

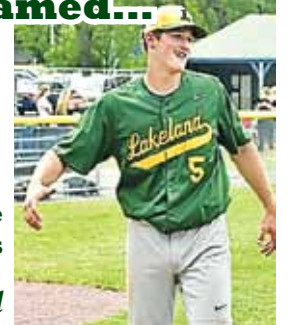
**Fitness/Nature  
Trail Opens  
in Cortlandt...  
page 3**



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# The NORTHERN WESTCHESTER Examiner

**Players of Year  
Named...**



**See  
Sports**

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

**FREE**

June 19 - June 25, 2018

SMALL NEWS IS BIG NEWS

Volume 10, Issue 443



PHOTO BY HOWARD COPELAND

## Student Scholarship Winners

Six local high school students, recognized for their academic achievements and community service, are each receiving \$1,000 scholarships from the Hudson Valley Gateway Chamber of Commerce to help further their education. (L-R): HVGCC Executive Director Deb Milone, Hendrick Hudson High School recipient Danielle Smith, Lakeland High School recipient Adrianna DeSantis, Putnam Valley High School recipient Madelyn Deegan, Croton-Harmon High School recipient Ethan Lewis, Walter Panas High School recipient Lauren Feeley, Peekskill High School recipient Jessie Zhanay, HVGCC Events Manager Lauren Brady, HVGCC Chairwoman of the Board Jane Solnick

## Peekskill Officials Support Immigrant Access to Driver's Licenses

By Rick Pezzullo

The Peekskill Common Council voted unanimously last week to support pending legislation in Albany that would allow illegal immigrants in New York State to obtain driver's licenses.

The 7-0 vote on June 11 took place after several residents in the packed City Hall chambers urged the council to join forces with neighboring Ossining, Irvington, Port Chester and Yonkers in passing resolutions endorsing the effort.

Similar measures have already become law in 12 states, Washington D.C. and Puerto Rico.

"This is advantageous for everyone involved, not just our immigrant community," said Councilwoman Vanessa Agudelo. "The reality is they are here. They are hard working. They want to

have a good quality of life, like what we all want."

Julia Solow, Westchester organizer for Community Voices Heard, said studies have shown allowing undocumented individuals to have equal access to obtaining a driver's license would produce \$57 million in revenue annually and lower insurance premiums of existing motorists by about \$17.

The legislation was sponsored by state Assemblyman Marcos Crespo (85th District). The bill would require the blessing of the Assembly and Senate. Some lawmakers are working to redesign the state's license policies with the federal REAL ID Act.

"Without access to licenses, many immigrants are unable to purchase, register,

*Continued on page 2*

## Somers High School Student Killed in ATV Accident

By Rick Pezzullo

A Somers High School student was killed Friday morning when he crashed while driving an all-terrain vehicle.

According to State Police in Somers, Reece Ferrara, 15, was operating an ATV at approximately 11:30 a.m. on Blackberry Hill Road, south of Somers High School, opposite Reis Park, when he struck a concrete mailbox pillar.

Ferrara was ejected from the vehicle, and was transported to Westchester Medical Center, where he was later pro-

nounced dead.

Somers Superintendent of Schools Dr. Raymond Blanch informed the school community of Ferrara's death.

"This tragic event has affected the entire Somers community and I want you to be informed so you will be able to discuss it with your child," Blanch stated. "We are shocked and saddened by the student's death and I know that we will join together as a community to support family and friends."

Blanch said Grief counselors would be

available at each school in the district for any student in need of support throughout next week.

"There is no way to predict how this tragedy might affect your child, but changes in behavior might be a signal that your child needs assistance to deal with the death of a friend or classmate," Blanch stated. "Every child will respond differently to such a tragedy. Our thoughts and prayers go out to the family during this terrible time."

Reece Ferrara



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# Peekskill Officials Support Access to Driver's Licenses

*Continued from page 1*

and insure their own vehicles and so face major barriers to meeting the most basic needs of day-to-day life: traveling to work, school, grocery shopping, medical appointments, and places of worship," the Peekskill Common Council's resolution stated in part.

"It's very important to get the license because they have to work and they have to support their families," said a female Hispanic resident who addressed the council. "People are at risk of being stopped by the police and by immigration. Families could be separated. That would be the most horrible thing."

Jason Gonzalez, a student at Peekskill High School, said it has been difficult for him, his sister and his single mother to get around without a car since his mother has been unable to get a driver's license.

"Any time we had an appointment or an event out of town it became an all day excursion," he said. "It always limited our ability of what we can do and cannot do.

It would be very nice for all of us to get this passed. It is a necessity for all of us."

The proposed legislation includes a provision prohibiting the state Department of Motor Vehicles from disclosing any collected information to law enforcement officers without a subpoena or a search warrant.

Gubernatorial candidate Cynthia Nixon, who is challenging Governor Andrew Cuomo for the Democratic line in September, has expressed her support for the legislation.

Former Peekskill Mayor George Pataki signed into law in 2001 as governor a provision requiring proof of legal immigration status to obtain a driver's license.

Councilwoman Kathy Talbot reminded those in attendance Peekskill's resolution means nothing unless state lawmakers pass the bill.

"It was very heartfelt," she said of the lobbying from residents. "It fell on very sympathetic ears. It's up to the state Senate."



Matthew Callery of BSA Troop 174 in Yorktown recently celebrated his Eagle Scout with parents Timothy Callery and Eileen Callery, Margaret Callery (sister), Patricia Hallinan (Library Director), Kathleen McIntyre (grandmother), Scoutmaster Kevin Byrnes and Yorktown Councilman Vishnu Patel. His Eagle Scout project was to build a standing book exchange outside of the library where people can donate, borrow, or exchange books for free.



## Spinal Cord Stimulation Pain Relief When All Else Fails...

### Ask the Doctor

**Alain C. J. de Lotbinière, MD**  
Medical Director,  
Cancer Treatment & Wellness Center  
Co-Medical Director,  
Gamma Knife Center  
Northern Westchester Hospital

**Learn more about  
Dr. de Lotbinière, visit  
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### **Q: How can spinal cord stimulation help relieve chronic pain?**

**A:** Pain pathways travel in specific locations within the spinal cord. Based on knowledge that the spinal cord can, under certain conditions, turn off the pain signals, medical research has developed ways of influencing the transmission of pain impulses passing through it.

Highly sophisticated computerized batteries have been developed that deliver individualized electrical impulses to the spinal cord. Today's stimulator implant, which is similar to a pacemaker, can eliminate or significantly reduce chronic pain unresponsive to other approaches.

### **Q: Am I a good candidate for spinal cord stimulation?**

**A:** Do you have structural problems, such as a herniated disc? Or, perhaps you've undergone several spine surgeries. Most patients referred for spinal cord stimulation are managed by a chronic pain specialist. They've probably tried a host of medicines, including narcotics, but over time, their pain has become increasingly resistant to medications. Many have undergone physical therapy treatments, weight reduction programs and a variety of

alternative medicine treatments such as acupuncture. Understandably, these people are desperate. They come to me to see if this will work for them.

### **Q: If I've been approved for the treatment, what's next?**

**A:** Guided by x-ray, an electrode is placed in your spinal canal. You'll be brought into a state of light sedation in order to provide feedback as to placement. Once the electrode is in the area of pain, the patient is sent home to monitor its effect. If pain is reduced by 50 percent or more, you're considered a candidate for permanent placement of a simulator.

### **Q: What are the outcomes of this procedure?**

**A:** The permanent procedure takes about an hour and usually involves an overnight hospital stay. Post-surgery, the stimulator is individually programmed, and over the course of several visits with me, it is increasingly fine-tuned to provide the greatest pain reduction. Patients have different responses, with most people enjoying pain relief. For some, the implant eliminates virtually all pain. In others, pain is reduced by 50 percent. For a minority, the procedure is a failure. The battery life in today's implants remains effective for about ten years.



# Fitness and Nature Trail Opens at Charles Cook Pool

By Anna Young

With summer right around the corner, Cortlandt Town Board members officially opened the Charles J. Cook Fitness & Nature Trail on Furnace Dock Road last week.

The shady and serene half-mile path, which is located behind the Charles J. Cook Pool, consists of an eight-foot-wide trail and 20 pieces of fitness equipment. While the trail includes typical equipment like a jump beam, multi-level, push-up, pull-up and parallel bars, walkers will also be treated to an exercise bike, rowing machine, chest press and other state-of-the-art equipment.

"This trail is absolutely wonderful. It's a great way to get out into the woods and be active if you want to be active or just walk the trails," Councilman James Creighton said. "Once you walk out in the woods you're in another place."

Officials also celebrated Arbor Day during the ribbon cutting event and planted a red oak tree. The tree, suggested by the Town of Cortland Conservation Advisory Council (CAC), was planted near the NorWest Building behind the town pool.

"We have an abundance of trees and we should always try to preserve them when possible," CAC member Paul

Buckhout said.

Supervisor Linda Puglisi said the town expects to break ground on a year-round nine-hole miniature golf course on the Cook Pool campus after Labor Day. She added a new bath house and snack bar will also be constructed.

"This is going to be brand new, state of the art," she said. "So, we're really excited about it."

Cortlandt officials cut ribbon on fitness and hiking trail at Charles Cook Pool.



ANNA YOUNG PHOTOS



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### ROSÉS TASTING, PART 1

Saturday, June 30 • 12:00 - 5:00pm

Rosé wine has solidified itself as not only the most popular drink of the summer but a wine that stores are required to carry all year due to its overwhelming popularity. We sell over 60 different brands of that beautiful, pink patio pounder. We split this show into an early summer event, so come try the first wave of our favorite summer wine!

WEEKLY SPECIALS JUNE 19 - JUNE 25	DOZENS OF OTHER ITEMS ON SALE IN STORE!	WINES ON SALE THRU JUNE!																																																																																
<b>FREE DELIVERY!</b> Did you know that you can have Northern Westchester's best selection of wines and spirits delivered right to your door...for free? Give us a call or check our website for details.	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 5px;">Hess Select Cabernet <b>\$14.97</b></td> <td style="padding: 5px;">Kenwood Chardonnay <b>\$9.97</b></td> </tr> <tr> <td style="padding: 5px;">Hess Select Chardonnay <b>\$8.97</b></td> <td style="padding: 5px;">Vrac Rosé <b>\$7.97</b></td> </tr> <tr> <td style="padding: 5px;">Grey Goose Vodka 1.75L <b>\$49.97</b></td> <td style="padding: 5px;">Ravenswood Pickberry Red <b>\$18.97</b></td> </tr> <tr> <td style="padding: 5px;">Cadonini Pinot Grigio 1.5L <b>\$9.97</b></td> <td style="padding: 5px;">McManis Cabernet <b>\$8.97</b></td> </tr> <tr> <td style="padding: 5px;">Frenzy Sauvignon Blanc <b>\$9.97</b></td> <td style="padding: 5px;">Ketel One Vodka 1.75L <b>\$39.97</b></td> </tr> <tr> <td style="padding: 5px;">Decibel Sauvignon Blanc <b>\$11.97</b></td> <td style="padding: 5px;">Santi Pinot Grigio <b>\$9.97</b></td> </tr> <tr> <td style="padding: 5px;">Alma De Los Andes Malbec <b>\$14.97</b></td> <td style="padding: 5px;">Dewar's Scotch 1.75L <b>\$34.97</b></td> </tr> </table>	Hess Select Cabernet <b>\$14.97</b>	Kenwood Chardonnay <b>\$9.97</b>	Hess Select Chardonnay <b>\$8.97</b>	Vrac Rosé <b>\$7.97</b>	Grey Goose Vodka 1.75L <b>\$49.97</b>	Ravenswood Pickberry Red <b>\$18.97</b>	Cadonini Pinot Grigio 1.5L <b>\$9.97</b>	McManis Cabernet <b>\$8.97</b>	Frenzy Sauvignon Blanc <b>\$9.97</b>	Ketel One Vodka 1.75L <b>\$39.97</b>	Decibel Sauvignon Blanc <b>\$11.97</b>	Santi Pinot Grigio <b>\$9.97</b>	Alma De Los Andes Malbec <b>\$14.97</b>	Dewar's Scotch 1.75L <b>\$34.97</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="padding: 5px;">Indaba Sauvignon Blanc.....</td><td style="padding: 5px;">\$6.97</td></tr> <tr><td style="padding: 5px;">Excelsior Chardonnay.....</td><td style="padding: 5px;">\$6.97</td></tr> <tr><td style="padding: 5px;">Bogle Sauvignon Blanc.....</td><td style="padding: 5px;">\$7.97</td></tr> <tr><td style="padding: 5px;">Rotation Red.....</td><td style="padding: 5px;">\$7.97</td></tr> <tr><td style="padding: 5px;">Alhambra Torrontes.....</td><td style="padding: 5px;">\$8.97</td></tr> <tr><td style="padding: 5px;">Dom Buisse Touraine.....</td><td style="padding: 5px;">\$8.97</td></tr> <tr><td style="padding: 5px;">Dom Font-Mars Picpoul.....</td><td style="padding: 5px;">\$9.97</td></tr> <tr><td style="padding: 5px;">Rodano Poggialupi.....</td><td style="padding: 5px;">\$9.97</td></tr> <tr><td style="padding: 5px;">Yalumba Y Series Chardonnay.....</td><td style="padding: 5px;">\$9.97</td></tr> <tr><td style="padding: 5px;">Ch. 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Captain Morgan Spiced Rum 1L.....	\$26.97																																																																																	
Bulleit Bourbon 750ml.....	\$33.97																																																																																	
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# Claremont School Community Dedicates Field Day

By Anna Young

Students and teachers at Claremont Elementary School in Ossining dedicated their annual Field Day event last week to a fourth grader who has been battling a rare and aggressive form of cancer since February.

During Friday's school event, hundreds of students piled onto the field sporting custom bandana's and shirts stating "NPG" or "No Problem Gavin" in honor of classmate Gavin King. The 10-year-old was diagnosed with Rhabdomyosarcoma, a soft tissue cancer near his eye, and has been receiving treatment at Memorial Sloan Kettering Cancer Center.

School officials kicked off the morning unveiling an 18-foot banner for King signed by every student and faculty member. They also announced they would be donating roughly \$1,000 to the pediatric unite at Sloan Kettering. King's fourth-grade teacher, who led in the fundraising efforts, said the district sold over 900 "NPG" bandanas to support King and other children undergoing similar treatment.

"We did it. I'm just so overwhelmed because he's such a special boy and he deserves this," Anderson said at the June 15 event. "Today is going to be a very special day, not only for Gavin, but for



ANNA YOUNG PHOTO

Banner displayed at Field Day at Claremont Elementary School.

the future children that we helped with the money that we raised."

King, who was given permission to skip treatment to participate in the school's festivities, said he was happy the district came together to raise money for the hospital and other children. He said his treatment was going well but was excited to spend the day playing with his friends.

King is expected to complete his treatment this summer in time to start fifth-grade with his friends in the fall.

King's parents, Shannon and Kevin King, were both overcome by the money the school raised and the support the community has shown their family since their son was diagnosed. They said

school is extremely important to Gavin and are grateful the district has been extremely accommodating to their son's needs.

"You realize you're not on this journey alone," Kevin King said. "You have so

many people supporting you, it's above and beyond what you can even visibly see. That part is an amazing reminder that people are good and want to help you out."

## Ossining Native Honored at Cornell

Ossining native Emily Lederman was recently honored as a Merrill Presidential Scholar - an outstanding graduating senior at Cornell in the top one percent of her class. Each Merrill scholar is selected by their college deans for their intellectual drive, leadership abilities and potential to contribute to society. Lederman was one of only seven students recognized from the College of Engineering.

Each scholar is also given an opportunity to recognize the high school teacher who most inspired his or her scholastic development and the Cornell faculty member who most significantly contributed to his or her college experience. Lederman honored her high school science teacher, Albert Reid and Hadas Kress-Gazit in the Sibley School of Mechanical and Aerospace Engineering. An image of Lederman, Reid and Kress-Gazit with Provost Michael Kotlikoff can be found here: <https://cornell.box.com/v/Lederman>



(L-R:) Albert Reid, Emily Lederman, Hadas Kress-Gazit, and Provost Michael Kotlikoff.

[com/v/Lederman](https://cornell.box.com/v/Lederman)

To further honor the high school teachers chosen by the Merrill Presidential Scholars, a one-time, \$4,000 scholarship is awarded in the teachers' names to incoming Cornell freshmen or current students with financial need from the teacher's high school or geographic area.



Tune into the **George Ondek Show** as he interviews **Stephanie Gazzigli** of **Ginny's Wines and Liquors**. Stephanie recently held a fundraiser for Relay for Life and proudly discusses her eight years in business.



to come

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# Somers Considers New Home Numbering Legislation

By Neal Rentz

The Somers Town Board is considering ways to make it easier to identify homes, which is particularly important for first responders.

At the June 14 meeting, Rob Russell, a part-time town code enforcement officer and a volunteer firefighter, proposed to increase the size of house numbers from the current three inches to six inches. Russell told the board that the three-inch numbers are often difficult to see for first responders reacting to an emergency.

Another difficulty is some houses and many businesses are not numbered, Russell said. Even some houses with numbers are difficult to see because they are blocked by another object or have faded in color, he said.

For the six-inch house numbering requirement to become law, the Town Board would need to change the town code, Supervisor Rick Morrissey said. A change in the code would "affect every resident in town," he said.

Russell said six-inch numbers would not be expensive for homeowners to purchase. The cost would be between \$10 and \$12, he said.

Russell said the Town Board could consider providing adequate time for homeowners to purchase new numbers. A possibility could be to require the six-inch numbers by 2021, he said.

Councilman Thomas Garrity Jr. said

every house should be numbered, but he had not decided on how large the numbers should be.

Resident John Wahlers, a school bus driver and volunteer firefighter, said he supported requiring homeowners to have six-inch numbers to make their houses easier to find.

The board did not come to a decision on whether to require six-inch numbers at last week's meeting.

Vape Shop Ban Discussed

Also at last week's meeting, the board continued its discussion of potential leg-

islation to ban vape shops in the Neighborhood Shopping District. To do so, the Town Board would need to approve a zoning amendment.

Morrissey said that since the Westchester County Board of Legislators recently approved legislation to increase the minimum age to purchase tobacco products from 18 to 21, so the town no longer needed to pass the same law.

But Morrissey said there are no vape shops in Somers and he wanted to "prevent vape shops from opening." He added that there are stores that sell vape

pens and other vaping material, but that was not their primary use. Those stores would not be included in legislation, he said.

The Town Board is working on a definition of vape shop as stores where most of their business was devoted to selling vaping materials are sold and where vaping would take place.

"We recognize this as an issue for youths," Morrissey said.

A date when the discussion of banning vape shops would continue was not announced last week.



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## Obituaries

### Eugene Simco

Eugene "Gene" Simco, a former teacher in Peekskill and former trustee in the Village of Buchanan, died June 16 after a long illness. He was 71.

He was born in Brooklyn on January 30, 1947. He graduated from St. Joseph's, High School in Yonkers in 1964 and continued on to receive a Bachelor of Philosophy from St. Joseph's College. He received additional degrees in elementary and secondary education at NYU and City College.

Mr. Simco married Deborah (Kavana) on November 21, 1970. They were married 47 years, and had two children and three grandchildren.

He was a teacher of Industrial Arts and Architecture and Drafting at Peekskill City Schools for 32 years. He enjoyed the honor of being the President of the Peekskill Faculty Association Teachers Union, a 400-member union composed of teachers, teacher's aides and security personnel, where he was instrumental in many far-reaching projects, reforms and contract negotiations.

Mr. Simco also was a talented church organist, bringing the joy of music to church services at Assumption Church in Peekskill for more than 30 years and St. Joseph's Church in Millbrook, New York.

He held the position of trustee and Deputy Mayor in the Village of Buchanan, where he negotiated contracts for the Police and Highway Departments. He also served as Captain of the Buchanan Engine Company. He owned and operated a masonry, carpentry renovation and construction company.

Mr. Simco dedicated 26 years to being a farmer, horseman and was owner and operator of Hickory Pond Farm in LaGrangeville, New York, a retirement horse boarding operation. He was a member and chairman of the Town of Union Vale Planning Board in Union Vale, NY.

He was a member of the Masons (Grand Master Fraternity-Dunderberg Lodge, New York) and was a 3rd degree Knights of Columbus and Past Grand Master at St. Finbarr's, Naples, Florida. He was also a Knight Commander of the Equestrian Order of the Holy Sepulchre in New York and Florida.

He volunteered for many organizations in New York and Florida. He was passionate about 4-H, and volunteered for over 25 years at Cornell Cooperative Extension in the 4-H program in Millbrook, New York. He served as Chaplain and Eucharistic Minister at Vassar Brothers Hospital, New York, and subsequently at Naples Community Hospital in Naples, Florida.

Mr. Simco was a lector and server at St. Finbarr's Church in Naples, Florida, and had the honor of being the Grand Master of the Knights of Columbus, St. Finbarr Council, Naples, Florida. While in Naples, Florida, Gene volunteered at Collier County library, Naples Botanical Gardens and Verona Walk Facilities Committee, Verona Walk T.V. Station and was a Verona Walk CERT team member.

He enjoyed wood working, gardening, animals, reading, movies and spending time with his family.

He is survived by the love of his life, his spouse, Debbie; cherished children, son Eugene Simco III and his wife Heather of Naples, Florida, and daughter Jennifer Simco of Olivebridge, New York; beloved grandchildren Sophia Simco of Naples, Florida, Rebecca Simco and Daniel Simco Lefferts of Olivebridge, New York; siblings Judith Maurer and her husband Michael, Andrew Simco and his wife Joy, Michael Simco and his wife Kristie, Paul Simco and his wife Pamela, and many nieces, nephews, cousins and friends. He was preceded in death by his parents, Eugene Sr. and Sadie Simco.

### Maria Taboada

Maria I. Taboada, a resident of Cort-

landt, died June 12. She was 87.

She was born December 30, 1930 in Asturias, Spain to the late Manuel and Ludivina (Simon) Iglesias. She is survived by her beloved children, Martha and Jose Taboada; loving grandchildren, Max and Alex Iodice, Paul, Cristie, Zachary and Sophia Taboada and Marissa and Monica Simoes. Maria is also survived by her cherished great grandchildren, Ryan and Cameron Barros and Oliver and Eislely Taboada and her son-in-law, Armando Simoes. She was predeceased by her husband Raymond Taboada, her daughter Maria Simoes and son-in-law Hugo Iodice.

### Arthur Spring III

Arthur John Spring III, also known as "Butch," a resident from Lake Peekskill, died June 9. He was 68.

He was born September 5, 1949 in Yonkers to Arthur J. Spring Jr. and Arlene Gleason Spring. He attended Stepinac High School and graduated from Fordham University.

He is survived by his wife, Miracle Sniffen, sons Arthur John Spring IV (Nicole) and James H. Spring (Amanda), and sisters Barbara Spring and Karen Caruso.

## Bill Volz Westchester

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# Murphy Honors 40th Senate District's Women of Distinction

Fourteen women were honored by State Senator Terrence Murphy at his 2018 Women of Distinction ceremony June 7 at Pace University. The event celebrated the accomplishments of women throughout the Hudson Valley who have made their communities better places to live through their achievements in business, charitable works, and education.

"I look forward to this ceremony every year. Our honorees were nominated by their peers and community leaders, and it is always a pleasure to recognize their accomplishments," said Murphy. "Too often, selfless acts of service go unnoticed. Our honorees come from diverse backgrounds with a wide variety of valuable talents. Because of their work, our communities have continued to grow and prosper."

Deb Milone of Peekskill, Executive Director for the Hudson Valley Gateway Chamber of Commerce, was hailed by Murphy as the 2018 Statewide Woman of Distinction honoree. Many elected officials were on hand to support the nominees, including Westchester County Legislator John Testa, Peekskill Mayor Andre Rainey, Mount Kisco Mayor Gina Picinich, Mount Pleasant Town Supervisor Carl Fulgenzi, Patterson Town Supervisor Richard Williams, New Castle



State Senator Terrence Murphy poses with women he honored.

Town Supervisor Robert Greenstein, Village of Pawling Mayor Robert Lifflander, Yorktown Town Councilman Tom Diana and Mt. Pleasant Councilman Anthony Amino.

## AMONG THE 2018 WOMEN OF DISTINCTION AWARD RECIPIENTS WERE:

**Tuesday Paige McDonald** (Peekskill) - McDonald is a licensed Minister of Worship at Mount Olivet Church, where she serves as Director of Music, Youth Sunday School Facilitator, and Director of the Youth Ministry. She is also Director of Community and Youth Development for Hudson River Health Care. She

has served as NAACP Freedom Fund Chairperson and was honored with a Tuesday Paige McDonald Day by the City of Peekskill in 2015.

**Carol Shanesy** (Croton-on-Hudson) - Shanesy has been Treasurer of the Croton Housing Network for over a decade and serves as Treasurer of the Jane Lytle Memorial Arboretum. She is coordinator and scheduler for the Croton Community Blood Drive, was a member of the Croton Caring Committee, and is a long-time Election Inspector at Westchester County polling locations.

**Rita Ann Sharples** (Cortlandt) - Sharples is a member and past board

member of the Hudson Valley Gateway Chamber of Commerce. As President of the Rotary Club of Cortlandt Manor, she and the Club assist in the annual Oscar Party at the Muriel H. Morabito Community Senior Center, host an annual holiday breakfast, co-sponsor the annual summer movie series and plan the annual tree lighting ceremony.

**Barbara Taberer** (Somers) - Taberer has been the Director of Senior Services and Programs for the Town of Somers for over 16 years. She is an advocate for seniors and has been an Elder Voices Partner for the Westchester County Office of the County Executive, and served on the Advisory Committee of the At Home in Somers, on the Board of Director for ALOFT, and the Westchester Transportation Advisory Committee. She also volunteers for the Somers Meals on Wheels program.

**Gloria Tobias** (Yorktown) - Tobias worked in the attendance office at Lakeland High School from 1965 to 1992. She was recognized in 1988 for establishing the Vietnam Veterans Memorial at the school. She was on the committee to rebuild the Shrub Oak Memorial at the John C. Hart Library and is still actively involved in organizing the Annual Memorial Day Ceremony.

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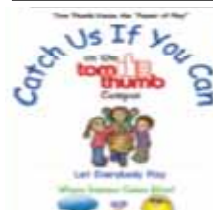
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## Guest Commentary

# What's Next for Sober Homes in Yorktown?

By Susan Siegel

Yorktown's sober home problem is far from settled. The town's Zoning Code needs to be updated – NOW!

In agreeing that the sober home at 482 Underhill Avenue can operate as a "family" in a single-family house, the Town Board settled a lawsuit — but it also set a dangerous precedent if and when a second sober home wants to open for business in Yorktown.

Will the next sober home be allowed to operate in any single-family house anywhere in Yorktown? Without any conditions regulating its location, intensity of use, parking requirements, screening from abutting properties, etc. — the typical land use regulations towns are allowed to enact to protect the character of single family neighborhoods?

Sober homes fill an important niche in the spectrum of care for recovering addicts, but they need to be regulated.

And right now, there are NO regulations. Yorktown can't prohibit sober homes. Nor can the town regulate how they operate; that's the state's responsibility. For years, lawmakers have been saying the state needs to establish licensing or certification standards for sober homes, but, in typical Albany fashion, it's been all talk and no action. Not a single piece of legislation regulating sober homes has been enacted into law.

But Yorktown, through its Zoning Code, CAN regulate the land use aspects of a sober home. It can do that by creating a new special permit for sober homes and similar facilities that provide a needed service to transient clients.

The Zoning Code currently allows certain for profit businesses, like day care centers, boarding houses and professional offices to operate in single family houses by special permit. The Code even has a special permit for the conversion of

certain single-family houses into hotels or restaurants. So why not add a special permit for sober homes?

In conjunction with adding a new special permit to the Zoning Code, the Town Board also has to amend the definition of the word "family" so that the next sober home that wants to open in Yorktown can't claim to be a family, i.e., operate without any special conditions.

The current definition of the word "family" — One or more persons occupying a dwelling unit and living as a single housekeeping unit with kitchen facilities and other rooms used in common — is outdated. A new definition is needed that precludes sober homes from calling themselves a "family" without violating the federal Fair Housing Act and the Americans with Disabilities Act.

Coming up with a new definition for "family" is not an impossible task; legal guidance is readily available. In a

detailed Legal Memorandum, the New York State Department of State has provided towns with examples of how the word "family" can be defined so that the Zoning Code protects the character of single family neighborhoods while at the same time does not violate the anti-discrimination provisions of federal and state laws. A copy of the Memorandum has been given to the members of the Town Board and the town attorney along with a two-page suggested text for a new special permit regulating what could be called a "community care facility."

In 2015, Yorktown wasn't prepared to deal with the relatively new concept of sober homes. That was then. Knowing what we know now, there's no excuse for inaction. Our elected officials have been given drafts of what needs to be done to update our Zoning Code. It's time for them to act.

## Letters to the Editor

# Driver's Licenses Should Be Available for All New Yorkers

To the Editor:

I urge all New Yorkers to support and demand passage of legislation that provides equal access to driver's licenses for all residents of New York State, regardless of immigration status. It's a matter of public safety.

Public safety would be improved by: establishing a driver's identity and driving record to police officers, safer routine traf-

fic stops, better cooperation/relationships with police, and better and safer drivers.

The current bills pending in the NYS Assembly and Senate would create a limited use license that would allow people to drive legally. This license could not be used to: board an airplane, apply for government benefits, vote, or work in the U.S. legally.

New York should join twelve states and

the District of Columbia in passing similar legislation to allow undocumented residents the opportunity to be tested, trained, licensed and insured. New Mexico, Washington and Utah - states with the longest implementation of similar laws - have seen a reduction in accidents that involved unlicensed drivers. Utah has seen undocumented immigrants get insurance almost at the same rate as

those with regular licenses. California has seen a significant decrease in hit and run accidents.

Driver's licenses for all New Yorkers makes all New Yorkers safer.

Sincerely,

MARY CRONIN

SJ & Immigration Committee

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Croton-on-Hudson

# Murphy's Opposition to Reproductive Health Bills Hurts Women

To the Editor:

Recently the Trump Administration's Department of Health and Human Services (HHS) proposed implementing a rule which would prohibit doctors

from talking with patients about abortion services, even if the patient requests such information. This would effectively gag and restrict not only free speech but the sanctity and privacy of the patient-

doctor relationship at clinics that receive Title X (family planning) funding.

Now, a rational person would think that an administration wanting to outlaw abortion would, therefore, want to promote accurate information and easier access to contraception, thus making abortion a rare occurrence. But no. This same administration favors and promotes abstinence-only sex education. We all know how well that works, right?

With this going on at the federal level, we need New York State to shore up protections for reproductive rights. There have been two bills (the Reproductive Health Act and the Comprehensive Contraception Coverage Act) that would protect both access to abortion and affordable birth control. Both of these bills have been passed at least three times by the Assembly but have been stuck in committee in the state Senate. Our own senator, Terrence Murphy, happens to be

on both committees in which these bills are stuck. Sen. Murphy opposes both bills.

If you are sick and tired of men making decisions about women's reproductive options, here's what you can do:

--Make a public comment about the gag rule on the government regulations website: <https://www.regulations.gov/document?D=HHS-OS-2018-0008-0001>.

--Call Sen. Murphy's office at 914-962-2624 to let him know that women can be trusted to make their own decisions about their reproductive health. This will fall on deaf ears, but you can and should voice your opinion.

--Vote Murphy out in November. He has repeatedly demonstrated that he puts his own religious beliefs and the misinformation of his party ahead of the rights of women in his district.

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The Northern Westchester  
**Examiner**

Adam Stone

astone@theexaminernews.com

Publisher

Rick Pezzullo

rpezzullo@theexaminernews.com

Editor-in-Chief

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# Three Things To Change If You Are Going Through A Divorce

By Salvatore M. Di Costanzo

In many cases, a divorce is a traumatic experience for both parties. Usually, neither party has given any thought to the unintended consequences of death or disability during divorce. Until there is a final decree or judgment of separation or divorce, each party remains the spouse of the other.

Upon the death of one party, and without proper planning, the surviving spouse maintains all inheritance rights, whether by Last Will and Testament ("Will"), Revocable Trust or intestacy (meaning you have no Will). Moreover, all beneficiary designations, transfer on death accounts, fiduciary appointments (such as agents under a power of attorney, executors in a Will, trustees of a trust and health care agents under a health care proxy) remain intact until the divorce is complete.

None of us know when we will die or become disabled, but if it happens during the pendency of a divorce, your spouse may receive a windfall and/or be in a position to make your financial and medical decisions. To prevent this from happening, you must follow these instructions.

First, it is imperative that you meet with an elder law and estate planning attorney to redraft your Will or Revocable Trust

to disinherit your spouse to the fullest extent permissible under New York State law. In New York, a surviving spouse is statutorily entitled to receive a portion of your estate. This is referred to as the elective share and is equal to the greater of one-third of your estate or \$50,000.00. By changing your estate plan, you can redirect some, not all, of your assets to others, such as your children.

Unfortunately, upon the commencement of a divorce, the Court will issue an Order restraining the parties from changing the ownership of their assets. Your Will only pertains to assets in your individual name, with no joint owner or beneficiary designation, and your Revocable Trust only covers assets within it. Thus, these would be the assets that you can redirect. You will not be able to redirect jointly owned assets or assets that have beneficiary designations.

Another reason to redraft is to change your executors, trustees and guardians. If you die, you most likely do not want your spouse administering your estate. If you have minor children, there are opportunities to appoint someone other than your spouse as guardian of your minor children's property. It is important to consider a trust for your minor children at this point as well. You generally cannot remove your spouse as guardian of

the children's person.

Second, you must remove your spouse as agent under your power of attorney. I am aware of cases where a divorcee spouse continued to use a power of attorney in the face of a pending divorce proceeding to manage assets subject to the divorce. If you lose your capacity during the pendency of the divorce, you need a trusted person who can continue the divorce proceeding and also ensure that your financial matters are handled properly.

Third, and probably the most sensitive topic, if you don't want your spouse making medical decisions on your behalf, redraft your health care proxy. Depending on the level of animosity in the divorce, you may be giving your spouse the opportunity he/she has been waiting for!

The above planning recommendations should be addressed shortly after the commencement of a divorce proceeding. If you do not have existing documents, then you need to prepare them.

Perhaps you made it through a divorce and never updated your estate plan or have no estate plan at all. A divorce necessitates the preparation of an estate plan, especially where children are involved. If you have an existing plan that was never updated during the pendency of the divorce, it is important to note that

while the concern of a spouse unintentionally inheriting property or acting as a fiduciary does not exist, a divorce does not revoke any dispositions or appointments you made in favor of your spouse's relatives such as an in-law.

Lastly, you cannot neglect beneficiary designations. After your divorce, you most likely will need to redo your beneficiary designations to match your estate planning goals and objectives and any obligations under the divorce decree. The preparation of customized beneficiary designation forms coincides with the drafting of a new estate plan.

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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# COPD: The “Man’s Disease” That’s Killing Four Times More Women

**By Dr. Harlan Weinberg, MD,  
Medical Director of Pulmonary  
Rehabilitation, Pulmonary and Critical  
Care at Northern Westchester Hospital.**

The recent death of First Lady Barbara Bush put a spotlight on chronic obstructive pulmonary disease (COPD), which now kills four times women in the United States than men. Many people think the typical patient with COPD is a middle-aged male who smokes two packs a day, but the reality is quite different. In fact, women in the United States are more likely than men to develop the disease. More than seven million American women are living with this diagnosis, which encompasses emphysema and chronic bronchitis. Here, I’ll discuss everything you need to know about COPD from diagnosis to treatment. By Dr. Harlan Weinberg, MD, Medical Director of Pulmonary Rehabilitation, Pulmonary and Critical Care at Northern Westchester Hospital.

## Risk Factors and Symptoms

Cigarette smoking, which destroys lung tissue and causes inflammatory changes in the airways through which you breathe, is the number one risk factor for developing COPD. Symptoms include shortness of breath with activity, a chronic cough, or a chronic cough with spit. Over time, these problems cause increasing fatigue and diminish quality-of-life. COPD can affect the entire body. It can not only impact other organs, such as the heart, but can cause secondary medical problems, including various cancers.

## Statistics from the American Lung Association (ALA) are sobering:

- Women comprise 58 percent of the 14.7 million Americans living with COPD, and 53 percent of those who die from COPD.
- Nearly 8 percent of women in the U.S. have reported a COPD diagnosis,

compared to just under 6 percent of men.

- Over the past three decades, the number of deaths among women from COPD has quadrupled.
- Women are 37 percent more likely than men to develop COPD.
- American women are more likely to die of COPD than of breast and lung cancer combined.

## Why does COPD affect women more?

In general, women who smoke are more susceptible to the lung-damaging effects of cigarette smoke than male smokers because they suffer greater lung function reduction at a lower level of smoke exposure. As a result, female smokers are more likely to develop COPD, and they typically develop the disease at a younger age. What’s more, women who develop COPD tend to actually smoke less than men who develop it. And once women have COPD, their shortness of breath is more severe.

The dramatic increase in the number of women with COPD is a legacy of the 1960s through early 1980s, when women started smoking in greater numbers. Because women are smaller, their

smaller airways expose more lung area to the toxic chemicals of cigarette smoke. Women are also more likely to develop asthmatic airway changes than are men, and irritability of the airways (asthma) is an important risk factor in women for COPD.

In addition, women have more trouble overcoming nicotine dependence than do men. One hypothesis is that female estrogen hormones may inhibit the body’s ability to eliminate nicotine. Because nicotine is eliminated more slowly from women’s bodies, it is more addictive. Women are also more susceptible to occupational and other environmental exposures which damage the lungs.

## The need for better diagnosis and treatment:

Because COPD has long been thought of as a man’s disease, women are often misdiagnosed with asthma. Due to the lack of data on the effects of cigarette smoking on women, there is less information available about their unique susceptibility to cigarette smoke. Women who live in poverty are especially impacted by limited access to health care.

## Other consequences:

Women with COPD struggle more mentally and emotionally. Not only does this reduce quality of life, it has actual medical consequences. The quality of life for women with COPD is worse overall than that of men with a similar severity of disease because they are at higher risk for anxiety and depression. These mental health problems pose challenges when trying to follow a treatment plan, quit smoking, stay active, and obtain social and emotional support. This, in turn, increases the likelihood of disease flare-ups, emergency visits, and relapses.

## If you’ve ever smoked, see a physician for an evaluation:

It’s very important for woman who currently smoke or have ever smoked to go for an evaluation by either a primary care physician or a pulmonary physician—even if you are not experiencing shortness of breath. Ask for pulmonary function testing (a breathing test) and a chest x-ray.

There is no such thing as a safe exposure to cigarette smoking, and there is persuasive evidence that women’s lungs

*Continued on page 16*



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Paul Arias Darwin  
Alexander Arias  
Rayna Michelle Armstrong  
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Patricio Arpi Kimberly  
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Giselle Belloso  
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Joseline Isabel Berrezueta  
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D'Shaya An'gel James  
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Kenneth Marcelo Jarama  
Laisha Maribel Jarama  
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Chloe Jones (Valedictorian)  
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## When Two Combine Their Tastes in One Household

Sometimes when two people decide to get married or live together, the going can be tough in combining tastes for furnishing and decoration, especially among those who have lived on their own and established individual preferences.

Most people would agree that men let their wives take the lead in decorating their home. It just seems to be the natural order of things, right? Not so with my wife and me.

I think one of the reasons my wife decided to marry me was that she was impressed that I had decorated my bachelor apartment so well. The furnishings inventory of mostly 18th century reproductions and some originals, influenced by my having grown up near colonial Williamsburg, was impressive for a single guy, as was my debt to various department stores and antiques shops. While not originally to her taste, which was strictly modern, my wife adapted to the early American style, maybe because such a great investment had already been made in it.

She came to the marriage with her modern bedroom set and a good copy of the tulip chair designed by Eero Saarinen.

However, when we bought our first home in Brooklyn Heights, built in 1826, those modern things disappeared because they looked out of place. I reigned supreme as the decorator for some years to come.

By the time we settled into a new condo building three years ago, I had conceded to my wife's preference for a more casual, modern look again. I was ready to be casual and comfortable.

So, we've been a good match in combining tastes, even when they change. In all these years, there has been only one disagreement about our décor – and it happened very recently. Enter the issue of the large Staffordshire figurines, two of which I liked and she hated.

Some years ago, I made a good buy on these figurines, the mainstay of Victorian mantelpiece decoration, and displayed them in a big English oak cabinet in our dining room. Little did I think they would become our one and only point of departure in taste. I share the story here because it may demonstrate how compromise works.

At our broker's open house when it was time to sell, we got busy de-cluttering and creating more open space on our

tables and shelves, as I advise seller clients to do. In the process, I noticed that the two Staffordshire pieces had disappeared from the haunts they had long occupied. When I asked my wife where they were, she said, "Oh, I don't think we should display them. I never liked them, and you did say to de-clutter."

My precious Staffordshires relegated to clutter?

She offered no hint about where they might be, but I knew that her favorite hiding space was in our kitchen's lower cabinets. Sure enough, I explored and found them tucked in between the mop bucket and the Drano, no less.

I returned them to their rightful home without saying anything. They remained for a couple of days, then disappeared again. And again, I retrieved them. Left in the dining room for a few days more, I was satisfied that my wife had given up trying to classify them as clutter.

The morning of our open house was quite busy with last-minute details. I didn't notice anything unusual until I set out on a personalized tour and entered the dining room. Darned if the figurines hadn't disappeared again!

Even though there were many realtors in the kitchen, like a man obsessed, I actually moved a couple of people aside to access the regular hide-and-seek place.

But surprise, surprise, the figurines weren't there. I then opened every drawer and cabinet in the kitchen, but they were nowhere to be found. I gave up.

A home stager with whom I worked regularly told me how to combine tastes peacefully.

"I find that since people are getting married later in life and they have already purchased pieces of furniture that they love and have grown attached to, the problem is that once they have found that perfect person they too come along with their own pieces that don't necessarily coordinate. His, mine and ours is how I refer to it. Usually it takes a little psychology, negotiation and compromise to dig a little deeper and combine their likes in decor so they complement each other."

I'm all for psychology, negotiation and compromise but it is very telling that when we had sold the house and packed up to leave, those Staffordshires were left behind for the new owners.

*Bill Primavera, while a publicist and journalist, is also a Realtor® associated with William Raveis Real Estate and Founder of Primavera Public Relations, Inc. (www.PrimaveraPR.com). To engage the services of The Home Guru to market your home for sale, call 914-522-2076.*



By Bill Primavera



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# Happenings

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

## Tuesday, June 19

**Hygeia Programs:** Two ongoing programs are being held on Tuesdays at Hygeia Integrated Health LLC, 3505 Hill Blvd., Suite K, Yorktown. Community Acupuncture is being held from 6:30 to 7:30 p.m. The cost is \$30. Come experience the beneficial effects of acupuncture in a group setting. Register: hyinhealth@gmail.com. On the last Tuesday of the month from 7:30 to 8:30 p.m. Eating Disorder Support Group, led by a LCSW and clinical nutritionist will be held. Discuss and resolve issues around relationships with food. Info/register: hyinhealth@gmail.com or www.hyinhealth.com.

## Wednesday, June 20

**Teen Summer Reading Challenge:** The Teen Summer Reading Challenge, a Somers Public Library program, is being held today through Aug. 29 for tweens and teens in grade six and up. There will be raffle prizes available for program participants. Please register on our online at <http://www.somerslibrary.org/teensummer.asp> or call the library at 914-232-5717.

**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.

**POUND Program:** POUND™ Fitness Program, a 45-minute full-body cardio and stress relief jam session, fusing Pilates, cardio, plyometrics isometric movements and poses, is offered at Theatre and Dance Arts 131 Bedford Rd. Katonah. Drop in or weekly discount rates 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.

**The Sunken Gold:** The Sunken Gold: A Story of World War I Espionage & the Greatest Treasure Salvage in History will be a presentation and book signing

with author Joseph A. Williams at 7 p.m. (refreshments served and registration at 6:30 p.m.) at the Hendrick Hudson Free Library, 185 Kings Ferry Rd., Montrose, Info: 914-737-7878; nmhs@seahistory.org; or www.seahistory.org.

**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.

**Yoga And Yogurt:** At 7:30 p.m. the Yorktown Jewish Center, 2966 Crompond Rd., will have an evening of Yoga and Yogurt. Enjoy an evening of fun and exercise. The cost of \$5 is payable at the door and if you have one, bring a mat. RSVP to Marcia at 914-329-30180 at Marciaston@aol.com.

## Thursday, June 21

**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).

## Friday, June 22

**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.

**Tag Sale:** A Giant Church Tag Sale will be held for one weekend only, from June 22 through 24 from 9 a.m. to 4 p.m. at the Fourth Unitarian Universalist Congregation of Westchester, 1698 Strawberry Rd., Mohegan Lake. Books, housewares, fabrics, linens, children's items, furniture and more will be available. Info: www.fourthuu.org.

**Teen Club:** The Teen Dungeons & Dragons Club will meet at the Somers Library on Fridays 6/22, 7/6, 7/20, 8/3, 8/17 & 8/24 from 3 to 5 p.m. Join us play Dungeons & Dragons this summer. Familiarity with Dungeons and Dragons is encouraged. The Club is for youths in grades 6 and up. No registration is required.

**Free Concert Series:** Enjoy this year-long free concert series featuring different genres of music including blues, soul, rock, reggae, jazz and more. Host John Ford, of Ford Piano, will bring together various local musicians every Friday from 5 to 7 p.m. and every Saturday from 2 to 4 p.m. Come upstairs to the food court at the Jefferson Valley Mall, 650 Lee Blvd., Yorktown Heights, NY. Feel free to stop by Ford Piano on the lower level of the mall. For more information call 914-739-1224 or e-mail [john@fordpiano.com](mailto:john@fordpiano.com) or Visit [www.fordpiano.com](http://www.fordpiano.com) for the musical line-up.

**Ossining Waterfront Concerts:** This year's, Ossining's Summer Waterfront Concert series will start tonight thanks in large part to a major series sponsor, The Westchester Bank. The Summer Concert Series at Louis Engel Park on the banks of the Hudson River has become an Ossining tradition over many years, drawing the community together every Friday night (with two exceptions) to listen to musical performances from local artists and regional performers, many of whom have a large following beyond just this area. Roadhouse Roosters will kick off the series tonight at 7 p.m.

**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.

**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](http://yorktownjewishcenter.org).

## Saturday June 23

**Korean War Display:** "Korea, a War without End" captures, in displays of images, words, vintage equipment and weapons, the "police action" that began in June, 1950 when North Korea invaded Western South Korea at Lasdon Park. The exhibit will be open until September. The museum is closed Mondays, except holidays, through Labor Day; open only on weekends the rest of the year. It is also open on July 4 and Veterans Day. Lasdon Park, Arboretum, and Veterans Memorial, a Westchester County Park, is located on Route 35 in Somers. For more information on Lasdon and all Westchester County parks go to [parks.westchestergov.com](http://parks.westchestergov.com).

**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.

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

**Ossining Farmers Market:** The Ossining Down to Earth Farmers Market



# Happenings

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](http://DowntoEarthMarkets.com).

**Meet Cynthia Swanson:** Author Cynthia Swanson will be at The Field Library, 4 Nelson Ave., Peekskill, from noon to 2 p.m. Swanson, a PHS alum and author of "The Bookseller" — soon to be a major motion picture, starring Julia Roberts — returns to Peekskill to read from and sign copies of her newest book, "The Glass Forest." Info: 914-737-1212 or [peekskill.org](http://peekskill.org)

**Ice Cream Party:** Turco's Supermarket will be sponsoring a free ice cream party at Hilltop Hanover Farm of Yorktown Heights from 11 a.m. to 1 p.m. Turco's and Hilltop Hanover Farm will be celebrating the fourth birthday of Cricket, one of the farm's three cows. Cricket's birthday is celebrated because she was born at the farm. For additional information about Cricket's birthday or other activities at the farm visit <http://www.hilltophanoverfarm.org> or call 914-962-2368.

## Sunday, June 24

**Yorktown Grange Events:** Two events have been scheduled for today at the Yorktown Grange Fairgrounds, 99 Moseman Ave. The seventh annual Yorktown Grange Car Show: will be held. Entrance, who will be admitted at a fee of \$20 are to come at 8 a.m. and spectators, who will be charged \$5 per car, will be admitted at 10 a.m. The event is open to all cars, trucks, motorcycles, and antique tractors. Food, music/DJ, activities for kids, vendors, and displays will be part of the program. A Lucky Bucks raffle will be held to benefit Support Connection. Info: [www.yorktowngrange.org/carshow](http://www.yorktowngrange.org/carshow) The second annual Big Truck Day will also be held. Come to see, touch, and pretend to drive all kinds of construction equipment, town water, and highway equipment, and big trucks. For teenagers and adult, we have the Westchester County Department of Public Safety's DWI simulator. Gates open at 10 a.m. Info: [www.yorktowngrange.org/carshow](http://www.yorktowngrange.org/carshow).

**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 Simp-

son at 914-319-4010.

**Bingo:** Bingo will be played tonight and on July 8 and 15 at the Yorktown Jewish Center, 2966 Crompond Rd. The doors will open at 5 p.m. and play begins at 6:30 p.m. There will be \$3,000 in prizes awarded during each Sunday session. Food will be available. Info: 914-245-2324 or [yorktownjewishcenter.org](http://yorktownjewishcenter.org).

## Monday, June 25

**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](http://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.

## COPD: The "Man's Disease"

*Continued from page 10*

are more damaged by smoke. If you have never smoked, don't start. If you smoke, stop right away.

The Advanced Pulmonary Rehabilitation Program at NWH is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation and serves patients primarily in Westchester and Putnam Counties of New York. By combining medication that helps open up airways for a better airflow with breathing retraining, stress relaxation techniques and exercises that strengthen overall muscle mass function, the program provides state-of-the-art care that maximizes each patient's potential for improvement and

enhanced quality of life.

The program features a full-time medical director who oversees every patient, while an exercise physiologist/respiratory therapist provides individualized rehab. Its holistic approach focuses on each patient's medical issues, mental health concerns, nutritional status and oxygen levels. While there is no cure for COPD, the program strives to increase each patient's physical well-being, lessen shortness of breath with activities, boost quality of life, and improve understanding and management of the disease.

To learn more about pulmonary rehabilitation, visit [www.nwhrehab.org/pulmonaryrehab](http://www.nwhrehab.org/pulmonaryrehab) or call (914) 458-8700.



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A  
ZERO-WASTE  
FESTIVAL





# Crossword

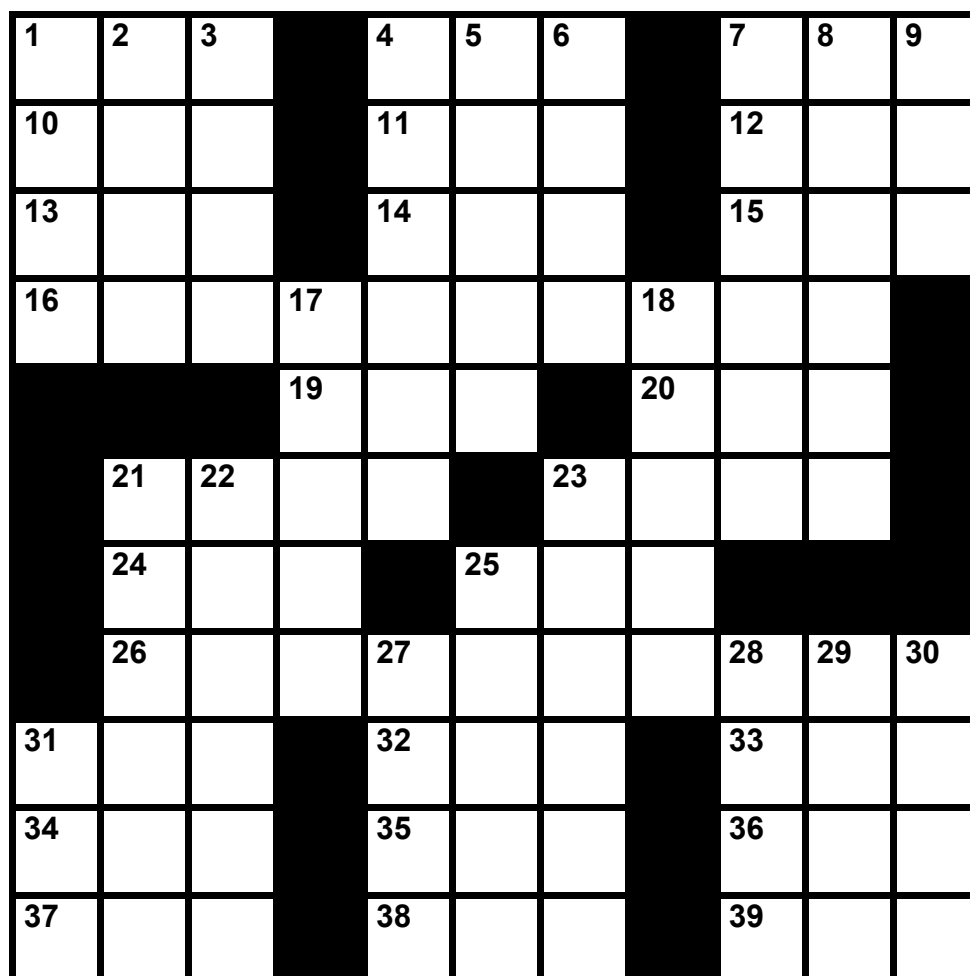
## ACROSS

1. Untrained
4. Complete
7. Sunblock abbr.
10. Long time period
11. Emirates, for short
12. Regatta instrument
13. Bedridden
14. Mud or apple
15. Crooked
16. Spend a buck to save a buck at this Baldwin Place store  
- \_\_\_\_\_
19. Fleur de \_\_\_\_
20. Abbr. in many French street names
21. Burn
23. Ice cream flavor (abbr.)
24. Ability to hit a target
25. Going to happen
26. Showed up again
31. \_\_\_\_ baba
32. Tuna type
33. Artist's asset
34. Khaki shade
35. Access number
36. Historic beginning
37. Chinese food additive
38. Math subj.

39. Equinox mo.

## DOWN

1. "American Pie" actress Tara
2. "Last train" singer, Guthrie
3. Barrier
4. Nanny
5. Hideouts
6. "12 Angry Men" star, Cobb
7. Region near Johannesburg
8. 3.26 light years
9. Small fish
17. Cousin of a camel
18. Milo of "Romeo and Juliet"
21. Belonging to model Bruni, or Mohegan lake hair salon
22. Going in haste
23. Setting up an actor's entrance
25. British doctorate, abbr.
27. Family man
28. Sales force
29. Bronte heroine
30. Bass
31. Money machine



## Health Studies Abound But Which Ones Are Valid and Reliable?

In past columns, I've written about the overwhelming conclusions of multiple studies on the health benefits of a moderate consumption of wine.

Two glasses a day for men and one a day for women provide antioxidants and other compounds (polyphenols) that aid in preventing diseases, protecting against premature aging and providing overall health benefits.

I've also written on the deleterious effects of wine consumption. Certainly, all alcohol is potentially harmful to our overall health and for the unintended social consequences of excessive drinking. A number of studies have proven the negative effects of alcohol consumption, even at lesser levels than recommended. The British national health overseer urges consumers to eliminate consumption of wine or limiting it to one or two glasses per week.

While valid studies surely abound, I've read numerous "respected reports" of small control groups that draw conclusions concerning entire age groups and genders.

I've read numerous reports conducted over months, not years, that draw universal conclusions.

I've read numerous reports involving disease-afflicted volunteers that draw conclusions on every individual that walks the earth, sick or healthy, young or old.

In a perverse way, several reports are similar to those pervasive opinion polls to which we are perpetually exposed. Any topic and any issue seemingly will foment multiple conclusions. And multiple controversies. And embraced or rejected by the public to align with each person's private viewpoints or preferences.

For me, there hadn't been a convincing long-term study that provided indisputable evidence of the health impact of wine consumption.

Until last year.

The prestigious National Institutes of Health (NIH) announced a new study, one of the largest ever. As reported by The New York Times, this government agency would undertake a \$100 million global trial to determine the impact of wine consumption on the incidence of heart attacks, strokes and death in 7,800 volunteers aged 50 and older in 16 countries over a six-year period.

A lofty goal, and much needed in the face of conflicting reports that currently

exist in the infosphere.

When I reported on this encouraging new study, I noted several counter-intuitive aspects of it and the suspicious provenance of its funding. Most notably, the overwhelming source of funding was being pledged by outside sources: five of the largest alcohol-producing companies in the world. But not to worry. Private-public studies are legal under certain circumstances and the public was assured these firms would have no influence on the study. It would be conducted by independent parties, under the auspices of the prestigious NIH.

Lo and behold, the NIH just this past week announced the termination of the study.

Why? According to an NIH advisory panel, a small number of government employees had conflicts of interest due to interactions with alcohol industry officials aimed at influencing the study's results. Surprise, surprise. The industry funding sources had attempted to influence the outcome and had successfully done so. The advisory panel found that employees attempted to "intentionally bias the framing of the scientific premise in the direction of demonstrating a beneficial health effect of moderate alcohol consumption."

Deputy Director Lawrence Tabak ad-

vised NIH officials these actions cast "doubt that the scientific knowledge gained from the study would be actionable or believable."

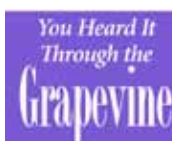
The overseer of the NIH, its director, Francis Collins remarked, "Is it even possible at this point that the results of such a trial would have sufficient credibility to influence anybody's decision-making?" As obvious as this may be, I credit the NIH for terminating the study before it gained more traction and careened toward any false conclusions.

Finally, a case of government controls and checks and balances performing their intended purpose. Continuing this study clearly could have resulted in a disputed conclusion that would not have resolved its intended purpose. Perhaps the role of government in self-regulating itself is back on track.

*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





(Solution to puzzle on page 17)

1	R	2	A	3	W		4	A	5	L	6	L		7	S	8	P	9	F
10	E	R	A				11	U	A	E				12	O	A	R		
13	I	L	L				14	P	I	E				15	W	R	Y		
16	D	O	L	17	L	A	R	J	18	O	E	S							
				19	L	I	S			20	S	T	E						
		21	C	22	H	A	R			23	C	H	O	C					
		24	A	I	M			25	D	U	E								
		26	R	E	A	27	P	P	E	A	28	R	29	E	30	D			
31	A	L	I			32	A	H	I			33	E	Y	E				
34	T	A	N			35	P	I	N			36	P	R	E				
37	M	S	G			38	A	L	G			39	S	E	P				

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## LEGAL NOTICES

**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.**

**NOTICE OF FORMATION OF A2E COMMUNICATIONS GROUP, LLC.** Articles of Organization filed with SSNY on 4/03/2018. Office loc: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **Maqsood Khan, 25 Rockledge Road, Apt. 1B, Hartsdale, NY 10530. Purpose: any lawful purpose.**

**NOTICE OF FORMATION OF SMG HOMES, LLC.** Articles of Organization filed with Secretary of State of New York (SSNY) on March 23, 2018. Office location Westchester County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: **7014 13th Avenue, Suite 202, Brooklyn, NY 11228. Purpose: Any lawful acts.**

**NOTICE OF FORMATION OF ABIRI-MILAN MEDIA LLC** Articles of Organization were filed with the SSNY on May 7, 2018. Office Location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **33 Westview Ave, White Plains, New York, 10603. Purpose: Any lawful act or activity**

**NOTICE OF FORMATION OF ALVIN IRBY LLC.** Articles of Organization filed with the Secretary of State of NY (SSNY) on January 21, 2016. Office location: Westchester County. SSNY has been designated as agent upon whom process against it may be served. The address to which the SSNY shall mail a copy of any process against the LLC is: 124 E 117th St, Apt 4D, New York, NY 10035. The principal business address of the LLC is: **124 E 117th St, Apt 4D, New York, NY 10035. Purpose: any lawful act or activity.**

**Notice of Formation of ALTOGETHER SOCIAL, LLC.** Arts. Of Org. filed with SSNY on 5/1/18. Office Location: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **Deborah Meringolo, 25 City Place, Apt. 6A., White Plains, New York. 10601. Purpose: any lawful act or activity.**

**NOTICE OF FORMATION OF AR JAY HOME INSPECTIONS, LLC** Article of Incorporation filed with the Secretary of State of New York (SSNY) on 5/14/2018. County of Westchester. SSNY designated as agent of the LLC upon whom process against it may be served & shall mail process to **P.O.Box 204, Armonk, N.Y. 10504. Purpose: Home inspections & Any Lawful general Purpose.**

*continued on next page*

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continued from previous page

**NOTICE OF FORMATION OF J&R WINDOWS LLC.** Art. of Org. filed with the (SSNY) on 04/17/2018. Office location: Westchester County. SSNY has been designated as agent upon whom process against it may be served. The Post Office address to which the SSNY shall mail a copy of any process against the LLC served upon him/her is: 90 State Street, Suite 700 Office 40, Albany, NY 12207. The principal business address of the LLC is: **49 Park Drive, Mount Kisco, NY 10549. Purpose: Any lawful act or activity.**

**NOTICE OF FORMATION OF HELLO METHOD, LLC.** Articles of Organization filed with the Secretary of State of New York (SSNY) on 02/05/2018. Office location: Westchester County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: **36 Ivy Hill Road, Chappaqua, NY 10514. Purpose: Any lawful purpose.**

**NOTICE OF FORMATION OF RED DOOR BAKING COMPANY, LLC.** Arts of Org filed with Secy of State of NY (SSNY) on 04/04/2018. Office location: Westchester. SSNY designated as agent of LLC upon whom process against it may be served and mailed by SSNY to: **3199 Albany Post Rd. Suite 226A, Buchanan, NY 10511. Purpose: Any lawful acts or activity.**

**NOTICE OF FORMATION OF SAS CAPITAL ADVISORS, LLC.** Arts of Org filed with Secy of State of NY (SSNY) on 01/17/2018. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served and mailed by SSNY to: **201 Willett Avenue #302, Port Chester, NY 10573. Purpose: Any lawful acts or activity.**

**NOTICE OF FORMATION OF KEAM VENTURES LLC ARTS.** of Org. filed with the SSNY on 5/25/2018. Office:

Westchester County. United States Corporate Agents, Inc. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to **United States Corporate Agents, Inc., 7014 13th Avenue, Suite 202, Brooklyn, New York 11228. Purpose: Any lawful purpose.**

**NOTICE OF FORMATION OF AMEN HOMES LLC.** Articles of Organization filed with the Secretary of State New York on January 31, 2018 in Westchester County. The Secretary of State is designated as agent for service of process. The Secretary of State shall mail a copy of process to: **c/o Christopher Miller, 422 South 7th Avenue, Mount Vernon, NY 10550. Purpose: Any lawful purpose.**

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Lakeland sophomore Joey Vetrano headlines a list of locals from the Putnam/Northern Westchester County regions to be named Player of the Year in their respective sports... see Sports

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## BORN TO CRAFT! GIRLS LACROSSE PLAYER OF THE YEAR LAUREN CRAFT, BREWSTER

The two-time All-American and Penn State-bound senior led the Bears where no Brewster team had gone before; all the way to the NYSPHSAA Class C semifinals. Perhaps the purest finisher in Brewster history, Craft finished the season with 77 goals and 21 assists, and concluded her standard-setting career with a school record 256 goals, to go with 81 assists and 102 GBs; by far the standard-bearing number, which future Bears will shoot for. Her impact on and off the field became immeasurable as she led by example and took younger players under her wing as the leader of the Bears the last two springs. When all was said and done, Craft took a four-win team as a freshman and completely changed the complexion of the program while emerging in a class all by herself. Off the field, she has many interests as well, including the National Honor Society. Additionally, Craft's been on the high honor roll five years running and chills with the Mu Alpha Theta Society (National Honor Society in

Mathematics). She also coaches youth lacrosse, and her benevolent side includes clubs like Students Against Cancer, Salty Hands (Cystic Fibrosis Club) and "Friends of Karen".

**COACH'S QUOTE** – "It has truly been an honor to coach Lauren for so many years. Lauren's level of maturity and the way she presents herself on the field and off make her a force within Section 1. Her work ethic and dedication to the game of



RAY GALLAGHER PHOTO

lacrosse is unlike any I have seen. Whether practice or a game, Lauren gives her all. She has given back so much to our program by running clinics, fundraisers and involving the youth players in events. She has helped make Brewster lacrosse what it is today. She is a role model for all the younger players coming up in our program. She has many strengths on both ends of the field. Whether she is taking the draw or on the circle, her stick skills are consistently on point. On attack, her quick feet, fakes and ability to place the ball in the back of the net have allowed Lauren to be one of our top scorers. Defensively, Lauren can read situations and communicate effectively with her teammates in order to stop the other team. What I'm most proud of is her ability to stay humble and realize what is good for the entire team." – *Brewster lax Coach Sara DiDio*

The Maryland-bound, two-time senior All-American will go down in Yorktown history on a list of all-time greats that few school districts can lay claim to. As a defenseman, it's nearly impossible to quantify the former Cornhusker greats that Makar ranks among, but over the course of three varsity seasons, the long pole defender put himself in the Top-5 category, according to those who often discuss the rank and file of Yorktown lax, former players within the Cornhusker lax family. In a rare year where Yorktown didn't win a Section 1 title for just the fourth time since 1997, Makar menaced opposing short sticks with the kind of technique and takeaway skills that drew comparisons to Chris Watson, Yorktown's only three-time All-American. In the end, Makar will be remembered equally for his on-field accomplishments, his off-field character and the fact that he is a once-in-a-generation type student athlete

and leader that Coach Sean Carney and the fabled Yorktown lax family will never forget.

### COACH'S QUOTE

– "It's not often you get an player that can have such a tremendous impact on the program, the school and community on so many levels. Brett is up there with the best to ever play at Yorktown. His physicality and tenacity on the field are second to none in my history of watching and coaching the game. His teammates believe they can do anything when they have Brett on the field. That was clear

## MAKINGS OF SOMETHING SPECIAL BASEBALL PLAYER OF THE YEAR JOEY VETRANO, LAKELAND

The Boston College-bound sophomore is already near the top on the long list of all-time greats in Hornet history after the lefty put up one of the finest season ever at Lakeland after going 9-0 this season with a 1.48 ERA. In 29 playoff innings, Vetrano allowed just seven earned runs while fanning 34 batters and posting four complete-game victories for the 12th-seeded Hornets (16-10), including wins over Harrison, Section 1 runner-up Byram Hills, Section 9 champion Cornwall and three-time defending Section 8 champion Wantagh en route to Lakeland's first-ever NYSPHSAA championship appearance. He allowed just 12 hits to those four formidable teams.

In the regular season, Joey V went 5-0 with a 1.29 ERA over 38 innings with 54 K's, tipping the scales with near-90 MPH velocity. His numbers at the plate were equally impressive for the season. The smooth-stroking lefty clouted a robust .462 BA with 20 extra-base hits, including nine doubles, two triples, nine homers, 22 RBI, 29 runs, 9 for 9 on steals and an OBP of .566. The talk of the town this spring, they say the best is yet come for this humble, 6'3" 200-pound blue-chipper, and that is one frightening prospect. For sure: The Lakeland record books are on high alert and MLB scouts will be hot on the trail of Lakeland baseball over the course of the next two seasons as Vetrano blazes a trail that few before him ever have, one that



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might lead to the pros.

**COACH'S QUOTE** – "Joey is a fierce competitor. As I told you in the Section 1 championship game, he was not letting me take him out of that game. He will do whatever is asked of him to help his team win. His teammates love him not just because he is a very good player but because he genuinely cares for them. He can go 0-for-4 with three K's in a game, but if we won the game he is smiling ear to ear. He is confident but not with any arrogance. He shows respect towards everybody on and off the field. He does everything the right way. He runs everything out, never letting up, but, then again, his teammates do the same thing. Joe does not like talking about himself one bit. He cares about his teammates so much and how much he wants to win another Section 1 championship with them and hopefully farther than that." – *Lakeland Coach Bill Casey*



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## STANDARD BEARING EVERY STEP OF WAY BOYS LACROSSE PLAYER OF THE YEAR BRETT MAKAR, YORKTOWN

in his football career here, and the last few years playing for us. You can only hope that the younger players saw the effort he gave each day of the year, not just in season, and hope they model themselves after him. To have a player like him also be a true gentlemen off the field in his dealings with the high school staff or youth players is extraordinary. He is truly a once in a generation type athlete. He has left a large footprint on Yorktown Lacrosse." – *Yorktown Coach Sean Carney*





by RAY GALLAGHER, Examiner Sports Editor @DirectRays

## AIN'T NO BULL SESSIONS! TRACK & FIELD FEMALE PLAYER OF THE YEAR JADE SESSIONS, CARMEL

The Lehigh-bound senior has established herself as one of the finest distance runners in Carmel history. As the anchor leg of the 4x800-meter relay team, Sessions helped the Rams run to a fifth-place finish at the NYSPHSAA, good enough for 7th overall in the Federation. Additionally, her anchor leg in the New Balance Nationals helped the Carmel 1600m sprint medley relay team (Sessions, Caroline Douglas, Lindsey Broderick and Kayla Sexton) to a 12th place national finish with a PR 4:05.74. Sessions also ran the anchor leg for the 4x800-meter relay team in Sunday's national race where the Rams placed seventh to

conclude the outdoor season in fancy fashion. Whether it's in or out of the classroom, on or off the track, the likeable Sessions has helped restore the luster to a track and field program that takes distance running seriously.

**COACH'S QUOTE** -- "Jade has helped maintain the championship values built in the early 2000's when a string of elite Carmel athletes put our program on the national map. Her dedication and discipline, her earnestness and grit, her humility and grace are what our younger athletes try to emulate. Most impressively, individual accomplishments have never overshadowed her focus of team; in fact,



her best performances are usually with her best friends on relays. Moreover, Jade is a well-rounded individual who performs in the classroom the same way she performs on the track. She inspires our athletes to train and to compete to the best of their abilities, and she does so with the maturity of a seasoned athlete." *-Carmel Coach Eric Schwark*

## SALVAEGGI IS FIRST YORKTOWN HURLER TO REPEAT SOFTBALL PLAYER OF THE YEAR ERICA SALVEGGI, YORKTOWN

The list of two-time Section 1 championship pitchers at Yorktown is short, quite succinct... in that it only contains one name, Erica Salveggi. While Larissa Porcelli and Dana Bisaccia hurled the Huskers to back-to-back titles in 2007-08, the Wagner-bound Salveggi is the only wind-milling hurler in Yorktown history to repeat as champion. The two-time All-Section Salveggi shutout No.1-ranked John Jay East Fishkill and no-hit No.3 Suffern en route to the Huskers' second-straight appearance in NYSPHSAA tournament and a regional championship appearance. With a 1.07 ERA and 81 strikeouts on the year, Salveggi overcame the loss of her mom prior to the start of the season, took ownership of the Huskers and had an entire community pulling for her as result. Salveggi, who plays middle infield when she doesn't pitch, also mashed at the plate, supporting her own cause on the mound by hitting .502 for the season while raising the bar at Yorktown.

**COACH'S QUOTE** -- "This was Erica's best year yet statistically, but also mentally. This year, she was



just so much more mature. She put the team on her back and carried a heavy load. Watching Erica grow into the person she has become has been pretty special. I'm young and relatively new to being in the role of coach and mentor, but I finally understand what it's like for coaches to see a player mature. I knew her as a 14-year-old and now she's heading off to college. In the last year alone, I've seen her turn into a selfless leader, a giver, a competitive and confident go-getter, and honestly a nurturer. The grit she had this year to want the ball in every situation, to have the maturity to handle hitting and pitching in the same games really united this team as a whole. They had a mission this year to win back-to-back sectional championships, and it was a great experience to watch her propel this team forward. Erica has a lot in store for her life, and this was just a sliver of it that I'm happy to have been a part of."

*-Yorktown Coach Ryan Iamurri*

## GOING THE DISTANCE TRACK & FIELD: Co-PLAYER OF THE YEAR GREG FUSCO, SOMERS

In a long line of Somers High distance trotters that begins and ends with Alex Bean, the Cornell-bound Fusco has put himself in the same sentence after a prolific body of work that saw him master Westchester County with 19 All-County appointments. Additionally, Fusco, an honor student to boot, was a 12-time All-Section choice and a five-time All-NYS honoree with nine NYS qualifier appearances and four national tournament certifications. The body of work includes four county titles, six Section 1 titles, a 3200-meter PR of 9:04 and a school record time in the mile (4:12.54), good for fourth in the NYS Federation. His times on the track are measurable, but it's what he does off the track that made an equally great impact on the Somers community.

**COACH'S QUOTE** -- "Greg is what our Program is all about. Greg is what Somers cross country and Somers track and field is all about. He puts his whole heart into our program. He loves this team and losing him will be tough for us, but I see some of Greg Fusco in all of our young kids. He helped them so much to grow, and that's what we will miss most about having him: Not the wins on the track, but the wins where he showed the kids on the team all about our program and how he showed them how to be leaders on and off the track. I have known young man since he was little kid because he lives across the street from me, and words can't even express how



RAY GALLAGHER PHOTO

proud I am of him and the young adult he is becoming. Somers is losing a fantastic runner and person, but Cornell is getting an amazing young man." *- Somers Coach Mike Lacko*



## JUMP FOR JOY! TRACK & FIELD PLAYER OF THE YEAR JOSIAS LUCTAMER, WALTER PANAS

Interfaith Club. He also volunteers with the school nurse and the stage crew and sets a mean example each and every day.

**COACH'S COMMENT** -- "Josias is a special athlete. He was one of two athletes in the whole state to finish the indoor season ranked top in all classes in a vertical (2nd) and a horizontal (4th) jump in the last five years. Josias was so good this year that he didn't compete from April 7th through the middle of May. His first meet back he won a sectional title on his first jump! In his second meet back, he won the sectional qualifier, and after three weeks back in action he places second in the federation! It was remarkable."

*- Lakeland/Panas Coach Ryan Johnson*

Among the finest jumpers in Lakeland/Panas history, Luctamer long jumped 23'-2" this spring and high jumped 6'-4", both program records. That high jump would have placed him top five in the state this spring, but he decided not to do it at the state meet, playing it cautiously (for fear of injury) and concentrating on the long jump where he placed second in the NYS Federation spring meet. Off the field, Luctamer is just as diverse, serving as a member of the United Nations Club, Students Against Destructive Decisions and the



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