous time for America's roads, as many drunk drivers get behind the wheel after celebrating. For this reason, Yorktown Police Department (YPD) and the Alliance for Safe Kids (ASK), are partnering with the National Highway Traffic Safety Administration to stop drunk drivers and help save lives.

The high-visibility national enforcement campaign, Drive Sober or Get Pulled Over, runs August 19-September 5. During this period, local law enforcement will show zero tolerance for drunk driving. Increased state and national messaging about the dangers of driving drunk, coupled with sobriety checkpoints and increased officers on the road, aim to drastically reduce drunk driving on our nation's roads.

According to NHSTA, on average, over 10,000 people died each year (2010 to 2014) in drunk-driving crashes. During the 2014 Labor Day holiday weekend (6 p.m. August 29 - 5:59 a.m. September 2), 40 percent of the fatalities in traffic crashes involved drunk drivers, which was the highest percentage over the five years 2010 to 2014. And nighttime proves to be the most dangerous time to be out on the roads: During the 2014 Labor Day holiday period, 83 percent of drunk-driving crash

fatalities occurred between 6 p.m. and 5:59 a.m. - as compared to half of all drunk-driving crash fatalities throughout the rest of that year.

Additionally, 40 percent of crash fatalities on Labor Day weekend in 2014 involved drunk drivers (with blood alcohol concentrations [BACs] of .08 or higher), amounting to 162 lives lost. And we're not just talking about a little bit of alcohol, either. More than a quarter (28%) of the crash fatalities that occurred on Labor Day weekend involved drivers with BACs of .15 or higher—almost twice the illegal limit.

"People need to understand that drunk driving is not only deadly, but it is illegal," said Robert Noble, acting police chief at YPD. "Drunk driving is a massive problem in the United States, with more than 10,000 people dying annually. Drivers need to pay attention to their own driving, but also to others on the road who could be driving drunk. It is your business. If you think you see a drunk driver, call us and let us know."

The reality is that people aren't invincible. Of the 9,967 people who were killed in impaired-driving crashes in 2014, 64 percent were the drunk drivers themselves. Those 6,391 drunk drivers thought they would make it to their destinations, but they didn't.

"There are people who like to pretend

that certain laws don't apply to them, but just to be clear: in every state, for every person, it is illegal to drive with a BAC of .08 or higher," said Erica Stanzione, Director of Communications and Partnerships at ASK.

During the enforcement period, there will be a special emphasis on drunk-driving enforcement. Local drivers should expect to see more patrol vehicles, sobriety checkpoints, and increased messaging about the dangers of drunk driving. "This is an unacceptable problem. Drunk driving is selfish and dangerous. We want to increase awareness with this campaign, but also see lasting results of decreased drunk driving," she said.

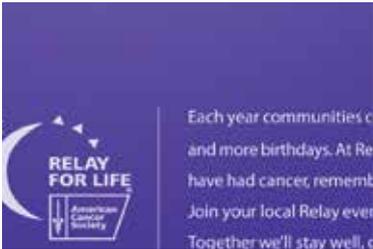
"This is important to remember: do not trust yourself when you drink," said Noble. "You may think you aren't drunk, but law enforcement will know you are. Law enforcement officers' skills in detecting and identifying drunk drivers have never been better. They will spot you and arrest you."

"Please, please: plan ahead before you go out," said Stanzione. "Designate a sober driver or call a cab. But whatever you do, do not drink and drive."

NHTSA has made it even easier to get home safely when you've been drinking, with the free SaferRide mobile app, available through iTunes and Google Play. The app allows you to call pre-selected

contacts or a taxi, and also identifies your location so you can be picked up.

This August, and every day, remember: there is never an excuse to drink and drive. If you choose to break the law, YPD will see you before you see them. Drive Sober or Get Pulled Over.



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Daytrip: Central Park Zoo a Fun Family Outing

By Rick Pezzullo

Nestled within the large confines of Central Park in New York City is the lesser known Central Park Zoo, a charming 6.5-acre zoo overseen by the Wildlife Conservation Society.

The zoo, which can be accessed from 64th Street and Fifth Avenue, has sufficient attractions to keep children and adults entertained for three or four hours and it

won't leave visitors exhausted as a trip to the much larger Bronx Zoo will.

The Central Park Zoo was the first official zoo to open in New York in the 1860s. The zoo was modified in 1934, and was renovated in the mid-1980s, reopening in 1988, replacing the old-fashioned cages with naturalistic environments. Most of the large animals were rehoused in larger, more natural spaces at the Bronx Zoo.

However, the zoo still features many appealing creatures, such as sea lions, grizzly bears, snow monkeys and penguins. Also not to be missed is the Children's Zoo, where visitors can get up close and personal with goats, sheep, pigs and cows.

Another surprising treat is the 4-D Theater where the Total Experience Ice Age: No Time for Nuts short film will leave everyone smiling. There is also

a reasonably priced gift shop and the Dancing Crane Café, among other vendors in the immediate area.

The Central Park Zoo is open from 10 a.m. to 5 p.m. weekdays through November 5 (until 5:30 on weekends) and 10 a.m. to 4:30 p.m. from November 6 through March 31. For general information, call (212) 439-6500 or visit www.centralparkzoo.com.



RICK PEZZULLO PHOTOS





Tips to Beat Wardrobe Wars When Back-to-School Shopping for Kids

It's no secret that kids have strong opinions when it comes to style and that their tastes are always evolving. With 38 percent of parents spending between \$100 to \$249 per child on back-to-school clothing, according to statistics from online retailer Zulily, parents and kids alike should feel confident in their purchases.

"It's never a good feeling to buy your child new clothes, only to find a favorite color, pattern or style has changed," says

Shawn Redman, senior buyer and kids' fashion expert for zulily.com. "This back-to-school season, our 'Kids' Trend Report' uncovered that now, more than ever, it's important to involve kids in the shopping process to lessen potential power struggles and inspire smiles on the first day of school."

Redman recommends planning ahead to avoid stress. Start by cleaning out your kids' closets so you can see what still fits and create an accurate checklist of needed



items. Then, look for the best deals to help you stay within budget. Online retailers like zulily.com can be a go-to destination to discover great deals on back-to-school shopping, including a variety of shoes, apparel, accessories and school supplies. Daily, the site features a new assortment

of unique looks at great prices. To help parents shop for kids, Zulily is offering key survey findings from kids ages five to 12, in its inaugural "Kids' Trend Report."
• Girls go against gender norms while embracing the combination of comfort

continued on page 12

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Tips to Beat Wardrobe Wars When Back-to-School Shopping for Kids

continued from page 11

and style, with their top look being athletic (40 percent), followed by boho (33 percent). Boys, however, are looking to a more adult-influenced approach for fashion inspiration, preferring city chic (48 percent) and preppy (33 percent) for their back-to-school wardrobe.

• The classic, yet cool, color of blue is the top choice among all kids (26 percent). However, for girls, pink (29 percent) and purple (25 percent) reign supreme. Boys still prefer blue (42 percent), with red (15 percent) and black (12 percent) coming in as second and third choices.

• Sorry Mom, girls say you are not their number one style icon. While many moms use their own style as the main source of inspiration when shopping for their kids (38 percent), girls are more likely to turn to friends (41 percent) first for inspiration, then to Mom (26 percent), followed closely by television (22 percent). Boys continue to go with the flow and frequently turn to parents for style inspiration first (38 percent), followed closely by friends (34 percent), with television being the smallest source of their style inspiration (14 percent).

• Style inspiration isn't the only thing moms and daughters may not see eye-to-eye on, with 36 percent of moms admitting

to disagreeing on clothing choices with their daughters. To beat the wardrobe wars, a majority of moms (58 percent) recommend giving their children choices and letting them ultimately pick their own outfits.

"The back-to-school season is a perfect opportunity to inspire kids to express their individuality and boost their confidence," says Redman.

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Back to School



Vision World Tips for Proper Eyeglasses for Children

If you're a parent in search of the right pair of eyeglasses for your child, you probably know that visiting an optical store can be somewhat overwhelming. After all there are so many choices and decisions regarding such an extremely challenging endeavor. Lens material, transitional lenses, anti-reflective coating, blue light lenses, plastic or metal frame and sports eyewear are areas of concern.

What's a parent to do?

Vision World of Bedford Hills recommends that your child be fitted by a knowledgeable eye care provider with a NYS Licensed Optician on staff to insure the best possible fitting pair of eyeglasses. The right pair of eyeglasses will do more than just enhance vision and may help with studies and activities. A "cool"

looking pair of eyeglasses can be worn with confidences and remember the goal is for the eyeglasses to be worn not buried in the bottom of a draw. So, make sure they like the eyeglasses that they choose. It's extremely important that the frame chosen fits properly across the bridge and behind the ears for optimum comfort. Also, the lenses are of the highest quality material to maximize vision and offer

the best eye protection for your child. Our NYS Licensed Opticians will assist with the decision process of available lens options, help choose a functional frame based on a face shape analysis and insure the proper fit of your child's new eyeglasses. Vision World of Bedford Hills will adjust your eyeglasses to make sure they are fitting properly for the lifetime of your purchase at no additional charge.

We recommend a backup pair of eyeglasses to safeguard against any foreseen incident that would leave your child without eyewear for an extended period of time. Lastly, more than 600,000 eye injuries related to sports and recreation occur each year and 90% of all eye injuries can be prevented with appropriate protective eyewear. Vision World has a large selection of protective eyewear for young athletes playing football, baseball, lacrosse, basketball, soccer, and volleyball.

So, remember some things to look for when purchasing a pair of eyeglasses for your student heading back to school. Lens material for those new eyeglasses can be made of polycarbonate, Trivex, Hi-Index or plastic. Lens options which include transitional lenses, scratch resistant coating, anti-glare and blue light coatings to protect your child's eyes. Frames can be plastic or metal and should be a pair that your student will look terrific in and wear with confidence. That the eyeglasses are properly fitted at time of purchase and will continue to be fitted for the lifetime of the eyeglasses if necessary. So, come visit us at Vision World of Bedford Hills located in the Kohl's Shopping Plaza or call 914 666-3150. Serving the Bedford/ Mt. Kisco area for over 30 years.

WESTCHESTER BALLET CENTER for the PERFORMING ARTS

Registration:

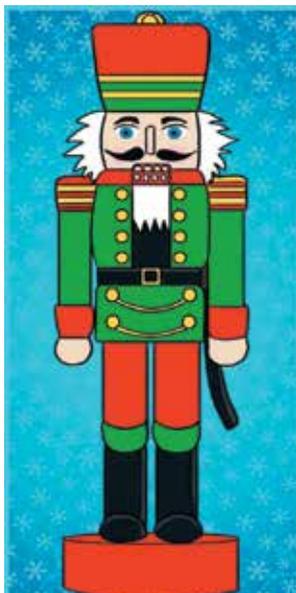
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Aug 27
10:00am - 12:00pm.

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Paramount Hudson Valley

12:30 - 1:00 pm – Ages 8-11
(no one over 5')

1:00 – 1:30 pm – Ages 11-13
(no one over 5')

Bring pointe shoes if on pointe

1:30 – 2:00 pm – Ages 13 +
Corps de ballet & Soloists
(no one over 5'7)

Must be strong on pointe

2:00 – 3:00 pm – OPEN AUDITION FOR CLARA
ONLY at WBC in RM 121.
Must be on pointe

Performances:

November 20th Eisenhower Hall
December 11th Brooklyn College
December 17th Paramount Theatre



When the Time Comes to Deal with “Difficult” Neighbors

No man is an island, nor would he or she wish to exist as one, but there were a couple of occasions, especially when I lived in an apartment building that was not well insulated for sound, when I wished I were. According to a survey by Trulia, 67 percent of people like their neighbors. Should that leave us to assume that the other 33 percent of us don't like them for some reason?

The nature of neighbor complaints depends on the type of domiciles involved. If we live in apartments or condos, they might be mostly about noise above or through contiguous walls. If we live in single-family homes, they are probably more about trash handling or visual blight.

I remember that years ago there was a case considered visual blight on my block that was both controversial and amusing at the same time. There was a very colorful free spirit living midway down the block who was a taxidermist. Somewhere along the way he had acquired a large promotional statue of an Indian chief, close to 20 feet tall that stood majestically at the end of his driveway, one hand outstretched to the sky. It could be seen from a distance as you drove down the street. Some of us considered it a welcome landmark. Others were not amused.

When it came time for the house to be sold across the street, the homeowner was distressed that the outlandish yard embellishment would discourage all prospects. As it happened, a young couple with whom we became friends fell in love

with the house and felt welcomed by the Indian chief across the street extending the hand of friendship. To each his own.

My last report on the subject of neighbor complaints was based on a survey taken from the annual log of my hometown code enforcer, listed in order of frequency as follows:

Complaint #1: Trash. Surprised? I was. The complaints deal with how trash is handled, bundled, where it is placed or whether it blows on to other neighbors' properties.

Complaint #2: Fences. There can be trouble when a fence is constructed with the “ugly” side facing a neighbor, when town codes usually specify that the decorative side must face away from the house. This complaint is so endemic that fence manufacturers have invented the fence where both sides are decorative.

Complaint # 3 and #4. Trees. Part A of the complaint is when a tree on one person's property is hanging over a neighbor's yard, casting shade or dropping leaves or limbs.

Part B is removing mature trees when they significantly change the landscape. Most towns have tree ordinances to prevent this, but it happens anyway.

Complaint #5: Visual Blight. This is a broad category and can involve anything from excessive numbers of vehicles in driveways to non-repair of a home's exterior or any pile of stuff that is covered with that horrible shade of blue plastic.

Complaint #6: Noise. This covers several categories. There is noise from loud music, mostly yard parties with amplifiers. Lawnmowers or leaf blowers used after dinner time are particularly challenging to neighbors staying friendly.

Complaint #7: Signs. The ubiquitous “tag sale” signs attached to telephone poles, which is a patently illegal place to place them. The double dip of annoyance is when the offenders fail to come back to remove them after the sale.

Complaint # 8: Dogs. Continuous barking is the main issue with dogs, and some towns have specific allowable time frames considered acceptable to let dogs bark. In my town, a resident can complain after 15 minutes of continuous barking.

Complaint # 9: Water Runoff. When a new construction project creates water runoff on another property, the complaint

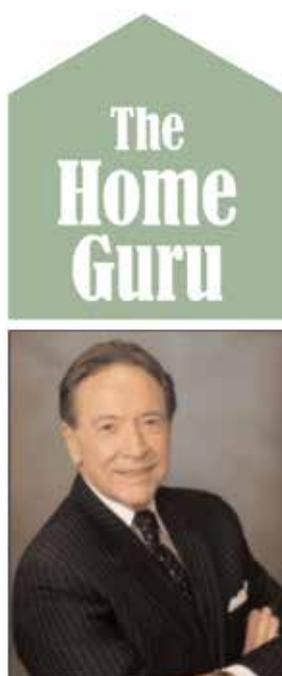
usually goes first to the code enforcer, but then to the town board and town engineer to try to get something done about it.

Complaint #10: Outdoor Lighting. This is a distant last category. Perhaps because of security measures or safety, there seems to be more outdoor lighting used today, which sometimes is pitched directly at neighbors' bedroom windows.

For those facing neighbor problems, here are a few suggestions gleaned from various sources of expertise to ward off explosive situations. Basically, sound advice is to talk it out. Call ahead and plan a time “to talk.” Meet in neutral territory, on the sidewalk or property line. Don't accuse; explain the problem and ask how it might be solved together.

If that doesn't work, check local noise and disturbance ordinances and write a personal letter to the neighbor, offering a solution. If you have a condo or block association, they can send a standard letter citing a code or by-law. The best resolution is to alleviate the problem through open communications without having to call the local precinct or filing a complaint in court.

Bill Primavera is a Realtor® associated with William Raveis Real Estate and Founder of Primavera Public Relations, Inc. (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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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, Aug. 23

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/>.

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.

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.

Softball Team Tryouts: The Westchester Slammers (an independent 16U youth girls' softball team) is holding tryouts on August 23 and 25 from 6 to 8:30 p.m. at Downing Field in Yorktown. Anyone interested should e-mail us at westchesterslammers@gmail.com to register.

Hygeia Programs: Two ongoing programs are being held on Tuesdays at Hygeia Integrated Health LLC, 3505 Hill Blvd., Suite K, Yorktown. Community

Acupuncture is being held from 6:30 to 7:30 p.m. The cost is \$30. Come experience the beneficial effects of acupuncture in a group setting. Register: hyinhealth@gmail.com On the last Tuesday of the month from 7:30 to 8:30 p.m. Eating Disorder Support Group, led by LCSW and clinical nutritionist will be held. Discuss and resolve issues around relationships with food. Info/register: hyinhealth@gmail.com or www.hyinhealth.com.

Wednesday, Aug. 24

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.

POUND Program: POUND™ 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.

Torah Studies: Chabad of Yorktown, 2629 Old Yorktown Rd. is proud to announce season two (15 classes) of the Torah Studies course. The program brings you a series of stimulating text and discussion based classes that take place on a weekly basis. Our lessons will engage you in a multidimensional way by challenging you intellectually, spiritually and emotionally. They explore contemporary issues through a Torah perspective as well as tackling timeless questions in the Jewish tradition. The classes are open to all, whatever your level of learning may be. The full season fee of \$36 includes the textbook. Each class is independent. For more information, to view the topics of the classes, or to register

visit: www.ChabadYorktown.com, or call 914-962-1111.

Yiddish Course: This summer Chabad of Yorktown is once again offering an Introductory Yiddish Course. Join the course to learn ah bissel Yiddish, kibbitz and schmooze. Chap a nosh while you are at it. The course begins tonight from 7:30 to 8:30 p.m. and will run for five consecutive Wednesdays. For more information and to register, visit www.ChabadYorktown.com. or call 914-962-1111.

Thursday, Aug. 25

Stay Fit: Stay Fit and Strong, a program presented by Mainstream and the Westchester County Department of Senior Programs and Services will be held on 14 Thursdays through Aug. 25 from 10 to 11 a.m. at the Peekskill Senior Center, 4 Nelson Ave. The program will include exercises to improve balance, agility, cardiovascular endurance, flexibility and strength. The free class is open to Peekskill seniors. Call the Center at 914-737-3400 for more information.

Mr. Amazing: The Field Library presents a Library Live performance starring Carlo Pellegrini, a former ringmaster with the Big Apple Circus at 6:30 pm. Carlo, a.k.a. Mr. Amazing, will juggle, spin plates and even walk on a tightrope! This FREE circus show is perfect for children of all ages - and their families. Library Live is generously sponsored by The Rotary Club of Peekskill. For more details, contact the library at (914) 737-0847. Or check out our Frog Blog at www.fieldkids.wordpress.com/ The Field Library is located at 4 Nelson Avenue, Peekskill, NY 10566.

Bible Seminar: St. Elizabeth Ann Seton Church, 1377 E. Main St., Shrub Oak, will present a Summer Bible Seminar titled, THE APOSTLE PAUL ON CELIBACY AND MARRIAGE (1 Cor 7), given by the Rev. Martin Kowalski. It will be held Thursday evenings from 7-9 p.m. in the Seton Memorial Chapel: 8/25 - Marriage: Union of Bodies and Souls, 9/1 - Christian Revolution: Indissolubility of Marriage, 9/8 - Only in the Lord: Paul on Mixed Marriages. Fr. Kowalski is from Kielce, Poland. He studied at the Pontifical Biblical Institute in Rome and at the Rothberg International School in Jerusalem. He teaches courses in the Old and New Testaments at the John Paul II Catholic University of Lublin and at the Seminary in Kielce. He is an editor of "Biblical Annals" and a host of TV and radio programs popularizing

the Bible. This is a free event. All are welcome. Bring your own Bible. For more information, call 914-528-3547,, e-mail seton@bestweb.net, or visit us at: www.seton-parish.org.

Friday, Aug. 26

Coloring For Adults: It's not just for kids, and it's the latest craze. Join our adult coloring book club at the Somers Library Meetings will be held in the conference room every Friday from 10:30 a.m. to noon. Relax, color, and socialize for free. Materials are provided or you may bring your own color pencils and coloring books. Registration is not required. Info: 914 232 5717.

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.

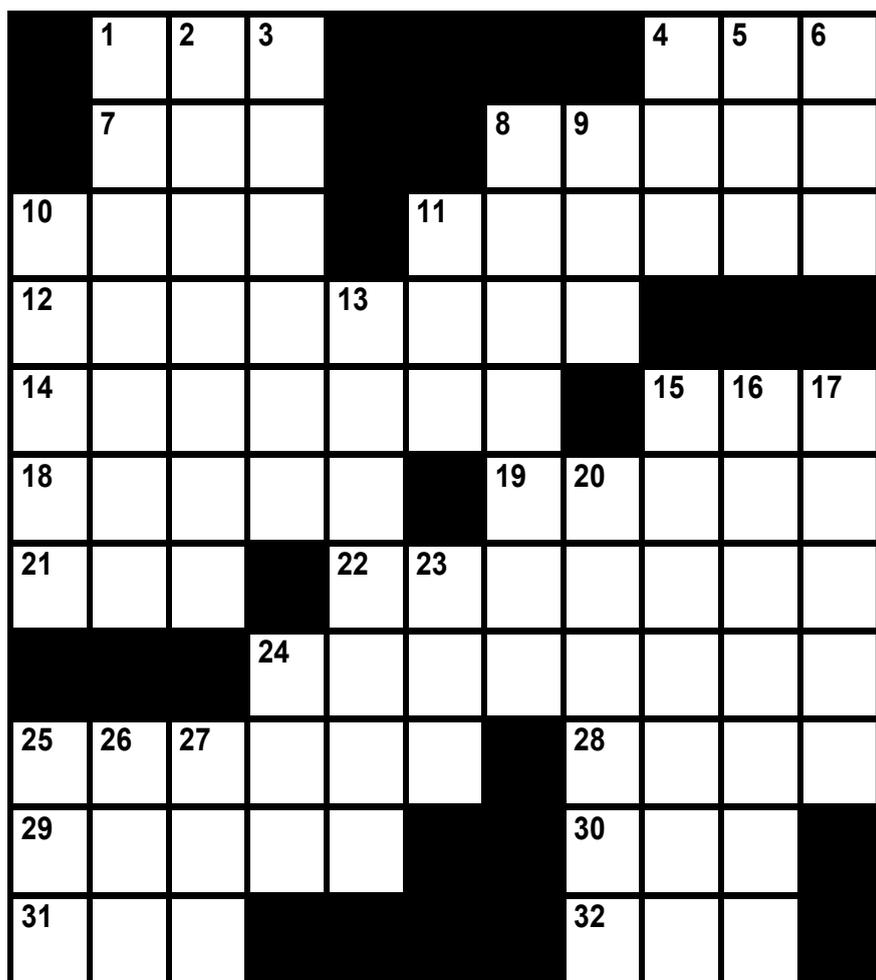
Aqua Aerobics Class: An Aqua Aerobics Class is being held every Friday through Aug. 26; weather permitting, at 10:15 a.m. at Depew Park in Peekskill. The program is free for Peekskill seniors. Bring a towel, sun screen and a bottle of water. To reserve a spot call 914-734-4250 Ext. 5.

Jewish Center Services: At the Yorktown Jewish Center, 2966 Crompond Rd. Friday night Sabbath services in the spring and summer 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.

Relaxed Shabbat Summer Services: Summer is a time for us to relax and kick back a little. Temple life can be the same. Every Friday evening over the summer, Temple Beth Am will create a relaxed atmosphere that is engaging and enjoyable. Our Friday services are designed to take in the ambiance of the season, creating a welcoming space for people to pray and mingle. All are welcome to our friendly sacred space. Temple Beth Am is located at 203 Church Pl., Yorktown. For information, please call our Rabbi at 914-962-7500.

continued on page 18

Crossword by Myles Mellor



Across

- 1 Cleo's snake
 4 Foot feature
 7 Black or Red?
 8 Accra's land
 10 Thumb to little finger length
 11 Stranger
 12 Belonging to Trump's youngest daughter or Peekskill restaurant
 14 Awakens
 15 Accelerate the car
 18 Antique string instruments
 19 Dangerous strain
 21 It may be bitter
 22 Supply with air
 24 Pilot's zone
 25 Allow
 28 Limp Bizkit drummer John ____
 29 Coffee shop in Somers ____ Cafe
 30 Even more
 31 Victoria's Secret specialty
 32 Be off base

Down

- 1 Headache helper
 2 Lobster, shrimp, etc.
 3 Amount to fry
 4 Olympic skater Babilonia
 5 __-A-Day
 6 Corn serving
 8 Yellowstone attractions
 9 There are two doz. in a day
 10 Barrel part
 11 Wind direction, for short
 13 Goes after
 15 Turning muscle
 16 Qualified voter
 17 Audio's partner
 20 "In Cold Blood" author
 23 Previous to
 24 ____ system (blood typing)
 25 Tide flowback
 26 Negative conjunction
 27 Lawyer's group (abbr.)

Solution on pg 19

Eat Your Vegetables and Drink Your Glass of Wine



By Nick Antonaccio

This week's wine focus is on health.

You are all aware of the study done in France in the early '90s that compared French and American diets and health. Even though both diets were high in fatty foods, the French were healthier and living longer. Since then, in study after study, it has been shown that those who consume moderate amounts of red wine in their diet are healthier than those who abstain or those who drink to excess. Wine lovers can bask in the knowledge that, for once, something they enjoy is actually good for them.

The scientific studies all point to a singular element in wine that accounts for this phenomenon: a plant compound in the skins of red grapes called polyphenols.

This natural compound is an antioxidant that counters the natural tendency of the typical American diet to cause certain cells to multiply and mutate. When fatty cells multiply, they can lead to heart and other diseases; when other cells mutate, they can lead to cancer and other immune-associated diseases.

Let's look at the underlying explanation offered by science on the function and impact of polyphenols. First, they reduce the growth of fatty cells in blood vessels, thus slowing the build-up of plaque that leads to the narrowing of blood vessels, which can then lead to heart attacks and strokes. Second, during digestion, when wine is absorbed more slowly, polyphenols interact with fatty food. Blood platelets that carry nutrition – and fatty cells – to the rest of the body are less likely to be affected by these fatty compounds when polyphenols are present in the digestive tract.

Here are a few health benefits of consuming polyphenols in moderation: healthier blood vessels, reduced coronary heart disease, reduced levels of ulcer-causing bacteria, prevention/destruction of cancer cells and a lower incidence of stroke. Truly amazing.

The key here is moderation. What constitutes moderation? One to two glasses of wine a day is acceptable, according to FDA guidelines. This equates to approximately 10 ounces of wine, or less than half a bottle. Anything more and

the pendulum swings to the potentially unhealthy effects of wine (alcoholism, cancer, obesity, diabetes). And don't save up during the week so that you can splurge on the weekends. It doesn't work.

Do certain wines contain more polyphenols than others? Yes. Grapes with thicker skins, or which are fermented

longer, will have higher levels of tannins, which contain higher levels of polyphenols. Phrases like "firm" or "concentrated" tannins indicate higher levels, while phrases like "soft" or "ripe" tannins indicate lower levels. It's not a coincidence that countries

with the highest rates of proven longevity (France, Italy) produce wines with two to four times the amount of polyphenols than do other regions. This translates to the dominant grapes grown in these areas - Cabernet Sauvignon and Sangiovese.

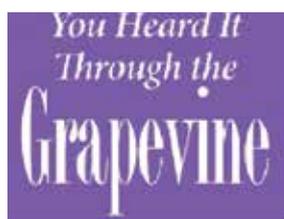
There are other foods containing polyphenols that you may consider as an alternative to wine. Most notable among these is dark chocolate. One ounce contains as many polyphenol compounds as four ounces of red wine. The downside is calories; one ounce of

dark chocolate contains more calories (138) than five ounces of red wine (110). Other polyphenol-rich foods are apples, pomegranates, raspberries, blueberries and walnuts.

For those who choose not to consume alcohol, fret not. Unfermented grape juice, notably from Concord grapes, contains a high level of polyphenols - almost 50% of red wine. The concept is the same as for red wine: the dark, thick skin of the Concord grape contains a high level of polyphenols.

Wine has been an intuitively healthy choice for centuries and now the perennially pessimistic scientific community has endorsed wine as a "natural" choice for preventing and treating diseases. But like everything else in life, moderation is the key. Consumers rejoice - healthy choices that are fun. It doesn't get any better than this.

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



Happenings

continued from page 16

Saturday, Aug. 27

Shabbat Morning Services: Chabad of Yorktown, 2926 Old Yorktown Rd., holds services on Saturday mornings. They are easy-to-follow services with Hebrew/English prayer books, a friendly environment and no affiliation is necessary. Kiddush luncheon follows the services. Services begin at 10 a.m. For more information, visit www.ChabadYorktown.com or call 914-962-1111.

Ossining Farmers Market: The **Ossining Down to Earth Farmers Market** is being held outdoors every Saturday from 9 a.m. to 1 p.m. at the corner of Spring and Main Streets. Customers old and new will find delicious produce, pasture-raised meat, poultry, and eggs, breads, baked goods, and much more. For a full list of our markets and vendors, visit DowntoEarthMarkets.com.

Yoga Program: Support Connection announces a free weekly program Yoga: A Path toward Wellness will be held every Saturday in August from noon to 1:30 p.m. at Club Fit in Jefferson Valley. The program is open to people living with breast, ovarian and gynecological cancers. To learn more or to pre-register, which is required, call Support Connection at 914-962-6402 or 800-532-4290.

Sunday, Aug. 28

Healing Yoga: Yoga classes for women with breast cancer are held at 5 p.m. on Sundays at Hudson Yoga, 5 Old Post Rd. South, Croton-on-Hudson. Weekly

classes are being conducted by rotating instructors. The suggestion is \$15. Info: Elisha Simpson at 914-319-4010.

Reception for "A Life in Colors." The artistic works of Dominican Sister of Hope, Sister Mary Ellen Wisner, OP who taught art for many years will have this mixed media exhibit on display. In retirement she has been able to devote more time to her own work, including oils, water colors and stained glass. Refreshments will be served. The free event will be held starting at 4 p.m. at the Mariandale Retreat and Conference Center, 299 N. Highland Ave., Ossining. The exhibit is open Monday through Friday 10 a.m. to 4 p.m. through Sept. 16. An RSVP for the reception is required. Info and RSVP: 914-941-4455.

Bingo: Bingo will be played tonight at the Yorktown Jewish Center, 2966 Crompond Rd. The doors will open at 5 p.m. and play begins at 6:30 p.m. There will be \$3,000 in prizes awarded during each Sunday session. Food will be available. Info: 914-245-2324 or yorktownjewishcenter.org.

Monday, Aug. 29

Art Program: Water Soluble Oil Pastels & Water Colored Pencils will be held every Monday through Sept. 26 (except for Labor Day) at 10:30 a.m. at the Somers Library. Join us for an artistic adventure with water-colored pencils, water-colored oil pastels, and ink. Beginners through experts are welcome. Call for supply list and to register at 914-232-5717

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.



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Obituaries

continued from page 6

two beloved grandchildren, Vinny and Cassandra. James's love for Nicole was obvious to everyone around him. He had multiple cars with license plates in her name and named two of his boats after her, the Nikki 1 and the Nikki 2. He always had a special place in his heart for his first born child. James also enjoyed spending time with his son-in-law Andy, talking about cars and motorcycles out in the shed. Furthermore, he thrived watching both of his grandchildren playing sports. He loved watching Vinny play football for the Hendrick Hudson Sailors. He also enjoyed watching Cassandra play lacrosse. He was very proud of his grandchildren and their shared love for sports.

Lastly, Mr. Gilbert is survived by his devoted son Scott Gilbert and his fiancé Ashley DiCola. James and Scott had a father and son bond that was unbreakable. From the time Scott was three years old, James began bringing him to Giants games. This soon became a routine that continued for 25 years. Even when James was unable to attend a game, he called Scott to make sure he was on the road and ready to go. James was extremely proud that Scott followed in his footsteps and became an officer at the Montrose Fire Department. They both shared a passion for the fire department and for protecting the community. There was not one day James and Scott did not communicate.

They usually spoke multiple times a day. James loved to spend time with Scott and Ashley on the back patio while sharing a meal. The patio was one of his favorite places to be, especially in the summertime.

James will be deeply missed by his family, firehouse families, Giants family, and countless friends. His love for living his life to the fullest is something that should live on in all of us.

Robert Straub

Robert L. Straub, a life-long resident of Peekskill, died August 17. He was 83.

He was born April 21, 1933 to Louis P. and Margaret L. (nee Kottmann) Straub. He graduated from Clarkson University in 1956 and served in the U.S. Army from 1956-1958. He worked as an electrical engineer for Standard Brands, and retired from Kraft Foods in 1989. He was a member of the American Institute of Electrical Engineers. He was a life-long member of the Peekskill Presbyterian Church.

Mr. Straub enjoyed the summers spent in Corinth, NY, and loved being at the Sacandaga Reservoir. He is survived by Norma Schroeder, and many friends. He was recently predeceased by his brother Donald Straub.



The Wallflowers Come to the Paramount Sept. 1

Two-time Grammy Award- winners The Wallflowers are performing at the Paramount Hudson Valley Theater September 1 at 8 p.m. With over seven million albums sold worldwide, The Wallflowers have been bringing their unique style to every performance for over 25 years. Jakob Dylan, son of Bob Dylan, and Tobi Miller formed the Wallflowers in 1989 and released their first album, The Wallflowers in 1992.

They saw their biggest success in 1996 when they released the album Bringing Down the Horse, which went on to go 4x Platinum. In this album, their most successful hit, One Headlight, made its debut. With this success, the Los Angeles-based alternative rock band was able to

attain their creative and rhythmic style.

In 2012, the rock group released their most recent album, Glad All Over, which recaptured their vivid and colorful style.

"We are excited for The Wallflowers, they haven't played on the Paramount stage before. It's a great way to kick off September." Kurt Heitmann CEO of Red House Entertainment said.

Event: The Wallflowers
Date: Thursday, September 1, 2016
@ 8 PM
Tickets: \$40, \$55

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LEGAL NOTICES

NOTICE OF FORMATION OF: RUNWAY PRESTIGE, LLC. ART OF ORG. filed with SSNY on 4/07/16. Office in Westchester County, SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: **285 Rich Avenue, Mt. Vernon, NY 10552. Purpose: Any lawful purpose.**

NOTICE OF FORMATION OF SANDANO TECHNOLOGY GROUP, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on June 30, 2016. Office in Westchester County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: **Stefano Sandano 59 Kensington Road Apt 1A Bronxville, NY 10708. Purpose: Any lawful purpose.**

NOTICE OF FORMATION OF JENN MANN INTERIORS, LLC. ARTS. OF Org. filed with SSNY on 7/07/16. Office location: Westchester County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail process to **Jennifer Mann, 11 Oneida Street Rye, New York 10580. Purpose: any lawful act or activity.**

NOTICE OF FORMATION OF ARCIURIAM, LLC. Articles of Organization filed with the Sect'y of State of NY (SSNY) on 7/14/16. Office in Westchester County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to **The LLC, 15 Ridge Road, Hartsville, NY, 10530. Purpose: any lawful purpose.**

NOTICE OF FORMATION OF WINNERS ROW, LLC. Articles of Organization filed with SSNY on 4/28/16. Office location: Westchester County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail process to **Hakim Dixon, 33 Lincoln Ave, New Rochelle, NY 10801. Purpose: Winners Row, LLC is a full-service entertainment company, inclusive of artist, songwriter, producer and engineer management; music publishing; touring & merchandising; film & television; new business ventures; and a music label.**

NOTICE OF FORMATION OF EYRIE 02, LLC. Arts of Org filed with the Secy of State of NY (SSNY) on 06/13/2016. Office loc: Westchester. SSNY designated as agent upon whom process may be served and shall mail process to the principal business address: **20 Oak Rd., Katonah, NY 10536. Purpose: Any lawful acts.**

NOTICE OF FORMATION OF ERIKA CLEANING SERVICE, LLC. Arts. Of Org. filed with SSNY on 7/26/16. Office location: Westchester County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail process to **Erika Da Cunha, 13 Bent Avenue Apt. D, Port Chester, New York 10573. Purpose: any lawful act or activity.**

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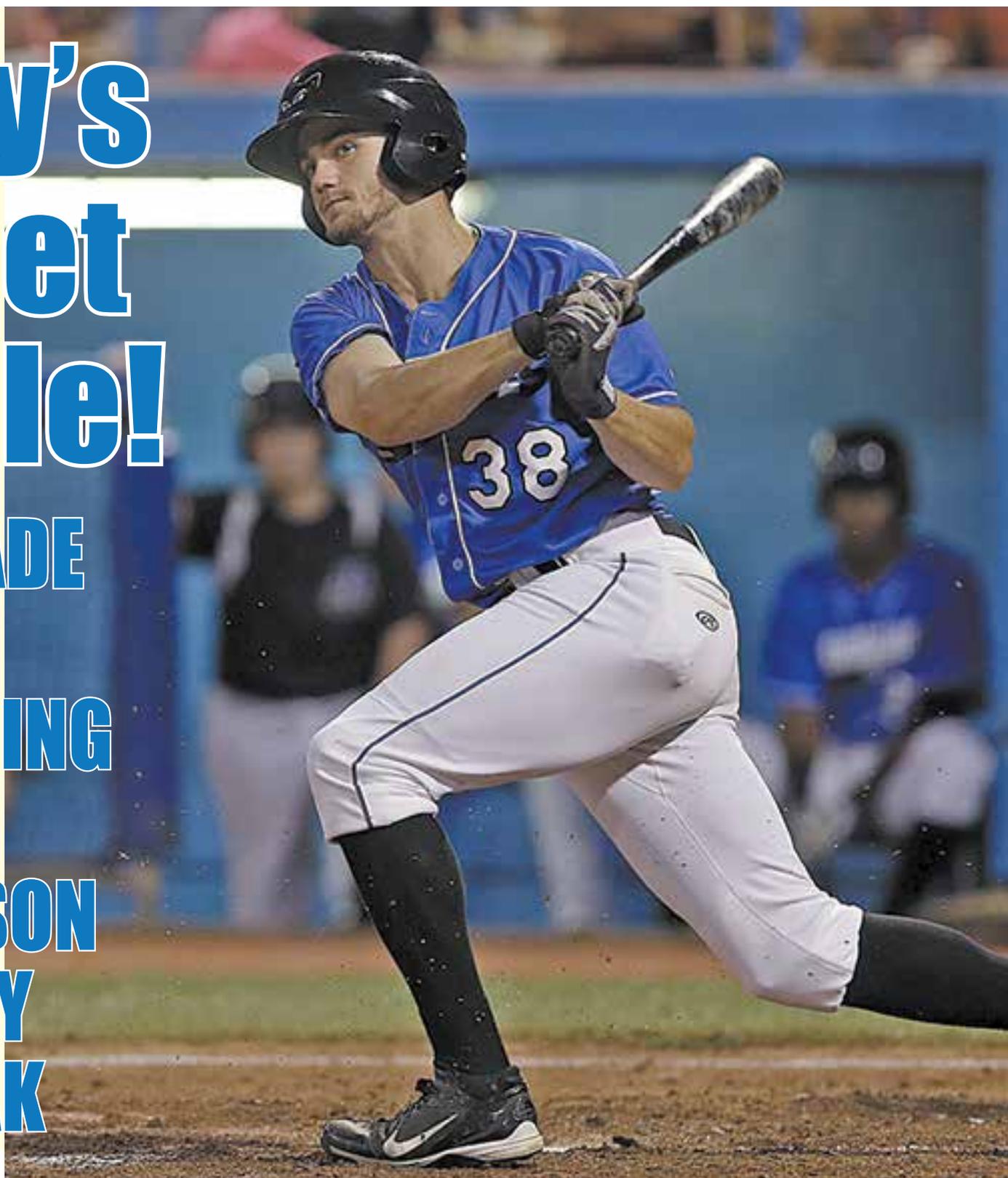
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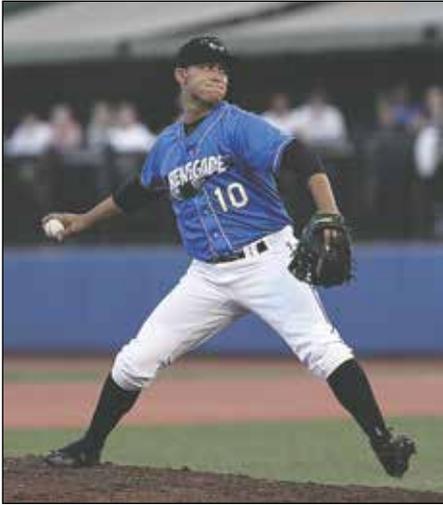
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ANDY JACOBS PHOTO

Renegades third baseman Jim Haley kept up his strong offensive output after going 1-4 last Thursday in a 7-2 win over the Auburn Doubledays. Haley also scored two runs and walked. Having won 8 of the last 10 games, including four in a row, the Hudson Valley Renegades have opened a three-game lead on the Staten Island Yankees for first place in the NY-Penn McNamara division with 16 regular-season games remaining.



ANDY JACOBS PHOTOS

Renegades starting pitcher Noel Rodriguez fires to the plate in last Thursday's 7-2 victory over Auburn.



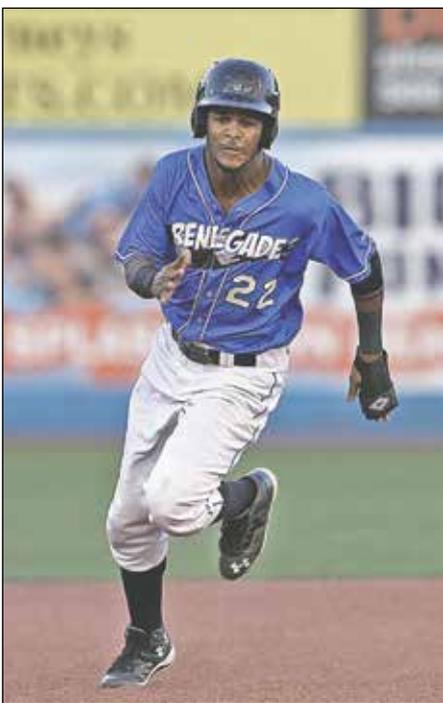
Jake Fraley smacks a triple in the fifth inning of the Renegades' 7-2 win over Auburn.



Hudson Valley second baseman Miles Mastrobuoni tracks a pop fly during the Renegades' win Thursday at Dutchess Stadium.



Renegades shortstop Bill Pujols turns an eighth-inning double play as Auburn's Paul Panaccione slides into second base.



Angel Perez of the Renegades runs to third base in last Thursday's game.

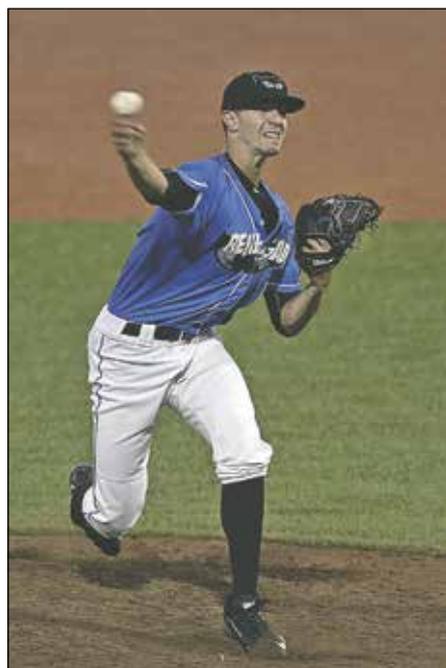
focus on MINOR LEAGUE BASEBALL Renegades vs. Auburn Dutchess Stadium August 18, 2016



Renegades catcher Chris Betts runs the bases in the sixth inning vs. the DoubleDays.



Hudson Valley's Garrett Whitley, the first-round draft pick of the Tampa Bay Rays in 2015, runs down the first-base line in last Thursday's win.



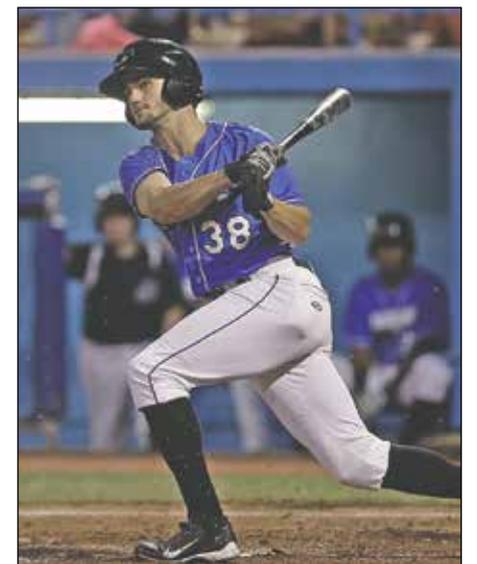
Spencer Jones pitches in relief last Thursday for the Renegades, who resumed play after the all-star break with four straight wins.



Hudson Valley catcher Chris Betts fires the ball to first base as pitcher Noel Rodriguez looks on during last Thursday's 7-2 win over the Auburn DoubleDays.



Angel Perez, one of seven Renegades selected to play in the New York-Penn League All-Star Game, hits a second-inning single to left last Thursday at Dutchess Stadium.



Hudson Valley second baseman Miles Mastrobuoni tracks a pop fly during the Renegades' win Thursday at Dutchess Stadium.

Sports

Trip Down Memory Lane: Lakeland's Cotones and More

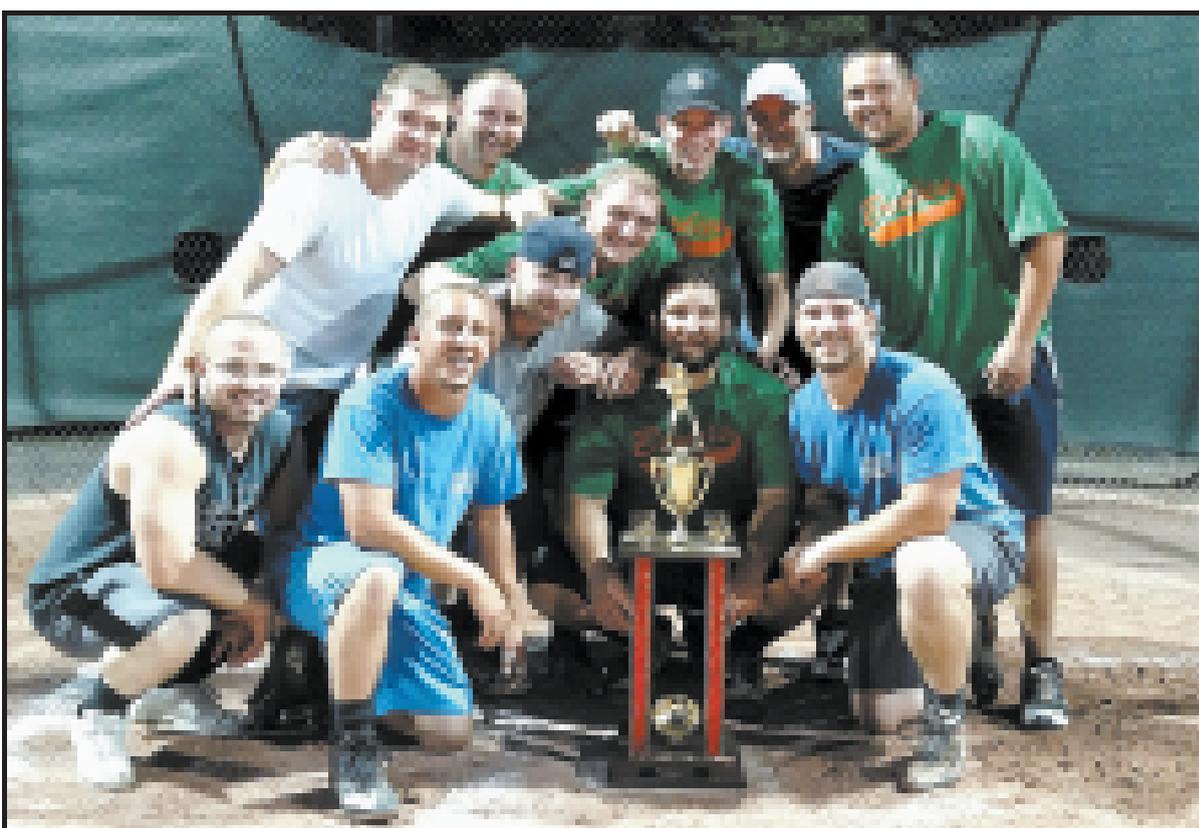


Mike Houlahan
Softball Coach
1999

For those in Lakeland, Fla., the 1999 Florida State Softball Championship is a trip down memory lane. It was a time of great success for the Lakeland softball team, which won the national title. The team was coached by Mike Houlahan, who was in his first year as head coach. The team's success was a result of hard work and dedication. The team's success was a result of hard work and dedication.

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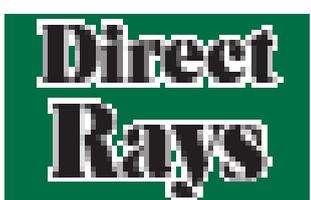
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The Green Jays, Pat Gray and Johnny and Paul Smith (left to right), four members of the 1999 Florida State Softball Championship team. (Photo by Mike Houlahan)

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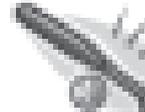
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