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# The NORTHERN WESTCHESTER Examiner

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

May 15 - May 21, 2018

SMALL NEWS IS BIG NEWS

Volume 10, Issue 438

## Rehab Plan Urged to Help Keep Mohegan Lake Clean

By Rick Pezzullo

With the swimming season fast approaching, two elected officials have joined forces in an effort to improve the water quality of a prominent local lake.

Westchester County Executive George Latimer and State Senator Terrence Murphy (R/Yorktown) have penned a letter to the chairman of the state Department of Environmental Conservation (DEC) requesting the approval of a pilot project to use alum in Mohegan Lake that could help prevent harmful algal and phosphorous from closing the waterway as has been necessary in recent years during the summer months.

"Westchester County government is committed to using innovative methods to

help clean up our region's waterways, and Lake Mohegan is one of the most contaminated water bodies in New York State," Latimer said. "It is time we act to change that."

The Mohegan Lake community has had four different lake management consultants recommend the use of alum over the last 15 years. However, the DEC has not sanctioned its use in the lake, choosing instead the use of copper sulfate.

Ken Belfer, president of the Mohegan Lake Improvement District, said a small amount of alum was applied in the lake in 2002 and the water quality vastly improved.

"Copper sulfate has an immediate effect, but it is short term," Belfer said. "Alum has

*Continued on page 2*



PHOTO BY RICK PEZZULLO

Mohegan Lake has struggled with algae and other environmental issues for years.

## Harckham to Run for State Senate vs Murphy, Force Dem Primary

By Martin Wilbur

Former county legislator Peter Harckham will run for the 40th state Senate District seat after he was apparently asked by Governor Andrew Cuomo to contemplate entering the race.

Harckham said he has been approached by former constituents, various Democrats and others to weigh a candidacy for the party's nomination to oppose two-term Republican incumbent Terrence Murphy.

Harckham did not answer questions on his pending candidacy but announced late last week on his Facebook page that he intends to formally declare his candidacy sometime this week.

"These unsettling times of uncertainty call for people of good conscience, rational minds, and a proven record of experience," Harckham stated. "I cannot sit on the sidelines while Donald Trump and Terrence Murphy, the man who nominated him at the Republican National Convention, attack our State and our very values."

Harckham, who now lives in Lewisboro, resigned from his Board of Legislators seat in June 2015 after seven and a half years in office to join Cuomo's administration as the assistant director of the Office of Community Renewal at the Office of Homes and Community Renewal. He served as major-

*Continued on page 2*



### Panas Club Honored

The Walter Panas High School Warriors were honored May 8 by the New York State Office of Mental Health in Albany at the "What's Great in Our State" forum. According to the organizers, the program was selected for "successfully addressing the issues of children's mental health." Walter Panas Guidance Counselor Melissa Smith, advisor to the Warriors, was joined by four members of the club in receiving the award held at the New York State Museum in Albany. They also received a certificate of honor from the Town of Cortlandt in recognition of their efforts in mental health awareness.



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# Rehab Plan Urged to Help Keep Mohegan Lake Clean

*Continued from page 1*

much more of a long-term effect on stemming the growth of algal blooms, and can provide us with more time to find a long-term solution."

A water sample taken near the center of the lake, which is located in Yorktown,

in July 2017 indicated the algal bloom was widespread and conditions along shorelines and recreational areas could be worse because the blue/green algae would produce toxins that would sicken people or kill indigenous wildlife.

Blue/green algae blooms are caused by

phosphorus pollution, high temperatures and a lack of natural water flow. Phosphorus pollution can be traced to human activity, with phosphorus-based fertilizers, untreated septic tanks and poor storm water management all contributing to algae issues.

"Together, working as a bipartisan team with County Executive Latimer, Ken Belfer and the residents of the Mohegan Lake community, we can return the lake to its status as one of the major destinations for recreation in Westchester County," Murphy said.

# Harckham to Run for State Senate vs Murphy, Force Dem Primary

*Continued from page 1*

ity leader for some of his time on the Board of Legislators.

Although two other Democrats in the district had seriously weighed a run earlier this year, Robert Kesten, another Lewisboro resident, had remained the only other candidate to official candidate since he announced his bid late last summer. With Harckham entering the race, he and Kesten are likely to face off in a September primary.

Kesten, who has been friends with Harckham for 20 years, said he called the former county lawmaker within the past two weeks and learned that Cuomo requested he jump in the race. Kesten declined to speculate what motivated the governor and that he has had no contact with Cuomo or anyone from his office or staff.

"It's hard for me to judge what the governor is thinking other than like many politicians if you can have your own person in

a seat or in a race it makes it better for you when you're also are in a primary or a general election," Kesten said.

"I didn't need to be asked by the governor or anybody else to get into the race," he added. "I got in because there was nothing left for me to do because I couldn't ask other people to do what I wouldn't do myself."

It has been speculated that Cuomo may be attempting to entice the best possible candidates to run in an attempt to wrest control of the Senate from the Republicans. Currently, Republicans hold a one-seat advantage in the Senate. Seven of the eight members of the Independent Democratic Conference (IDC) have said they are rejoining the Democratic caucus but they could remain a wild card.

Cuomo, a New Castle resident, also lives in the 40th Senate District.

The relatively late request could potentially jumble the race or trigger political

tremors throughout the district. To date, Democratic committees from 12 municipalities throughout the district have endorsed Kesten.

A statement from Murphy's campaign manager Martha Ruiz Jimenez went after the Democrats for having one flawed candidate in Kesten and another in Harckham.

"The Governor must feel that the so-called Indivisible movement is a joke," Jiménez said. "He clearly doesn't trust local Democrats to make the right call, but while knifing them in the back, he is recycling a stale candidate who once sought to join Shelley Silver and saddled northern Westchester with the HUD settlement. Voters have already rejected Peter Harckham and they will do so again if given the chance."

Harckham and Kesten pledged Democratic unity despite the contested matchup for nomination.

"As Democrats our values are aligned," Harckham stated. "Our united goal is to defeat Terrence Murphy and to turn the (New York) State Senate Blue. I am excited to enter this race and hit the ground running with my campaign team to assemble the coalition of supporters and voters necessary for success in November."

Kesten said he's hopeful that the committees that have endorsed him will not jump ship. There is the possibility that the challenge could make the party stronger.

"I would think that for both Peter and me our goal and objective is to see a blue Democratic state Senate, not in IDC hands, not in the governor's hands, but an independent voice of the people of New York, and if we both stick to that and run on that than hopefully it will be two voices against Mr. Murphy and the Trump Republicans in the Senate versus just one voice," Kesten said.

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# Somers Teacher to Resign after Public Lewdness in Library

By Rick Pezzullo

A Somers High School teacher who was charged with public lewdness in late April for allegedly exposing himself to a woman in the Ossining Public Library will leave the job he has held for the last

## Registered Sex Offender Moves to Mohegan

A registered sex offender convicted of sexually abusing a teenage girl has reportedly moved to a residence on Lexington Avenue in Mohegan Lake.

The New York State Division of Criminal Justice Services issued an alert last week to Westchester County residents regarding Gordon Greco, 49. The agency has labeled Greco a Level 3 threat, which means he is a "high-risk repeat offender and possible threat to public safety." He has also been designated as a predicate sex offender.

According to the Division of Criminal Justice Services, Greco had sexual contact with a 14-year-old victim in August 2006. He was convicted of second-degree sexual abuse in August 2007 and sentenced to a term of one year in jail. He is currently under the jurisdiction of the Putnam County Sheriff's Office.



Gordon Greco

15 years.

Last week, the Somers Board of Education accepted the resignation of Jeffrey Wrightman, 60, a tenured history teacher who resides in White Plains, effective June 30.

Wrightman has been on administrative leave from his \$105,652 salaried position since the April 26 incident, which occurred on the second floor of the library in an open study area. When confronted by Ossining Police, Wrightman reportedly admitted to the crime.

He was arraigned and released on

\$1,000 bail.

The alleged female victim contacted police about 8 p.m. on April 26. According to a published report, Wrightman admitted to the crime when confronted by authorities and is seeking therapy. He is scheduled to reappear in Ossining Town Court on May 22.

Public lewdness is a Class B misdemeanor that could bring a maximum sentence of 90 days in jail upon conviction, and a fine.

Jeffrey Wrightman



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Give us a call or check our website for details.</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Hess Select Cabernet \$14.97</b> </td> <td style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Kenwood Chardonnay \$9.97</b> </td> </tr> <tr> <td style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Hess Select Chardonnay \$8.97</b> </td> <td style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Soplo Garnacha \$9.97</b> </td> </tr> <tr> <td style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Grey Goose Vodka 1.75L \$49.97</b> </td> <td style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Ravenswood Pickberry Red \$18.97</b> </td> </tr> <tr> <td style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Cadonini Pinot Grigio 1.5L \$9.97</b> </td> <td style="border: 1px solid black; padding: 5px; text-align: center;"> <b>McManis Cabernet \$8.97</b> </td> </tr> <tr> <td style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Frenzy Sauvignon Blanc \$9.97</b> </td> <td style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Ketel One Vodka 1.75L \$39.97</b> </td> </tr> <tr> <td style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Decibel Sauvignon Blanc \$11.97</b> </td> <td style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Santi Pinot Grigio \$9.97</b> </td> </tr> <tr> <td style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Alma De Los Andes Malbec \$14.97</b> </td> <td style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Dewar's Scotch 1.75L \$34.97</b> </td> </tr> </table>	<b>Hess Select Cabernet \$14.97</b>	<b>Kenwood Chardonnay \$9.97</b>	<b>Hess Select Chardonnay \$8.97</b>	<b>Soplo Garnacha \$9.97</b>	<b>Grey Goose Vodka 1.75L \$49.97</b>	<b>Ravenswood Pickberry Red \$18.97</b>	<b>Cadonini Pinot Grigio 1.5L \$9.97</b>	<b>McManis Cabernet \$8.97</b>	<b>Frenzy Sauvignon Blanc \$9.97</b>	<b>Ketel One Vodka 1.75L \$39.97</b>	<b>Decibel Sauvignon Blanc \$11.97</b>	<b>Santi Pinot Grigio \$9.97</b>	<b>Alma De Los Andes Malbec \$14.97</b>	<b>Dewar's Scotch 1.75L \$34.97</b>	<table style="width: 100%; border-collapse: collapse;"> <tr><td style="border-bottom: 1px solid black;">Bogle Chardonnay .....</td><td style="border-bottom: 1px solid black; text-align: right;">\$7.97</td></tr> <tr><td style="border-bottom: 1px solid black;">Calea Nero D'Avola .....</td><td style="border-bottom: 1px solid black; text-align: right;">\$7.97</td></tr> <tr><td style="border-bottom: 1px solid black;">Fontanelles Chardonnay .....</td><td style="border-bottom: 1px solid black; text-align: right;">\$7.97</td></tr> <tr><td style="border-bottom: 1px solid black;">Brampton Sauvignon Blanc .....</td><td style="border-bottom: 1px solid black; text-align: right;">\$7.97</td></tr> <tr><td style="border-bottom: 1px solid black;">Vrac Cotes du Rhone .....</td><td style="border-bottom: 1px solid black; text-align: right;">\$8.97</td></tr> <tr><td style="border-bottom: 1px solid black;">CP Sangiovese .....</td><td style="border-bottom: 1px solid black; text-align: right;">\$9.97</td></tr> <tr><td style="border-bottom: 1px solid black;">Shannon Ridge Playtime Red .....</td><td style="border-bottom: 1px solid black; text-align: right;">\$9.97</td></tr> <tr><td style="border-bottom: 1px solid black;">Bridge Lane Chardonnay .....</td><td style="border-bottom: 1px solid black; text-align: right;">\$10.97</td></tr> <tr><td style="border-bottom: 1px solid black;">Underwood Pinot Noir .....</td><td style="border-bottom: 1px solid black; text-align: right;">\$10.97</td></tr> <tr><td style="border-bottom: 1px solid black;">Pine Ridge Chenin Blanc/Viognier .....</td><td style="border-bottom: 1px solid black; text-align: right;">\$10.97</td></tr> <tr><td style="border-bottom: 1px solid black;">Mayu Pedro Ximenez .....</td><td style="border-bottom: 1px solid black; text-align: right;">\$11.97</td></tr> <tr><td style="border-bottom: 1px solid black;">Pierre Sparr Riesling .....</td><td style="border-bottom: 1px solid black; text-align: right;">\$11.97</td></tr> <tr><td style="border-bottom: 1px solid black;">L'Effet Papillon Rouge .....</td><td style="border-bottom: 1px solid black; text-align: right;">\$11.97</td></tr> <tr><td style="border-bottom: 1px solid black;">Mas De Gourgongnier Rouge .....</td><td style="border-bottom: 1px solid black; text-align: right;">\$11.97</td></tr> <tr><td style="border-bottom: 1px solid black;">Ch. 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### ROSÉS ON SALE

Vrac .....	\$7.97
Yalumba Y Series .....	\$9.97
Bieler .....	\$9.97
Underwood .....	\$9.97
Bila-Haut .....	\$10.97
Chill .....	\$12.97
Ch. Gassier .....	\$13.97
Wolffier Estate .....	\$15.97
Le P'tit .....	\$16.97
Le Chemin Sancerre .....	\$19.97

### SPIRITS ON SALE

360 Georgia Peach Vodka 750ml .....	\$13.97
Pueblo Viejo Blanco Tequila 750ml .....	\$15.97
Gordon's Vodka 1.75L .....	\$16.97
Clan MacGregor Scotch 1.75L .....	\$18.97
Bulleit Bourbon 750ml .....	\$33.97
Beefeater Gin 1.75L .....	\$36.97

### MAGNUMS ON SALE

Casa Del Toro Cabernet/Merlot .....	\$7.97
Cadonini Montepulciano .....	\$9.97
Crane Lake Pinot Grigio .....	\$9.97
Casas Patronales Chardonnay .....	\$10.97
BV Coastal Cabernet .....	\$10.97
Beringer Moscato .....	\$11.97
Papi Sauvignon Blanc .....	\$11.97
Anakena Merlot .....	\$12.97

All wines  
750ml  
unless  
otherwise  
noted

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

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- Gravel • Mulches
- Topsoil • Unilock Pavers
- Sand • Stonedust
- Sweet Peet
- Item #4
- Flagstone
- Fieldstone
- Belgian Block • Cobblestones
- Wallstone • Fire Pits
- Stepping Stones • Soil/Fill

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[www.bedfordgravel.com](http://www.bedfordgravel.com)

## 914-241-3851



## Police Blotter

### Cortlandt Man Charged with Sending Indecent Material to Cop

A Cortlandt man was charged May 7 with allegedly sending indecent material to an undercover police officer posing as a 14-year-old girl.



Christopher M. Alessandro

Christopher M. Alessandro, 25, was arrested following an approximately month-long investigation by officers in the State Police Troop K Computer Crimes Unit who were contacted in April by the Northern Virginia-Washington D.C. Internet Crimes Children (ICAC) Task Force.

Police, who also worked with the Westchester County District Attorney's Office High Technology Crime Bureau, charged Alessandro with attempted dissemination of indecent material to mi-

nors in the first degree, a Class E felony.

Alessandro was arraigned in Town of Cortlandt Court and remanded to Westchester County Jail in lieu of \$50,000 cash bail or \$100,000 bond. He is scheduled to appear again in Cortlandt Court on June 4.

#### State Police

State Police at Haverstraw announce the arrest of Christopher Moura, 28, and Cynthia Moura, 34, both of Yorktown, for Criminal Possession of a Controlled Substance 3rd Degree, Criminal Possession of a Controlled Substance 4th Degree and Criminal Possession of a Controlled Substance 7th Degree.

The defendants were arrested for possession of heroin and cocaine subsequent to a traffic stop on Interstate 87 in the Town of Clarkstown. Christopher Moura was additionally charged with Driving While Ability Impaired by Drugs. Both were remanded to the Rockland County Jail in lieu of \$10,000.00 cash bail.

#### Yorktown Police

May 4 - 4:50 p.m. - Jeffrey Pestone, 59, of White Plains, was charged with criminal possession of a stolen vehicle

after being observed by a police officer on Route 6 fitting the description of a reported stolen car. He was released on \$500 cash bail and is due in Yorktown Town Court May 17.

May 5- 8:15 p.m. - Rogers Singleton, Jr., 36, of Yorktown, was charged with criminal possession of a controlled substance and unlawful possession of marijuana after being stopped on Baldwin Road for failing to obey a traffic control device.

May 7- 7:10 p.m. - Jocelyn Bernard, 19, of Peekskill, was charged with petit larceny for allegedly stealing \$245 while working at Macy's at the Jefferson Valley Mall.

May 11 - 5 p.m. - Lawrence Welch, 26, of Mohegan Lake, was charged with assault in the third degree after police responded to Phelps Memorial Hospital to investigate a report of a past assault on Crompond Road where he allegedly struck a victim causing pain and injury.



### Community Helps Fire Victims

More than \$10,000 has been donated to date on a GoFundMe page for a Croton family that lost their home in a May 7 fire on Maple Street. The Cianfaglione family, longtime village residents, suffered no injuries in the blaze but two of their seven cats perished. The goal of the GoFundMe effort is to raise \$25,000.

## Northeast Dental

Some of the Plans That We Participate with:

**Aetna • Cigna • CSEA • Delta Dental  
Guardian • Met Life  
United Healthcare • United Concordia  
P.G.P.**

**Amanda M. Wiechert, DMD**  
**1855 Commerce St., Yorktown Hts**  
**914-302-7717**  
 Monday 8:30-5:30 • Tuesday 10-7  
 Wednesday closed  
 Thursday 8:30-5:30 • Friday 7-4 • Saturday 8-12

## Preventing Sexual Harassment In the Workplace

*Please join us for*

**A Dinner / Seminar Discussion**  
 "What All Business Owners and Managers Need to Know to Maintain a Safe Work Environment"

**Wednesday, June 6, 2018**  
**6:00 - 9:00 pm**  
 at Little Sorrento Restaurant  
 3565 Crompond Road, Cortlandt Manor, NY 10598

**DINNER**  
 \$25 for Chamber Members with advance reservations  
 \$35 for Non-Members and walk-ins

**OUR SPEAKERS**  
**Patricia Mulligan, Esq.**, Employment Law Attorney  
**Lillian Chapman**, Agency Principal at  
 Albert J. Chapman Insurance in Yorktown Heights  
**Eric M. Saidel**, Director of Human Resources at  
 ENT and Allergy Associates, LLP

**PLANNED TOPICS**

- Federal & State Requirements
- Dos and Don'ts for Management
- Insurance Protection for Business Owners

Thank you to our sponsors!

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# Leg. Seeks to Appoint New AG after Schneiderman Resigns

By David Propper

With the sudden resignation of former New York State Attorney General Eric Schneiderman, state lawmakers are taking next steps to fill his void as a plethora of candidates have come forward interested in the position.

Schneiderman stepped down quickly after sickening revelations came out in a New Yorker article last week that accused him of mistreating women that he was in relationships with, including verbal and physical abuse. With the shocking departure, the state legislature must appoint a new attorney general to fill the void until someone is elected this November.

Currently, Barbara Underwood is the acting attorney general after she was automatically elevated from solicitor general once Schneiderman stepped down. (She said in an interview with the New York Daily News that she'd like to serve out the rest of this year, but does not want to run for a full term.)

Several public officials in other elected positions have come forward, expressing interest in the position. It's a near guarantee a Democrat will be selected since the state legislature is overwhelmingly Democratic, with the Assembly having a large Democratic majority.

Assemblywoman Sandy Galef (D/Osining) said the Assembly will be inter-



Eric Schneiderman

viewing possible candidates this week and will also be speaking with Underwood. Once that process is complete, Galef said she'd have a better idea of what she'd like to do.

What makes things more interesting is the statewide Democratic convention is later this month, where a candidate will be nominated to run for a full, four-year term. Galef said she'd keep her options

open.

Galef, who has been in the Assembly since 1992, said this is the first time the legislature would need to appoint someone during her tenure in an election year where politics will be in play.

"This is quite unique, the timing is not easy," Galef said. "It's a very different scenario. With each time something happens, your responses are unique also."

Galef said it was appropriate for Schneiderman to step down, adding she was shocked by the allegations. She said her and other Assembly members were at dinner together when the news broke about him and phones started buzzing.

"Other people have disappointed me over time that I knew them in one setting, but I didn't know them in another," Galef said. "You always think of everybody as consistent and I guess we're surprised when they're not."

Assemblyman Kevin Byrne (R/Mahopac) said in an email, he supports the state legislature appointing an attorney general because it's part of their responsibility as a lawmaking body. But he said he believes lawmakers should "strongly consider" appointing Underwood to the remainder of the term until voters make their decision on election day this November.

"If we do not do our job, it will send the wrong message and would still allow the Governor and others to influence the nominating process for the upcoming election," Byrne stated.

Byrne said Schneiderman was exposed for the "despicable, mistrusting person we now know him to be." He thanked the women that came forward, despite threats from a very powerful man.

"While my anger and disappointment in our state's top law enforcement officer swells, my heart also goes out to the brave victims who came forward to tell their story," Byrne stated.

State Senator Terrence Murphy (R/Yorktown) has been selected to be part of the vetting committee for prospective AG candidates. He declined comment, through a spokesman, at this time due to confidentiality concerns.

Earlier in the week Murphy slammed Schneiderman for the allegations against him.

"As a father of a beautiful daughter I am disgusted by the allegations regarding the treatment of women by Attorney General Eric Schneiderman," Murphy stated. "Let's be clear: there is no room in our society for this type of behavior. It is sickening to see the level of hypocrisy that has been revealed."


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# Cortlandt Author Pens Book on Struggle to Lose Weight

By Anna Young

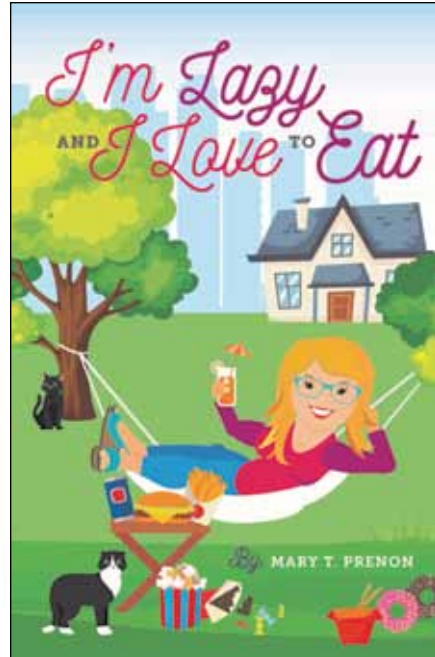
Losing weight was always a struggle for Cortlandt resident Mary Prenon, but after two decades she lost 50 pounds and is now sharing her story in her debut book.

Last month, Prenon celebrated the official release of, "I'm Lazy and I Love to Eat," a short, inspirational and humorous account of her 19-year struggle to lose weight and stay in shape.

"I'm just a regular person who was determined to shed the pounds and get in shape no matter what," Prenon said. "After you turn 50 it's crazy hard to lose weight. This book is real person's approach for women over 40 and 50."

When Prenon, 60, began her weight-loss journey, she kept a journal detailing her diet and quickly started jotting down funny stories about the different setbacks she experienced. Once she began losing weight, she decided to turn her journal into a book to help others in need of support.

Throughout the nine-chapter book, Prenon discusses her bouts with negative body image, the allure of countless fad diets and personal loss. In some chapters, she includes lightly disparaging poetry about her weight and tips on how to stay motivated, deal with inevitable setbacks, make healthy eating choices and find the



right gym.

"People can write books and say what you should and shouldn't do, but I've been there. It's coming from a real place and these are true stories about things I went through," said Prenon, who owns and operates GreenEarth Organic Facials in Cortlandt. "I think this book will help people because I'm not a doctor or a nutritionist. I'm just a regular person

who has struggled all her life."

After enduring countless diet regimes that required shakes or depriving her body, she became a strong advocate for eating real food. Prenon added that her success came from tweaking her diet, eliminating sweets and increasing the amount of time she spent exercising.

"I'm not relying on shakes or pills that are unnatural. If you follow a certain diet eventually you're going to have to start eating real food," Prenon said. "It's not about appearance, it's about your health."

Prenon concludes her book with personal recommendations for easy-prep meals and a brief list of dos and don'ts.

The typical working person doesn't always have time to prepare every meal, she said. Prenon quipped that she would have starved to death without her George Forman grill at the end of a long workday.

With her book finally out and receiving positive reviews on Amazon, she's still in disbelief that she overcame countless obstacles accomplished her two major goals.

"When I first started working on this book I would spend weekends writing and re-writing," Prenon said. "I can't believe that I actually did it after so long. I just hope people like it and think that it's funny."



Yorktown resident and author Larry Berliner was the guest speaker recently at the Northeast Westchester Rotary Club's dinner at Le Fontane Ristorante in Katonah. He talked about his funny new book, "You Can't Be Serious: An inner-city teacher a-muses about school and life."

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## Obituaries

### Charles Eichenberg

Charles J. Eichenberg, a resident of Cortlandt, died May 5. He was 70.

He was born July 1, 1947 in Parkchester (Bronx), NY to Charles and Peggy Eichenberg. He attended St. Helena's High School and went on to graduate John Carroll University with a bachelor's degree in Political Science. Following college, he served honorably in the National Guard as he began his career as a food purveyor. Chas, as his father affectionately called him, met the love of his life Gloria Alvado and the two were married in 1971 and together they had two children; Scott and Kimm.

Mr. Eichenberg rose through the ranks of Fancy Foods, culminating in his position as President. In between working, youth coaching and cheering the Giants and Yankees, he could be seen on the links with Pancho, John T. and John Fitz. Charles and Gloria spent their time between Valeria (NY) and the Delray Summit (FL). He served on both Board of

Directors and was always complimented for his eloquent ways of keeping things moving and improving both Condominiums. He became Pop E in 2000 when the first of his four grandchildren were born. He was a doting grandfather and loved every minute with all of his grandchildren. He was a permanent fixture on the Yorktown sidelines and rumor has it some of the YAC Football coaches called him for his post-game comments.

He is survived by his beloved wife of 47 years, Gloria; son Scott; daughter Kimm; son-in-law Chris; sister Barbara (Evans); grandchildren, Katie Rose, Sean Christopher, Ryan Trace and Charlotte Jane; and many nieces and nephews. Sports and "the love of the game" brought much enjoyment to Charlie. For those who wish to make a donation in his name to The Yorktown Huskers Club (PO Box 32, Yorktown Heights, NY 10598).

### Joseph Larsen

Joseph Larsen, a resident of Yorktown,

died May 11. He was 81.

He was the loving husband of Patricia and proud father of Jonathan Thomas and Christopher Jason. He was the happy father-in-law of Jennifer and Brooke, and grandfather to Jeremy, Magnus and Pia.

He attended high school on Long Island and subsequently joined the U.S. Navy in 1954. After his discharge from the Reserves, he entered NYU, which he graduated in 1963. He worked first in Cunningham & Walsh, moving thence to J. Walter Thompson Co. He was then solicited to join CBS where he worked for 10 years. He retired to insurance sales in Westchester wherein he resided.

### John Coyne

John "Jack" A. Coyne, a resident of Croton-on-Hudson, died May 9. He was 81.

He was born in Scranton, PA to Anthony and Mary (Carmody) Coyne on April 9, 1937. He married his beloved wife Margaret "Peggy" Boyle on June 27, 1964. He was an active member of the

Holy Name of Mary Knights of Columbus. He enjoyed his work as Chaplin for the KOC and his time spent taking the Veteran's at the Montrose, VA to Sunday Mass. Mr. Coyne was a member of the Croton Volunteer Fire Department and acting Chaplin as well as secretary for the Croton Fire Patrol. He was Chaplin for the Northern Westchester Fire Police and treasure as well as Sargent of Arms and Chaplin for the Westchester County Fire Association.

He is survived by his beloved wife of 53 years, Peggy Coyne; loving children, Diane Stinson (Bob), John Coyne (Debbie), and Chris Coyne; caring grandchildren, Mary Kate, Meghan, Elizabeth, Shannon, Maggie, Kelly, and Katie; adored great grandchildren, Nicholas, Savannah, Jacob, Joseph, Alexis, AJ, and Harley; dear brother, Leonard Armstrong (Ann) and his children, Brian and Tracey; and sister-in-law, Dhalma Coyne and her children, Larry and Pierre. He was predeceased by his brother, Tony Coyne and nephew, Lenny Coyne.

## Comedy Night Fundraiser for Relay for Life Saturday at Paramount

A Comedy Night fundraiser to benefit Relay for Life in Yorktown and the American Cancer Society will be held Sunday, May 20 at the Paramount Theater in Peekskill.

Kristina Iennaco, lead event volunteer for the Relay for Life of Yorktown, said the event, which will feature four comedians, will be one of the biggest fundraisers leading up to the June 8 Relay for Life at the Yorktown Community and Cultural Center. Tickets for "Comedians for a Cure" range from \$25 to \$75.

"Over the past six years of relaying, I have raised over \$25,000 for the cause. I became very involved with Relay for Life sometime after my Aunt Carol was diagnosed with stage IV colon cancer. Joining in the fight against cancer was the way I knew how to support my aunt as she went through endless rounds of chemo, radiation and several surgeries," Iennaco stated in an email.

"After almost five years of fighting, her story took a turn for the worst. In the Spring of 2014, we learned that her

cancer spread to her brain. After brain surgery and intense radiation, you could easily see the toll cancer had taken on her life. That summer, we as a family, said our goodbyes and our world hasn't been quite the same," she continued. "Losing my aunt; somebody I would talk to about guys, who would give me any advice I couldn't ask anybody else about and who always called me Krissy just to annoy my mother; was a devastating loss to our family as you could imagine. That didn't make me want to stop fighting just be-

cause she was gone. Instead this loss has made me want to fight harder so that one day, families won't have to go through what mine had to."

Last year, Iennaco said she began a new project called 1,000 Stories where she has been working toward a goal of collecting 1,000 stories of cancer to continue to spread hope in the constant fight against the disease.

For more information, visit [www.relayforlife.org/YorktownNY](http://www.relayforlife.org/YorktownNY).

## Special Spin Class Will Bike to Italy Without Leaving Armonk

By Anna Young

Take the night off and join Equinox in Armonk this Thursday as the gym hosts a special spinning class that will take riders on an adventure through the cultural beauty of Italy.

The event, La Dolce Vita Ride, includes a 45-minute class led by instructor Bridget Buckstine, will take cyclers on an invigorating ride through Italy's Giro D'Italia with the help of Italian-inspired music and scenic images and videos of

Italy while they pedal away the pounds. The Giro D'Italia is an annual multiple stage bicycle race held primarily in Italy as well as in neighboring countries.

Equinox member and Chappaqua resident Carla Gambescia's cycling adventures and wealth of knowledge of the Italian culture inspired Thursday's special event.

"The Giro D'Italia is one of the most exciting events in Italy," Gambescia said. "It's going to be very cool night and will

really transport people into this world."

The 90-minute event, which is open to both Equinox members and non-members, will be catered with Italian bites from Mediterraneo and feature wine, prosecco and drinks from Armonk Wines & Spirits.

Equinox will also hold a raffle for a chance to win two \$500 gift cards from Ciclismo Classico Immersive Bicycle Tours that can be used toward a cycling trip to Italy. Winners of an Italian in-

spired trivia match-up will take home Gambescia's newly published book, "La Dolce Vita University: An Unconventional Guide to Italian Culture From A to Z."

Books will be on sale with Gambescia on hand to sign a copy.

La Dolce Vita Ride will be held at Equinox Armonk, located at 99 Business Park Drive, on May 17 from 6 to 7:30 p.m. To RSVP or for more information, call 914-219-1601 or e-mail [Amy.jethmal@equinox.com](mailto:Amy.jethmal@equinox.com).

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## Letters to the Editor

# Peekskill Councilwoman is Disrespecting Every American

### To the Editor:

I'm writing today after reading some of the "Letters to the Editor" in the May 8th-May 14th edition concerning Peekskill Councilwoman Vanessa Agudelo.

I am a 67-year-old American, and Peekskill citizen, and I deeply resent Ms. Agudelo's conduct at our Council meetings. This councilwoman took an oath of office, which apparently matters not to her. She disrespects not only our flag, but also every single American in our great country, particularly members of our armed forces and law enforcement. Has anyone asked her why she hates America. Why come to America and abandon your home country? There are many immigrants that come here and embrace America. Most are hard workers and only want the best for their children. I know many of these people and all

are proud to call themselves American and all embrace our values. Perhaps she and her family were subject to many abuses in their home country and they wanted a better life. It seems she wants to make America just like the third world country her family came from. I understand she is a socialist. Someone needs to explain to her that socialism does not work! Does she even realize that? Does she know what socialism is or how it works? Perhaps she might want to move to Venezuela and get a real taste of socialism. Perhaps becoming a Venezuela citizen would better suit her warped ideology.

I just happen to love this country and I live and will die by our flag. My father and his four brothers fought in WW11, and all joined the day after Pearl Harbor. They were joined by their two sister's husbands

who's family's hail for Ireland. They were all born here, second generation brothers that grew up in the Bronx and were raised by a widow, as their father died very young. They were poor but loved The United States of America. My grandparents came to America from Italy for a better life. No one ever gave them a dime. They worked hard and loved this country. My father and his brothers fought for America and the free world against the tyranny of the Nazis and the imperialist Japanese. They fought for a better world to free the Nazi grip on Europe and the far East from the Imperialist. They never asked for any special favors from America and were thankful they were born in the greatest place this planet has ever known. Does councilwoman Agudelo realize what this world would be like without America and our brave men and women

of our armed forces? I doubt she does, as she refuses to adopt America and its values. These values exist nowhere else on this planet. Without America, tyranny would consume the planet and life for humanity would be very different. What exactly are the councilwomen's values? What is her agenda? I can't help but wonder if she even has a clue. She wants to represent our City, yet she disrespects every single citizen with American values. Councilwoman Agudelo's pathetic behavior is a real disgrace to America and Peekskill. She acts like a parasite, living off the American system, but hating America, American values and our citizens. It's time for this Councilwoman to resign.

Sincerely,

NICHOLAS J. CORBI  
Peekskill

## Business Owners: Don't Mix Politics with Business

### To the Editor:

When every year is an election year, it's hard to avoid 'talking' politics--but business leaders need to try.

The problem is that talking politics changes relationships. You quickly go from business owner or salesperson to Democrat, Republican, etc.

Putting a political sign in front of your business is a clear sign (literally) of your

views. Not only do you tell your clients your politics but you're also influencing your employees. If they have opposing views, you may be damaging those relationships.

Our political positions may be quite polarizing, so it makes good business sense to never discuss politics at work.

People derive important aspects of our identity from the groups we belong to: our sports teams, our business associations

and our local clubs. But bringing in your politics may create powerful dividing lines. Some people may actually vote for the leader of a group because of their politics and not their abilities.

It's even more difficult to maintain purely business relationships when you're personally vested in a political party. Then it's your natural tendency to win over voters which will directly influence your

relationships. And once your positions are learned they can never be unlearned.

Some politicians may disagree with this suggestion as they are the ones that benefit from the free advertising and they are the ones likely applying pressure on the business community.

MARK A. LIEBERMAN  
Former Business Employee and  
Owner,

## Murphy is Using His Own Beliefs to Block Vital Law Change

### To the Editor:

Recently, I wrote a letter to state Sen. Terrence Murphy asking him to support the Women's Agenda in its entirety, included as part of Gov. Cuomo's original budget.

One particular point of the Women's Agenda concerned the decriminalization

of abortion by moving it out of the penal code and into public health law where it belongs. Because abortion remains in the penal code, a woman who finds out late in pregnancy that her health or life is at risk, or that the fetus is not viable, is forced to leave New York State to find the care she needs. Instead of remaining

in her home environment, surrounded and supported by caregivers and family members who are focused on her physical, mental and emotional health and well-being, she must overcome onerous restrictions in the midst of a devastating medical emergency.

In Mr. Murphy's response to my letter he states, "Rest assured that no matter what my personal beliefs may be, I will always follow the letter of the law. As you pointed out, abortion is legal. I am on the record, both as a state senator and as a health care professional, as saying that the laws already in place regarding women's reproductive health will not be changed in New York State. I am simply not in favor of expanding those laws."

Inherent in Mr. Murphy's statement is his failure to grasp the concept that moving abortion into public health law does not expand the law, but rather codifies the law, bringing it in line with the constitutional standard established by the passing of Roe v. Wade.

Mr. Murphy brands himself a "health care professional," yet his purposeful ignorance demonstrates a lack of

understanding of what the nature of abortion is, which is health care, not a crime.

In New York State, the state of women's health care is at a standstill. Until Sen. Murphy no longer uses his personal beliefs to absolve himself of having to devote intelligent, compassionate thoughtfulness toward the understanding of the current law and women's health care, he will never truly stand with women.

ELISE-ANN KONSTANTIN  
Cortlandt

## Letters Policy

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

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

The Northern Westchester  
**Examiner**

Adam Stone

astone@theexaminernews.com

Publisher

Rick Pezzullo

rpezzullo@theexaminernews.com

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# Is There Any Way to Justify Another Horse at Preakness?

By Charles Palombini

If you've followed this column for the last several years you know that I'm privileged to be invited to write an article about each of the three horse races that comprise the Triple Crown (the Kentucky Derby, the Preakness, and the Belmont Stakes). You should know a few things about my predictions. First and most importantly, I've successfully picked the winner of the Derby four years in a row, and more importantly, correctly predicted American Pharoah would be the first race horse in 37 years to win the Triple Crown. Without doubt, my proudest moment in handicapping.

Second, but not so important, you will remember that I'm not a big fan of the Preakness Stakes (the second jewel of the Triple Crown). It is run at a horrible race track (Pimlico) in a city (Baltimore) who's storied and prominent history has long ago given way to all the things wrong with modern day America (oh boy...let's not get political). While it does hold the distinction of hosting the second jewel of the Triple Crown (the Preakness), it does so despite the glamour the other two hosting cities bring to the sport. Truth be told, racing brings more to glorify the Preakness Stakes than the Preakness Stakes does to glorify racing. It certainly lacks the culture and sophistication of the Kentucky Derby, where mint juleps, fashionable hats, and southern hospitality are the trademarks rolled out by the city of Louisville. Nor can the Preakness be compared to the Belmont Stakes, where New York showcases the glamour and wealth that make New York the world's greatest city. Icons of Wall Street, the Fashion World, top execs of big business, and sports legends mingle in a crowd of diverse New Yorkers to celebrate the race that exemplifies the heartbeat of the city that never sleeps! Baltimore...well you know how I feel about that city's contribution to the Triple Crown races. It's like some frat boys crashed a wedding at the Waldorf. Beer is their high-end drink of the day



and crab cakes from the Chesapeake crustaceans are the gourmet specialty of the event. It is clearly the beer fest in Baltimore where the attendees seem to take great pride in the amount of beer they consume without having to make a trip to the outhouse. Enough said...let's move on to the race itself.

The Kentucky Derby is now behind us, and I'm sorry to report that I missed the deadline for submitting an article about the race. Shame on me, but good for you as I failed to pick the winner. I was sure that two-year-old champion "Good Magic" would be the star of the moment. He finished second...but a non-competitive second as he tried to catch Justify in the stretch and the winner dispatched him without contest. Actually, Good Magic was lucky to hold on for second as Au-

dible almost caught him at the wire. But make no mistake about it...Justify was the absolute best horse to enter the starting gate that day, and boy did he show it. It makes Justify the only eligible candidate to win the Triple Crown. Now the question is, with such an impressive win, who will run against him in the Preakness? You are most likely to see the true contenders skip the Preakness and try to take on a tired Justify in the Belmont Stakes

In previous years we discussed the Triple Crown, the series of the big three horse races (Kentucky Derby, Preakness, and Belmont Stakes) and the fact that in over 137 years of competition there have only been 12 horses to have won all three races. The latest was the great aforementioned American Pharoah and it took 37 years for him to emerge. Because of the demanding grind of the three races some people felt you might never see a Triple Crown winner again. Thank God for American Pharoah, who came along at just the right time! And now, believe it or not, we are looking at another great one that might just be good enough to join the most exclusive club in sports. His name is Justify!

So good was his performance in the Kentucky Derby that there is a fear there

might not be many competitors lined up to run against him in the Preakness. In fact, I would be surprised to see more than seven horses loaded into the starting gate, and I'm expecting that none of them will be the top competitors. This seems to be a race destined to have Justify and a bunch of second rate horses that will run for second place money and an owners chance to brag that he once had a horse that started in one of the Triple Crown races. The only thing that might change this scenario is if Justify is injured. He was reported to have sustained a hoof bruise in the Derby that might very well have kept him from running in the Preakness. But word now has it that the horse is fine and training as good as ever.

So, it becomes impossible to predict the performance of the other contenders when we have no idea who they will be. One thing is for sure...it won't matter. Get ready to see Justify in the winner's circle at Pimlico and rush to buy your tickets for the Belmont Stakes, where you might just be lucky enough to see another great horse enter the racing history books as a Triple Crown champion.

*Charles Palombini is a Cortlandt resident and owner of thoroughbred horses.*

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# Veatch Fund to Award Six New Scholarships to Students

Six graduating seniors from six high schools will be awarded 2018 Justin Veatch Fund music scholarships in June. This year's recipients are Chloe Collins of Calvert Academy, Justin Giacchetto of North Salem High School, Justin Hahn of Peekskill High School, Noah Mattison of Harrison High School, Alicia McMillan of The Ursuline School, and Chris Paraggio of Carmel High School.

The \$1,000 awards along with personally inscribed metronomes will be presented at an awards program at 6 p.m., Wednesday, June 6 at John C. Hart Memorial Library in Shrub Oak. Singer/songwriter Sloan Wainwright will be the keynote speaker at the event which will be open to the public.

The scholarships honor the legacy of Justin Veatch, a Yorktown High School senior who died from an accidental drug overdose in 2008. The 2018 awards bring to 35 the number of scholarships awarded by The Fund since it began the prize in 2009.

"We started out with one scholarship to a Yorktown High School graduate," said Jeffrey Veatch, Justin's father and



Justin Hahn

president of The Fund. "This year we had 26 applicants from 17 area high schools. These are highly talented and focused young people and picking just six was a difficult task. We hope to find individual sponsors for some of the awards so we can expand their number in 2019."

## The 2018 Recipients:

**Chloe Collins**, graduating from Calvert Academy, plans to attend Belmont

University in Nashville to further her songwriting skills. She also plans to take advantage of the Nashville music scene to perform her material.

**Justin Giacchetto**, graduating from North Salem High School, plans to attend the University of Miami Frost School of Music. Giacchetto's musical abilities have become well known for his lead guitar performances for the Westchester band Gilbert, which won first place in the Ridgefield Bandjam Competition twice and performed on the main stage at the Pleasantville Music Festival.

**Justin Hahn**, graduating from Peekskill High School, plans to study music and sound recording at the University of Massachusetts, Lowell. For Hahn, music has been an outgrowth of his upbringing, following in his father's footsteps performing on the trombone. He also has played an integral role in Peekskill High School's City Singers A cappella ensemble.

**Noah Mattison**, graduating from Harrison High School, plans to attend Purchase College. Mattison's focus is jazz performance on the trumpet.

Alicia McMillan, graduating from The Ursuline School, plans to pursue either a songwriting degree from Berklee School of Music or a studio composition degree from Purchase College.

**Christopher Paraggio**, graduating from Carmel High School, plans to attend New York University's School of the Arts Clive Davis Institute. Paraggio is a classically trained cellist occupying first chair in the Carmel High School Orchestra but says his primary focus now is creating, recording and performing original alternative/experimental rock music.

Justin Veatch was a talented musician and singer/songwriter whose original recordings along with covers were released by Polyvinyl Records in 2010. The music has been streamed in more than 30 countries. The documentary film *Whispering Spirits* tells the story of Justin's death and how the Veatch family has dealt with the loss. The multimedia talk *A Message from Justin*, delivered by Jeffrey Veatch, is designed to inspire young people to take better care of themselves, to avoid the perils of substance abuse, and watch out for their friends.

# Westchester County Achieves 50% Recycling Rate in 2017

Westchester County Executive George Latimer and the Westchester County Department of Environmental Facilities announced last week that the County achieved a 50 percent recycling rate in 2017. This rate matches the County's recycling performance for 2016, ensuring that Westchester continues to perform at the top in all environmental management performance measures. The national recycling rate is 34.6 percent.

"Westchester County's recycling rate has stood well above the Environmental Protection Agency's national goal for years. One way that all County residents can contribute to improving our envi-

ronment is through waste reduction and recycling. These rates are a testament to Westchester County's commitment, and we can always do better," Latimer said.

Deputy Commissioner of the Department of Environmental Facilities Louis Vetrone added, "We are thrilled with the continued reduction in waste generation. Waste reduction is one of the highest priorities in municipal environmental management, and these statistics are a reflection on the recycling programs and educational initiatives offered by Westchester County and its municipalities."

Westchester County also reduced the

amount of residential garbage it disposed of in 2017 by almost 6,000 tons compared to 2016, continuing an impressive trend. Since 2005, Westchester County has reduced the amount of residential garbage by a whopping 30 percent.

Reducing waste and recycling are not only good for the environment, they save money. It cost the County more than \$91 to dispose of a ton of garbage, which means the 6,000 tons in waste reduction saved the County over \$540,000. Additionally, the County markets and sells the recyclables that it collects. In 2017, the County generated almost \$6 million in revenue from the sale of recyclables.

Westchester was able to achieve its high recycling rate with the help of the robust municipal recycling programs in place throughout the County. Westchester's recycling rate includes a wide variety of materials collected and diverted from the solid waste stream beyond cans, bottles and paper collected curb-side. The percentage also accounts for roadway millings, large bulk metals, construction debris and composted organic waste.

The highest curb-side recycling rates for local municipalities in 2017 are as follows: Bedford (35%); Lewisboro (33%); City of Rye (30%); Bronxville (29%); and Somers (29%).

# Yorkville Sports Association Celebrates 40 Years with Benefit Event

Yorkville Sports Association (YSA), a leader in facilitating corporate recreational sports leagues throughout New York City and Westchester County, recently 'kicked off' its 40 years in business with a special event benefiting Special Olympics NY - Hudson Valley. Attendees kicked balls into a net on the green of Solaris, a sports club in Yorktown Heights, with each goal contributing to donations for the cause. In total, a \$1,000 donation from YSA was made to Special Olympics NY - Hudson Valley.

"We are truly grateful for the community's unwavering support," said YSA's Founder and CEO, Al Morales. "With its backing, we have been able to pay it forward by supporting organizations such

as the Special Olympics, that make an immeasurable impact on our community."

The event began with remarks from Morales, followed by John Winton, director of community affairs & special projects at the Office of New York State Senator Terrance Murphy, who congratulated Morales and his team on their success and presented an official proclamation on behalf of Terrance Murphy. Joining in the kudos were Yorktown Supervisor, Ilan Gilbert, Yorktown Chamber of Commerce representative, Sergio Esposito and Director of Development of Special Olympics New York - Hudson Valley, Teresa Gilli, who was joined by three Special Olympics athletes. Ad-



ETHAN HARRISON PHOTOGRAPHY

Al Morales (left) presenting a check to three Special Olympics athletes, Ronald Batts, James Keenan, Gerry Lanza, (left to right) and Teresa Gilli, Director of Development, Special Olympics New York - Hudson Valley

ditionally, Yorktown Town Councilman, Ed Lachterman presented Morales with a proclamation on behalf of the Westches-

ter Board of Legislators as well as a Certificate of Merit on behalf of Westchester County Executive, George Latimer.





PHOTO BY PIA CHAWLA

"The queen of children's music" Laurie Berkner performed before a sell-out crowd Saturday at the Paramount Theater in Peekskill.

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**Business  
of the Week**

## Elite Defensive Tactics Mixed Martial Arts Academy Yorktown

By Neal Rentz

Shrub Oak resident Gary Gione has provided people of all ages self-defense instruction through his ownership of the Elite Defensive Tactics Martial Arts Academy in Yorktown for the past 20 years.

Everyone can benefit from master self-defense tactics, even police officers, said Gione, who is also the head instructor. Gione knows this from personal experience – he is a retired lieutenant after working for the New York City Police Department for two decades.

“Before I left the NYPD I figured I had to do something with my life because I was only 43-years-old at the time,” he recalled. “I was doing martial arts since I was 17-years-old. So to me I saw too much death, too many crimes. So I figured that a good adjunct to me leaving the police department would be to teach other people to defend themselves.”

Gione said he called his business elite because it is the best. Prior to opening his business, Gione said he went around the world to study with elite teachers of martial arts, he said. “I knew I was teaching the correct things,” Gione said.

The business has clients from children



NEAL RENTZ PHOTO

Shrub Oak resident Gary Gione has owned Elite Defensive Tactics Mixed Martial Arts Academy in Yorktown for 20 years.

to seniors.

When he was a police officer, Gione said crime reports quoted crime victims as saying, “I knew that guy was following

me.”

Gione said there are many ways to protect yourself. For example, Gione advises his clients “to have an imagery friend.” People pretending to shout out to a “friend” can scare away a potential criminal who would be afraid you would get help in the event of a crime. He also advises “always look at the person you think is looking at you” in the event you need to describe the person to police following a crime.

Gione said martial arts skills provide people with the confidence that they can protect themselves wherever they go.

Some of the martial arts courses provided at the school include how to get yourself away from a mugger; how defend yourself against someone with a weapon and how to get away from choking situations from behind.

Police officers even train at his studio, Gione said. Self-defense is not a skill provided at the police academy he noted. In many cases, police officers who have lost their lives could have lived if they had self-defense skills in many instances, he said. “It’s six months at the police academy and then you’re on your own,” he said.

Gione said one of his most memorable moments in his police career was when he rescued three young children from a fire in the Bronx on Feb. 13, 1982. He walked through a smoke-filled apartment to save three of the Allen sisters; two other children lost their lives. A plaque from the Allen family in his honor is on a wall at Gione’s business.

He stared looking for the survivors earlier this year. In his research he found one of the girls he rescued, Kawana Allen on Facebook. “I wondered what happened to the kids,” Gione said.

A dinner to commemorate the rescues was held in February on Arthur Avenue in the Bronx in the same building that houses a restaurant where his grandfather had taken him as a child. “The hairs on the back of my neck stood up,” Gione recalled.

His grandfather, the late Mike Sergio, was a bodyguard for New York City Mayor Fiorello La Guardia, Gione said.

*Elite Defensive Tactics is located at 2023 Crompond Rd. in Yorktown. For more information, call 914-962-3267, visit [elitedefensivetactics.com](http://elitedefensivetactics.com) or send an e-mail to [elitedefensive@gmail.com](mailto:elitedefensive@gmail.com).*

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# Understanding and Preventing Child Sexual Abuse Discussed

By Rick Pezzullo

Research indicates that as many as one out of four girls and one out of six boys will be the victims of sexual abuse before the age of 18.

Many of the cases go unreported, in part, because the vast majority of abusers are family members or in a victim's so-called "circle of trust."

An expert panel, coordinated by Cortlandt Councilwoman Debbie Carter Costello, recently tackled the somewhat taboo subject during a forum at Hendrick Hudson Library that was lightly attended, emphasizing the belief that the topic remains difficult to talk about.

"This is not an easy topic to talk about, but it's an important topic," Costello said. "It's about bringing people together and if you are a victim, knowing you are not alone."

Fredric Green, Second Deputy District Attorney and Chief of the Special Prosecutions Division of the Westchester County District Attorney's Office, who

has spent about 25 years dealing with child abuse, sexual assaults and domestic violence, said more than 7,000 child abuse cases are reported in Westchester annually on the state registry. Of those instances, approximately 700 criminal cases are initiated.

"We try to have some justice for the kids," Green said. "It's very challenging work. Kids don't want to testify. Kids are afraid."

Danielle Weisberg, Director of Child Welfare Services & Director of the Children's Advocacy Center at the Westch-

ester Institute for Human Development since 2011, said her agency conducted almost 300 evaluations of suspected sexual abuse in 2017.

"So many people live in silence with this," she said. "It's hard to wrap our mind around that this is such a prevalent concern. We see the gamut. We see families in Scarsdale. We see families in Yonkers. This is really a county-wide concern."

Kenneth Lau is a licensed certified social worker who has worked in the field of child abuse trauma for more than 45 years.

"We're only tipping the iceberg of the actual amount of kids being abused," he said. "We are dealing with a lot of different people with a lot of different issues and problems. They come in all walks of life. The reality is you have to worry about a lot of people we don't know about."

Anyone who knows or suspects that a child is being sexually abused can call the Childhelp National Child Abuse Hotline at 1-800-422-4453 or visit the federally funded Child Welfare Information Gateway at: <http://www.childwelfare.gov/responding>.

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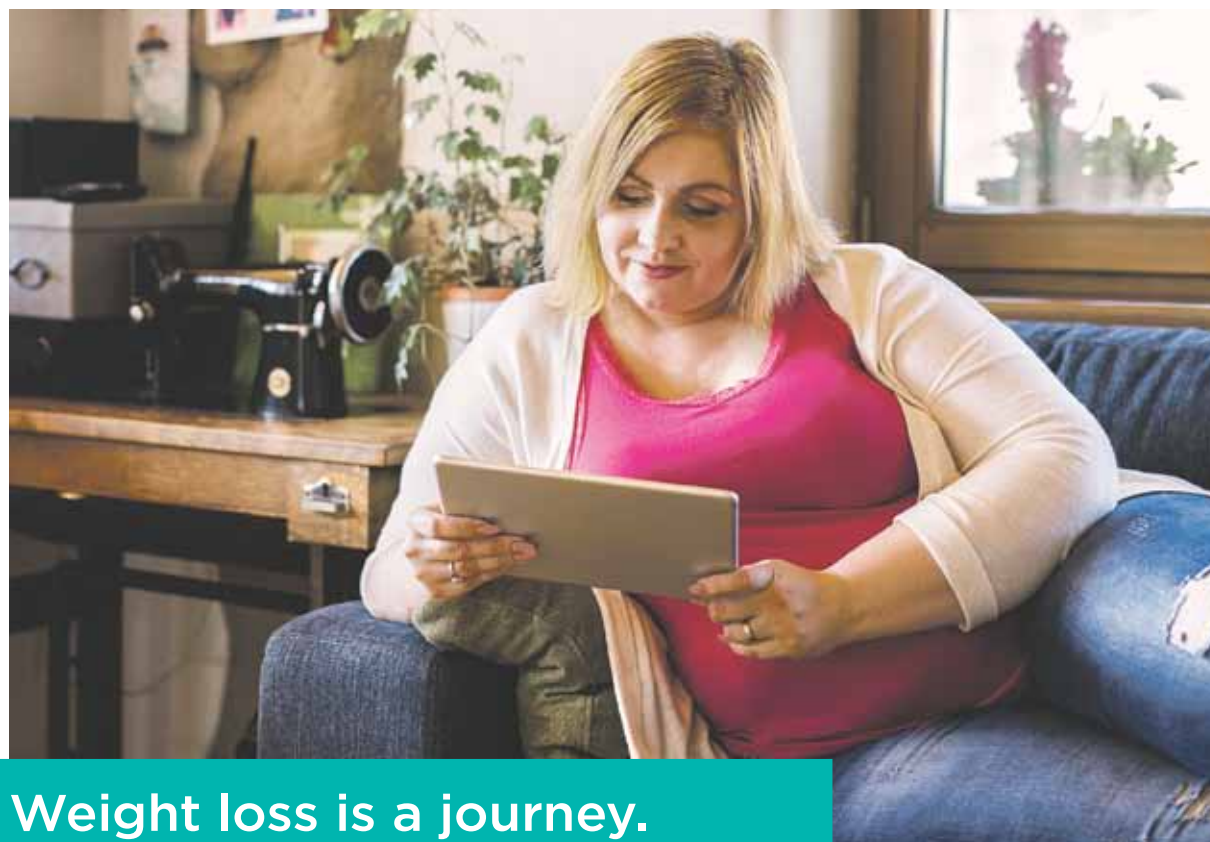
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# CAMPS

## New Aerial Acrobatics and Summer Camp in Westchester

Most of us spend our lives with our bodies planted firmly on the ground, Not Hilary Sweeney. In fact, Sweeney feels more at home upside down than walking on her feet.

Such is the life of a woman whose passion for the aerial arts has driven her to create and build Westchester Circus Arts.

People of all ages are finding the thrill and empowerment of learning aerial acrobatics with the help of Sweeney and her associates, including co-founder Carlo Pellegrini, a veteran circus performer. Adults and children work on exciting skills including aerial arts (trapeze, aerial silks, aerial hoop, aerial hammock, aerial rope and more); acrobatics (handstands, tumbling and partner acrobatics); balancing (tightwire, Rola Bola, Rolling Globe and stilt walking); juggling and prop manipulation; and acting/clowning.

It's a great way to get you or your child off the X-Box or the cell phone for a few hours – and the benefits are significant. Not only does instruction from Westchester Circus Arts get you in terrific shape but also helps to build confidence, strength, flexibility and trust by tackling new and exciting disciplines with this fascinating art.

New for this summer in Katonah, Westchester Circus Arts will be offering a summer camp for children ages 6 to 18 years old to experience these aerobatics for themselves. Westchester Circus Arts will be raising its Big Top Circus Tent on the beautiful grounds of the Harvey School in Katonah. Campers of all skill levels will learn amazing and fun circus arts skills. Two-week sessions begin June 25, July 9 and July 23. Classes are held from 9 a.m. to 4 p.m.

Sweeney and her team of circus professionals inspire campers in this highly individualized program. During the session, circus trainers guide campers through a range of skill workshops designed to build confidence, strength, flexibility, balance and creative expression. The result is a program that kids and parents will love.

Best of all, every two-week session ends in an exciting Big Top Camper Showcase for families and friends to attend. Westchester Circus Arts pulls out all the stops to make their campers feel special; they fire up the popcorn and cotton candy machines, bring out the sequence, lights and music and put on a show that brings out the very best in every child.

Sweeney specializes in aerial arts while Pellegrini offers instruction in juggling, clowning, vaudeville and human pyramid-making.

"In our screen-obsessed culture, this generation needs more opportunities to connect with live performers," Sweeney said. "We cannot rely on our youth to seek out those opportunities on their own. I was motivated to create a summer camp model in which the kids will be inspired circus performers flying through the air right before their very eyes. And when these same performers touch the

*Continued on page 16*





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# CAMPS

## Aerial Camp in Westchester

Continued from page 15

ground they will passing on the art, arming kids with the skills and confidence to go after their own dreams."

As an aerialist for more than 15 years, Sweeney is an example of how transformational and empowering the circus arts can be. People of all ages should not have to run away with the circus or be born into a circus family in order to benefit from the artform. She created Westchester Circus Arts as a place where people can experience circus in the most direct way and discover what it can do for their lives.

Sweeney has performed in Cirque le Masque's "Carnivale," "Above the Belt" Off Broadway, Bindlestiff Family Cirkus, ImaginAerial, Grounded Aerial and numerous special events for clients including Mercedes Benz, MTV, the New York International Auto Show, Bloomberg, Pepsico and more. Prior to her circus career she trained since she was five years old in ballet. She also was a Westchester Business Council's 40-under-40 Rising Stars Award recipient for her work with

Westchester Circus Arts.

Pellegrini is a veteran circus performer who traveled the world with the Lichtenstein Circus, the Big Apple Circus and the Nikolais Dance Theater. He is a social circus educator and founder of Amazing Grace Circus, a community circus with a social purpose.

"The circus tent is the perfect setting for bringing imaginations alive," he said.

"The circus is the something different that shakes up our senses, comes to town and leaves the hamlet of our imaginations more fully than when it entered. The circus mirrors our lives. Circus works."

Pellegrini's 40-plus years of professional circus experience is the guide for Westchester Circus Arts' curriculum and program development. His social circus background puts all our members in a frame of mind that anything is possible and empowers them to achieve success.

For more information, visit [www.westchestercircusarts.com](http://www.westchestercircusarts.com). To register for the summer camp, call 914-275-5711.



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# The Good, The Bad and The Ugly on Annuities

A good financial plan should include various buckets of investments and annuities should not be overlooked. In a world where pensions have become somewhat obsolete, annuities can replace the role of a pension for someone who requires income during retirement years. One might ask why invest in an annuity product if you can invest that same amount of money in the stock market. The quick answer is that an annuity is guaranteed money. If you take that same principal and put it in the stock market, you run the risk of loss or fluctuating returns. If you purchase an annuity, there are certain guarantees. Annuities can also be used to generate an income stream to fund another investment, such as long-term care insurance or life insurance. Used properly, annuities can be a very useful financial planning product.

While an annuity might serve a client well from a financial planning perspective, financial planners and clients must be aware of the treatment of annuities for Medicaid purposes. For Medicaid eligibility purposes, the cash value of an annuity is considered an available resource. This means that an annuity is treated like cash and if a client needs to apply for Medicaid, something needs to be done with the annuity to reduce the applicant's



**By Salvatore M. Di Costanzo**

assets such as transferring the annuity to a spouse or in other cases surrendering the annuity. When surrendering or transferring an annuity, there could be penalties imposed by the insurance company, or worse, recognition of ordinary income for tax purposes. What is important to note here is that an annuity is an available asset for Medicaid eligibility purposes.

I regularly receive pushback from clients, who, after obtaining my advice, are informed by their financial advisor of the negative aspects of surrendering or transferring an annuity. My response

is simple, you must determine whether you prefer to pay \$15,000.00/month to a nursing home or penalties and/or income taxes resulting from the surrender of the annuity contract. Usually, the penalties and income taxes are far less than nursing home costs.

Fortunately, if you meet with an elder law attorney well in advance of requiring care, there are planning techniques that can preserve the value of an annuity and avoid grief for everyone. Clients can create the very popular Medicaid Trust that I have written about many times over. In addition to transferring other assets to the trust such as your home, you can also transfer annuities to the trust. The trust provides that the client will receive the income from the trust, thus, if the annuity is annuitized (turned into an income stream), the payments can come out of the trust to the client. There are no tax consequences to transferring an annuity to a Medicaid Trust. Financial planners should review their portfolios to identify their clients having annuities and educate them about this planning technique.

Unfortunately, without proper planning and correct advice, annuities can be a trap for the unwary. In 2006, the Medicaid laws were changed to require the State to be named as a beneficiary (up to

the amount paid by Medicaid) in the first position of an annuity purchased after February 8, 2006 unless there is a spouse and/or a minor or disabled child. If you fail to adhere to this rule, the purchase of an annuity within 5 years of requiring nursing home care will be treated as a transfer of assets and you will be penalized if you try to apply for Medicaid.

Even if you purchased an annuity prior to the new law, you may not be safe. A separate provision of the law states that the law also applies to annuities purchased before February 8, 2006 if certain transactions take place in connection with the annuity after February 6, 2008. These transactions include adding or withdrawing money from the annuity, elections to annuitize the annuity or similar transactions. It is unclear how broad of an interpretation will be given to "similar transactions". It is possible that a change of beneficiary can thrust you into this category.

Often, when a client enters a nursing home, they are advised by financial planners to annuitize their annuities as a planning technique for nursing home eligibility. This is improper. If an annuity is annuitized and there is no spouse, the State must be named as a beneficiary.

*Continued on page 24*



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# Exploring a California Wine Region Producing Fine Pinot Noir

For several weeks I have been reporting on my travels with my wife to northern California wine country. I've been focusing on artisanal winemakers plying their trade through their vision and passion for producing the finest expressions of the land. Many of them have the added benefit of living in the most beautiful landscape in the United States, if not the world. These dual dimensions of the bounty of man and nature have enthralled us and inspired us to seek out little known wineries and vineyards.

Our travels in Napa Valley and Sonoma County have focused on Cabernet Sauvignon for the past few weeks. This week my focus shifts to a different grape.

One of my favorite wines is Pinot Noir. The French region of Burgundy has long been accorded the fame as the best expression of this grape. However, I have been pleasantly surprised by the Pinot Noir wines of the United States. From northern New York to California and Oregon, this wine has been growing in quality and prestige. I'm especially impressed with the progress made in this century in the California regions of

Sonoma Coast, Russian River Valley, Anderson Valley, Carneros, Santa Rita Hills and Santa Lucia Highlands.

Within the highly regarded bastions of California Pinot Noir, one subregion stands out in my mind. It is the West Sonoma Coast area, located along the northern stretch of the Pacific Ocean coastline. Here, the conditions are ideal for world-class Pinot Noir. The cool climate, with day-long fog and constant sea breezes, allows the ripening fruit to build sugars during the heat of the day and to store and develop them during the cool evenings. This difference, which may range between 55 and 85 degrees, provides ideal growing conditions for Pinot Noir. The

long growing season contributes to the production of robust grapes with vibrant juice and a long finish.

As I reported in an earlier column, my wife and I decided to explore this area, driving along the windswept coastline of Highway 1, then up a treacherous winding mountain, heading for the Fort Ross Vineyard and Winery.

We arrived at the winery by driving deep into the woods until we came upon

the modern tasting room. Sitting on the veranda, taking in the vistas from the 1,700-foot elevation, we began to understand the unique characteristics of this region. The view of the redwood tree-adorned mountains below was shrouded in fog, yet we were immersed in the warmth of the sun radiating above the fog line. Views of the rocky shoreline of the Pacific Ocean stretched for miles to the north and south.

The winery's vineyard manager greeted us with an invitation to tour the vineyards in the estate's pickup truck. We eagerly accepted, perhaps a bit too much so. The rusted truck traversed the mountainous estate with aplomb, climbing up and down the steep terrain. My wife and I clung to the door handles as we precariously ascended the steep slopes of multiple narrow ridges. The next minute we were gripping the dashboard as we descended to the next ridge at severe angles, both vertical and slightly horizontal.

We stopped to catch our breath at a plateau that seemed at the top of the world. Standing under a lone oak tree at 1,500 feet above sea level, we drank in the vistas of the individual vineyard blocks stretching above and below us, undulating along the natural ridges and valleys of the property.

The daily fog floated imperceptively

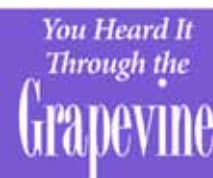
through the individual grapevines, seemingly caressing the grapes with delicate moisture. The Pacific Ocean, less than a mile away, acted as a backdrop to the fog and mountain terrain, its waves majestically crashing into the rocky beaches below. We felt as if we had found the epitome of man's symbiotic relationship with nature.

I've reached a hard stop in my allotted writing space for this week's column. Next week our virtual tour continues back at the tasting room.

*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](mailto:nantonaccio@theexaminernews.com) or on Twitter @sharingwine.*



By Nick Antonaccio



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# Happenings

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

## Tuesday, May 15

**Somers Library Programs:** Several programs have been scheduled for the Somers Library. A writers' workshop is held on Mondays from 10:30 a.m. to noon through June 25. Space is limited, so register early! Please register on our online calendar at [www.somerslibrary.org](http://www.somerslibrary.org) or call 914-232-5717. Writers' Workshop Session I is held on Thursdays from 1 to 2:30 p.m. through June 14. People of all skill levels are welcome. Space is limited, so register early! Register for one session only please. Register online at [www.somerslibrary.org](http://www.somerslibrary.org) or call 914-232-5717. Writers' workshop Session II is held on Thursdays, through June 14, from 2:30 to 4 p.m. People of all skill levels are welcome. Space is limited, so register early. Register for one session only please. A spring poetry workshop is held on Thursdays, 5/17, 24/6/7, 14, and 21 from 11 a.m. to 12:30 p.m. Participating members will be encouraged to expand their repertoire of poems. Register online at [www.somerslibrary.org](http://www.somerslibrary.org) or call 914-232-5717.

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

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

**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](mailto: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](mailto:hyinhealth@gmail.com) or [www.hyinhealth.com](http://www.hyinhealth.com).

## Wednesday, May 16

**Photo Exhibit:** The Ground Glass, a Westchester-based association of fine art photographers, is exhibiting a selection of work by 11 members at the Pound Ridge Public Library's Schaffner Gallery. The photography exhibit is taking place through June 23. A reception with the photographers will be held on June 9 from 1 to 3 p.m. The event is free and open to the public. The Pound Ridge Library is located at 271 Westchester Ave. For regular library gallery hours visit <http://www.poundridgelibrary.org/hours--directions---contact.html>.

**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](http://www.firsthebrew.org).

## Thursday, May 17

**Talmud Class:** Talmud and the Ethics of our Sages meets on Thursdays, from 10:30 a.m. to noon, at the Yorktown Jewish Center, 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](http://yorktownjewishcenter.org).

**Trip To The Tropics:** A quick trip to the tropics will be held at the new "Color of Summer" exhibit at the conservatory at Lasdon Park, Arboretum and Veterans Memorial, located on Route 35 in Somers. The conservatory will be replete with tropical flowering plants from all over the world in a balmy, rainforest climate, accented with the music and sounds of the tropics. There will also be a visit from "Dillon," the veiled chameleon that has made friends with visitors to the conservatory. He will be in his special enclosure. The exhibit will run through June 30. Admission fees are \$5 for adults and \$2 for children 12 and under on weekdays and \$7 for adults and \$3 for children on weekends and holidays. The conservatory is open Tuesdays through Sundays from 10 a.m. to 4 p.m. The last tickets of the day are sold at 3:30 p.m. The conservatory is closed Mondays except holidays. Entrance fees are collected at the Garden Shop. Information about this exhibit and Lasdon is available at [lasdonpark.org](http://lasdonpark.org).

**Ossining Doc:** The Ossining Documentary and Discussion Series will host free screening of Jon Bowermaster's Hope on the Hudson, three short films delivering good news about our mighty river: 'City on the Water,' 'Seeds of Hope' and 'Restoring the Clearwater,' followed by a panel discussion. At the Ossining Public Library, at 6:30 p.m. Seating begins at 6:15 p.m., Admission is always free, and all are welcome. Info: [OssiningDocumentaries.org](http://OssiningDocumentaries.org).

**Pre-Shavuot Study Session:** All are invited to begin their Shavuot with some engaging learning with guest teacher Profes-

sor Beryl Levinger at 7:45 p.m. at Temple Beth Am, 203 Church Pl. Yorktown. We'll examine the Book of Ruth as well as two other biblical women and relate the central themes of the texts to our own lives; especially how we confront seemingly impossible challenges. Non-members are welcome. For more information, please call our Rabbi at 914-962-7500.


## Friday, May 18

**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.

**International Film Festival:** The Innocents will be the final film in the 2017-2018 International Film Festival sponsored by the Maryknoll Fathers and Brothers. It will be shown at 7:30 p.m. at Maryknoll, 55 Ryder Rd., Ossining. Everyone is welcome and admission is free. For more information, visit [www.maryknollsociety.org/filmfest](http://www.maryknollsociety.org/filmfest) or call 914-941-7590.

**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.



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# Happenings

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

## Saturday, May 19

**Aunt Millie's Attic:** You are likely to find amazing treasures at the annual rummage sale at St. Mary's Episcopal Church on Route 6 in Mohegan Lake, from 9 a.m. to 3 p.m. Items available for sale include housewares, costume jewelry, and children's toys/games, all looking for new owners, as well as homemade baked goods and other food items. All sale proceeds will be used to support the completion of the new Outreach Center, which will house the Community Food Pantry and Midnight Run programs. Additional items will also be available for sale by outside vendors. For more information, please call St. Mary's at 914-528-3972.

**Zen Meditation:** Authentic Zen meditation under the guidance of Rev. Paul Tesshin Silverman is held every Saturday at 9 a.m. at the Fourth Unitarian Universalist Congregation of Westchester, 1698 Strawberry Rd. Mohegan Lake. Visit us at <http://www.yorktownzen.org> or e-mail us at [yorktownzen@gmail.com](mailto:yorktownzen@gmail.com).

**Putnam Valley 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.

**Garden Conservancy Program:** The Garden Conservancy's Open Days Program Explore four private gardens in Bedford Hills, Chappaqua, Katonah, and Mount Kisco, open for self-guided tours to benefit the Garden Conservancy from 10 a.m. to 4 p.m. The cost is \$7 per garden with children 12 and under admitted for free. Info: visit [www.opendaysprogram.org](http://www.opendaysprogram.org) or call The Garden Conservancy toll-free weekdays, from 9 a.m. to 5 p.m. at 1-888-842-2442.

**Service Dogs Walkathon:** BluePath Service Dogs 2nd Annual Walkathon will be held from 10 a.m. to 2 p.m. at FDR State Park, 2957 Crompond Rd in Yorktown

Heights. Join us on the path to unlocking life's potential for children and families touched by autism. The Walkathon will raise funds in support of the non-profit's mission to provide autism service dogs, offering safety, companionship and opportunities for independence. Friendly dogs are welcome. For more information or to register, visit [www.bluepathservicedogs.org](http://www.bluepathservicedogs.org), call 845.377.0477, or e-mail [info@bluepathservicedogs.org](mailto:info@bluepathservicedogs.org).

**Lasdon Plant Sale:** An eye-opening

spectrum of colorful flowers, both popular and rare, will be available at the Friends of Lasdon Plant Sale, on May 19 from 10 a.m. to 4 p.m., and May 20, from 10 a.m. to 3:30 p.m., at Lasdon Park, Arboretum and Veterans Memorial in Somers. There will be a special preview for Friends of Lasdon members on May 18, from 6 p.m. to 8 p.m. More than 30 vendors will sell crafts, food, gifts and more. The Shop at Lasdon will be open and the Fork-in-the Road Cafe Truck will sell food and refreshments. The Veterans Museum will present a display about the Korean War and the main house will feature a special art exhibit. Admission is free to the plant sale and the Veterans Museum. There is an admission fee to view the new-

est Lasdon Conservatory exhibit, the Color of Summer. Tickets are sold at the Shop at the price of \$7 or \$3 for children age 12 and under. Proceeds from the plant sale benefit programs in the park. More information is available at [lasdonpark.org/](http://lasdonpark.org/) and 914-864-7268. Lasdon Park, Arboretum and Veterans Memorial is located at 2610 Amawalk Road (Route 35) in Somers.

**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. Kid-

*Continued on page 26*



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## Creating That Special Place at Home to 'Zone Out'

It has always been my firm belief that all of us require a refuge for quiet time, for meditation or prayer at home. While enjoying a wine tasting one evening with some realtor buddies, the subject came up and we were all quite open, even enthusiastic, about how and where we "go within."

"I prefer doing it outside, observing nature," one realtor friend said, "and I do it with my eyes open."

That surprised me. While Buddha was able to meditate outside under a tree, I lack that capability, finding outdoor sounds and even the breeze distracting.

"I can focus anyplace and anywhere I happen to be in my home," another friend said. That talent also eludes me.

A third realtor said he meditates in his office, taking a few moments when the need arises. That is something I did years ago when I worked a 9-to-5 job in the most dysfunctional office environment imaginable. I would sometimes retreat to the men's room, perhaps two or three times a day, go into a stall and repeat "relax, relax, relax." This survival technique was abandoned after my boss asked me if I had a gastrointestinal problem.

At home, I suspect that many of us have our own special place dedicated to making contact with our inner selves and the universe. I was reminded of this a while back when I was told of a complaint from a seller who said that an agent left her business card on the homeowner's "altar," which would seem to be a violation of sacred space. The agent, in her own defense, said "Gee, it looked like a regular sideboard to me."

At the height of my spiritual quest some years ago, I explored an endless and seemingly discordant mix of meditative practices. These included listening to new age and gospel music, the sound of an indoor waterfall and a vibrating chime, all supported with the energies of crystal healing, a very heavy dose of Vipassana meditation and attendance at a then-popular men's group.

It would have been impossible to engage in such an elaborate otherworldly plan either outdoors or in a public place. So I carved out a space, actually an entire room, as my personal meditation room. I figured that it could double as a second guest room. Then, I started collecting crystals (minerals I called then to the outside world) and I became so obsessive about it, not so much for

their metaphysical qualities, but for their sheer physical beauty, that at one point my quiet place looked like an outpost of the American Museum of Natural History.

Our first house guest invited to sleep in that room refused. It seems that she had taken a different path to spirituality than I had, one that would classify any association with crystals as witchcraft. To each his or her own, I say.

Today my meditation room, pared of most of its crystals, has certain features that I would recommend for others who want to carve out their own quiet spaces. The formula can be quite simple. Whether an entire room or a corner of one, the space should be uncluttered and capable of being darkened even in the morning or middle of the day. There should be a system for producing sound, and I recommend that it be through earphones rather than ambient sound for better concentration. Also, depending on one's beliefs, there might be religious or spiritual symbols or a touchstone of some sort to set the mood.

Some can meditate on a floor mat, although some of us are not that agile, so there should be a chair that is comfortable but not too comfortable or there is the risk of falling asleep while meditating. What serves as my launching pad as

my mind jettisons into altered time is an old wingback chair that has seen better days. I know I should replace it, but what if the back of a new chair didn't conform just the right way to my back and what if the height of the seat was not perfect for me? This chair and I have spent a lot of altered time together to the point where it's become symbolic of my spiritual growth. So how could I let it go?

The one finishing touch might be some kind of signage for the entrance to the space that reads: "Altered state of consciousness within. Please do not enter." Then, just say "ommmmmmm."

*Bill Primavera, while a writer and publicist, is also a realtor known as The Home Guru, associated with William Raveis Real Estate. To have him market your home for sale or to help you find the home of your dreams, contact him at williamprimavera@gmail.com or call him directly at 914-522-2076.*



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Crossword

ACROSS

- 1. Little League coach, often
- 4. Terrif
- 7. Rapper prefix
- 10. Historical period
- 11. 1979 Hockey Hall of Fame inductee
- 12. A bill in the till
- 13. Letter run
- 14. Laments
- 16. New Cortlandt Manor salon that treats you like a diety
- 18. Brain child
- 19. Roll
- 20. Michigan college
- 22. Early Apple computer
- 25. "Give it \_\_\_\_!"
- 27. Auto pioneer Ferrari
- 29. French furniture, maybe
- 33. "Jimmy \_\_\_\_" or Brewster/ Carmel construction rental company
- 34. Ending of many website names
- 35. Convenience store convenience
- 36. Procured
- 37. Herbal quaff

- 38. Mauna \_\_\_\_
- 39. Where to pamper oneself
- 40. Common ID

DOWN

- 1. Indian city
- 2. Loser of 1588
- 3. Pioneer surveyor, Boone
- 4. Verne hero
- 5. Pointer
- 6. Kind of registry
- 7. Hendrix song, "Bold as \_\_\_\_"
- 8. Chemical suffixes
- 9. Nothing \_\_\_\_
- 15. Swirled
- 17. Big name in Inns
- 21. Ripenings
- 23. High-hats
- 24. Islands west of Portugal
- 26. Leading
- 28. Heart, liver e.g.
- 29. Neb. neighbor
- 30. Pear-shaped string instrument
- 31. Rombauer of "The Joy of Cooking"
- 32. "\_\_\_\_ life!"

1	2	3		4	5	6		7	8	9
10				11				12		
13				14			15			
16			17							
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	20			21		22		23	24	
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38				39				40		

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(Solution to puzzle on page 23)

1	D	2	A	3	D		4	F	5	A	6	B		7	L	8	I	9	L
10	E	R	A				11	O	R	R				12	O	N	E		
13	L	M	N				14	G	R	I	15	E	V	E	S				
16	H	A	I	17	R	G	O	D	D	E	S	S							
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35	A	T	M				36	G	O	T			37	T	E	A			
38	K	E	A				39	S	P	A			40	S	S	N			

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The Good, The Bad and  
The Ugly on Annuities

Continued from page 18

Moreover, the State will likely take the lifetime annuity payment due to the client. Even if there is a spouse, the annuitization of an annuity will be treated as a transfer of assets because the act of annuitizing an annuity means that you have made an irrevocable transfer of an asset to an insurance company. It is extremely important for financial planners reading this article to understand these concepts.

Salvatore M. Di Costanzo is a partner with the firm of Maker, Fragale & Di Costanzo, LLP located in Rye, New York, and Yorktown Heights, New York. Mr. Di Costanzo is an attorney and accountant whose main area of practice is elder law and special needs planning. He is a member of the National Academy of Elder Law Attorneys and a frequent author and lecturer on current elder law and special needs topics. Since 2013, Mr. Di Costanzo has been selected each year by the rating service, Super Lawyers as a New York Metro leading elder law attorney. He can be reached at (914) 925-1010 or via e-mail at [smd@mfd-law.com](mailto:smd@mfd-law.com). Visit his practice specific website at [www.plantodayfortomorrow.com](http://www.plantodayfortomorrow.com).

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**NOTICE OF FORMATION OF LONG-STOCKING LLC.** Arts of Org filed with Secy of State of NY (SSNY) on 02/20/2018. Office loc: Westchester. SSNY designated as agent upon whom process against it may be served and shall mail process to the principal business address: **39 Chesterfield Road, Scarsdale, NY 10583. Purpose: any lawful acts.**

**NOTICE OF FORMATION OF: CANINE BODY DEFENSE, LLC.** filed with SSNY on 4/03/18. Office in Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 241 East Main Street, Mount Kisco NY, 10549 Purpose: Any lawful purpose.

**NOTICE OF FORMATION OF FOUR-SIX WP LLC** filed with SSNY on 3/30/2018. Office in Westchester, SSNY designated as agent upon whom process against it may be served. SSNY shall mail process to: **333 Mamaroneck Ave. #417, White Plains, NY 10605. Purpose: any lawful purpose.**

**NOTICE OF FORMATION OF BREWSTER SHIPPING LLC** filed with Secretary of State of New York (SSNY) on 02/27/2018. Office location: Putnam.

SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to principal business address: **12 Main St, Brewster, NY10509. Purpose: Any lawful act or activity**

**NOTICE OF FORMATION OF JIGSAW PIECES LLC.** Articles of Organization filed with Secy of State of NY (SSNY) on 04/20/2018. Office location: Westchester. SSNY designated as agent upon whom process against it may be served and shall mail process to the principal business address: 19 Glen Terr. Chappaqua, NY 10514. Purpose: any lawful acts.

**NOTICE IS HEREBY GIVEN THAT A LICENSE, NUMBER "PENDING" FOR BEER, AND WINE** has been applied for by the undersigned to sell Beer, and Wine at retail at a restaurant under the Alcoholic Beverage Control Law at 1327 North Avenue New Rochelle New York for On Premises Consumption. **YJ Berkman Inc. DBA, Eden Wok, 1327 North Avenue, New Rochelle, New York 10804**

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**FORMATION OF NRMHA MANAGEMENT, LLC** filed with the Secy. of State of NY (SSNY) on 4/30/18. 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 **c/o New Rochelle Municipal Housing Authority, 50 Sickles Ave., New Rochelle, NY 10801. Purpose: Any lawful activity.**

**BUILDER BOYS, LLC** Arts. of org. filed with the SSNY on 04/25/2018. Office: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC **39 Mitchell pl. #11b White Plains NY 10601. Purpose: Any lawful purpose.**

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continued on next page



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# Happenings

Continued from page 21

dush luncheon follows the services. Services begin at 10 a.m. For more information visit www.ChabadYorktown.com

**Torah Study:** All are invited to study Torah with our engaging Rabbi Robbie Weiner at 9 a.m. at Temple Beth Am, 203 Church Pl. Yorktown. Bagels and coffee are provided for all wishing to explore how this week's Torah portion is a mirror into our lives. No previous knowledge is required and all backgrounds are welcome. For information, please call our Rabbi at 914-962-7500 or e-mail him at RabbiW@optonline.net.

**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, pasture-raised meat, poultry, and eggs, breads, baked goods, and much more. For a full list of our markets and vendors, visit DowntoEarthMarkets.com.

**Sylvan Glen Park Hike:** A Guided hike at Sylvan Glen Park will be held from 2 to 4:30 p.m. The hike will take place regardless of weather. Wear comfortable shoes (no sandals). The program is jointly run by the Yorktown Parks Department, the NY-NJ Trail Conference and the Yorktown Trail Town Committee. Meet at the Stony Street

parking lot, across from 2820 Stony St. For more information e-mail yorktowntrail-town@gmail.com.

**History of Hudson River Valley Bridges:** "How the Bear Mountain Bridge Opened the Floodgates to an Era of American Bridge Building" will be the topic of a talk and picture program at 2 p.m. at the Little Red Schoolhouse, 297 Locust Ave., Cortlandt. Harry Stanton of Yorktown, a long-time river crossings historian and former Director of the New York State Bridge Authority, will explain the heritage of the iconic Bear Mountain Bridge and the historical significance of the breathtaking site it occupies on the Hudson River. Sponsored by the Van Cortlandtville Historical Society, the free program is open to the public. For more information, visit: www.vncort.net; or, call 914-736-7868.

**Bethany Arts Fundraiser:** A fundraiser for the Bethany Arts Community (BAC), a new space and environment located at 40 Somerstown Rd, Ossining, will be held from 7 to 10 p.m. The program will include music, a selection of gourmet foods and beverages, and the latest art exhibition in the galleries - an exploration of motion and movement called (Not) Staying Still. The highlight of the evening will be a per-

formance by the world famous Bill T. Jones/Arnie Zane Company accompanied by some commentary from Bill himself. Info: www.bethanyarts.org/calendar/fundraiser

**Jazz Masters:** The Mala Waldron Quartet, a group of internationally acclaimed jazz virtuosos headlined by vocalist/pianist/composer Mala accompanied by her top-flight backup group, will make a rare local appearance in Westchester as part of the Collaborative Theater (WCT)'s Jazz Masters Series. Mala, who recently performed at the Kennedy Center in Washington, D.C., will perform a sophisticated blend of soulful jazz together with Steve Salerno on guitar, Marcus Mclaurune on bass and Michael T.A. Thompson on drums at WCT's black box performance space, 23 Water St., Ossining. The Mala Waldron Quartet will play sets at 7:30 and 9 p.m. General admission is \$20. A cash bar and refreshments will be available. Purchase seats online at the ticketing website: https://www.brownpapertickets.com/event/3380855. Limited seating is available.

**Free Concert:** The Cortlandt Chamber Orchestra will perform a free concert, The Three B's at 7:30 p.m. at the Holy Name of Mary Catholic Church, 110 Grand St. Croton. The orchestra will perform "Name Day Overture, Op.115" by Ludwig van Beethoven, "Fugue in G Minor" ("Little Fugue") by Johann Sebastian Bach and "Symphony No.3 in F Major, Op.90" by Johannes Brahms.

**Shavuot:** The holiday of Shavuot will be celebrated by a night of study, from 8:30 to 11:30 p.m. at Yorktown Jewish Center, 2966 Crompond Rd. There will be a break at 10:30 p.m. for ice cream, coffee, etc. You are invited to join us for this night of study and discussion. Info: 914-245-2324 or yorktownjewishcenter.org.

## Sunday, May 20

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

## Monday, May 21

**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.



The Northern Westchester  
**Examiner**  
**Sports**  
*Covering Putnam County and Northern Westchester Sports*



**Three-Alarm Fire!**  
**Red Hot Magnan Flows in Somers' 9-7 Loss to Fox Lane**

RICK KUPERBERG PHOTO (PLEASE VISIT [WWW.HVSRPHOTOS.COM](http://WWW.HVSRPHOTOS.COM) FOR MORE)

Likely Fox Lane All-American Matt Magnan drew a crowd wherever he went in the Foxes' 9-7 win over host Somers last Saturday when the troika of (L-R) Kevin Olifiers, Vinny DiFilippo and Brian Marcus converged upon the dynamic playmaker, who finished with one goal and six assists to lead the surging Class A Foxes past the Class B Tuskers... see Boys' Lax Notebook



## Sports

## Boys' LAX Notebook

## All-American Debate: Obvious Choices Leaves Morsels for Rest

By Ray Gallagher  
Examiner Sports Editor  
@Directrays

There should be little to no political correctness when it comes to naming the 10 Section 1 All-American this season, so, please, spare us all the nonsensical notion that we should spread the wealth this season and consider guys who are playing cupcake schedules because they put up big numbers in those games. There's not a team in Class A or Class C that can hang with the Class B powers that be – Yorktown and John Jay – and the next best team in Section 1, Pleasantville, hails from Class D. Everyone else is on tier three or below.

That said, we like state-ranked (No.2) Yorktown to get at least three, possibly four, All-Americans: previous honoree D Brett (#BeastMode) Makar, the Maryland-bound senior, is a shoe-in; Marist-bound seniors M Hunter Embury (64 points) and A Jamison Embury (91 points) are clear-cut, bona fide A-A choices; and D Brandon Meyreles is as good as any pole not named Makar but getting four players from one team is difficult these days, no



Hen Hud M Austin Fraser might be in the All-American discussion if the Sailors can pull off their first Section 1 title victory.

matter how worthy those players are. Trust me, they are worthy.

State-ranked (No.4) John Jay deserves at least two: So, I'd give Colgate-bound senior D Thor Adamec and junior M



RAY GALLAGHER/RICK KUPERBERG PHOTOS

Yorktown senior M Hunter Embury should surely be on the list of 10 Section 1 All-Americans in 2018.

Bryce Ford, the Fairfield commit, the nod for sure. That makes five or six (depending on if you like Meyreles like I do) from the top two programs in the section. I'd say Pleasantville gets two as well, including Georgetown-bound Declan McDermott

A and Class C, but Bucknell-bound Alston Tarry (76 points) at Bronxville is legit, Westlake's Rob DiNota (57 points) is bucking for a second A-A nod and Fox Lane's Matt Magnan (44 points) is a special talent, though none will likely

## NWE/Putnam Fab Five Lax Poll

**No.1 YORKTOWN** – Class B Huskers (12-3) will enter the tourney as the favorites, what with Yorktown finding another gear and John Jay dealing with internal issues surrounding the Indians' netminding situation, but, that said, Duke-bound senior Braden Burke was cleared for contact this week and should return to the post-season lineup in time to seriously bolster the back line.

**No.2 HEN HUD** – Class C Sailors (14-1) might have benefitted from a tougher regular-season schedule, which state-ranked (No.9) Rye certainly has. That's the thing that scare me most about the title-starved Sailors. They haven't faced, much less beaten, an upper echelon foe. Rye (11-4) has faced L/P, P'Ville, IP, Mamo' and John Jay, so the Garnets are battle tested and been-there-done-that when it comes to winning and challenging for sectional titles (4-2 since 2005).

**No.3 LAKELAND/PANAS** – Class A Rebels (5-10) are said to have a healthy TJ Bryan back and this junior middle won 60% of his draws against Yorktown, which means his impact will be vast when the Rebels, the current No.8 seed, potentially face No.1 Mamaroneck early in the watered-down Class A playoffs. If Coach Lindsay can get this unit on the same page, we still think they can bust up a bracket and make a run, considering the Rebels lost by just a goal, 9-8, in overtime to state-ranked (No.14)

Mamaroneck, the once-prohibitive favorites, last week. Sean Laukaitis and Mason Nocito each bagged a hat trick for the Rebels #DontSnooze.

**No.4 MAHOPAC** – We mentioned last week that the Class A Indians (10-5) had best go 3-0 against Wappingers, Arlington and Carmel to conclude regular season, and chances are they will do so by wiping up Carmel in the season finale last night. And it looks like the Indians may draw the No.2 seed as a result, poised to make a run at a wide-open Class A tourney field. Something tells us the trail to the finals could be bumpy for every team in the field, but Mahopac has as good a chance as any to ride it out and win its first title since 2011 or at least compete for one for the first time since 2015.

**No.5 SOMERS** – Class B Tuskers (7-8) have suffered three-straight losses and enter the tournament on a down note, which set the back to No.7 among the current seeds, which isn't a good thing when Yorktown is No.2. The road to the Final 4 just got a whole lot tougher.

**HM PUTNAM VALLEY** – Class D Tigers (8-7) are looking at a potential 5 vs. 4 matchup with No.4 Westlake as a Final 4 obstacle. A win over Westlake would likely produce a matchup with No.1 Pleasantville, thus likely ending the campaign with an eye toward a potentially bright future.



Somers A Vincent Cartelli cranks shot in Tuskers' loss to Fox Lane Saturday.

(59 points) and previous A-A honoree Brian Reda (67 points), soon bound for Fairfield. That makes seven or eight.

The last two or three could be determined by whoever wins in Class

sip from the cup of champions in my estimation. Based on his body of work and the efforting he has put in this year, Magnan would be on my list of Section 1

*continued on page 31*



## Sports

## Baseball Notebook

# Surging Carmel, Yorktown Enter Class AA Playoffs on Tears

By Ray Gallagher  
Examiner Sports Editor  
@Directrays

There are some astonishing regular seasons being turned on the local Section 1 baseball circuit, including Class AA Carmel and Class A's Somers and Hen Hud, which is, and isn't, a surprise given the fact the Sailors have a new coach and graduated a ton of players, but still went 16-4 for a third-straight year. The problem is, the post-season has been very cruel to Hen Hud over the last two years, so they're hoping to change their playoff fortunes when the Section 1 seeds are released early this week.

## CLASS AA

We've got a couple of teams that opposing coaches won't want any part of as we enter the post season this week, including Carmel (14-5), winners in seven of the last eight, and Yorktown (9-9-1), unbeaten in eight of the last nine, including a 3-0 win over Carmel. It's all about who toes the rubber on any given day, who plays clean defense behind the hurler and who can hide the hole or two in most lineups, so there's nothing given about a deep playoff run with the amount of solid contenders among the largest schools, including the Dutchess and Rockland County powers that be.

**CARMEL** (14-5) is on fire, though, blazing its way to a potential top five seed in the playoffs. The Rams' 18-0 win over **MAHOPAC** (7-13) is not a typo, but it is one of the worst beatings the Indians have ever incurred in the rivalries rich history. The Rams were feasting early and often, plating 13 runs in the first two frames. Matt Vitro (2 hits, 3 RBI), Sean McCarthy



RAY GALLAGHER/RICK KUPERBERG PHOTOS

Carmel P Matt Vitro has had an MVP-caliber season for the surging Rams.

(2 doubles, 3 RBI), Dan Castrovinci (3 hits, 3 RBI) and Gerry Loughran (3 hits, 2 RBI) were all mashing as pitchers Jack Sullivan (3IP, 3K's, 0 hits) and AJ Gonzalez (2 IP, 4K's, 1 hit) combined on a one-hit mercy win over the rival Indians. Gonzalez, Jon Minotti and Anthony Febo all knocked in two runs apiece.

"It was a great team effort today," Rams Coach Joe Hackert said. "We bounced

back from being shut out on Thursday against Yorktown. We wish the best of luck to Coach Lugauber and Mahopac, which is in great hands with him. He is a class act."

There's no denying that, but having gone 2-9 in the last 11, there's no refuting that the Indians need to find their swagger in a hurry as the current No.15 seed, which would likely put them in an out-bracket

game before seeing No.2 White Plains in the opening round of the playoffs, should they qualify for the field of 16.

**YORKTOWN** could be looking at a very rough draw after its hot streak has moved the Huskers into the middle of the pack. The Huskers, currently seeded ninth, might rather a 10-12 seed than the current 8-9. They might make a serious run, nonetheless, but the current path reveals No.8 Mamaroneck and then No.1 RCK, two of the premier programs in the section.

"Kids have some swagger right now, so I am excited," Husker Coach Sean Kennedy said. "On the positive side, I do have pitchers that, when on, can be as good as anyone; evidenced by Anthony Fusco shutting out Carmel and Joe Sgobbo and Alby Cuifetelli shutting out White Plains."

Not to mention a 9-1, combined ho-hitter win over Ossining last Friday when Ciuffeteli and Ryan Benson combined on the deed. Ciuffeteli went 6 2/3 innings, allowing one unearned run with six whiffs and two walks. Benson notched the final out. Husker Chris Sica went 3 for 4 with a solo home run. Tyler Pugliese and James Halstead each hit a double and had three RBI for the Huskers.

After nearly a quarter century with the Yorktown program, if anyone deserves a deep playoff run, it's Coach Kennedy, who was an assistant to Coach Bob Sarro when the Huskers last won it all in 1995.

**OSSINING** was set to honor the memory of beloved former Coach Bill Casey on Sunday, but the Pride (9-10) have dropped seven of the last 10 and fallen to No.11 despite big wins over Yorktown and Putnam Valley. Pride P Michael Laitman was in total command in the 8-0 win over Croton Sunday, firing a one-hit shutout with 10 whiffs. He took a no-hitter into the seventh and was supported by Peter Bossinas (2-3, 2B, 2 runs) and Ethan Martinez (2-run 2B), who mashed on behalf of Coach Casey.

## CLASS A

**HEN HUD** finished the regular season at 16-4 for the third straight year, but the Sailors have not been able to get out of their own way in the past two playoffs, failing to advance beyond the quarters and getting knocked out in the first round. Sailors Coach Van Vourliotis is hoping the Jack Kelly-led Sailors can sing a different tune as the current No.2 seed in the tournament after locking

*continued on page 31*



Yorktown P Anthony Fusco has been one of the few hurlers in Section 1 to tame the Carmel bats, doing so in a 3-0 shutout last Thursday.



Hen Hud P Jack Kelly fires pitch as he picks up save in win over Poughkeepsie last Wednesday.



## Sports

## Softball Notebook

# Yorktown, Lakeland, Put Valley Enter Playoffs Hot

By Tony Pinciario

**YORKTOWN** is right where it wants to be as the regular season comes to a close and the Section 1 Class AA Championship begins.

The 2017 Section 1 Class AA champions went 4-0 last week – beating Suffern (1-0), Ossining, John Jay-East Fishkill (5-3) and Panas (2-1) – raising their record to 16-2 on the season.

In the victory over Suffern, Erica Salveggi tossed a no-hitter, and Angie Serrano's walk-off single provided the triumph over Panas in the first round of the Yorktown Tournament.

Yorktown had senior night, Monday, against John Jay-Cross River and will complete the regular season against Suffern in the Yorktown Tournament final.

Senior and catcher Courtney Cardea pointed out that Yorktown was looking forward to playing John Jay-East Fishkill and Suffern. John Jay-East Fishkill had beaten Yorktown, 11-6, earlier this season on a day when the Huskers were far from their best.

"We were the home team in that first game against John Jay and we were up two runs going into the last inning," said Cardea, who will attend Hamilton College

in September and play softball. "After that game, we put a lot of emphasis on our defense and in the last week, it showed."

The Cornhuskers played a sound game behind Salveggi, who no-hit a hard-hitting Suffern team that is always among the Section 1 Class AA elite.

"Erica was really hitting her spots and all of her pitches were on," said Cardea, who has caught Salveggi four years on varsity. "Erica didn't shake me off once. We were locked in. We knew this was going to be a great game because of the great teams they were beating, and we were beating. We knew about their pitcher and what to expect from her. There was something special about that game. They had the home crowd and we new we had to bring it to win it. Games like this prepare you for the playoffs."

Erin Gray provided the difference with a seventh-inning home run.

Brianna Buck drove in four runs and Reilly Koch swatted a three-run homer against Ossining, then Yorktown exacted revenge on John Jay-East Fishkill as Buck provided the thunderous hit – a three-run homer.

"We wanted to prove ourselves again, to them," Cardea said. "Last year, they beat us twice and had a no-hitter against us. We wanted to show we were new and improved and even more determined in the second game."

Yorktown closed out its week with a thrilling walk-off win against Panas. Sam Riccardulli had Yorktown's first RBI before Serrano's game-ending hit.

"Their pitcher is young, but she is very good," Cardea said. "We knew it would be a good game and whoever adjusted faster would win. Lucky for us, we were able



RAY GALLAGHER PHOTOS

Yorktown's Samantha Riccardulli connects for a double in Huskers' 2-1 win over Panas Friday.

to do what we did in the bottom of the seventh."

Yorktown goes into the Section 1 Class AA Championship as the hunted, because it is the defending champion. Yorktown is well aware of it, but ready for the challenge as it attempts to become the second team in program history to win consecutive sectional titles. The Cassie Reilly-Boccia-led team won the Class AA championship in 2007 and '08.

"Our team is really experienced and all of us lead in different ways, which has enabled us to grow as a team," Cardea said. "We feel as a team that we're playing our best softball we have this year. We're also the type of team that plays our best when we are loose. We know that when we play the game the right way and give it 110 percent, it will all work out in our favor."

Yorktown Coach Ryan Iamurri echoes Cardea's thoughts.

"We were able to see the growth this team has gone through since the beginning of the season and the girls are coming together as a team," said Iamurri, who played with Reilly-Boccia at the University of Alabama. "All I care about is that we are controlling the things we can control, getting better every day, putting the effort in, picking up our teammates when they are down and just plain having fun playing the game they love."

**PUTNAM VALLEY** did Yorktown one better, winning five games in six days – Haldane (14-7), Carmel (15-3), Yonkers Montessori, North Salem (14-13) and Beacon (8-7).

"It was a mentally and physically demanding week, having to be on the road for four out of the five games and our last two games were nail-biters," Putnam



Yorktown senior P Erica Salveggi fires in 2-1 win over Panas Friday.

Valley Coach Rena Finsmith said.

Freshmen Frankie Reyes and Emily McKenna each had three hits against Haldane. McKenna drove in four runs and first-year varsity player Sonya Garcia had three RBI.

Keiko Waters had four hits, scored four runs and drove in two against Carmel. McKenna and Reyes combined for nine RBI and provide ample hope for a bright future.

Waters had three hits and pitched two scoreless innings against Yonkers Montessori. Alex Waters, McKenna (home run), Reyes and Garcia each had two hits.

"Tiredness definitely set in by the end of the week and we were battled tested with two solid programs in North Salem and Beacon," Finsmith said. "We had a rough seventh inning against North Salem where their team battled all the way back to not only tie the game at 10, but take the lead 13-10 going into the bottom of the 7th. Our team never quit and came back to win."

Sophia Lord's third hit of the game scored pinch-runner Samantha Palmo with the decisive run. Reyes missed the easy portion of the cycle when she doubled, tripled, homered and drove in four runs.

McKenna rang up 15 strikeouts against Beacon and Reyes had two hits, two runs scored and two RBI.

Putnam Valley, now 13-5 this season, played Haldane, Monday, and will finish the regular season today against Dobbs Ferry. Finsmith said this is the best regular-season record in more than six years.

**LAKELAND** ran its winning streak to 16 consecutive games with victories over Poughkeepsie (15-0), R.C. Ketcham (9-0)

*continued on next page*



Yorktown junior Julianna Piehler goes to great lengths to cheer on her Huskers in 2-1 win over Panas.



Panas junior Bella Feraca takes throw as Yorktown's Elaina Ornstein scoots in safely in Panthers' 2-1 loss to Huskers in Yorktown tourney Friday.



# Sports

## Softball Notebook

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and Somers (8-1).

Defending Class A champion Lakeland erupted for 11 runs in the first inning against Poughkeepsie. Jess Ascencio went 4 for 4, including a home run, scored

### Surging Carmel, Yorktown Enter Class AA Playoffs on Tears

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down their third-straight League II-E title. Vourliotis is taking aim at Hen Hud's first sectional title since 2000 during the Mike Pritts/Kurt Thomas era.

Kelly, a four-year veteran, and Trevor Dowling provide the coach with the necessary leadership to change their playoff fortunes, but Class A is as wide open as it's ever been, though top-seeded Rye and No.3 Byram Hills are legit favorites.

**SOMERS** has also had an outstanding season, much to the surprise of many. Tusker Coach Joe Wootten figured Somers was due to improve but 13-6 and a No.6 seed was not something many saw coming from this senior-laden unit. However, after sweeping **LAKELAND** by identical 7-3 scores, Somers has clicked off three-straight wins and gone 8-2 down the stretch. Tusker P Austin Wainer dominated the Hornets, lasting 6-2/3rds with 12 Ks.

"Wainer kept a good Lakeland team off-balance by getting ahead the entire night," Wootten said. "He threw 72 strikes and 34 balls. That ratio is simply outstanding. He, along with catcher Eric Ferrara, fully committed to the game plan. Their execution was effective."

Wainer impressed Lakeland Coach Bill Casey, who understand his Hornets (9-8), currently seeded No.12, may still be a year away from serious contention having dropped four of the last five. Lakeland may be young, but the Hornets are battle-tested after taking on a pair of Class AA schools over the weekend, including RCK, who took a 7-5 decision, and Clarkstown South, who went home a 5-4 loser courtesy of P Joey Vetrano, who fired six frames and allowed just one run. At the plate, the big lefty sophomore went 5 for 7 in the double-dip. He cracked a home run, triple, two doubles and drove home five.

Tusker ace Logan Carriero held Mahopac to just three hits and no runs over five innings in a 7-3 Somers win. He fanned nine Indians and smoked an RBI double and scored. Big bopper Chris

twice and drove in five runs. Eighth-grader Shannon Scotto went 3 for 3 with two RBI, Kayla Bugeya and Nicole Barker each had two hits and Amber Lopez and Stella Bale had two RBI apiece. Krystal

Boncardo tripled and scored two runs for the Tuskers, who appear to have a nifty threesome in Wainer, Carriero and Boncardo. Don't sleep on Somers.

"The preparation these players put into the off-season and during the season has led them to have some success," Wootten admitted. "We have expectations every year. These players took it upon themselves to prepare. The results mean that all the work is paying off. With the regular season is almost complete, one-and-done begins soon."

John Jay CR went 6-2 in the league to cop the II-C title, and the streaky Indians (8-10 overall) should not be slept on either.

**PANAS** has dropped to No.16 after going 2-6 down the stretch, but they can right the ship this week with Mahopac and Lakeland on the docket. **BREWSTER** (10-10) has fallen to No.17 after going 2-5 down the stretch, but the Bears did manage a 3-2 win over Somers but were no match for John Jay CR, who swept Brewster last week.

#### CLASS B

**PUTNAM VALLEY** (13-7) is the current No.6 seed in Class B and the newly-minted League III-E champions after knocking off **HALDANE** (9-10) by a 2-1 count. The Tigers are scoring some runs now to support their pitchers with utility specialist Brian McBride (team-high 18 RBI) and C Mike Gaitan (team-high .475 BA & 19 runs) leading the way. Juniors Alex O'Brien (0.76 ERA), McBride (1.62 ERA) and Matt Carlsen (0.47 ERA) have been steady out of the pen and as starters of late. Consider the Tigers a sleeper but consider No.1 Briarcliff the team to beat in Class B, with No.4 Westlake (8-2 over the last 10 and a win over Briarcliff) showing big time signs. No.2 Pleasantville and No.3 Keio round out the top challengers.

**CROTON-HARMON** (8-11) has slipped to the No.10 seed but a sweep of Valhalla should build confidence for the post season.

Badillo tossed a no-hitter and struck out seven in five innings.

Badillo ripped two home runs and drove in three runs against Ketcham. She also tossed her second straight no-hitter and struck out 13. Hannah Matusiak also had three RBI and Lopez chipped in two hits.

Matusiak went 4 for 4 with three RBI against Somers. Bale collected two hits and three RBI and Lopez and Badillo each had two hits and scored twice.

**BREWSTER** split with **SOMERS**, losing 15-8, then rebounding the following day with a 4-3 win. The Bears overwhelmed Nyack to close out the week.

Brewster Coach Lisa Delzio said Somers raced out to a double-digit lead after two innings in the first game.

"Somers had some great bats in their lineup and they hit the ball hard all day," Delzio said.

Camryn Gannon and Madison Chiudina each had two hits and two RBI and Gabby Dovi added two hits and scored three runs.

"What a difference a day makes as we started first basemen Karen Lennox in the circle," Delzio said. "Karen came in in relief the day before. Karen hasn't pitched in five years, but we felt we needed to change things up and she did a great job the day before to hold Somers."

Somers led 3-0 after two, but Lennox tamed the Tuskers the remainder of the game and the Bears rallied in the seventh.



Mahopac freshman P Shannon Becker has given the Indians plenty to smile about this season and the foreseeable future.



Panas freshman hurler Olivia Bordenaro delivers in 2-1 loss to reigning Class AA champion Yorktown last Friday.

Gannon evened the score at 3-3 in the bottom of the seventh with a solo home run ripped a 1-1 fastball over the center field fence to tie the game.

Angie Gasparre, who had two hits, delivered the walk-off sacrifice fly in the bottom of the eighth inning.

"Despite our record and some truly rough innings throughout the season, this team has never given up," Delzio said. "We talk about what it means to play with heart no matter what, and they continue to fight and be there for their teammates. I'm very proud of them."

Brewster accumulated 17 hits against Nyack on Senior Day, led by Chiudina, who ripped three-run homer. Senior Gigi Gasparre had two doubles and two RBI and Francesca Cioffi and Kate Katsetos each tripled.

**HEN HUD** split four games, dropping a 2-1 decision to Eastchester and was shut out by Ardsley. Hen Hud bounced back to sweep Poughkeepsie.

The Sailors rapped out 17 hits in the first victory over Poughkeepsie, led by Michaela Capicotto, who homered among her four hits and drove in four runs. Jessica Bleakley had three hits and two RBI and Candace Crowley added two hits and two RBI. Ashley Lupi and Alana Espinoza each had two hits. Lupi and Capicotto had two hits and two RBI apiece in the second win over Poughkeepsie.

### All-American Debate: Obvious Choices Leaves Morsels for Rest

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All-Americans. If he played at Yorktown, he might be a three-time All-American, so send the Syracuse-bound Fox off with a bang. Billy Chabot of Rye is in the mix.

Other locals in the conversation: State-ranked (No.5) Class C power Hen Hud has a couple of interesting option in senior G Vinny Bell and Villanova-bound senior M Austin Fraser (38 points), but the Sailors

may have to win the section to get a nod. I love the way Fraser has sacrificed personal digits for the good of his team by moving to D-mid, but if they need one guy to make one play, Coach Lepore turns to Fraser when all is said and done... Somers senior Vincent Cartelli (64 points) is having a wonderful statistical season, and Lakeland/Panas senior A JoJo Janavey has

a body of work (over 200 career points) that certainly merits mention... Can we please bring back power leagues? I know, I know, Section 1 A.D.'s think power leagues are too subjective, but there is something to be said for "subjective" when put alongside "objective", and I object to the Yorktown's current league, which includes Fox Lane, Greeley and Ossining. That's as

bad as a Michelle Wolf joke, man, nothing remotely funny about it. Nobody benefits from the current league set-up, so fix it...

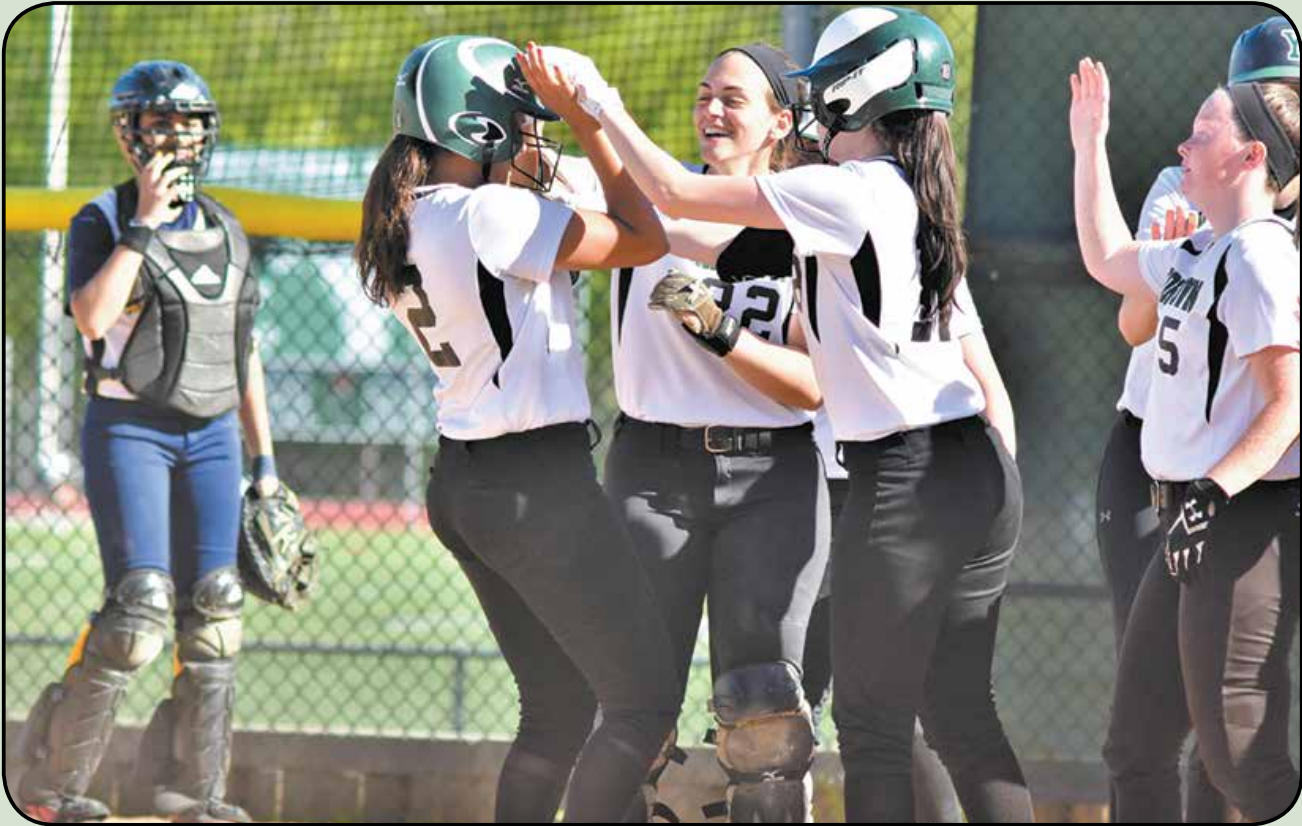
Tip your cap to the Savastano boys, Nick and Vinny, after the veteran coaches led Kennedy Catholic to a 7-5 win over Monsignor Farrell behind four points from Greg Brann, who led the Gaels to a fourth straight CHSAA A NYC title.



# My Angie!

## Yorktown Says Good-Bye to Panas on Serrano Walk-Off

Yorktown's Angie Serrano cracked a walk-off double to plate pinch runner Julianne Strauss and the reigning Section 1 Class AA champion Huskers celebrated a 2-1 seventh-inning walk-off win over visiting Walter Panas in the opening round of the Yorktown Tournament last Friday. The persistent rain on Saturday preempted the consolation (Panas vs. Mahopac) and championship (Suffern vs. Yorktown) rounds, which were rescheduled to Tuesday afternoon... see Softball Notebook



RAY GALLAGHER PHOTOS



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