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

March 20 - March 26, 2018

SMALL NEWS IS BIG NEWS

Volume 10, Issue 430



RICK PEZZULLO PHOTO

End of an Era

Toys "R" Us in Jefferson Valley, a longtime staple in town, will soon be closing as the toy giant announced last week it was filing for bankruptcy and shutting down all of its 800 stores nationwide.

\$18.5M Health and Safety Bond **Proposed in Hen Hud**

Voters in the Hendrick Hudson School District will be asked to support an \$18.5 million bond in addition to the annual budget on May 15.

Despite facing an uncertain financial future with the closing of the Indian Point nuclear power plants in a few years, school administrators are emphasizing the current health and safety needs in district school buildings that would be addressed if the 20-year bond, which would not raise taxes, is approved.

Superintendent of Schools Joseph Hochreiter said most of the projects proposed in the bond stemmed from Safety

Committee recommendations and a building condition survey conducted by an engineering firm in 2015.

"These things take time. This is a longterm look at what our schools look like," he said during a recent presentation. "They will make our schools safer and more secure."

Enrique Catalan, assistant superintendent for business, stressed almost \$12 million of the bond will be spent on safety improvements. He said currently the district only has about \$200,000 available to do small projects.

Some of the improvements planned

Continued on page 3

Legislators Demand Storm Response Answers from Utilities

By Anna Young

The Westchester County Board of Legislators demanded answers Monday from Con Edison and New York State Electric & Gas (NYSEG) representatives for the muddled response to the widespread power outages inflicted by dual Noreasters this month.

Throughout the special three-hour meeting of the entire board, lawmakers skewered the utilities for inadequately preparing for the March 2 wind and rain storm and the March 7 snowstorm. Legislators strongly agreed there were communications breakdowns and misinformation presented to the public that must be rectified.

Con Edison representatives said they prepared a week before the storm but were surprised by the "hurricane-like event" that arrived on March 2. They said restoration procedures were followed once the first storm impacted the electrical system.

"After the storm arrived Friday, that didn't actually finish until Saturday in terms of the wind, we were still getting outages and you size your mutual aid to the outages you are experiencing," said Kyle Kimball, Con Edison's vice president of government relations. "That's why if you look at the timeline of us requesting mutual aid it begins to ramp up."

He added the storm was so widespread with 147,000 outages that crews were requested from across the United States.

"This was a practically devastating storm for our electrical system," Kimball

Trish Nilsen, NYSEG's director of emergency preparedness, said the utility's personnel followed group emergency plans and staged about 150 line and tree resources in their service areas prior to both storms. NYSEG's service area in the county, which was hit particularly hard, includes Yorktown, Lewisboro, North Salem, Bedford, Pound Ridge and Somers.

Following the first storm, Nilsen said NYSEG expanded to 1,200 workers, which comprised the utility's own personnel, local contractors and additional resources;

in Brewster there were 72,000 customers impacted. A company review process is underway to analyze the response.

But legislators didn't appear satisfied with many of the answers they were re-

"Listening to completely inconsistent information on how things are going and what the plans are from day to day, I'll tell you, is beyond infuriating and it tells me there are people who should be in charge of upper management in your company who don't know what the heck they're doing," Legislator MaryJane Shimsky (D-Hastings-on-Hudson) said. "And the fact that we've lived through this before is a re-

Continued on page 3



Local Schools Participate in National Walkout Day



Students and administrators in local high schools took part in National Walkout Day on March 14 to protest gun violence in schools and honor the 17 students and faculty members gunned down one month ago in a high school in Parkland, Florida. In Somers, more than 500 students participated in a United Rally for School Safety. At Walter Panas, about 250 students stood silent outside for 17 minutes. Similar events took place in Ossining, Croton and Hendrick Hudson





FORE Your Health: Injury Prevention and Treatment for Golfers FREE SEMINAR



Learn about common golf injuries, prevention, treatments and exercises for injury-free golf.

Keiser equipment and K-Vest demo.





Join us to learn more.

Thursday, April 19 6 – 7:30 pm Athletes Warehouse 220 Tompkins Avenue Pleasantville, NY 10570

Light refreshments to be served.

Registration required. Please visit 2018FOREYourHealthGolf.eventbrite.com

www.TheExaminerNews.com March 20 - March 26, 2018

\$18.5M Health and Safety Bond for Hen Hud

Continued from page 1

include replacing doors that are not fire resistance, updating locker rooms to be handicapped accessible, replacing outdated heating and ventilation units, renovating classrooms, main entrances and auditoriums, and replacing aged roofs.

In addition, the district is looking to vastly improve its 30-year-old high school track by possibly installing a turf field. Catalan said by installing turf inaa-

Legislators **Demand** Answers

Continued from page 1 ally serious problem."

Minority Leader John Testa (R-Peekskill) said that while nobody can control the weather or prevent trees from falling on power lines, residents within his district were trapped at home for days due to downed trees and high voltage wires. He suggested Con Edison work with local municipalities to expedite the restoration

Minority Whip Gordon Burrows (R-Yonkers) and Shimsky demanded that more line workers be hired to offset the travel time of the out-of-state utility crews.

"If you need to call mutual aid from 1,500 miles away and they're not here... for two to three days that compounds the problem," Burrows said. "If you have experienced line workers living in the area there's not a need maybe to call all the mutual aid staff. I want to address the immediate problem of staffers that are in the

Legislator Michael Kaplowitz (D-Somers), who said his district "was blown out like a bomb," was concerned that seniors at Heritage Hills in Somers could die without power for extended periods. Legislator David Tubiolo (R-Yonkers) shared similar concerns that the slow pace of restoration put lives at risk.

Jane Solnick, Con Edison's director of public affairs in Westchester County, said the utility has conducted outreach with senior facilities to provide preventative measures during storms. She agreed to collaborate with municipalities to prepare more effectively in the future.

Following the storms, County Executive George Latimer, who attended Monday's meeting, called for Con Edison and NYSEG to clean house of its senior managements.

'You've lost the public's trust and that's a big problem for a utility company to have," Legislator Catherine Borgia (D-Ossining) told the representatives. "I think this is a wakeup call for all of us on how we communicate with each other."

stead of natural grass the district would save \$214,000 over 26 years. He also noted the state would pay 40% of the cost of the field replacement.

"There is a strong need to upgrade safety features in our facilities and provide the best classroom settings to give our students the best opportunities to succeed," said Board of Education President Barbara Pettersen. "These buildings need upgrades."

When Hochreiter was asked about the district bringing a School Resource Officer (SRO) back to the district, the su-

perintendent said that addition would cost between \$130,000 to \$150,000 annually per officer, an expense that was not factored into the 2018-19 budget.

He noted the board opted a few years ago to hire six retired police officers and security guards at the high school which cost about the same as one SRO.

"We felt we would get more bang for our buck going down the security guard road," said Hochreiter, who added Governor Andrew Cuomo has talked about providing police officers to districts at no

& LANDSCAPE SUPPLY

- Gravel Mulches
- Topsoil Unilock Pavers
- SandStonedust
- Sweet Peet
- Item #4
- Flagstone
- Fieldstone
- **Belgian Block Cobblestones**
- Wallstone Fire Pits
- Stepping StonesSoil/Fill

Norm Ave. , Mt. Kisco (next to Kohl's) www.bedfordgravel.com

914-241 3851



!! EASTER SUPER SALE!!

Indaba Sauvignon Blanc.....\$6.97 Clean Slate Riesling..... Tovana Garnacha..... Blackstone Merlot..... Root 1 Carmenere..... Kenwood Chardonnay.....\$9.97 Kris Pinot Grigio.....\$9.97 Apothic Red <u>90+</u> Sauvignon Blanc.....\$9.97 Pinot Project Pinot Noir.....\$9.97 Bogle Essential Red Woodbridge Chardonnay 1.5L....\$11.97 Oyster Bay Sauvignon Blanc.....\$11.97 Woodbridge Cabernet 1.5L.....\$11.97 <u>Cavit Pinot Grigio</u> 1.5L.....\$11.97 Simi Chardonnay..... Klinker Brick Zinfandel..... <u>Catena</u> Malbec.....\$15.97 Meiomi Pinot Noir..... Wolffer Summer in a Bottle

Drouhin Chablis Grey Goose 750ml Veuve Clicquot **PASSOVER WINES ON SALE!** Manischewitz Concord Grape 750ml \$4.97

Baron Herzog White Zimandei	\$0.9 <i>1</i>
Manischewitz Concord Grape 1.5L	\$9.97
Barkan Sauvignon Blanc	\$9.97
Hermon Mount Red	\$10.97
Ugav Riesling	\$12.97
O'Dwyers Sauvignon Blanc	\$13.97
Dalton Cabernet	\$14.97
Dalton Petite Sirah	\$16.97
ROSÉS ON SALE	
Mulderbosch	\$7.97
Diolor	\$0.07

ROSES ON SALE	
lulderbosch	\$7.97
ieler	\$9.97
hais St. Laurent Chinon	\$11.97
odegas Ostatu	\$11.97
h. D'Oupia	\$12.97
afage Miraflor	\$13.97
ove Drunk	\$13.97
leur Carneros	\$14.97
olffer Estate	\$15.97
los Cibonne Tibouren	\$23.97

FREE

Did you know that you can have Northern Westchester's best selection of wines and spirits delivered right to your door...for free? Give us a call or check our website for details.

Ground Effect

Cabernet

Hess Select

\$ 14.97	\$ 17.97
Hess Select Chardonnay \$8.97	Soplo Garnacha \$ 9.97
Merino Limestone Hill Chardonnay \$14.97	Ravenswood Belloni Zinfandel \$14.97
Cadonini Pinot Grigio 1.5L \$ 9.97	McManis Cabernet \$8.97
Frenzy Sauvignon Blanc \$ 9.97	Ketel One Vodka 1.75L \$39.97
Decihel	Santi

\$9.97	1.75L \$ 39.9			
Decibel	Santi			
Sauvignon Blanc	Pinot Grigio			
\$11.97	\$ 9.97			
Alma De Los Andes	Dewar's			
Malbec	Scotch			

WINES ON SALE THRU MARCH!

Rotation Red\$7.97
Bogle Chardonnay\$7.97
Colorea Tempranillo-Syrah\$7.97
Santa Cristina Toscana\$7.97
L'Hortus Loup Y Es-Tu Blanc\$8.97
Casa Ermelinda Dona Ermelinda\$8.97
San Felice Contrada\$8.97
Sand Point Pinot Noir\$8.97
Yalumba Y Series Viognier\$9.97
Ch. Le Breton Bordeaux Rouge\$10.97
Underwood Pinot Noir\$10.97
Bogle Zinfandel\$10.97
Buscareto Lacrima\$10.97
Durandiere Saumur Blanc\$11.97
Ch. Des Bois Macon Villages\$11.97
Mocali Morellino\$11.97
Clos Fardet Madiran\$11.97
Pierredon Cotes Du Rhone Villages\$11.97
Courtault Tardieux Touraine\$11.97
Bonny Doon Merlot\$11.97
Grapesmith & Crusher Cabernet\$11.97
Cesca Vincent Priorat\$14.97
HMR White Xarel-Lo\$15.97
Achaval Ferrer Malbec\$16.97
Dom Chauveau Pouilly Fume\$19.97
Fouassier Sancerre Rouge\$20.97
Elvio Cogno Nebbiolo\$27.97
CDIDITE ON CALE

SPIRITS ON SALE Fleischmann's Vodka 1.75L\$12.97 Bacardi Silver Rum 1L.....\$18.97 Old Smuggler Scotch 1.75L.....\$19.97 Arette Blanco Tequila 1L.....\$20.97 Tanqueray Gin 1L.....\$29.97 Bulleit Bourbon 750ml\$33.97

MAGNUMS ON SALE Carta Vieja Sauvignon Blanc\$7.97 Casa Del Toro Cabernet/Merlot\$7.97

Crane Lake Pinot Grigio\$9.97 BV Coastal Cabernet\$10.97 <u>Fetzer</u> Pinot Noir.....\$10.97 Beringer Pink Moscato.....\$10.97 Agustinos Merlot\$11.97 Anakena Chardonnay.....\$12.97

STCHESTER'S FINE WINE & SPIRITS DESTINATION CHECK US OUT AT: www.suburbanwines.com

WE ARE NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS • WE RESERVE THE RIGHT TO LIMIT QUANTITIES • SALE PRICES ARE FOR STOCK ONLY!

MONDAY-SATURDAY 9am - 9pm · SUNDAY 12pm - 5pm · SALE STARTS MARCH 20 - MARCH 26 ROUTE 118 YORKTOWN GREEN SHOPPING CENTER YORKTOWN HEIGHTS, NY 914-962-3100

Alliance for Safe Kids Brings Community Together at Forum

By Anna Young

The Alliance for Safe Kids (ASK) held its eighth annual Save a Life community forum Sunday afternoon at Lakeland High School, bringing the community together to strengthen the safety net supporting today's youth.

During the three-hour event, parents and students from the Yorktown, Lakeland, Walter Panas, Briarcliff, Peekskill and Mahopac school systems participated in a series of workshops where educators, law enforcement, medical professionals, faith-based organizations and civic groups provided information to recognize when someone may be in harm's way and the resources to help them.

"Everybody is coming together to really offer a message to our youth they are supported," Liz Talbert, executive director of ASK, said at the event. "One of the things we have realized is that when someone feels support they will make the best decisions for themselves and hopefully support others to do the same thing."

With more than 300 students and adults in attendance participating in workshops including bullying, dating, youth mental health, stress and anxiety, and substance abuse, students felt the workshops spread awareness and encouraged others to look for signs of



ANNA YOUNG PHOTO

Yorktown Juniors Julianne Fagan, Jackie McMahon and Catherine Giblin with parent Cathy Giblin.

distress.

"There are so many things you can do to connect with people and to have a fun time instead of putting yourself or other people in danger so just learning about substance abuse and how easy it is and how it connects to mental health is important," Yorktown senior Delilah Anderson said. "I feel a lot of people need to be more educated and this event definitely helps with that."

Yorktown junior Catherine Giblin implemented the Sandy Hook Promise organization, a preventative program that teaches youth and adults how to identify, intervene and get help for individuals at-

risk of harming themselves or others, into the district last fall. She said it was imperative to raise awareness to the gun violence occurring throughout the country.

While her exhibit was planned prior to the mass school shooting in Parkland, Florida that left 17 dead, she said being related to someone who was killed in the Sandy Hook Elementary School massacre in Connecticut more than five years ago enabled her to want to prevent kids from being isolated and encourage others

to speak up if they see something out of the ordinary.

"My uncle started this organization, and as a family member it was really important for me to share it with as many people as I could and try to get a lot of people to know what we're doing and that we're making a difference," Giblin said. "Raising awareness of the gun violence that's happening and showing them the signs and teaching people not only to see the signs of someone who is going to hurt themselves or others but also know the whole issue. Preventing gun violence

before it happens"

Keynote speaker, clinical psychologist Dr. Michael Fowlin, combined his professional acting talents and psychological training to provide attendees with a cultivating and empowering presentation that reinforced ASK's message that acceptance, inclusion, prevention and support are essential.

Through humor and performance art, Fowlin captivated the audience sharing his personal journey of depression, anxiety and self-discovery. He encouraged students to embrace each other, their differences and their emotions, and to never feel like they're incapable of speaking out.

"The part about saving a life comes from the fact that we have to have conversation with each other. We have to take the risk of actually talking to somebody who may be just a little different, odd, whatever, sit on the outside," Fowlin said. "If we can't take a step to reach out to somebody who may be just a little bit different, may not fit in, and realize that we have to understand their pain and their story, then I don't think we're really ready to do the work that's going to be necessary to be able to save each other."

To learn more, visit www.allianceforsafekids.org.



Plans to Create Anchorages on Hudson River on Thin Ice

By Rick Pezzullo

Regional officials declared victory for the Hudson Valley after the United States Coast Guard announced last week it wasn't setting sail on a controversial plan to create 43 new barge anchorages in 10 sites along the Hudson River, from Yonkers to Kingston.

Two of the 10 sites that were being considered by the Coast Guard were located within the borders of the Town of Cortlandt: approximately 127 acres in the Montrose region that would accommodate as many as three vessels, and approximately 98 acres between Tomkins Cove in Rockland County and Verplanck that would also handle up to three vessels. The Coast Guard was proposing to use more than 2,000 acres of the Hudson for barges.

Last summer, after reviewing more than 10,200 comments that were received from elected officials and residents during a lengthy comment period, Rear Adm. Steven Poulin, commander of the First Coast Guard District, announced the Coast Guard was suspending "future rulemaking decisions" and directing a formal risk identification and evaluation of the Hudson River, known as a Ports and Waterways Safety Assessment (PAWSA).

The PAWSA process is designed to identify major waterway safety hazards, estimate risk levels, evaluate potential mitigation measures, and set the stage for implemen-



State Senator Terrence Murphy and other regional officials have opposed the Coast Guard plans for the last two years.

tation of selected measures to reduce risks.

Last week, the Coast Guard released a 77-page report, stating, "The PAWSA workshops were held in order to provide stakeholders an opportunity to assist the Coast Guard in understanding navigation safety and environmental concerns on the Hudson River."

Three immediate pursuits were described in the report, which the Coast Guard called the "most significant PAW-SA workshops recommendations." Those were the creation of a Hudson River Safety Committee, (HRSC), which has already held several meetings, an increase in recreational boating safety information and actions "to clarify and remove ambiguity from current regulations," regarding the anchorages, among other rules.

State Senator Terrence Murphy (R/Yorktown), who has opposed the project since it first surfaced, remarked "bon voyage and good riddance" to the Coast Guard seemingly abandoning ship on its plans.

"The Coast Guard's proposal has finally capsized and sunk under the weight of its own absurdity," Murphy said. "The possibility of having an additional 10 anchorages on the Hudson was a threat to the economic health of our shoreline communities and was an ecological and safety hazard waiting to happen."

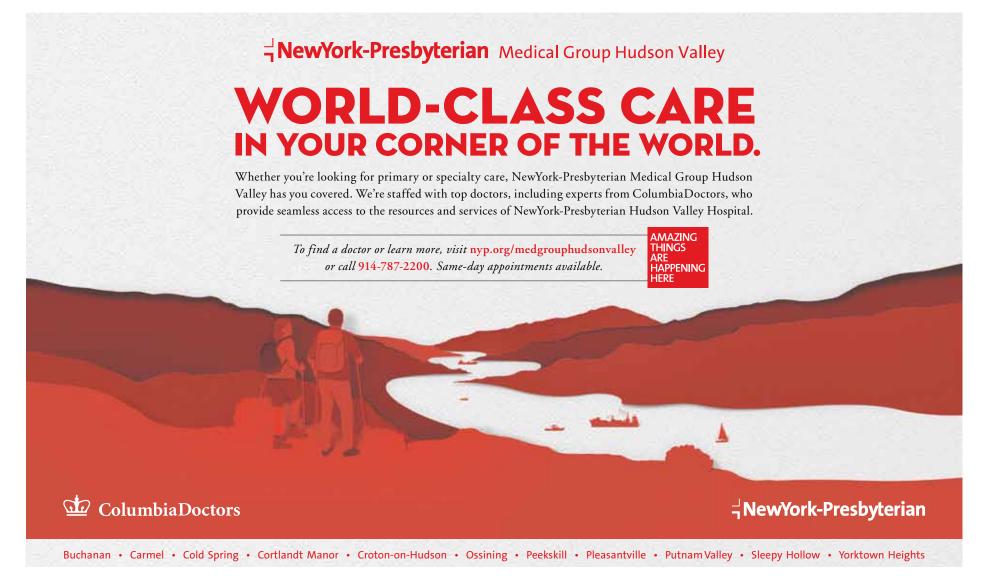
"A great deal of the success in ending this ill-advised idea is owed to the thousands of people who expressed their disapproval by signing my online petition and attending the Senate's Hudson River Barge Hearings," he continued. "The end result, a victory for everyone in the Hudson Valley, illustrates that positive results can be achieved when government listens to the concerns of the people it serves."

Westchester County Executive George Latimer said the Coast Guard clearly heard the widespread opposition to the proposal.

"I applaud the move by the United States Coast Guard and look forward to Westchester residents continuing to enjoy all the scenic Hudson River has to offer. The Hudson River should not be a parking lot for large scale barges, which bring unnecessary risks of disaster to our communities," he said. "This move would not have happened unless countless Westchester County residents did not make their voices heard. Once the rulemaking period began, residents from all corners of the County made clear that the Hudson River was not the place for an oil barge parking lot. This decision is also a win for local businesses along the river that utilize the breathtaking views the Hudson offers."

Riverkeeper President Paul Gallay called the PAWSA result "a welcome next step toward resolving the very contentious proposal by the tug and barge industry for new anchorages on the Hudson. Whether or not a new anchorage proposal is ever put forward, it's clear that any new regulations will involve public comment. We hope that the public will remain very much engaged in speaking up for the protection of the river as the process moves forward."

There is currently only one anchorage ground for vessels along a 100-mile stretch in the Hudson River from New York City to Albany. The Coast Guard, which has noted the plan is only in an exploratory phase, has publicly stated the proposal was initiated by the Maritime Association of the Port of NY/NJ Tug and Barge Committee, the Hudson River Port Pilot's Association, and the American Waterways Operators.



Yorktown Funnyman to Record First Comedy Album

Bv Anna Young

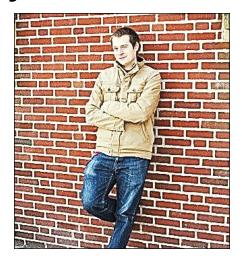
If you need a break from life or just need a good laugh, head over to Lucy's Laugh Lounge in Pleasantville on Saturday evening where local comedian Tom Grossi will take the stage to record his debut comedy album.

Since Grossi got behind a microphone for the first time four years ago, he has spent his time performing his standup comedy routine throughout Westchester and New York City. But as a man just trying to make his wife laugh, Grossi, 27, built up over an hour of material that he's excited to perform.

Grossi, a Yorktown native, used comedy to get through tough times growing up. It wasn't until his sophomore year at SUNY New Paltz that he capitalized on his talent. After a friend joined the college's improv comedy group, Grossi followed and quickly realized he had found his calling.

"I had never felt so comfortable. It came super natural to me and I was good at it," Grossi said. "It's one of those things where to get up and not know what you're going to say and do, there's just something so freeing about that."

Despite a love for improv and professional training from the Upright Citizens Brigade Theatre in Manhattan, Grossi earned a master's degree in education



Tom Grossi, a social studies teacher by day and comedian at night, will appear at Lucy's Lounge in Pleasantville Saturday evening to perform and record his first comedy album.

and sought a teaching career. One teaching job left Grossi, currently at social studies teacher at The Ursuline School in New Rochelle, so miserable he began writing material for a stand-up routine.

The day Robin Williams died in 2014, Grossi contained his nerves and performed his first open mic in White Plains.

"I went up there for six minutes and I get some laughs and I started to feel

good," Grossi said. "It's one of those things that's always been therapeutic. Making people laugh has always made me feel good. That's the one thing I always gravitate to and that's what I use to cope with stuff."

Although Grossi found early success performing at legendary comedy clubs throughout the city, including Carolines on Broadway, Levity Live and Stand Up NY, he said performing for free in those venues became problematic. He was sometimes required to bring a specific number of guests who needed to pay a cover and indulge in the club's minimum drink requirement.

"I learned very quickly not to do those types of shows," Grossi said.

He began performing in Westchester in 2016, joining Comedy North of Manhattan (NOMA), a local comedy outfit that schedules shows throughout the county. He also started his own comedy podcasts, which include "Packcast," a weekly NFL reaction show, and "Game of Toms," where he reviews and reacts to episodes of HBO's "Game of Thrones."

While comedy is very rewarding, Grossi said he couldn't keep showing up to open mics hoping somebody was going to catapult his career. Instead, he focused on building a fanbase with his podcasts. After a few episodes went viral, merchandise with the #grossiposse logo has been purchased by some of his nearly 2,400 subscribers.

"Comedy is one of those things you can't go in expecting praise or you are just going to be miserable," Grossi said. "With 'Packcast,' I'm doing it because I enjoy doing it and anything more is a bonus. The comedy, I'm doing it because I enjoy doing it. So, I can't fail because what's the worst that can happen?"

As Grossi made the decision to record his first comedy album, "Allergic to Fun," he noted that Saturday's show will give local fans a chance to see him perform without the hassle of trekking into Manhattan and dealing with the demands of a high-end club.

"I don't want my family and friends who are going to show up to this to go into the city, pay a large amount to get in, pay a two-drink minimum to get in and wind up paying \$55 to see me tell jokes," Grossi said. "I just think it's incredibly expensive to go out into the city and see a night of comedy and I don't think it's fair of me to expect my friends and family to pay that to see me tell jokes for an hour."

But while comedy today is a part-time gig for Grossi, he hopes to one day build a lucrative career making people laugh.







Request for Proposals

Peekskill Business
Improvement District
2018 Flower Barrel
Planting Project

To request a copy of the RFP, email: peekskillbid1@gmail.com or to download the RFP, visit www.bidpeekskill.com

Deadline April 3, 2018 @ 12noon

Are You Truly Free?

By Rabbi Yehuda L. Heber Chabad-Lubavitch of Yorktown

The eve of Friday, March 30, marks the beginning of the Jewish holiday of Passover, an eight-day holiday commemorating the emancipation of the Israelites from slavery in ancient Egypt. We all know the story of how G-d liberated the Jewish nation from their bondage amid stunning miracles such as the 10 plagues and the splitting of the sea.

With the last of the ten plagues, Death of the Firstborns, Pharaoh's resistance was broken, and he virtually chased his former slaves out of the land. The Israelites left in such a hurry, in fact, that the bread they baked as provisions for the way did not have time to rise. For this reason, it is the Jewish tradition not to eat any leavened breads for the duration of the holiday, and to eat Matzah - flat unleavened bread.

Although the exodus of the Israelites from ancient Egypt is an occurrence of the distant past, the story carries an eternally relevant message for each of us in our personal lives. While none of us is enslaved to Pharaoh, it is common for a person in this day and age to experience different types of slavery. For example, people can be enslaved to addictions, electronic devices, or to social pressures. These forces prevent the person from liv-

ing life the way they would truly like to. Instead of the person controlling their environment, the environment controls the person. Although there is no Pharaoh around, the spirit of the person is not truly free.

The story of Passover inspires us to rise above our personal limitations and allow our essential selves to be expressed, constituting a personal exodus from a personal bondage. Each step we take out of our comfort zones and in the direction of living up to the ideals we believe in is another step out of our own versions of slavery. This is one of the many lessons

the ancient story teaches us.

Let us pray that all people the world over experience true freedom and that liberty replace oppression wherever it is found!

This year, the traditional Passover meals, "Seders", are observed Friday and Saturday evenings, the 30th and 31st of March

The focal points of the Seder are:

- Eating Matzah.
- Eating bitter herbs—to commemorate the bitter slavery endured by the Israelites.
 - Drinking four cups of wine or

grape juice—a royal drink to celebrate the newfound freedom.

• The recitation of the Haggadah, a liturgy that describes in detail the story of the Exodus from Egypt. The Haggadah is the fulfillment of the biblical obligation to recount to our children the story of the Exodus on the night of Passover.

For more info on the holiday of Passover, purchase hand-baked Shmura Matzah, RSVP to a community seder, sell your Chametz, or to receive a free holiday guide, visit www.ChabadYorktown.com, or email Rabbi@ChabadYorktown.com. Happy and Kosher Passover!

Obituaries

Nancy Ann Kochanowicz

Nancy Ann Kochanowicz, a resident of Croton-on-Hudson, died peacefully March 10 at home after a prolonged illness. She was 65.

She was and will be remembered as a loving wife and mother, a contemplative and genuine person with a dry and often silly sense of humor. She loved art and books, and cared deeply for people and animals.

Born and raised in New Britain, Connecticut, she received her Bachelor of Sci-

ence degree in psychology from Fordham University, and her PhD in Clinical Psychology from Arizona State University. For the last 24 years, she lived in Crotonon-Hudson where she grew her private psychology practice, often working parttime so she could be with her daughters.

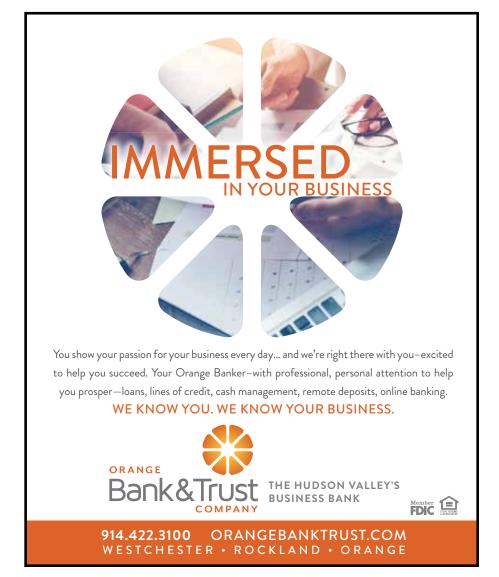
She is survived by her husband Michael Bannan, her daughters Sarah and Caroline Bannan, and her beloved dog Charlotte, and cats Louie and Chloe. She was predeceased by her parents Casimir Kochanowicz and Sophie Walena Kochanowicz

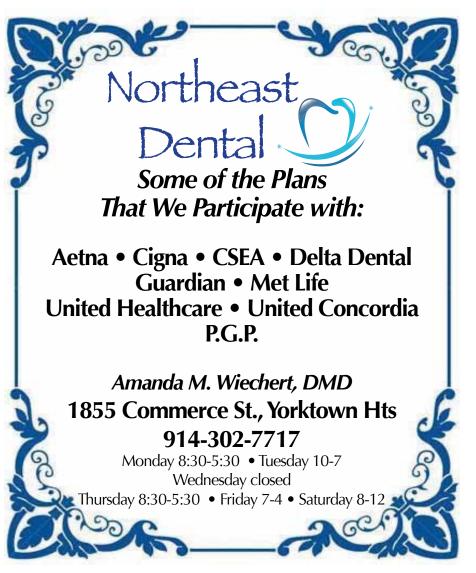
Stephen Bobolia

Stephen Bobolia, a lifetime Peekskill resident, died March 11. He was 100.

He was born in Peekskill on January 8, 1918 to Stephen and Mary Keic Bobolia. On October 14, 1950, he married his sweetheart, Lorraine, at the Assumption Church in Peekskill. She predeceased him in July 2017. He is survived by his brothers George and Paul Bobolia and countless nieces and nephews.

Continued on page 14





Guest Column

Storm Aftermath and Update in Yorktown

By Yorktown Supervisor Ilan Gilbert

During my travels throughout the storm and its aftermath, I had the opportunity of seeing first-hand how hard our town employees worked on behalf of the residents of Yorktown, whether riding with the Highway



Yorktown Supervisor Ilan Gilbert

Department while they were plowing the roads, assisting at the YCCC warming facility, working with the staff at the Town Emergency Operations Center, bringing food to residents at Beaver Ridge, observing first

hand utility crews working in the field with assistance from our own town staff.

I want to thank all Department Heads and their workers. Most obvious the Highway and Police departments. The Highway Department, under the leadership of Dave Paganelli, and with the assistance of members of our Parks Department, Refuse & Recycling, Water Department and the Sewer Department, all gave maximum effort, to plow our streets, and clear over 500 trees from town roadways. By the way, I now understand why nobody wanted to run against Dave Paganelli for Highway Superintendent.

Additionally, I want to thank the Water, Sewer, HR Nutrition, Refuse, Parks and Rec YCCC and Maintenance for going above and beyond to keep our town operating. A special thank you is extended to Ed Mahoney and his staff who kept our sewer system operating under very trying conditions.

The Police Department handled a number of situations with their usual efficiency, including directing traffic due to the many traffic signals that

were without power, manning the YCCC's warming station, operating the Emergency Operations Center, coordinating with the NYS DOT to acquire generators for various traffic signals, conducting wellness checks. The list goes on.

Through the efforts of our Town Hall and YCCC Staff, YPD, and CERT volunteers we were able to provide one of the few warming facilities, charging stations and overnight shelters countywide. Noreen Driscoll and Karen Perez with the assistance of others checked on various vulnerable seniors to make sure that they were safe.

I also want to thank Stewart Glass, my Executive Assistant, who worked tirelessly besides me handling inquiries and status reports from town residents and businesses, relaying that information to the appropriate utility and assisting me in pressuring those utilities to respond to the needs of our residents.

My staff and our PD participated in 14 days of multiple conference calls with Con Ed, NYSEG, Westchester OEM, and the Governor's team.

Our public officials stepped up to the plate to help in numerous ways. Our own Town Board - Vishnu Patel, Ed Lachterman, Tom Diana and Alice Roker who reached out to and assisted our residents in ways too numerous to list. Alice Roker, Diana Quast, Dave Paganelli and Police Chief Noble - who with the assistance of Tom Sciangula, Mr. Video, produced several public service updates to help keep our constituents informed. At the same time, the Planning Department updated our website with vital information for those who were able to access it. Tom Diana, who drove up to Carmel to bring water and dry ice from NYSEG until we became a Con Edison distribution center for Dry Ice.

The Governor's office for supplying members of the National Guard to

Examiner

PUTŅAM

Examiner

The Examiner

The White Plains

Examiner

also publishes

assist the police department. County Executive George Latimer for his work on asserting pressure on the utilities. County Legislator Michael Kaplowitz who went to NYSEG's operations center and demanded action and then accompanied Stewart Glass of my staff to make a similar demand of Con Edison at their Westchester Headquarters in Rye. Senator Murphy, Assemblyman Byrne also worked on behalf of our residents during this trying time.

The members of our community helped in so many ways. The Bagel Emporium, StarBucks, Algonquin Pipeline, Turco's, YPP and Francessca's Pizza all donated food to Yorktown Community & Cultural Center and our community's first responders.

Eric Dibartolo and the Chamber of Commerce working with me, to provide a generator and hook up so that we were able to utilize the signage in town to alert the public of vital information during the storm and its aftermath.

The most impressive thing was seeing and hearing about our Neighbors helping Neighbors - people with power or generators taking into their houses the elderly, the infirmed, the pregnant, people with children – to provide them shelter, heat, sustenance and company.

I have already scheduled a meeting for this week with our department heads to review all issues related to the storm response, including our own efforts and the needs of our community. Although generally I was and am very pleased and proud of our own local actions, selfexamination is always worthwhile and there is always room for improvement.

On the other hand, it is painfully clear the Utilities response was woefully deficient. First, regarding the timing and amount of assets deployed and second communications to the public, real time progress and accurate predictions on restoration time. As you recall, we were told originally 90 percent of our constituents that lost power would get power restored by 11:45 Monday night, March 5th. Obviously there was an intervening storm but that 90 percent figure was not attained until March 10th.

We acknowledge that these were unusual storms, with the first event resulting in over 85% of the residents of Yorktown losing power. However, it is important that the actions of the utilities be reviewed so that in the future we can expect better results.

The New York State Department of Public Service has initiated a case to review the various utilities' preparation and response to power outages during the March 2018 winter storms. I am asking our town board to join with me in intervening in this proceeding so that we may convey on behalf of our town residents and businesses the impact on them of the delayed response of the electrical utilities in preparing for and restoring electrical power throughout our Town.

Lastly in that vein, I would encourage all town residents to join NIXLE. NIXLE offers our police department the opportunity to notify residents through text messages important information. You can sign up for NIXLE by texting to 888777 and then entering in the message box your zip code. During these last storms our police department was able to notify you of dangerous conditions, road closures, the opening of the YCCC warming facility, the location to pick up

Continued on page 9

Letter to the Editor

Tree Service was Golden in Time of Need

To the Editor:

Late afternoon during the first storm one week ago, I lost two 50' pines, which uprooted at the base across my driveway, taking down wires and breaking bushes in their path. I reached out to Golden's Tree Service, a family company that I've used for years to trim back and/or remove trees from my property.

Friends told me that with all that was going on, there was little chance of any timely response but, to my surprise and delight, I can confirm that Goldens has not missed a beat, with an acknowledging

phone call a few hours later promising next day service.

At 7:30 Saturday morning, a crew was at my door, apologizing for not being able to clear away all the debris, but working quickly and cleanly to clear a path allowing access to my driveway and safely removing immediate obstacles.

For anyone in need of reliable tree service, Golden's, after all these years is still excelling in quick response, reliable service and fair pricing. I highly recommend them.

> **JAY FORBES** Croton on Hudson



Adam Stone

astone@theexaminernews.com **Publisher**

Rick Pezzullo

rpezzullo@theexaminernews.com

Editor-in-Chief

To advertise in The Examiner, call 914-864-0878 or e-mail

advertising@theexaminernews.com

To inquire about paid subscriptions, email subscriptions@theexaminernews.com for pricing and other details.
PO Box 611, Mount Kisco, NY 10549 • 914-864-0878 www.TheExaminerNews.com

Op-Ed

Strengthening the 2016 Tree Law: A Second Chance

By Linda Miller

Member, Advocates for a Better Yorktown

Yorktown is committed to protecting its trees, woodlands and forests. On this issue, there's no dispute. The issue was decided almost 10 years ago when the town adopted its first Tree Preservation Law.

The issue that remains unresolved today is how to fix the 2016 replacement Tree Law that's weak, ineffective, and in need of revision.

Concerns about the ineffectiveness of the 2016 Tree Law are not new. In September 2016, when the previous Town Board held a public hearing to replace the 2010 law with a new law, residents spoke up in opposition to the proposed new law. One after the other, they came up to the podium and expressed their concerns that the new law offered less protection to our trees and woodlands than the law it was replacing. The Board ignored their concerns and adopted the law-- without discussion, its weaknesses uncorrected.

Residents spoke up again in June 2017, when the Town proposed a single amendment to the 2016 law. The proposed amendment brought trees on town-owned land under the protection of the tree law. As it stands, the law exempts the town from any permit requirements to cut trees, while the 2010 law protected trees on town owned land.

For the second time, the previous Town Board did nothing. Despite abundant public feedback that the controversial 2016 Tree Law needed to be strengthened, the Board closed the hearing and took no action. It didn't even adopt the amendment it had proposed. Ironically this disregard for public opinion urging stronger tree protection occurred as the Town was poised to cut down hundreds of trees at Granite Knolls to make way for a new sports complex.

Which brings us to 2018. Advocates

for a strong tree law never gave up. We continue to believe that a majority of Yorktown residents want a balanced tree law that protects our community's trees and woodlands AND respects their property rights. We also believe that this time, if concerned residents speak up, the Town Board will listen to their concerns.

That's why members of Advocates for a Better Yorktown, a nonpartisan group of residents concerned about quality of life and good government issues, met with the Town Board last month and urged our elected officials to start the process of revising the 2016 law. At the meeting, we suggested that the Board begin the process by reviewing several of the policy decisions that weakened the 2016 law:

Does the Board want to protect woodlands, defined as a community of trees and layers of vegetation? We pointed out, for example, that the 2016 law focuses on individual trees and fails to recognize woodlands as functioning ecological communities that are critical for absorbing stormwater runoff, preventing erosion, providing wildlife habitat and preserving the town's visual character. In fact, the 2016 law

mentions the word "woodlands" only once and after that makes no attempt to regulate or protect them.

Does it make sense to treat all trees equally regardless of their functions or location? For example, should trees in wetlands, on steep slopes, street trees, woodlands and buffer areas along residential property lines be afforded the same or different kinds of protection based on their functions?

Does it make sense to lump homeowners and developers together and impose the same permit requirements on both groups? Should a homeowner planning to cut down 10 trees to make room for a play area be held to the same requirements as a developer planning to cut down 100 trees in order to build

dozens of new houses?

When a tree permit requires mitigation to compensate for the unavoidable negative impacts resulting from cutting down trees, should the minimal mitigation requirements in the 2016 law be made more rigorous?

Should the tree law make greater use of the expertise of the town's two environmental advisory groups, the Conservation Board and the Tree Conservation Advisory Commission? Why have these advisory boards if their input is not sought out?

As the saying goes: If at first you don't succeed, try try again. Long term protections for Yorktown's environment may have had setbacks in 2016 and 2017, but with strong support from the community, those setbacks can be reversed. When we finished our presentation to the Town Board, we thanked Board members for listening to us. We left them a more detailed analysis of the weaknesses in the 2016 law; for a copy email yorktownadvocates@gmail.com).

And we asked that the Tree Law to be put on a work session agenda in April so that the Board could move to the next step in the legislative process: discussing each policy issue in greater detail with the goal of arriving at a consensus on how to proceed.

So stay tuned. And if you care about protecting our community's trees and woodlands, stay involved.

Storm Aftermath

Continued from page 8 dry ice, etc.

One last note: Con Edison has now stated that they will provide food & medicine reimbursement for those who were without power for three or more consecutive days during the two recent noreasters. Please visit their website for conditions and for appropriate forms. Go to: http://bit.ly/2FD2mm8.

Letter to the Editor

Photos Can Reinforce Negative Stereotypes

To the Editor:

We write in support of Renee Fogarty's letter to the editor in the February 6-12 issue. The publication of photos of people suspected of crimes, particularly when they are African-American, can have a powerful effect in reinforcing negative stereotypes. We do not doubt that you use the same policy regardless of the race of criminal suspects. We suggest that a better approach would be not to publish any photos of those accused of crimes. This would protect

the privacy, to some extent, of those who are to be regarded as innocent until judged guilty in a court of law, and would not do anything to reinforce racist stereotypes.

Sincerely,

ROBIN ALPERN
LINCOLN ALPERN
TERRY KARDOS
LAUREN SUCICH
BETH WOOGEN
Cortlandt/Peekskill Anti-Racist
Collaborative (CPARC)

RF Joyce, CPA

Certified Public Accountant

Financial Planner

Personal Taxes • Business Taxes Estates • Trusts • Bookkeeping

Serving Individuals & Businesses

914-960-9285

robert.joyce@rfjoycecpa.com 1911 Commerce Street • Yorktown Heights, NY 10598



Event-filled Weekend AIM '18 to Celebrate Thriving Peekskill

AIM '18 is a weekend-long series of activities March 24-25 created to celebrate the lower Hudson Valley's emergence as a "mediapolis" - a thriving hub of multimedia creativity and commerce. The first-time event is centered in the resurgent riverfront city of Peekskill.

AIM '18 is being coordinated under the auspices of the Hudson Valley Gateway Chamber of Commerce, which has formed a new committee, branded AIM - symbolizing Peekskill's affinity for synergizing Art, Industry and Media.

AIM is the brainchild of Peekskill business leader Ben Green, owner of the 100,000-square-foot Hat Factory, an industrial complex where 40% of the tenants are engaged in some form of multimedia business.

"AIM is an economic development initiative to bring prosperity and opportunity to the families of Peekskill," said Green. "We help families when we create prosperity and opportunity for parents, as well as future jobs for their children.

"Our goal is to position and promote Peekskill and the surrounding area as a hub for multimedia in the Hudson Valley. AIM '18 is our inaugural event that will showcase the Hudson Valley region's multimedia art, industry and educational resources."



PHOTO COLIRTESY OF AIM '18

Key participants at the official launch of AIM '18 are (from left) Livia Straus of Hudson Valley Center for Contemporary Art (HVCCA); Bre Pettis of Bantam Tools; Lawrence Scherer of State & Broadway; Peekskill Common Council members Vanessa Agudelo, Colin Smith, Kathie Talbot; AIM chairman Ben Green of The Hat Factory; Peekskill Mayor Andre Rainey; Louie Lanza of Hudson Hospitality Group; Bruce Apar of APAR PR; Peekskill Common Council member Ramon Fernandez; Sonia Garber of Cortlandt Living magazine; Scarlett Antonia of Antonia Arts.

Green himself is a musician who in 2002 had his solo recording Two to One chart as a Top 30 hit song.

His inspiration for AIM came from how his own business has evolved. "Forty percent of my tenants are engaged in film, post production, music, digital solutions, graphics, marketing, event design and production," he said. "That's a big change for us. Not long ago, light manufacturing and warehousing made up most of our tenancy."

Green listed several reasons that Peekskill has become a magnet for multimedia business owners, including: proximity to New York City; a mass transit hub; affordable commercial space at \$15-20 per square foot, versus at least three to four times that much per square foot in New York City; and Peekskill's growing reputation as an arts community that is hospitable to creative professionals, with new artists' lofts available downtown.

Prominent AIM supporters include entrepreneurs Bre Pettis and Louie Lan-

Pettis is founder and past CEO of pioneering 3D printer company MakerBot (now named Stratasys). He is relocating his Berkeley, Calif. company Bantam Tools to Peekskill, where it will produce affordable, desktop PCB milling machines that can create any pattern or shape from wood, plastic, foam or composites. Typical uses are woodworking, prototypes and for students of engineering or other vocations.

Lanza has been called "a serial restaurateur" for opening a half-dozen food and beverage destinations in Peekskill since fall 2014. His leadership role in the city's revitalization also has earned him the sobriquet "Pied Piper of Peekskill." Next on Lanza's bucket list is opening a boutique hotel downtown--on top of a museum: The Hudson Valley Center of Contemporary Art hopes to relocate to the new hotel's ground level, re-branding itself Hudson Valley Museum of Contemporary Art (HVMOCA).

Kicking off AIM '18 weekend activities, at 11 a.m. on Saturday, March 24, is a panel discussion titled "How Multimedia Can Be an Engine for Economic Development." Panelists are Peekskill Mayor Andre Rainey, New York State Senator Terrence Murphy and Assemblywoman Sandra Galef, and Westchester County director of operations Joan McDonald. Moderator is Lawrence Scherer, of Albany-based government relations firm State & Broadway, whose clients include entertainment unions and companies.

AIM '18 has assembled a marquee lineup of participating venues: Hudson Valley Center for Contemporary Art (HVCCA), Paramount Hudson Valley Theater, Peekskill Arts Alliance, Peekskill Clay Studios, Peekskill Film Festival, and Westchester Community College. Each venue will host an event designed to showcase the City of Peekskill's extensive resources for fostering art, industry and education.

For more information please visit: www.artindustrymedia.com





Join us for a **Passover Model Seder and Dinner**

led by Rabbis Laurie Levy and Steven Altarescu Featuring music by Cantor Annice Benamy

Friday, March 23, 2018 at 6:00 PM followed by a **Shabbat Service at 8:00 PM**

Enjoy a fun and educational Passover experience and acquire creative resources for your own Seder Sponsored by the Sisterhood of RTPV \$10 per adult; \$5 per child ages 5-12

First-time guests are complimentary

RSVP to RTPVRabbis@gmail.org or call 845-528-4774 362 Church Road, Putnam Valley, NY • www.rtpv.org



Quality Towing & Complete Automotive

Peekskill

By Neal Rentz

Montrose resident Andy Anderson recalled last week that there was a practical reason for Quality Towing & Complete Automotive to open 23 years ago in Peekskill, near the border with Cortlandt.

"When we were looking for a place to go this was the only one we could find" that was vacant and appropriate for the business, Anderson said.

The "we" Anderson was referring to was himself and Quality Towing's owner, Tim Walker of the Jefferson Valley section of Yorktown.

Anderson said the location, just off the Bear Mountain Parkway, "fit what we wanted and it was where we wanted to be. So we just got lucky."

Quality Towing provides "anything automotive" in terms of services, Anderson said. Some of the many services offered include front end alignments and work on breaks, exhausts, and engines, he said. "Whatever you need done" can be provided at Quality Towing, he said.

Many of Quality Towing's customers reside in Cortlandt, Anderson said. "Tim and I grew up here," Anderson said.

As manager, Anderson said his job responsibilities include talking to



NEAL RENTZ PHOTO

Quality Towing & Complete Automotive has been operating in Peekskill for the past 23 years.

customers, scheduling the work, ordering parts and doing price estimates and billing. If needed, Anderson said he will pitch in and do work on vehicles.

Anderson said he and Walker have been friends since growing up together in Yorktown. Working on cars has always been a particular interest for Walker, Anderson said. "It's always been his thing," Anderson said. "I work on cars because of him."

Quality Towing has been a success for over two decades because in part, "Tim is extremely good at what he does," Anderson said. "He's got a good view on things. He sees everything really well."

"I think we're decent people, I think we know how to treat customers," Anderson said. "When we were kids we worked in a Mobil station in Yorktown and that guy, I thought, really was good to his customers. And I think we kind of modeled what we were taught."

"I think we're fair. I think we do good work. We stand behind what we do and we care about our customers," Anderson said. Anderson said he enjoys his work. "I had always thought if you get up every day and you don't mind going to work, you don't work a day in your life," he said. "I don't work a day in my life. I get up every morning, I love my job. I like the people I work with. I like the people I work for."

Quality Towing & Complete Automotive is located at 2051 E. Main St. in Peekskill. For more information, call 914-734-8099.



Leading the Way

Joe Brady of Peekskill was front and center at the annual Saint Patrick's Day Parade in New York City Saturday.



A Happy Easter and a Joyous Passover









A Happy Easter and a Joyous Passover



Find a stunning selection of jewelry, trendy gifts for girls of all ages, beautiful scarves, bags and home accessories, as well as adorable baby items and so much more.

1811 Commerce Street Yorktown Heights NY • 914-962-9474

In the Heart of Yorktown Store Hours: Tues-Sat 10-5:30 · Thurs Eves til 7 LIKE US ON FACEBOOK! www.WishesBoutique.com



Pansotta 1 2008 Crompond Rd. Cortlandt Manor 914 737-1100

> Open Monday-Friday 7am -6pm. Saturday 7am-5pm **Sunday: Catering Available**

Order Your Easter Items Today

Traditional Pizza Rustica Antipasto Platters Hot Entrees & Sides Available ◆Fresh Pasta ◆Fresh Mozzarella Pies • Cookies • Pastries & Cakes and much more!

BUTCHER DEPARTMENT • Fresh Prime Domestic Leg of Lamb • Fresh Ham • Smoked Ham Fresh Turkeys • Filet Mignon **Fresh Sausage Made on Premises** and much more!

'Closed' Easter Sunday

Please order Fresh Meat items by 3/24, all other catering items by 3/28.

www.sansottadeli.com



www.lamerseafood.net

- vegan soups and desserts
- Clambakes and fine catering
- **View our Easter** & Passover Menus



YORKTOWN P🏰T GROOMING, INC.

Hop on over with your Best Friend this **Easter Season!**



1903 Commerce Street • Yorktown Heights, NY 914-962-4464 www.yorktownpetgrooming.com

Party Favors 🔰 Passover 👸 Showers 👸 Weddings **Mother's Day W Communion**

Lil' Chocolate Shoppe

Finest Novelties for Easter: Rabbits · Chicks · Eggs Baskets · Jellybeans · Malt Eggs · Peeps
Passover: Chocolate Covered Matzos · Chocolate Wafers · Supplies

Retro Candy 🦓 Certificates

Call or Fax: Order your Custom Cake or Order Your Custom Cake or Cupcake Novelty Toppers!



15 Washington Ave • Pleasantville, NY Mon-Sat 10am-6pm • Sun 12pm-4pm

Harmonicas for Health

The Harmonica Honeys are warming up before their maestro arrives. The sounds - warbles, vibrato, wah-wahs, bends and barks, all created by many harmonicas - fill the room as the group practices together. When the instructor walks in, the team is ready to begin, each opening a binder of arranged music for their morning concert. A bluesy rendition of "When the Saints Go Marching in" is first on the playlist. The performance is strong and so are the groups' lungs. Each member belongs to Northern Westchester Hospital's (NWH) Pulmonary Rehabilitation Program at Chappaqua Crossing.

"We're going to pulmonary rehabilitation after harmonica practice," said Kathleen, a member of the Harmonica Honeys, who was diagnosed with Chronic Obstructive Pulmonary Disease three years ago. Playing the harmonica has helped Kathleen and other members of NWH's Pulmonary Rehabilitation Program, strengthen their lungs and improve their breathing.

"Drawing air in and blowing it out through the lungs makes our diaphragms stronger," said Kathleen. "I am a former professional ballerina. I didn't perform for a very long time and until about a year ago I thought I'd never perform again because I could barely manage a flight of stairs. I was wrong." Recently, Kathleen returned to the stage and was able to do what she loves most – dance. "I received lots of bravos, but the best thing was being able to breathe deeply enough to perform," said Kathleen. "My oxygen is routinely 98 to 99 percent now. Consistent rehab, including harmonica play, and the super support group of friends and therapists we have here has helped me get back on stage."

Al, a social worker who leads a local band called The Howlin' Hearts, volunteers his time to help members of Pulmonary Rehab learn to play the harmonica. "Not only are we making music, we're getting great exercise for our lungs," says Al, who has played the harmonica for over 50 years. He was approached by members of Pulmonary Rehab to lead the harmonica program about a year ago. "I've been volunteering every Friday since. Aside from the harmonica helping strengthen the lungs, the amount of laughter that happens in this room is sure to make anyone feel better."

Barbara, another member of the Harmonica Honeys is thankful for the program. "We all have similar disabilities," said Barbara. "Because we're cheering each other on in harmonica practice and in pulmonary rehabilitation, we've become friends. We support one another." Barbara was one of the first to join the Harmonica Honeys. "Aside from strengthening my lungs, this program makes me feel good. We recently had our

holiday dinner and put on a small concert for our family and friends. It makes me proud."

The group has every reason to be proud. "We had no idea how to play before joining this group," Barbara recalled. "We didn't know which end of the harmonica was which!" According to maestro Al, the harmonica is not an easy instrument to master. Members of the group practice at home in order to keep up in class.

For the concert's grand finale, the Harmonica Honeys play "Oh Susanna." "This song is always tough for me," said Barbara. "My disease makes it difficult for me to breathe in." Group members explain that, for people with lung issues, higher notes are more difficult because they require deeper "draws," or deeper breathing in. "The supportive environment always helps me get through," said Barbara. The team forces me to do it. And that strengthens my muscles and my perseverance."

If you experience shortness of breath, pulmonary rehab may help you. Pulmonary rehab lessens your sensation of shortness of breath, while helping improve activity endurance and quality of life. We can help you get a referral from your physician. Contact Northern Westchester Hospital's Pulmonary Rehab team at (914) 458-8700 to ask about a pulmonary function test.

Obituaries

Continued from page 7
Frances Tuttle

Frances Tuttle, a resident of Montrose, known as "The Steward of Harper Avenue," died March 13. She was 95.

She was born September 20, 1922 to the late John and Ola (Cale) Brown in Mobile, AL. Her home on the corner of Harper Avenue was admired by many for its beautiful flowers and her "Rose Garden of Friends." She was also an amazing cook and adored by family and friends for her incredible fried chicken and chocolate chip cookies. She will be deeply missed.

She is survived by her beloved children, Patricia Miner Gill, Catherine Eickler and husband John, Jeannine Tuttle and her "acquired son" Raul Marino; loving sisters, Viola Gilbert and Sarah Thornton; adoring grandchildren, Greg Bleeker, Ronald Bleeker, Heidi Miner, Wendy Stephens, Charlotte Bernstein, Matt Eickler, Erin Marun, her cherished great grandchildren and Ruthanne Iselin.

She was predeceased by her beloved husband of 29 years, Roland Tuttle of Tuttle Bros. Paints, Peekskill, children Betty Rhem and Roland Tuttle Jr. and granddaughter Gail Bleeker.

You Are What You Eat, But is That Who You Want To Be?

Last week I introduced the Slow Food movement and its inevitable offshoot, Slow Wine. After penning my column, I began to think about the evolution of diets across European and Asian countries and in the United States.

From the Mediterranean diet to the American "fast food nation" dietary habits, culinary traditions have evolved, more over the past 50 years than in the previous millennia. Historically, the American diet, which as a reflection of our entrepreneurial spirit and ambition, has been focused on immediacy and efficiency as compared to the laid-back Mediterranean diet and its Asian equivalent, which have been focused on the appre-

ciation of food and the intrinsic, interwoven role of wine and other beverages.

Yet in this era of pandemic information overload, the two dietary patterns are beginning to cross over, for better and for worse. Allow me to contextualize these dietary changes into a historical perspective. An anthropological review provides a roadmap to the evolution of these once divergent diets.

The human body has evolved very lit-

tle over the last 40,000 years. It was "designed" for a specific diet, one that was reliant on readily available products and ingredients. Think about the diet of early homo sapiens: berries, root vegetables (each a complex – or good – carbohy-

drate), nuts, fermented juices, wild game and a mastodon steak once or twice a year. This diet prevailed for millennia but then, as the population grew, along came cities and the need to feed the masses. Industrialized agriculture – principally processed grains and products with pumped up sugar (bad carbohydrates) – became a primary source for food, a divergence that is not in humans' DNA.



As the Industrial Age gradually infiltrated our lives, so too did the commercial food industry, notably in the United States. Scientific applications and additives were introduced to preserve and extend the shelf life of raw food. Not coincidentally, commencing in the mid 20th century, the incidence of cancer, heart disease and obesity began to rise to near epidemic levels. Through all of these changes, wine remained a healthy, unadulterated staple.

Until recently, Americans were uniquely impacted by the rise in life-threatening diseases. The USDA has addressed these issues, and they didn't have to look far for a solution. Mediterranean-rim countries have resisted what the Americans have succumbed to. Their diets more closely resemble a diet for which our physiology was designed: a balance of unadulterated, minimally processed proteins, fats and carbohydrates, lubricated by fermented juice.

However, there is a strange irony in this tale. Americans, introduced to the "French Paradox" 20 years ago, have begun to slowly change to a more Mediterranean focused diet. The rest of the world, however, has begun to succumb to the ubiquitous American diet. As American capitalism has expanded across the globe, there has been a rise in overly processed foods, coupled with an increase in the consumption of fatty foods (hamburgers and supersized French fries) and sugary soft drinks. For example, historically the incidence of heart disease in Japan and France was minor compared to the United States. This all changed as American food manufacturers expanded to these countries over the last quarter century. Today, heart disease has become a major concern in these countries as well as other globalized nations that

have embraced the American diet.

There is one constant in the evolution of early man's diet. Wine has been a beverage of choice for millennia, growing in popularity to this day. This "superfood" is considered an elixir for health and a social lubricant that ameliorates modern day stress. Even the USDA agrees: "Moderate alcohol consumption also is associated with reduced risk of all-cause mortality among middle-aged and older adults and may help to keep cognitive function intact with age."

Sound diets are on the rise in the United States. We're moving in the right direction, but the road is a long and arduous one to synchronize our lifestyle with our physiology. My advice: rather than inhaling your food, take a deep breath, exhale and smell the roses – and the rosemary – in your next meal.

Nick Antonaccio is a 40-year Pleasantville resident. For over 20 years he has conducted wine tastings and lectures. Nick is a member of the Wine Media Guild of wine writers. 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.

Premier Camp

Tennis Camp

June 25 - August 10

By the Week or Season

Ages 5–12 9am–3pm Soccer, basketball, baseball, racquetball, arts & crafts, Free Swim and Swim Lesson!





June 25 - August 24
By the Week or Season

Ages 6-14 9am-3pm

Focus is on tennis strokes, footwork, competitive games, and a swim break.



Extended Child Care Available

Premier Athletic Club

2127 Albany Post Rd., Montrose, NY Rt. 9A between Croton & Cortlandt Manor

Call for details or go to www.Premierathletic.com

PREMIER





35 Years of Excellence
OPEN HOUSE

914-739-7755

March 19 - March 23 10:00 am - 12:00 pm

You are cordially invited to join us for a visit and a personalized tour of our facility located in the historical Yorktown Community & Cultural Center!

Come and meet our experienced and dedicated teaching staff
Learn about our successful academic program
Crafts • Refreshments • Live Music

www.brightbeginpreschool.com Lic-NYS OCFS -Registered NYS Dept. of Ed. 1974 Commerce Street Yorktown Heights, NY 10598 (914) 962-2929



If you would like to visit with your child Call us at 914-528-5600

Come and see the difference!

Both programs are now registering for September 2018 For information on these programs call 914-528-5600 1949 E Main ST, Mohegan Lk, NY Nancy Brophy, Owner/Director



The board-certified cardiology doctors of Northwell Health are dedicated to providing high quality compassionate care. Using the latest research and technology, we coordinate care for your total heart health. Our care plans are personalized for each patient's needs with a focus on wellness.



Physician Partners

Northwell Health Physician Partners is expanding our expert cardiology team. We welcome our new doctors who have relocated to Sleepy Hollow.

Michael Feld, MD Edward Yun, MD Marjory Alabre, MD

Northwell Health Physician Partners Cardiology at Sleepy Hollow 362 North Broadway, 1st Floor Sleepy Hollow, NY 10591

Call us for an appointment: (914) 269-1740



We are the dedicated physicians employed by Northwell Health in over 100 specialties. Learn more about Northwell Health Physician Partners at Northwell.edu/PhysicianPartners.

Why Your Ceiling Is the Height It Is

A visitor to our home last week commented on its luxuriously high ceilings and how "open" it made our living space. Yes, we opted to pay more money for the top floor of our condo building which featured ceiling heights that are two feet higher than on lower floors. Once experiencing 10 ft. high ceilings, it's hard to go back.

Many years ago when my wife and I discovered our dream home in the country, we were delighted that we could figure out a way to turn a one-and one half story saltbox wing with all original 18th century details into a separate apartment.

However, it came with one caveat. Whenever it was available for rent and we received inquiries from prospective tenants, the first thing my wife would ask was, "Do you mind telling me how tall you are?"

There was always a questioning pause on the other end of the line, but if the answer was 6'2" or over, her response was, "Sorry, I don't think this apartment would be for you." The reason was simple to explain. The structure was built in 1734 when people were shorter, and the ceilings on both floors are barely two inches more than that in height.

We didn't want to waste any very tall

person's time in considering a home where they might feel like Gulliver visiting Lilliput or Alice in Wonderland inside the rabbit's house.

In those early days, most houses were simple utilitarian structures and home builders knew that lesser heights meant less space to heat in the winter and there-

fore less wood chopping to fit into a day bursting with physical activity as it was.

My house belonged to a tenant farmer on the Van Cortlandt land grant and his needs were quite simple, but down the road a way at the landlord's Van Cortlandt Manor, greater affluence afforded ceilings with greater height. The same holds true today.

While ceiling heights in Victorian times had reached average heights of 13 feet, based on English city houses, heights moderated

down to eight feet with the advent of mass housing developments after World War II. That height, based on the standardized length of an eight-foot stud, stayed in place until the term McMansion was coined in the early 1980s where center halls and family rooms could soar two stories high.

By the end of the 20th Century, increased fuel costs put a damper on ceiling heights so that today the average ceiling height for new construction is nine feet on the first floor and eight feet on the second. That extra foot in height on the first floor, it is estimated, can increase the cost of building a home from \$20,000 to \$30,000, for a 4,000 sq. ft. house, depending on the area of the country in which it is built. And to keep everything in proper scale, a higher ceiling means that furniture might have to be larger, windows have to be taller, crown molding has to be thicker, a fireplace mantel must be taller, light fixtures bigger and even artwork has to be larger to cover more wall space.

What mitigates the extra expense of taller ceilings is the cost savings that come from better insulation and other energy saving improvements to windows and doors.

In the distant past, homes were built with what we call a "balloon frame" where studs go from grade level to roof, as opposed to the "platform frame" we use today where each floor's studs make their own separate box and one box is placed upon the other. With a balloon frame, ceilings could be any height, but as the milling of studs was standardized to eight feet in the early 20th century, ceiling heights were almost universally that same measurement.

A comfortable ceiling height today depends on who you talk to. An architect friend told me that affluent clients are asking for a nine-foot minimum ceiling

height, but prefer 10 or even 12 foot ceilings. Anything less than that is unacceptable to the people who do not have to be concerned with utility costs. But, interestingly, new zoning regulations keep even the wealthiest clients from going overboard in that the overall building height is limited in our communities, which in turn limits the height to which we can build ceilings."

Beyond cost, another factor to consider is the psychology of it all. Pulte Homes, one of the nation's largest homebuilders, conducted research recently demonstrating that, while consumers like higher ceilings to have a room feel more expansive, they feel that it gives a greater sense of formality to the space, which can render it cold and austere.

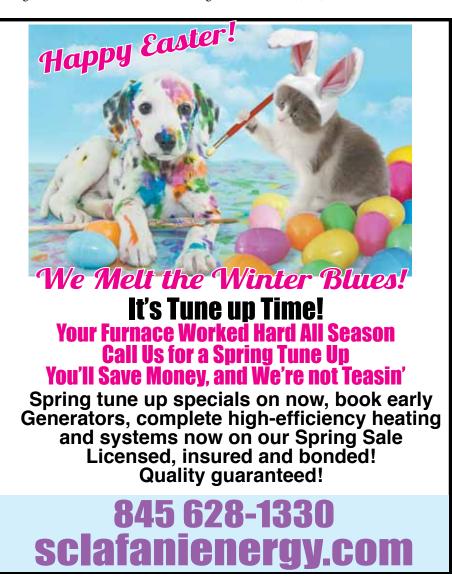
But today, besides an open floor plan, we want homes that are more inviting, casual and warm. And, part of achieving that is with ceilings that are more humanly scaled. So, if you're a house-hunter, consider carefully the space between your head and the ceiling, because it can't be changed easily, unless you partake of the magic mushrooms enjoyed by Alice in Wonderland!

While Bill Primavera, The Home Guru, enjoys a career as a writer and publicist, he is a Realtor* with William Raveis Real Estate, specializing in upper Westchester and Putnam Counties. To engage the services of The Home Guru to market your home for sale, call (914) 522-2076.



The

Home



Happenin8s

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, March 20

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 pm. 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-benefitsinformation-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.

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.

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 a LCSW and clinical nutritionist will be held. Discuss

and resolve issues around relationships with food. Info/register: hyinhealth@gmail.com or www.hyinhealth.com.

Hebrew Classes: Hebrew Classes are being held at the First Hebrew Congregation every Tuesday through March 27. First Hebrew offers two classes for adults who want to either converse or read Hebrew faster. The conversational classes run from 6 to 7:30 p.m. The classes are free for members of First Hebrew or \$5 per class for others. The class to read Hebrew faster follows at 7:30 p.m. RSVP fhc@firsthebrew.org or 914-739-0500. First Hebrew is located just west of Beach Center at 1821 Main St., Route 6, Peekskill. Visit www.firsthebrew.org.

Wednesday, March 21

Senior's Fitness Classes: Free fitness classes are being offered to seniors who reside in the City of Peekskill on Mondays, Tuesdays and Wednesdays from 10 to 11 a.m. The Class name is "The Workout." For more information please contact Ray Glashoff at 914-734-4254. Classes are held at the Neighborhood Center (Field Library), 4 Nelson Ave., downstairs from the Library.

Anime Club: An Anime Club meets every Wednesday through May 30 at the Somers Library. from 3:15 to 4:30 p.m. This program is for teens entering 7th grade & up. Info: 914 232 5717.

POUND Program: 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 are 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.

Continued on page 20



Crossword

- 1. It doesn't hold water
- 6. It might be found in a rush
- 9. Thing referred to
- 11. It often has sliding doors
- 12. More stupid
- 14. Letter accompanier, abbr.
- 15. Birthright seller
- 16. Alternative to JVC or Panasonic
- 17. Heritage Hills pizza and pasta
- 19. Stadium demolished in 2009
- 21. Put on
- 22. Working day
- 26. Cheers choice
- 27. Stripling
- 28. French sea
- 29. It's south of Georgia
- 33. Words with pinch or pickle
- 34. Discussion sites
- 35. Baseballer Maglie
- 36. Somers' cafe, rhymes with

colloquial term

for itinerant workers

DOWN

- 1. Rock's _____ Vicious
- 2. Japanese figure skater Midori
- 3. Shakespearean suffix
- 4. Experienced

- 5. Variation of Liz
- 6. Superimpose
- 7. Rotten
- 8. House
- 10. Exploit
- 13. Feel bad about
- 17. Pertaining to the government
- 18. South American cowboy
- 19. Hindu religious teachers
- 20. Seat of Montana's Lewis and Clark County
- 23. Tampa airport abbreviation
- 24. Peasant who is bound to work
- 25. Brit's service discharge
- 30. Kernel
- 31. "As I see it," in an e-mail
- 32. Clod

1	2	3	4	5				6	7	8
9					10			11		
12						13		14		
			15					16		
		17					18			
19	20						21			
22				23	24	25				
26				27						
28				29				30	31	32
33					34					
35						36				

VolzAuto.com



Meadowland



2018 GMC Terrain AWD



Lease as low as 9 for 24 months* SK# G18148, MSRP \$32,465 WE ARE PROFESSIONAL GRADE

1952 Route 6 Carmel, NY

845-225-8468

MARCH MADNESS SALE GOING ON NOW!

2018 GMC Canyon SLE C/C



Lease as low as for 36 g for 30 months*

SK# G18035, MSRP \$37,500

2018 GMC Sierra HD C/C



2018 GMC Sierra Elevation D/C

4X4



Lease as low as for 36 months*

SK# INBOUND, MSRP \$42,985

2018 GMC Acadia SLE AWD

9 for 36 months* SK# G18151, MSRP \$40,905

Happenin8s

Continued from page 18

Thursday, March 22

Talmud Class: Talmud and the Ethics of our Sages meets on Thursdays, from 10:30 a.m. to noon, at the Yorktown Jewish enter, 2966 Crompond Rd. Feel free to come and bring a friend, even if you cannot commit to coming to class weekly. We always welcome new participants. No knowledge of Hebrew is expected, and no particular depth of Jewish knowledge is assumed. Info: 914-245-2324 or yorktownjewishcenter.org.

Wine With Weiner: Wine with Weiner will be held at 7:45 p.m. at Temple Beth Am, 203 Church Pl., Yorktown. Come to Beth Am for an informal conversation with the Jewish community on the issues that affect our lives. With welcoming wine (or other beverages people bring), Rabbi Weiner facilitates a fascinating "laid-back" discussion while bringing us closer as a Jewish community. Congregants and non-congregants alike are invited to take this journey with our Rabbi. No previous knowledge is required, and all backgrounds are welcome. For information, please call our Rabbi at 962-7500 or e-mail him atrabbiw@optonline.net

Friday, March 23

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.

Anime Nights: Join us for a chance to watch anime from Crunchyroll with your friend at the Somers Library. This program is for teens entering seventh grade and up. It meets one Friday a month from 4:30 to 6:30 p.m. on the following dates 1/19, 2/16, 3/16, 4/13, 5/11, and 6/1.

Temple Beth Am Shabbat: Temple Beth Am will "opens its doors to all who enter" for Shabbat on Fridays at 8 p.m. Our modern Sabbath service has a spiritually engaging and warm feeling while following traditional modes. All are welcome to our friendly sacred space. Temple Beth Am is located at 203 Church Pl. Yorktown. For more information, please

call our Rabbi at 914-962-7500 or e-mail him at rabbiw@optonline.net

Jewish Center Services: At the Yorktown Jewish enter, 2966 Crompond Rd., Friday night Sabbath services are held at 6:15 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.

Saturday, March 24

Maple Feast Weekend: Hanover Farm and White Oak Farm will jointly celebrate "Maple Fest Weekends" on Saturday, March 24 and Sunday, March 25. Invited guests will enjoy a hot breakfast at Hilltop Hanover Farm and then drive to White Oak Farm - only a mile away - to witness a free maple syrup demonstration. Breakfast, which will consist of freshly grilled pancakes, maple syrup (produced at White Oak Farm), bacon, juice, and hot beverages, will be served at 9, 10 and 11 a.m. each morning at Hilltop Hanover Farm (1271 Hanover St. Make your reservation now at www.hilltophanoverfarm.org. After breakfast guests will be directed to White Oak Farm (680 Croton Lake Rd). only a mile away for the free maple syrup demonstration at Westchester's only sugar-

Modern Shabbat Service: Looking for a modern Shabbat service steeped in Jewish tradition? Come to Temple Israel of Putnam Valley, a Conservative Egalitarian Synagogue situated on beautiful Lake Peekskill. Our inclusive, community-lead services start at 9:30 a.m. on Saturdays and are held in Hebrew and English. Enjoy a comfortable atmosphere where participation is appreciated and afterwards stay for our delicious Kiddush lunch. Services are free; Family Memberships are \$250 per year and include High Holiday Services. The synagogue is located at 140 Lake Drive in Lake Peekskill. For more information, call 845-528-2305.

Yorktown 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

Multi-media Engine: A panel of local legislators will discuss 'How Multimedia Can Be an Engine for Economic

Development' will be held from 11 a.m. to 12:30 p.m. at Dramatic Hall on the third floor of the Peekskill Central Market, 900 Main St. The panelists are Assemblywoman Sandra Galef, state Sen. Terrence Murphy, Westchester County Director of Operations Joan McDonald and Peekskill Mayor Andre Rainey. The doors will open at 10 a.m. All journalists are encouraged to attend. For further information, contact Bruce Apar at 914- 275-6887or bruce@aparpr.co. Visit http://www.artindustrymedia.com.

Ossining Farmers Market: The Ossining Down to Earth Farmers Market is now being held outdoors on Spring and Market Streets. Customers old and new will find delicious produce, pastureraised meat, poultry, and eggs, breads, baked goods, and much more. For a full list of our markets and vendors, visit DowntoEarthMarkets.com.

Mediapolis: AIM '18 is a weekendlong series of activities slated for March 24 and 25 created to celebrate the lower Hudson Valley's emergence as a "mediapolis" – a thriving hub of multimedia creativity and commerce. The first-time event is centered in the resurgent riverfront City of Peekskill. AIM '18 is being coordinated under the auspices of the Hudson Valley Gateway Chamber of Commerce, which has formed a new committee, branded AIM – symbolizing Peekskill's affinity for synergizing art, industry and media. For more information please visit: www.artindustrymedia.com.

Library Programs: Two programs have been scheduled for today at the Somers Library. The Amazing Power of a Crystal Clear Vision will be held from 10:30 a.m. to 12:30 p.m. Is there more you desire to be, do and have in 2018? Start 2018 at The Vision Workshop and let this be your year for clarity, joy and fulfillment. Learn how to eliminate fear, doubt and worry and move toward your dreams with confidence and increased prosperity. Join Theresa Wienecke, a life mastery coach, as she leads this free interactive workshop. You will leave with your individualized 2018 Vision Statement. All are welcome. It is perfect for high school students through retirees. Register online on our online calendar at www.somerslibrary.org or call 914-232-5717. Teen Cake Decorating with Liza will be held from 1:30 to 3 p.m. - Join us to decorate a banner - team spirit cake to take home with you. With the instruction of cake decorator Liza Calderon, participants will use confectioners' tools to create a beautiful and delicious work of art. This program is intended for teens / tweens in grades six and up. Space is limited. Registration is required. Please go to our online calendar at www.somerslibrary.org or call us at 914-232-5717. Our programs are funded by the Friends of the Somers Library through your do-

Support Connection Yoga Program: Support Connection announces a free

weekly program Yoga: A Path toward Wellness will be held every Saturday for the rest of March, beginning today, 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 preregister, which is required, call Support Connection at 914-962-6402 or 800-532-4290.

Sunday, March 25

Palm Sunday Service: Palm Sunday services will be held at 8:30 and 10:45 a.m. at First Presbyterian Church of Yorktown, 2880 Crompond Rd. Info: www.fpcyorktown.org.

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

Monday, March 26

Somers Library Monday Program: Bridge at the Somers Library is being held on Mondays throughout 2018 from 10:30 a.m. to noon. These classes are for beginners and players with some experience as well. Learn how to navigate your way around the game from bridge maven Walter Heitner. You will learn bidding and work on the play of the hand. By working with a group, you will all get better together. Space is limited; register online at www.somerslibrary.org or call the library at 914-232-5717.

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

Community Passover Seder: Everyone is invited to First Hebrew's Community Passover Seder dinner celebrating the Jewish people's departure from slavery in ancient Egypt. Hear the story, and share in the traditions, including the festive meal. Though the event is scheduled for March 31 at 6:30 p.m. RSVP by March 26; because there will be no walk-ins allowed. The cost is \$55 for adults, children ages 5-13 pay \$25; and children four and under will be admitted for free. First Hebrew is located on the border of Cortlandt and Peekskill on Route 6 at 1821 Main St., just west of the Beach Shopping Center. Info: 914-739-0500, fhc@firsthebrew.org or visit www. firsthebrew.org.

(Solution to puzzle on page 19)

¹ S	²	³ E	⁴ V	⁵ E				⁶ O	⁷ R	⁸ E
9	Т	S	Е	L	¹⁰ F			¹¹ V	Α	N
¹² D	0	Т	Т	I	Е	¹³ R		14 E	Ν	С
			¹⁵ E	S	Α	U		¹⁶ R	С	Α
		¹⁷ F	R	Α	T	Е	¹⁸ L	L	I	S
¹⁹ S	²⁰ H	Е	Α				²¹ L	Α	D	E
²² W	Е	D	Ν	²³ E	²⁴ S	²⁵ D	Α	Y		
²⁶ A	L	Е		²⁷ T	Е	Е	N			
28 M	Е	R		²⁹ A	R	M	Е	30 N	31 	³² A
³³ I	N	Α			³⁴ F	0	R	U	M	S
³⁵ S	Α	L				³⁶ B	0	В	0	S

SMALL NEWS IS BIG NEWS 914-864-0878

FISHLIN & FISHLIN, PLLC - ATTORNEYS AT LAW WESTCHESTER, ROCKLAND AND NEW YORK CITY

Probate | Administration | Wills | Trusts
Estate Litigation | Guardianship
Commercial Litigation | Real Estate



TODD FISHLIN | LEWIS FISHLIN

New Westchester Office New York City Office

118 North Bedford Rd. 60 East 42nd Street

Suite 100 Suite 4600 Mt. Kisco, NY 10549 New York, NY 10165

CALL FOR AN APPOINTMENT

(212) 736-8000 | www.fishlinlaw.com

ATTORNEY ADVERTISING



Peekskill Resident Receives Award for Saving Life

Peekskill resident and New York Naval Militia Sergeant Christopher Vega received the Medal for Valor last week at Camp Smith for helping save the life of a man on January 4 who slid off Main Street in Peekskill in a truck during a snowstorm and crashed into a wall and a utility pole. Vega, a New York City police officer, pulled the metal cab open and freed the man whose leg was severed and stayed with the victim until emergency services arrived. The Medal for Valor is the highest military honor in New York



Newspapers • Publications • Shoppers • Catalogs • Magazines
Directories • Coupon Books • College Course Catalogs
Business and Financial Periodicals
Free Standing Inserts • Advertising Supplements

205 Spring Hill Road, Trumbull, CT 06611 • 203.261.2548 www.trumbullprinting.com



To Place a Classified Ad Call 914-864-0878 or e-mail classifieds@theexaminernews.con

EXAMINER MEDIA Clässifieds

Classified Ad Deadline is Thursdays at 5pm for the next week's publication

ANTIQUES & ART/COLLECTIBLES

MOST CASH PAID FOR paintings, antiques, furniture, silver, sculpture, jewelry books, cameras, records, instruments, coins, watches, gold, comics, sports cards, etc. PLEASE CALL AARON AT 914-654-1683

ANNOUNCEMENTS

SAVE YOUR MARRIAGE TODAY- Buy the Only Expertis step-by-step guide on How You can Save Your Marriage from divorce and collapse. Visit www.savingeverymarriage.com for more information.

ATTORNEY/ LEGAL

LUNG CANCER? And Age 60+? You And Your Family May Be Entitled To Significant Cash Award. Call 866-951-9073 for Information. No Risk. No Money Out Of Pocket.

AUTO DONATIONS

Donate your car to Wheels For Wishes, benefiting Make-A-Wish. We offer free towing and your donation is 100% tax deductible. Call 914-468-4999 Today!

FARMING

GOT LAND? Our Hunters will Pay Top \$\$\$ To hunt your land. Call for a FREE info packet & Quote. 1-866-309-1507 www.BaseCampLeasing.com

FOR SALE:

Privacy Hedges -SPRING BLOWOUT SALE 6ft Arborvitae Reg \$179 Now \$75 Beautiful, Nursery Grown. FREE Installation/FREE delivery, Limited Supply! ORDER NOW: 518-536-1367 www.lowcost-treefarm.com

GOLD/SILVER WANTED

HIGHEST PRICE\$ PAID - Visit Westchester's Top Buyer for Gold, Silver, Diamonds, Coins & Currency, Watches, Jewelry. Licensed, Professional, No Appointment Necessary. Tuesdays-Saturdays 10am-6pm, Mt. Kisco Gold & Silver, 139E Main Street. 914-244-9500

HEALTH

OXYGEN - Anytime. Anywhere. No tanks to refill. No deliveries. Only 2.8 pounds! FAA approved! FREE info kit: Call 1-855-730-7811

VIAGRA & CIALIS! 60 pills for \$99. 100 pills for \$150 FREE shipping. Money back guaranteed! Call Today: 800-404-0244

HELP WANTED

AUTO/TRUCK MECHANIC WANT- ED. Weekdays only. Call or apply in person at 100 Locust Avenue, Cortlandt Manor, NY. **(914)** 737-6492

HAIR STYLISTS FT/PT Looking for experienced, reliable professionals for a well established salon in Katonah. Call 914 760 6520

CLINICIANS, TEACHERS, YOUTH SPECIALISTS, PEDIATRICIAN AND PSYCHOLOGIST. The Children's Village seeks qualified candidates. All positions for Bilingual Candidates only! On site interviews being held every Wednesday, 9:30am-12:30pm 1 Echo Hill, Dobbs Ferry, NY. Email or call before coming in for an interview cmendez@childrensvillage. org. 914–693-0600 x1117. EOE-Recruiting a diverse workforce. www.childrensvillage.org/employment

AIRLINE CAREERS Start Here! Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call AIM for free information 866-296-7094

HOME IMPROVEMENT

Help your local economy and save money with Solar Power! Solar Power has a strong Return on Investment, Free Maintenance, Free Quote. Simple Reliable Energy with No Out of Pocket Costs. Call

now! 800-678-0569

HOME SERVICES

Call Empire Today to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-800-496-3180

LAND FOR SALE

CATSKILL MTNS ESTATE SALE! MARCH 24TH! 90 MINS NY CITY! 11 Huge Tracts from \$39,900! Beautiful woods, stonewalls, views! Call 888-905-8847 to register. Virtual tour: NewYork-LandandLakes.com

LEGAL NOTICES

NOTICE OF FORMATION OF SIM-PLY SPEAKING LEP, LLC. Arts of Org. filed with NY Secy of State (SSNY) on 1/10/18. Office location: Westchester County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 611D Larchmont Acres East, Larchmont, NY 10538. Purpose: any lawful activity.

NOTICE OF QUALIFICATION OF CRYPTO CAPITAL MANAGEMENT LLC. Authority filed with NY Secy of State (SSNY) on 2/2/18. Office location: Westchester County. LLC formed in Delaware (DE) on 1/5/18. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 14 Kensington Rd, Ardsley, NY 10502. DE address of LLC: 919 North Market Street, Suite 950, Wilmington, DE 19801. Cert. of Formation filed with DE Secy of State, 401 Federal St, Ste 4, Dover, DE 19901. Purpose: any lawful activity.

NOTICE OF FORMATION OF PETE'S MEATS, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on (1/5/2018). Location: (Westchester). SSNY designated as agent for service of process on LLC. SSNY shall mail a copy of process to: (United States Corporation Agents INC 7014 13th Avenue suite 202 Brooklyn NY 11228). Purpose: Any lawful purpose.

NOTICE OF QUALIFICATION OF CRYPTO CAPITAL PARTNERS LP. Authority filed with NY Secy of State (SSNY) on 2/2/18. Office location: Westchester County. LP formed in Delaware (DE) on 1/5/18. SSNY is designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: 14 Kensington Rd, Ardsley, NY 10502. DE address of LP: 919 North Market Street, Suite 950, Wilmington, DE 19801. List of names and addresses of all general partners available from SSNY. Cert. of Limited Partnership filed with DE Secy of State, 401 Federal St, Ste 4, Dover, DE 19901. Purpose: any lawful activity.

NOTICE OF FORMATION OF ART BOYKOFF, LLC filed with SSNY on 1/25/2018 located in Westchester County. United States Corporation Agents, Inc. designated as agent of LLC. Process may be served against LLC to above agent located at 7014 13th Avenue, Suite 202, Brooklyn, New York 11228. Purpose: Recreational art instructor

FORMATION OF BROOKMONT MANAGEMENT, LLC filed with the Secy. of State of NY (SSNY) on 2/9/18. Office loc.: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. The address SSNY shall mail process to Penny Jackson, 45 Winchester Oval, New Rochelle, NY 10805. Purpose: Any lawful activity.

NOTICE OF FORMATION OF NEW LOOK DEVELOPERS, LLC filed with SSNY on 1/17/18. Office loc: Westchester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: 20 Van Buren Pl., White Plains, NY 10603. Purpose: Buying and renovation of homes.

NOTICE OF FORMATION OF DENNIS J. CAMPAGNA, ARBITRATOR, LLC Art. of Org. filed with Sec. of State 01/16/18. Off. loc.in Westchester CO. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail a copy of process to Dennis J Campagna, 50 Main Street, Suite 1000, White Plains, NY 10606-1900 PURPOSE: Any lawful business.

NOTICE OF FORMATION OF THE LAW & MEDIATION OFFICES OF LORI GREENE, PLLC. Arts of Org filed with SSNY 1/5/18. Office location: West-chester County. SSNY designated as agent of PLLC upon whom process against it may be served. SSNY shall mail process to Law & Mediation Offices of Lori Greene, PLLC, 75 S. Broadway, Suite 400, White Plains, NY 10601. Purpose: any lawful act or activity.

NOTICE OF FORMATION OF CA-DEAU FRAGRANCE, LLC filed with the Secretary of State of NY (SSNY) on 02/13/2018. Office location: Westchester. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the principal business address: 11 Patriots Farm Place, Armonk NY 10504. Purpose: Any lawful act or activity.

NOTICE OF FORMATION OF MID-LAND AVE DELICATESSEN LLC filed with the Secretary of State of NY (SSNY) on 02/12/2018. Office location: Westchester. SSNY designated as agent of LLC upon whom process against it may be served.

continued on next page



GET DEALT IN ON AN EXCITING CAREER.

Become part of our team.

For details, visit RWCATSKILLS.COM.

Gambling Problem? Call 877-8-HOPENY or text HOPENY (467369). Resorts World Catskills is an equal opportunity employer.

www.TheExaminerNews.com March 20 - March 26, 2018 23

XAMINER MEDIA Classifieds

continued from previous page

SSNY shall mail process to the principal business address: 24 Cedar Place, Rye, NY 10580. Purpose: Any lawful act or activity.

.

NOTICE OF FORMATION OF BOWIE BROWS, LLC. ART OF ORG. filed with SSNY on 02/07/2018. Office in Westchester County, SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 128 Court Street White Plains, NY 10601. Purpose: Any lawful purpose.

NOTICE OF FORMATION OF HAUS OF FUREY LLC. ARTS. of Org. filed with the SSNY on 02/22/18. Office: West-chester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC at 36 Lee Avenue, Yonkers, NY 10705. Purpose: Any lawful purpose.

NOTICE OF FORMATION OF ALM SPEECH THERAPY, PLLC ART. OF ORG. filed with SSNY on February 13,2018. Office Location: Westchester County. SSNY designated as agent of the PLLC upon whom process against it may be served, SSNY shall mail pro-

cess to: 2810 Springhurst St, Yorktown Heights, NY 10598. Purpose: Any lawful purpose.

NOTICE OF FORMATION OF THE WEST HOLLOW GROUP LLC. Art of organization filed with the SSNY on 1/29/18. Office location is PUTNAM County NY. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail process to 7 West Hollow Rd Brewster NY 10509. PURPOSE: any lawful activity.

NOTICE OF FORMATION OF SET IT IN STONES, LLC Art of organization filed with the Secy of State of NY (SSNY) on 12/08/2017. Location: Westchester County. SSNY designated as agent upon whom process against it may be served and shall mail process to the principal business address: 71 Wheeler Avenue, Pleasantville, NY 10570. Purpose: Any lawful act or activity.

NOTICE OF FORMATION OF CG MEDICAL BILLING SERVICES, LLC Art of organization filed with the Secy of State of NY (SSNY) on 02/22/2018. Location: Westchester County. SSNY designated as agent upon whom process against it may be served and shall mail process to

the principal business address: 168 Douglas Ave., Yonkers, NY 10703. Purpose: Any lawful act or activity.

NOTICE IS HEREBY GIVEN THAT A LICENSE, NUMBER "PENDING" FOR BEER, WINE AND CIDER has been applied for by the undersigned to sell Beer, Wine and Cider at retail at a restaurant under the Alcoholic Beverage Control Law at 39 WHEELER AVENUE PLEAS-ANTVILLE, NY 10570 for On Premises Consumption. SMPL ENTERPRISES, INC. DBA TZATZIKI GREEK GRILL 39 WHEELER AVENUE PLEASANT-VILLE, NY 10570

LEGAL NOTICE: PARKING LOT LI-CENSE AGREEMENT REQUEST FOR PROPOSALS AND QUALIFICATIONS June 1, 2018 through May 31, 2021 The Village of Pleasantville Board of Trustees will be accepting proposals from qualified owners/operators of "for-hire" transportation companies for the exclusive right to occupy three (3) parking spaces within the Memorial Plaza parking lot, located adjacent to the Pleasantville railroad station between Bedford Road and Manville Road in Pleasantville, New York. Interested persons may obtain information, forms and instructions from the office of the Village Clerk, 80 Wheeler Avenue, Pleasantville New York. The Village of Pleasantville Board of Trustees reserves the right to accept or reject any proposal. Applications must be returned to the Village Clerk by 4:00PM on April 15, 2018. Judith Weintraub, Village Clerk, Village of Pleasantville, Westchester County, New York

NOTICE OF PUBLIC HEARING The Board of Trustees of the Village of Pleasantville will hold a Public Hearing on Monday, March 26, 2018, 8:00pm, prevailing time, 80 Wheeler Avenue, Pleasantville, New York to hear comments as it pertains to amending Chapter 166, Article IX, Section 31 of the Village Code entitled "Cold War Veterans' Real Property Tax Exemption as follows: Section: 166-31 Grant of exemption. A. Residential real property which qualifies under the provisions of Real Property Tax Law § 458-b shall be exempt from taxation to the extent of 15°/o of the assessed value of such property; provided, however, that such exemption shall not exceed \$12,000 or the product of \$12,000 multiplied by the latest state equalization rate of the assessing unit, or, in the case of a special assessing unit, the latest class ratio, whichever is less. TO ADD: B. The exemption provided under this article shall be effective for as long as a qualified owner of qualified residential real property remains a qualified owner thereof: without regard to the ten (10) year limitation period previously in effect. Judith Weintraub, Village Clerk, Village of Pleasantville, Westchester County, New York

NOTICE is hereby given that a license, number "Pending" has been applied for by the undersigned to sell Beer, Wine and Liquor at retail at a restaurant under the Alcoholic Beverage Control Law at 1099 NORTH DIVISION STREET BUILDING B STORES #2 AND #3 PEESKILL NY 10566 for On Premises Consumption. BRIDEM, INC. AMICI'S RESTAURANT 1099 NORTH DIVISION STREET BUILDING B STORES #2 AND #3 PEEKSKILL NY 10566

NOTICE OF FORMATION OF RED-LINE VENTURES LLC. Articles of Org. filed with NY Sec. of State (SSNY) on 2/21/18. Office in Westchester Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to 1045 Park Street, Parkmall, Peekskill, NY 10566, which is also the principal business location. Purpose: any lawful act or activity.

MEDICAL/ HEALTH/ PERSONAL

Medicare doesn't cover all of your medical expenses. A Medicare Supplemental Plan can help cover costs that Medicare does not. Get a free quote today by calling now. Hours: 24/7. 1-800-730-9940

MISCELLANEOUS

SAWMILLS from only \$4397.00- MAKE & SAVE MONEY with your own bandmill- Cut lumber any dimension. In stock ready to ship! FREE Info/DVD: www.NorwoodSawmills.com 1-800-567-0404 Ext.300N

DISH Network-Satellite Television Services. Now Over 190 channels for ONLY \$49.99/mo! 2-year price guarantee. FREE Installation. FREE Streaming. More reliable than Cable. Add Internet for \$14.95 a month. 1-800-943-0838

Dealing with water damage requires immediate action. Local professionals that respond immediately. Nationwide and 24/7. No Mold Calls 1-800-760-1845

Do you have chronic knee or back pain? If you have insurance, you may qualify for the perfect brace at little to no cost. Get yours today! 1-800-510-3338

HughesNet Satellite Internet - 25mbps starting at \$49.99/mo! FAST download speeds. WiFi built in! FREE Standard Installation for lease customers! Limited Time, Call 1-800-214-1903

WANTED TO BUY

Buying Diamonds, gold, silver, antique and modern jewelry, better furs, U.S. and foreign coins, paintings, bronzes, complete estates. Highest prices paid. Call 914-260-8783 for appointment.















Congratulations to Our 2017 Companywide Leading Sales Professionals in Yorktown



DOUGLAS DILL Associate Real Estate Broker Emerald Award | Top Producer



JOHN KINCART Associate Real Estate Broker Emerald Award | Brokerage Top Producer



DIANE RYAN Associate Real Estate Broker Platinum Award | Top Producer



GIGI FINAN Associate Real Estate Broker Emerald Award



ARBER BALIDEMAJ Real Estate Salesperson Platinum Award



KATHY O'DRISCOLL ociate Real Estate Broker Platinum Award



ALICIA ALBANO Real Estate Salesperson Platinum Award



ANNETTE CICINELLI Real Estate Salesperson Platinum Award



SHARI BESTERMAN WILLIAM FRATTAROLA JR ANDREA MICCARELLI ociate Real Estate Broker Gold Award



Associate Real Estate Broker Gold Award



Real Estate Salesper Gold Award



Real Estate Salespers Gold Award



Associate Real Estate Broker Gold Award



ANGELA LANNI BARBARA NICOTRA-BURRONI Real Estate Salesperson Gold Award



Real Estate Salesnerson Gold Award



LISA BUCOLO Associate Real Estate Broker Gold Award



Gold Award



JUNE CANAVAN iate Real Estate Broker Gold Award



FATIMA CANDIOTTI Real Estate Salesperson Gold Award



PATRICIA D'ALESIO Real Estate Salesperson Gold Award



Associate Real Estate Broker Gold Award



BARBARA WARD Real Estate Salesperson Silver Award



Associate Real Estate Broker Silver Award



JUSTINE CUMMINGS Associate Real Estate Broker



ELSA FERREIRA Associate Real Estate Broker



ELIZABETH JESSUP Real Estate Salesperson



NIKKO SHKRELI Real Estate Salesperson



Real Estate Salesperson



JONATHAN CLYMAN Associate Real Estate Broker



Real Estate Salesperson



Real Estate Salesperson



MAGDALENA KONKOLA Real Estate Salesperson Silver Award



VIRGINIA TALBERT Associate Real Estate Broker Silver Award



PETER PROCINO Associate Real Estate Broker Silver Award



Real Estate Salesperson Silver Award



ILNA ESSIGOGTAPPEH NADIA VAN HAUWAERT ANDREA RUDKOWSKI Real Estate Salesperson Silver Award



Real Estate Salesperson Silver Award



CAROL MILLER Real Estate Salesperson Silver Award