



The NORTHERN WESTCHESTER Examiner



FREE

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

July 17 - July 23, 2018

SMALL NEWS IS BIG NEWS

Volume 10, Issue 447

'Sex and the City' Star Blasts Pipeline in Campaign Visit

By Anna Young

Gubernatorial candidate Cynthia Nixon visited Peekskill on Friday stressing the dangers associated with the controversial Spectra/Enbridge AIM pipeline that runs adjacent to Indian Point and declaring the pipeline be shut down.

Following the release of the long-awaited risk assessment of the pipeline, local activists called on Nixon to urge Governor Andrew Cuomo to shut down the 42-inch Algonquin pipeline project, which is located within 105 feet of the Indian Point nuclear power plant in Buchanan. The report, which was released last month more than 18 months after it was due, confirmed that the Federal Energy

Regulatory Commission (FERC) did not sufficiently consider the risks and other concerns before allowing the expansion of the pipeline near the power plant.

During Friday's press conference at the Riverfront Green in Peekskill, Nixon, the former "Sex and the City" star, blasted Cuomo for putting the lives of nearly 20 million people in jeopardy by endorsing the build out of the massive high-pressure pipeline. With the results of the risk assessment released, she said Cuomo has an obligation to ensure public safety immediately.

"(The risk assessment) said exactly what the experts and the people in this

Continued on page 2



ANNA YOUNG PHOTO

Cynthia Nixon spoke at the Riverfront Green in Peekskill Friday.

Police Probe Daytime Homicide in Peekskill

By Rick Pezzullo

Peekskill Police are seeking answers following the fatal shooting of a 22-year-old male Saturday afternoon on Park Street.

Police responded to the 1200 block of Park Street for a report of shots fired at approximately 2:30 p.m. Upon arrival, officers discovered a male who had sustained a single gunshot wound. Police said reports have indicated the male, later identified as Khalil Lyons of the Bronx, may have been involved in an argument with a second male just prior to the shooting.

Lyons was transported to New York-Presbyterian Hudson Valley Hospital in Cortlandt, where he was pronounced dead a short time later.

Peekskill Mayor Andre Rainey addressed the incident on his Facebook page, stating, "It is indeed a sad day for Peekskill. The loss of life, in any fashion, is deeply saddening and we should all say a prayer for the families and those impacted by today's events."

"We also must fulfill a commitment to the residents of this city to ensure they live in a safe and secure city. To that end, the City and its law enforcement personnel will work long and hard to hold all parties to account for crimes they commit that disrupt our community and its quality of life," he continued. "Make no mistake about it, Peekskill has come a long way. We are a vibrant, exciting, and prosperous city, but like all cities, we

Continued on page 2



RICK PEZZULLO PHOTO

A Feast for Sure Shot Eyes

The 96th Annual Our Lady of Mt. Carmel Italian Feast in Verplanck provided five days of fun, food and an explosive fireworks finale for local residents and visitors. For more photos, see page 11.

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'Sex and the City' Star Blasts Pipeline in Campaign Visit

Continued from page 1

community have been saying all along; it is unsafe, it is unjust, and it is just plain wrong," Nixon said. "It shouldn't have taken four state agencies, \$250,000 and two years to know that it's dangerous to put a high pressure fracked gas pipeline under a nuclear plant 35-miles north of Manhattan."

Nixon added that the pipeline needs to be shut down until public safety is assured and any outstanding questions and concerns are answered to the satisfaction of the surrounding community.

Peekskill councilman Colin Smith agreed, stating that elected officials need warrant the safety of the community and the environment. In March, the Peekskill Common Council passed a resolution calling on Cuomo to release the risk assessment and citing concerns about potential dangers of having the pipeline near the nuclear power plant.

Smith said the risk assessment has provided the necessary information to make more informed decisions on how to better protect the community when the plant closes in 2021 and undergoes decommissioning.

A spokesperson for Cuomo released a statement to News 12 saying, "It was Gov. Cuomo who delivered an independent risk assessment on the Algonquin Pipe-



ANNA YOUNG PHOTO

Anti-pipeline activists expressed feelings at rally.

line and accomplished what others have only talked about for decades – shutting down the dangerous Indian Point nuclear plant. The existing interstate pipeline is federally controlled, and it's embarrassing that a candidate running for the highest office in the state wouldn't know that."

Following the press conference, community members led Nixon on a tour of the pipeline's path outlining its proximity to the power plant, schools, homes and other venues where residents frequent. Nixon later held a roundtable discussion at the BeanRunner Café in down-

town Peekskill where impacted residents shared their concerns.

"We need leadership in Albany that appreciates that we are in a time of crisis and Governor Cuomo has failed us," said Courtney Williams, a Peekskill resident and cancer researcher who has battled Spectra Energy for several years. "He has allowed this project to be built, he's ordered his agencies to rubber stamp it and we are here today to say that's unacceptable and we need a person in Albany who will stop the flow of gas and the build out of fracked gas infrastructure."

Croton-on-Hudson resident Gary Shaw said that Indian Point has released toxins, oils and noxious gasses into the air and water for several years. He stressed the importance of the New York State Legislature to enact a Citizens Oversight Board to oversee the Indian Point decommissioning process.

"We need our Governor to promote and pass this legislation," Shaw said. "Indian Point is a real threat and we need somebody who can understand that this is about public, health and safety and not about money."

If elected, Nixon said she would create and empower a Community Oversight Board to ensure the community, its resources and its potential are protected.

Nixon added plans to halt all fossil fuel expansion and transfer the state to 100% renewable energy.

"When I am elected Governor in November, I will address this problem head on," Nixon said. "We cannot allow communities in New York to be conduits or dumping sites for dangerous fracked gas."

Police Probe Daytime Homicide in Peekskill

Continued from page 1

have our challenges. The true test of a city is how it responds to challenges. Rest assured, we will address all challenges head-on."

Police are continuing to investigate the incident and anyone with information is asked to contact the Peekskill Police Detective Division at 914-737-8000 or email jgalusha@peekskillpolice.com. Anonymous tips may also be made at www.cityofpeekskill.com under the crime tips section.



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Q: What is a hernia?

A: A hernia is an opening within muscles or connective tissue, called fascia, through which intestines or fat protrudes. Hernias tend to occur in the belly through previous incisions, or most commonly in the groin, which is known as an inguinal hernia. They can develop at any age, from birth onward. Hernias may grow over time or they can come on suddenly; they may result from strenuous activity, heavy lifting, during pregnancy, or even from a fit of coughing.

Q: What should I do if I think I have a hernia?

A: It's important to seek medical attention right away if you think you have a hernia. Aside from resting and taking ibuprofen for pain, unfortunately there isn't a lot that people can do on their own when it comes to treating a hernia. The only definitive treatment is surgery. Hernias, if left untreated, can continue to enlarge, putting you at risk for potentially dangerous complications, like lack of blood supply or strangulation to the intestines.

Q: What are the surgical options for treating a hernia?

A: Hernias are treated either by open repair, or minimally invasive surgery, which includes laparoscopy or robot-assisted surgery. At Northern Westchester Hospital all methods are available and selected based on the size and location of the hernia. Inguinal hernias, or hernias in the groin, require a synthetic mesh to repair and cover the defect, or hole. Other methods, like Laparoscopy and robotic hernia repair, allow the surgeon to make smaller incisions with smaller operating tools. In both types of surgery, the risk of complications is minimal – about the same as any surgical operation. Hernia repairs are ambulatory procedures and you'll be able to go home the same day. The risk of recurrence is slim: There's about a 5 percent chance that a person will experience another hernia in the same spot or elsewhere.

Q: How long is the recovery period?

A: I generally recommend patients take a week off from work and that they do not lift anything heavier than 25 pounds for at least six weeks. I typically don't restrict cardiovascular exercise with my patients and most patients are able to return to regular activities without pain after a few weeks.

Galef, Carlucci Urge Cuomo to Sign Peace Officers Bill for Ossining

By Rick Pezzullo

State Assemblywoman Sandy Galef (D/Ossining) and state Senator David Carlucci (D-Rockland, Westchester) are calling on Governor Cuomo to sign legislation to designate court officers in Ossining as peace officers to assist with crowded courtrooms.

As a cost savings measure, the Village of Ossining and the Town of Ossining consolidated their court operations, which has led to as many as 120 people in the courtroom. To keep the peace, a Village of Ossining police officer has been assigned for court sessions.

A bill supported by Galef and Carlucci, which has passed in both branches in Albany, would give uniformed court officers peace officer status, a different job classification that would result in additional savings. The peace officers would take part in training classes conducted by the village police.

"Employing peace officers at the Ossining Town Court will save the town thousands and offer tax relief to Ossining residents. This is common-sense legislation headed for the Governor's desk," Carlucci said last week outside Ossining Village Hall, where he was joined by Galef, Ossining Town Supervisor Dana Levenberg and Westchester County Legislator Catherine Borgia (D/Ossining).

"I am glad to again see support from both the Assembly and Senate for this important step to identify uniformed court officers in Ossining as peace officers, and hope that the Governor supports this legislation this year," said Galef. "These officers have been acting in the role of peace officers for years, and it is important to properly classify these individuals who are necessary for the proper

and effective operations of the courtroom, while also saving taxpayer money."

Levenberg noted many other municipalities in the state already have peace officer status in place for court attendants.

"It only makes sense that the people who are hired to ensure our courts are safe are also empowered to do so," she said.

(L-R:) Dana Levenberg, Sandy Galef, David Carlucci and Catherine Borgia.



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Police Blotter

State Police

July 4

State Police from the Cortlandt barracks arrested Akintunde Akinleye, 30, of Cortlandt, for Criminal Possession of a Controlled Substance in the 3rd degree, a class B felony, Criminal Possession of Marijuana in the 5th degree, a class B misdemeanor, and Driving While Intoxicated, an unclassified misdemeanor. At approximately 3:20 a.m., troopers conducted a vehicle and traffic stop on a 2015 BMW on Lockwood Road in the Town of Cortlandt for a violation of the vehicle and traffic law. Investigation found the operator, Akinleye, was driving while intoxicated, and subsequently arrested. Further investigation found Akinleye possessed approximately 15 grams of cocaine, and more than 40 grams of marijuana. Akinleye was arraigned before the Town of Cortlandt Court, and remanded to Westchester County Jail in lieu of \$1,500 cash bail or bond.

July 7

State Police from Stormville arrested Ghassan Ishak, 60, of Yorktown, for DWI. He was traveling on the Taconic State Parkway in the Town of Yorktown when he was stopped for a vehicle and

traffic law violation. Investigation revealed he was impaired by alcohol, and was subsequently arrested.

State Police from Cortlandt arrested Morgan K. Modugno, 28, of Croton-on-Hudson, for DWI. He was traveling on Route 9 in the Village of Croton-on-Hudson when he was stopped for a vehicle and traffic law violation. Investigation revealed he was impaired by alcohol, and was subsequently arrested.

July 8

State Police from Cortlandt arrested Kathryn V. Gigler, 29, of Putnam Valley, for DWAI Drugs. Gigler was traveling on Oscawana Lake Road in the Town of Putnam Valley when she was stopped for a vehicle and traffic law violation. Investigation revealed she was impaired by drugs, and was subsequently arrested.

Yorktown Police

July 5 - 3:50 p.m. – Jair Castro, 26, of Peekskill, was charged with criminal possession of stolen property in the third degree, a Class D felony, after allegedly stealing a car from Peekskill. Several officers were dispatched to Crompond Road after receiving a hotline message from Peekskill Police. The owner of the

vehicle was able to track the vehicle by GPS and it was located on Croton Lake Road. Castro was also charged with driving with a suspended license and in possession of a quantity of marijuana. He was arraigned by Yorktown Town Justice Gary Raniolo, who set bail at \$1,000 cash or \$5,000 bond. Castro is due back in court on July 19.

July 8 - 2:06 p.m. – Steven Dorazio, 30, of Mahopac, was charged with unlawful possession of marijuana while being a passenger in a vehicle that was stopped on East Main Street for being uninspected and unregistered.

July 9 - 5:32 p.m. – Jose Crespo, 39, of Peekskill, was charged with possession of a forged instrument and identity theft, both felonies. On June 26, Yorktown Police received a report from the Polk County Florida Sheriff's Department that one of their residents was a victim of identity theft. An investigation revealed one place his identity was used was in Yorktown. Crespo, who was in possession of a forged driver's license, was identified as a suspect and was subsequently arrested. He was released on \$2,500 cash bail and is due in court July 24.

July 11 - 4:05 p.m. – Kevin Brown, 44, of the Bronx, was charged with identity theft, attempted grand larceny and possession of a forged instrument after police responded to Chase Bank on Commerce Street on a reported identity theft in progress. Bank personnel informed police that they had been notified by another bank branch that earlier in the day Brown had allegedly tried to withdraw money from another person's account and was currently trying to do the same transaction. Brown was subsequently arrested after being found with a forged driver's license and credit/debit card. He was remanded by Yorktown Town Justice Sal Lagonia to Westchester County Jail with no bail and is set to return to court on July 24.



Bill Volz Westchester

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Protestors Voice Opposition to Trump Nomination

By Kelly Haberstroh

Following President Donald Trump's Supreme Court nomination of Brett Kavanaugh, Americans across the country united through the Indivisible organization and protested outside their state senators' district offices, objecting to the decision.

At 11 a.m. on July 10, protestors gathered outside Senator Chuck Schumer's district office building in Peekskill to demand he protect their democracy, reproductive choice, affordable health care and rights.

The protest was organized by Marianna Stout, a Peekskill resident and active member of Indivisible. She became a political activist 50 years ago, focused on both women's and civil rights. After Hillary Clinton lost the presidential election, Stout became more involved in activism again and set up one of the first Indivisible districts in Westchester County, called CD17Indivisible.

"Personally, we're not looking to tell others what to do, we're looking for consensus, safety precautions, gun safety and compromises, in terms of abortion and immigration," Stout said. "I understand it's not black and white, but we've lost our ability to compromise."

Many of the protestors shared the concern that reproductive, marriage, envi-



Protestors lined up outside Sen. Schumer's Office in Peekskill.

ronmental, social, civil, healthcare, immigration and voting rights; consumer production; limits on executive power; due process; and more are under threat.

"My first thought was outrage," Celeste Theis, a Croton-on-Hudson resident, said about her reaction to Kavanaugh's nomination when she attended the protest.

During the protest, Christine Button,

a member of CD17Indivisible and Cortlandt resident, and Robert Kesten, who is running for District 40 New York State senator, spoke to the crowd about how they can fight against Trump's nomination.

Since Kavanaugh is only 53 years old, Button believes the conservative trend could be fixed into the foreseeable future and the country can expect him to serve

on the Supreme Court for a generation or two.

"We need these rallies to energize us, to fuel us for the exhausting and discouraging fight that we're in the middle of to reestablish and protect the country," Button said.

Button reminded the crowd of how the president has been explicit of wanting to overturn Roe vs. Wade to make abortion illegal and said he will appoint people to do so.

"There are six cases pending in lower federal court regarding restrictions on reproductive rights and they could get the first cases to challenge Roe this fall," she said. "Even without an outright overturning of Roe, an effective abortion ban is on the horizon."

Although there's no procedural way to prevent Kavanaugh from being confirmed, Button said it's possible to persuade the senate to withhold consent by getting all 49 Democrats and at least one Republican to oppose.

"I think really it's a done deal. If Kavanaugh doesn't get confirmed, someone else will," Theis said. "So, it might end up being somebody like him, or worse. I feel like we have to let Chuck Schumer know that we're behind him, for him to fight

Continued on page 18

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Residents Chosen as Support Connection Cancer Walk Ambassadors

Support Connection, Inc. has announced the selection of two local residents as Walk Ambassadors for their Annual Support-A-Walk which will take place on Sunday, October 7, (rain or shine) at FDR Park, Route 202, in Yorktown. The Walk brings attention to the needs of people affected by breast and ovarian cancer and raises funds for Support Connection's free counseling and other support services for those affected by these diseases. Walk Ambassadors are cancer survivors who represent the spirit and purpose of the Support-A-Walk.

Mary Heagle (Mohegan Lake): Mary's experience with breast cancer began when her mother died of the disease at age 37; Mary was only two years old. Eventually, seven more women in Mary's family were diagnosed with cancer, including four with breast cancer, one with ovarian cancer, and one with uterine cancer. Because of this, Mary was always very proactive and alert. In fact, while dating her husband, she tried to prepare him for what she planned to do if (or when) she was diagnosed.

In 2006, when Mary was told after a routine breast screening that something warranted testing, she sprang into action. "I'd do anything I needed to do, to fight. I just wanted to be alive and I wouldn't let it defeat me." In addition to the best



Mary Jane Taxter

possible medical care, Mary knew she needed help with the complicated emotions she felt. And she was concerned for her nine-year-old son and seven-year-old daughter. She knew how hard it was to lose her own mom and didn't want her own children to be frightened by while she underwent mastectomies and chemotherapy.

That's why Mary reached out to Support Connection. She joined a support group which made a huge difference: "It helped me get out of bed in the morning. I always looked forward to it. The camaraderie was terrific and it made me feel I wasn't alone."



Mary Heagle

Mary also spoke regularly to two of Support Connection's Peer Counselors about everything on her mind, including how to help her children: "I call them my guardian angels. They helped me get my life back together in a way I never thought possible."

In order to give back, Mary and her family have attended the Support-A-Walk for many years, raising more than \$8,000 to date. When asked to be a Walk Ambassador this year Mary agreed right away: "I believe in Support Connection and all the wonderful services they provide. My family and I will be forever indebted to them. In my time of need I could not have had any better. I'll always be here to give a hand in any way possible."

Mary hopes her story will inspire others to participate: "Support Connection has helped me and so many others I know. The Support-A-Walk is one of the main fundraisers that makes these free services possible." She adds: "Support Connection is a community organization - people can actually see where their donations are going and how the money is being used. Please join us!"

Mary Jane Taxter (Yorktown): Mary Jane was in the hospital on her 75th birthday in 2016, for what was supposed to be routine minor surgery. When she woke up from the anesthesia, she was

surprised to see two of her children there. She quickly learned why: when the doctors began her surgery, they "saw cancer everywhere." Mary Jane had ovarian cancer that had already spread beyond her ovaries.

Mary Jane had cared for cancer patients as a nurse many years ago and knew there'd been much progress since then. She is also very pragmatic. Nevertheless, her diagnosis was a shock for her and for her family. In the past two years, Mary Jane has completed two rounds of chemotherapy and is now on a third regimen. Her family members have all been there every step of the way, helping any way they can. But Mary Jane wanted to connect with someone who'd been through what she was going through.

About a month after her diagnosis Mary Jane called Support Connection and spoke with a Peer Counselor. Describing this call, she says: "I got my first words of encouragement I'd heard since I was diagnosed."

In addition to conversations with her Peer Counselor Mary Jane joined some of Support Connection's group programs, such as a monthly canasta group and an art workshop. She loves being with people and finds the programs meet her needs: "It's a chance to be in a room with other women who've had similar experiences. The women are very supportive."

Mary Jane took part in her first Support-A-Walk last year as a fundraiser and Team Captain. Because she was still in chemo and unable to walk at the event, she asked friends and family to help. They all pitched in: Her son set up her online fundraising page where Mary Jane wrote: "I am seeking both walkers and donors to help me champion this wonderful group that provides support for women everywhere who are breast and ovarian cancer survivors." Her granddaughter designed shirts with the Team name "Grandma's Cool Cats." A group of family members and friends attended on

Continued on page 16

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Business of the Week

Avellino's Montrose

By Rick Pezzullo

It wouldn't be a far stretch to say Natale Capalbo has pizza sauce running through his veins.

Capalbo, 34, who opened Avellino's in August 2016 with his business partner, Marc DiNunzio, in the former location of Two Brothers in Montrose, is a third-generation Italian restaurant owner.

In the 1950s, his grandfather ran an eatery in Italy. His father owned a restaurant in Tuckahoe and that's where Capalbo, at 10 years old, got his first taste of what would lie ahead for him two decades later and learned the craft he relishes.

"It's in the bloodline," Capalbo said. "It was a big part of my daily life, doing what I wanted to do. Here I am today."

Capalbo, who resides in Elmsford, said he and DiNunzio are longtime friends who had talked about starting a business together for years. When Two Brothers went up for sale, Capalbo said it fit the bill of what the pair were looking for and they decided to name the restaurant after a city in Italy near where DiNunzio's late father grew up.

"It's (Montrose) a small community,



RICK PEZZULLO PHOTO

Natale Capalbo, who opened Avellino's about two years ago with business partner Marc DiNunzio, holds one of the many types of pizza the restaurant offers its customers.

not too far from where I live," he said. "We wanted it to be like a neighborhood joint where you could bring the family, make people happy with good food."

Loyal customers, Maureen and Jim Hierspiel, said Avellino's has delicious food and stellar service and they'll gladly make food any way you request.

"We have never had a bad meal there," Maureen said. "What really makes a great restaurant, besides the fact the food is good and you can have food made

to order, is you might run into an old friend."

Open seven days a week from 11 a.m. to 10 p.m., Avellino's offers traditional cheese and Sicilian pizza and a wide variety of gourmet pizza, including Chicken Scarpariello, Chicken Bacon Ranch, Arugula Salad, Lasagna, and Hawaiian.

Capalbo stressed Avellino's can whip up a pizza to satisfy almost any taste bud, mentioning recently a customer

requested a pizza with loaded baked potatoes, a creation he admitted received "mixed reviews."

Wedges, rolls, calzones, soups and salads are also on the menu, along with a sizeable listing of pasta, chicken, veal, eggplant and seafood entrees.

Capalbo said his prices are very competitive for the quality and quantity of food and emphasized everything is fresh, not frozen.

Avellino's has quickly gotten involved in the community by sponsoring Little League teams and athletics at nearby Hendrick Hudson High School. Capalbo said his customer base is widespread, extending as far as Garrison and Ossining.

The restaurant has dinner specials on certain days and provides free delivery (\$15 minimum) within an eight-mile radius.

"I'm kind of married to it (the restaurant)," said Capalbo, who is single. "I enjoy it."

Avellino's is located at 2146 Albany Post Road (Route 9A). For further information, visit www.avellinosmontrose.com or follow Avellino's on Facebook and Instagram. (914) 736-2633.



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Letters to the Editor

Kesten Has Right Position on Health Care

To the Editor,

Now more than ever, I am writing to endorse Robert Kesten's position on health care and single payer insurance for all New Yorkers. Having just finished reading the AARP Money article, The High Cost of Cancer Care (Peter Moore, AARP The Magazine, June/July 2018), I am again struck by the cruel and reckless medical insurance crisis brought upon us

by the dismantling of the American Care Act by the Trump administration and his local crony, Terrence Murphy. I have heard our Democratic candidate for SD 40, Robert Kesten, address health care issues numerous times, and his position makes such utter sense: NYS must create a single payer insurance plan that will truly provide a safety net for all citizens. Robert views equal access to health care

as a right of all citizens, and ironically, a single payer plan will save our state and community millions of dollars. Please remember that this is not socialized medicine; care would be based on need, not on ability to pay.

Terrence Murphy stands on the wrong side of so many issues, and unsurprisingly, in line with Trump and his total lack of care for the health and

well-being of all citizens. It is time to vote Terrence Murphy out of office, and to elect a true progressive who will help our state create a single payer insurance plan that will be a model for all states throughout our country. Elect Robert Kesten in SD 40!

RICHARD FISHER
Yorktown

Senior Forum July 18 at Cortlandt Town Hall

To the Editor,

As my annual Senior Forum approaches on Wednesday, July 18th from 9 a.m. to 12 p.m. at Cortlandt Town Hall, 1 Heady Street, I encourage all of my constituents to attend. There will be a light breakfast, followed by multiple speakers covering a variety of important

issues that people face on a daily basis. Topics will range from AARP's legislative priorities, how to retain eye health, driving at night, maintaining a healthy heart, and avoiding crimes targeted at seniors. The Office of the NYS Comptroller will be in attendance to check whether or not you have any money in the New York's

unclaimed fund account of \$15 billion.

This event is a great opportunity to connect with your community and become educated on issues that you, your loved ones, or your neighbors experience. Additionally, there will be entertainment from Judy Kass, singer and song writer, and Recovery Rep, from

Paramount Hudson Valley Arts.

I hope to see you at the forum on the morning of July 18th.

Sincerely,

SANDY GALEF
Assemblywoman

The Beauty and Buyer Preference for Hardwood Floors

When I open my new condo door in a Trump building, the first thing I see are gleaming, dark hardwood floors that give me a great feeling of clean space and quality living.

As a realtor, I always find that homebuyers are attracted to marketing copy that can claim, "hardwood floors throughout." While most folks today like hardwood floors exposed, oddly enough, they went through a long period of cover-up.

When I was a little boy in grade school, I remember coming home one day and finding my mother speaking in hushed tones with two of her friends. "Al and I are having 'wall-to-wall' installed next week," she said. "Ohhhhhh, how nice," chimed in her friends.

I didn't know what "wall-to-wall" was, but I was proud that my mom seemed to be the envy of the neighborhood because she was getting it. In short order, the "wall-to-wall" arrived in one enormous roll and was laid out seamlessly in the living room (we didn't have a dining room).

The texture as I recall was a short shag, and it was char- treuse. No kidding. Mother justified the relatively expensive upgrade by telling my dad, who thought it was an extravagance, that it "warmed up" the living room and made it easier for her to keep the place clean. But this is not about carpeting, it's about hardwood floors, the beautiful, gleaming surface that my mother buried with her up and coming lifestyles choice.



By Bill Primavera

Today, we no longer want warming up. We want clean gleaming surfaces of natural wood that conveys open space, perhaps punctuated by smaller area rugs. If you're lucky enough to have a quality hardwood floor, here's the best way to take care of it.

Always use a soft broom when sweeping floors. Hard bristle brooms can scratch the surface. Vacuum the floor at least once a week to remove dirt. It's better to buy a lighter vacuum for hardwood floors because the wheels of heavier vacuums may scratch. It's best to use the soft brush attachment.

You won't like the way it looks, but there should always be non-slip rugs near all entrances so that family members and visitors can brush off dirt and gravel from the bottoms of their shoes. These small carpets should also be vacuumed regularly to prevent dirt and other debris from making its way to the floor.

Are you annoyed when some hosts ask you to remove your shoes at the door? Actually, it's not a bad rule for your own household if you really prize your floors. Or, second best, you can place carpet runners in heavy trafficked areas. Spiked heels – and even regular heels – can be murder in denting the wood.

Furniture needs little booties too in the form of rubber or plastic pads below table and chair legs. And, never drag furniture across a hardwood floor.

Liquid spills obviously should be cleaned up immediately. Most new floors come with a scratch and dent repair kit that should be kept in a place where you'll remember to find it. And

keep the manufacturer's instructions on how to use them.

Keeping wood floors clean is a very simple matter. Use only a damp mop. Any excess water can run between the seams and cause damage.

Years ago, it was common practice to use a lot of wax on hardwood floors, but today, most are sealed well with polyurethane and should require only the damp mop process.

In fact, hardwood floors are easier to maintain than that "wall-to-wall" that my mother thought would be easier to keep clean. I remember how disgusted I was when I recently had carpeting pulled up and found that it was a safe harbor for years of dirt below.

A few years ago, I visited my boyhood home on a nostalgic trip to Virginia and, amazingly, the couple who bought it from my parents still lived there.

When I was escorted into the living room, the hardwood floors my mother had concealed almost a half century earlier gleamed in the streaming sunlight from the windows with southern exposure. "We were so surprised when we pulled up the carpeting and found these gorgeous floors," the homeowner said. "There was this green carpeting that I knew just had to go..."

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.

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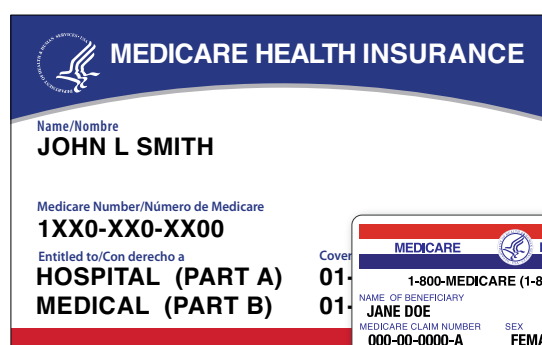


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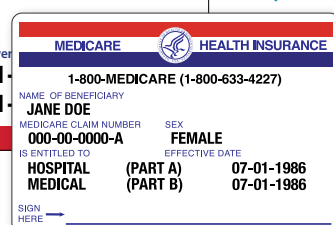


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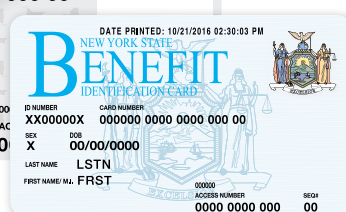
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Obituary

Terrence Rinzivillo

Terrence L. Rinzivillo, a resident of Cortlandt, died July 8. He was 64.



Terrence L. Rinzivillo

He was born September 9, 1953. He worked for General Motors until the closing of Tarrytown plant in 1997. He then went on to work for Bertoline & Son's, Inc. until

his passing. His favorite hang-out spot was Chuck and Ollies/Rainbow Bar and Grill.

He was the beloved sibling of Joseph Rinzivillo Jr. (Lois), and Tracy Rinzivillo-Clarke (Bobby), and cherished uncle to Joseph Rinzivillo -Carey, Rebecca Rinzivillo, Kristin Papeika, and Kerry Rinzivillo.

Dawn Palumbo

Dawn Ann (Puff) Palumbo, 47, died July 7.

She was born October 22, 1970 in Peekskill. She was predeceased by Frankie Palumbo, survived by her par-

ents Catherine Sidelnik, Robert Puff Sr. and stepmother Bernadette Puff, her children, Catherine Palumbo, Frankie Palumbo III and Sabrina Palumbo, her sisters and brothers, Veronica Shubert (John), Frank Rodak (Colleen), George Rodak, Lori Puff-Sheehy, Douglas Puff (Joann), Judy Johnson, Robert Puff Jr., Michael Puff and her many cousins, nieces and nephews. Loved by her many friends and devoted to animals of all kinds, She also leaves behind her beloved cats (Midnight and Sophie) in the care of our dear friend, Maureen Murphy.

Marie Nastasi

Marie A. Nastasi, formerly of Somers, died July 8 in the home of her son after a long illness. She was 82.

She was born August 3, 1935, to Gerard and Ann Bochicchio. She was predeceased by her beloved husband of over 60 years, the Hon. Aldo A. Nastasi. She is survived by her five sons: Aldo, Robert, Marc, Anthony, and David and their families, and by her brother Gerard Bochicchio and his family. The list of people she welcomed into her life is too long to enumerate, but her incredible love, spirituality, and generosity of heart will long be remembered. She was a nurturer, a

kitchen table councilor, a cook of intimate renown, a sponsor of imagination, and an ambassador for the Christianity she cherished. She is deeply loved and will be sorely missed.

Jacqueline Turkel

Jacqueline A. Turkel, a resident of Somers, died July 8. She was 90.

She was born in Brooklyn November 8, 1927, to Lydia (Farrell) and George Cox. She was the wife of the late Cyrus Turkel, who died in 1982.

Mrs. Turkel was a banker with Chemical Bank in Manhattan and was one of the first female bank officers in New York City. She was a long-time member of St. Luke's Episcopal Church in Somers and later St Matthews Church in Bedford. She was a longtime supporter of The Arts, including the Metropolitan Opera, The Actor's Guild and Northern Westchester Hospital in Mt. Kisco. Her greatest love was her animals and she was well known as an animal advocate and supporter.

John Cito

John R. (Jack) Cito, an area resident, died July 8. He was 82.

He was born Nov. 29, 1935 in Tarry-

town, to James and Harriett (Mosiello) Cito. He graduated from Washington Irving High School. He attended New York University and the American Institute of Banking. He worked for the Bank of New York, which evolved into Chase, as a Vice President in charge of Disaster Recovery. He was a Staff Sergeant in the Air National Guard 106th Tactical Control Squadron and in 1961 was deployed to Mannheim, Germany during the Berlin Crisis.

He married Joan Castriana on October 15, 1960 in Ossining. He served on the Planning Board for the Village of Buchanan. Mr. Cito was a past president of the Buchanan Seniors, a recipient of the Westchester County Senior Citizen Hall of Fame, a member of the Cortlandt Seniors and a member of the American Legion Post 1030 in Verplanck. He was on the board of Glassbury Court. He was a medical driver for the Town of Cortlandt.

He is survived by his wife Joan of 57 years; sons Jamie (Sharlene) and Jeffrey (Stephanie); grandsons Thomas, Nicholas, Andrew Cito, Ryan and Allison Bissotti; sister Dolores (Phil) Barone; and several nieces, nephews, cousins and longtime close friends. He enjoyed time with his grand dog Holly. He was predeceased by his son John R. Cito Jr.

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Daytrip Montauk Point, Long Island: *Seaside Beauty a Tank of Gas Away*

By Evelyn J. Mocbeichel

Perhaps you've read about Montauk Point or have friends that go there on vacation, yet have never taken the drive there yourself to experience it. Some people love the mountains, others lakes and hikes through the forest, but for ocean lovers, Montauk is the place to see! Depending on where you live, and the time of day you leave your home, the trip can be between three and four hours. Keep in mind beach lovers often head to Jones Beach or the Hamptons, so an early start in the morning is your best bet dealing with Long Island Expressway traffic. For most cars that's a tank of gas or less getting to Montauk. Frequent stops along the way break up the trip, and offer different sites to explore. What some visitors like to do is visit just for two or three days to see if Montauk is a spot they'd want to spend an entire week at. Off season, mid or late September is a perfect time to visit, too, if summer is not an option right now. Children are back in school, weather is still nice and hotel rates lower, so Montauk is less busy.

Montauk

There is always something new to discover when you get there. Whether it's swimming, surfing, hiking, horseback riding or dining, Montauk has it all. Perhaps you decided to visit Montauk because friends have raved about the wonderful time they had here. Maybe you read an article about the beauty of the area and the easy driving distance for a unique spring, summer or autumn vacation and wanted to see for yourself what Montauk is all about. Whatever brings you to this charming seaside fishing village and resort, you will certainly have a unique experience! Naturally first time visitors have a lot to explore. If accommodations are in or close to town, it is easy to get around by foot for dining and shopping. But there is so much to see once you head out of town to explore the rest of Montauk. Checking online with their Chamber of Commerce is a great first start to learn about the many hotels, motels, resorts, restaurants, music festivals, shopping and activities that happen in Montauk. Start exploring! <https://www.montaukchamber.com/> Telephone: (631) 668-2428.

The Lighthouse

Probably the most well-known attraction is the Montauk Lighthouse and no visit is complete if a tour of this National Landmark is not included. It was authorized by President George Washington back in 1792 and building commenced in 1796, with a purpose to aid navigation. It



Gosman's Dock and Restaurant Complex - the most well known area by the fishing docks.

is located on the very tip of eastern Long Island and offers fabulous views of Block Island Sound and the Atlantic Ocean whether you walk the grounds or climb to the top tower. The climb entails 128 steps up a spiral staircase, 86 feet high, but well worth it for the view. There is a fascinating museum on the bottom level of the Lighthouse that includes information about the original lighthouse keeper's lodging and parlor, displays on how the erosion control is helping maintain the property, a communication room where early keepers used Bivalve Fresnel lens to send light out to ships. These lenses were operational until 1987 when the lighthouse became automated, but the lens is still on display.

Events take place at the Lighthouse year-round and this summer the tradition continues.

With a triathlon that consists of a ½ mile swim, 14-mile bike ride and a 3.1-mile run and starts at 6:30 a.m. onwards. It is sanctioned by the USA Triathlon and National Championship Qualifier. The LIGHTHOUSE WEEKEND is a wonderful event for visitors of all ages,

but families with children won't want to miss this one. It takes place the weekend of August 18th and 19th and is an all-day event. The Kings of the Coast Pirates will have shows, as will the 3rd Regiment of the 1776 Militia with reenactment shows. Crafts and gifts on sale include Colonial toys, leather goods and pottery exhibits. On August 25, the night before the full moon, the first "Montauk Music Fest Rocks the Lighthouse" takes place. Gates open at 5 p.m. for the concert. By visiting the Lighthouse, you'll enjoy a step back in time at these festivities. For more information about Lighthouse hours, the Music Fest, admission prices, or more about the Lighthouse Weekend, Visit montauklighthouse.com or call 631-668-2544.

Exploring

Besides visiting the Lighthouse interior and fabulous gift shop, the surrounding grounds are perfect for hiking or taking a nature stroll. The lighthouse sits on "Turtle Hill," named because of its rounded "turtle" shape. On the beaches below, a whole world of beach crea-

tures, both on and off land, inhabit this beautiful area. If you walk down the hill onto a narrow path, boarded by beach grass, shrubs and brush, you might see animal footprints in the sand. The area around the Lighthouse and rural parts of the East End are populated with a host of wildlife. Most of them are nocturnal and not often seen by beach goers enjoying the sun and surf during the day. However, these "beach creatures" leave their mark behind and knowing what their footprints look like can tell a sharp eyed naturalist what animals live in the area. At Montauk Point there are deer, raccoon, fox, rabbit and non-poisonous snakes. Sometimes a strong odor would have you believe there is a skunk in the area. Actually, it is a fox urinating and "marking its territory." Footprints or tracks for each animal differ. A fox walks in a straight line, one foot after the other. A dog's foot prints wander, one here and one there. Deer track are larger, with an adult about three inches and a fawn much smaller. If you continue walking the sandy trail, you'll notice wild grapes and beach plum bushes, with their tiny

lavender blossoms. You'll also see fishing boats bobbing off in the distance and gulls swooping and diving into the water feeding on tiny off shore fish swimming in shallow water. Coming off the small hill, you will round a bend that leads directly to "Money Pond." Legend has this name derived from the adventures of Captain Kidd. Back in 1699 he landed at Montauk and it's believed he buried his treasure in this area. Yet to be found, it makes fascinating trivia for history buffs and visitors to the Point. Money Pond is filled with tall reeds which are not native to this area. Probably from Africa or Eurasia, the reeds had taken over the pond and thrown off the balance of nature. The plants and animals that used to live in the pond were crowded out by the reeds extensive overgrowth. Now no lily pods, fish or herons and egrets live here. With no fish to eat, the birds don't come to the pond. And this problem is one that arises from introducing plants to an area they don't normally grow naturally in.

Fishing

What would a trip to Montauk be without going fishing? Take a drive out of town and head down West Lake Drive to the Montauk Harbor where the charter boats and huge Viking party boats are docked. You'll also see the historical, picturesque Gosman Restaurant and shops complex and numerous restaurants along the way. Your fishing options are extensive and you can either sign up for a full or half day outings. Montauk is known for its fertile fishing grounds and fishermen flock here for extraordinary catches, enjoying the pristine waters, breathtaking vistas and the excitement of sport fishing. Safety is a big issue with the charter boats in Montauk and the Cap-

tains follow a long list of rules and laws the Coast Guard mandates, which makes another positive note to a visitor's fishing experience. When are the best times of year to fish in Montauk and what months yield what kind of fish? Starting with May, when the water temperatures start to rise, in the area of about 55 degrees, the fish start coming. Striped bass fishing begins in May and continues to about mid-November. Fluke and sea bass start about a week or two later in May. Early spring signals the arrival of black fish and the tuna come in about the beginning of July, because they favor much warmer water. For those who like to go after shark, June is the month to begin booking your tours. What do you need to pack when you go on your fishing trip on a charter boat, besides your lunch? The boats supply everything from the rods, reel, bait, lures and adventure. The mate on board will even take the fish off the hook for you, clean, fillet and have your catch ready in plastic Baggies when you are ready to disembark at the end of your trip. Therefore, visitors to Montauk that did not plan on taking a charter boat trip can do so, last minute, without worrying about having the right equipment along with them. However, advanced reservations are suggested to avoid disappointment during the peak fishing months of June through October. One Captain related a story to me years ago about a group of enthusiastic guests from Korea that booked on his boat. They couldn't wait to try the freshly caught Montauk fish and ate it sushi style right on board. They had even come prepared with containers of their own hot sauce and dived right into their catch of sea and striped base as soon as the mate had them cleaned and ready! I guess they knew the



"sports fishing capital of the east" would not disappoint them! A day of fishing is a wonderful way to enjoy the beauty of nature surrounding the East End and a fabulous way to share time with friends and family. Whether it is a group from your office, a family reunion or just coming out by yourself for some personal recreation, being outside with the salt mist in your face and the sun shining overhead is like nothing else in the world. Treat yourself and come see what these lifelong fishermen have to offer their guests! Free parking is also available down by the dock area. Visit www.montauksportfishing.com

Horseback Riding

There are two great choices for horseback riding enthusiasts when you are visiting Montauk. There is the Deep Hollow Ranch, a 22-acre property that is said to be the "oldest working cattle ranch in the United States back when East Hampton colonists sent their cattle there to graze. They are located across from Theodore Roosevelt County Park, Montauk, NY 1 631-668-2744. Another place to go for horseback riding is Rita's Stables, located at 3 West Lake Drive, one block off Montauk Highway (Route 27). Owned by Rita Foster, it offers riding tours, equestrian trails, outdoor activities, classes & workshops, Nature Park and live farm animals. 631-668-5453.

Craft Fairs

The Montauk Historical Society hosts craft fairs throughout the summer on the grounds of the Second House Museum, located across from the IGA supermarket. The backbone of these annual craft

fairs are the scores of local Montauk residents that give countless hours of their time volunteering to make each fair the success that it is. Artisans from around the country participate in these fairs and shoppers will find the most unique and beautiful hand-crafted artifacts that range from jewelry, paintings, sculptures, pottery, leather goods, gourmet items, woodcrafts, furniture and home décor items among the scores of beautiful items to purchase. Mark your calendar for the 2018 Craft Fairs on August 11-12 and September 22-23rd. www.montaukhistoricalsociety.org

Golf or tennis anyone?

Here is another gem you'll find in Montauk, less than two miles out of town. The Montauk Downs State Park offers an 18-hole championship golf course, driving range, pro shop, tennis courts, swimming pool and restaurant facilities. It is open to the public and no membership is required. It is a perfect place to satisfy every member of the family and rates for these amenities are quite reasonable compared to what you'd pay in a private club. Stop by and see the beauty of this hill top complex and enjoy a day participating in the sport of your choice! For more information, call (631) 668-5000 or visit <https://parks.ny.gov/parks/29/details.aspx>.

It is easy to see why repeat visits to Montauk are necessary to enjoy all of the wonderful things there are to do here! Bring the family, invite your friends and be part of all the varied experiences in Montauk! It's another wonderful place to add to your vacation travel schedule or for a mini getaway any time of the year.



Happenings

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

Tuesday, July 17

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

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

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

Hygeia Programs: Two ongoing programs are being held on Tuesdays at Hygeia Integrated Health LLC, 3505 Hill Blvd., Suite K, Yorktown. Community Acupuncture is being held from 6:30 to 7:30 p.m. The cost is \$30. Come experience the beneficial effects of acupuncture in a group setting. Register: hyinhealth@gmail.com. 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, July 18

Teen Summer Reading Challenge:

The Teen Summer Reading Challenge, a Somers Public Library program, is being held 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.

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: POUNDTM Fitness Program, a 45-minute full-body cardio and stress relief jam session, fusing Pilates, cardio, plyometrics isometric movements and poses, is offered at Theatre and Dance Arts 131 Bedford Rd. Katonah. Drop in or weekly discount rates are available. The program is being provided on Wednesdays at 7:30 p.m. and on Saturdays at 11:45 a.m. Call Peggy for more information at 914 960-4097.

Bingo Wednesdays: Come to First Hebrew for \$2,000 in total guaranteed bingo prizes, plus an average of \$1,000 awarded in specialty games. Doors open 5 p.m. and games begin 7:15 p.m. every Wednesday (except holidays – check First Hebrew's website calendar). First Hebrew is just west of the Beach Shopping Center at 1821 Main St., Peekskill. Info: 914 -739-0500 or www.firsthebrew.org.

Thursday, July 19

Behind Prison Walls: The Images from Behind Prison Walls Art Exhibit of more than 60 pieces of artwork from men and women incarcerated in five New York State maximum and medium security prisons on display in the Ossining Public Library Art Gallery throughout July. The Ossining Public Library is located at 53 Croton Ave. and is open Mondays and Thursdays 9 a.m. to 9 p.m., Tuesdays 10 a.m. to 6 p.m., Wednesdays 1 to 9 p.m., Fridays 10 a.m. to 6 p.m. Saturdays 9 a.m. to 5 p.m., and Sundays 1 to 5 p.m. For more information visit www.ossininglibrary.org or call 914-941-2416 Ext. 327 or 317. For more information on RTA, visit www.rta-arts.org, e-mail to info@rta-arts.org or call 914-232-7566.

New Play Readings: Westchester Collaborative Theater (WCT) will present the premiere staged readings of Feedback Loop, a compelling new play

that captures the grit and heart of the 90's music scene, written and directed by Pat O'Neill, grand prize winner of the 2017 Aery Festival. Performances take place at WCT's black box performance space at 23 Water St. Ossining evenings at 8 p.m. on July 19; July 20; and July 21; and matinees on July 21 at 2 p.m. and July 22 at 3 p.m. with a special performance at the Bethany Arts Community (BAC), at 40 Somers-town Road, Ossining, NY on July 29 at 3 p.m. A talk-back with the playwright and cast will take place on July 22 after the 3 p.m. performance. General tickets are \$15. Discounted tickets are available for WCT members, students, seniors and groups of 5 or more. Seating is limited; online purchase is strongly recommended. Visit <https://feedback-loopwct18.brownpapertickets.com>.

Friday, July 20

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.

Teen Club: The Teen Dungeons & Dragons Club will meet at the Somers Library on Fridays 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 or Visit www.fordpiano.com for the musical line-up.

Music In The Park: The "Music in the Park" summer series is continuing at Lasdon Park, Arboretum and Veterans Memorial, Route 35, Somers. General admission tickets to the Friday evening series are \$10 per person at the door for all ages. Pay by cash, check or credit card. Gates open at 5 p.m. and the concerts are held from 7 to 9 p.m. Concert-goers should plan on lawn seating and bring their own blankets or lawn chairs. The Fork in the Road food truck will offer a selection of home-cooked foods. Beer and wine will be sold in a tiki bar setting. The Shop at Lasdon will be open during concerts. Limited select seating is available via online sale only at \$25 per person; go to LasdonPark.org or call 914-864-7268. Upcoming shows in the series are: July 20 - Back to the Garden, a Woodstock tribute and July 27 - Chamomile & Whiskey, performing southern rock/country Events will be cancelled in case of inclement weather. For Westchester County Parks information go to parks.westchestergov.com.

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.

Saturday July 21

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 and Veterans Day. Lasdon Park, Arboretum, and Veterans Memorial, a Westchester County Park, is located on Route 35 in Somers. For

Happenings

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more information on Lasdon and all Westchester County parks go to 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, 1 1698 Strawberry Rd. Mohegan Lake. Visit us at <http://www.yorktownzen.org> or e-mail us at yorktownzen@gmail.com.

SAT Practice Exam: A SAT practice exam will be held at the Somers Library from 10 a.m. to 2 p.m. The exam is being offered by the Princeton Review. After the test participants will receive an extensive score-report and a personalized consultation to go over your scores and answer your questions. Registration is required; please go to our online calendar at www.somerslibrary.org or call us at 914-232-5717.

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 in-

clusive, 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.

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

dors, visit DowntoEarthMarkets.com.

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

Sunday, July 22

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

Monday, July 23

Bridge Program: Bridge at the Somers Library is being held on Mondays throughout 2018 from 10:30 a.m. to noon. These classes are for beginners and players with some experience as well. Learn how to navigate your way

around the game from bridge maven Walter Heitner. You will learn bidding and work on the play of the hand. By working with a group, you will all get better together. Space is limited; register online at www.somerslibrary.org or call the library at 914-232-5717.

Acrylic Painting: An acrylic painting program will be held at the Somers Library on Mondays, 7/23 and 30, 8/6, 13, and 20 from 10:30 a.m. to 12:30 p.m. When you want endless opportunities, acrylic painting is it. Photos will be brought in for creative ideas or you may bring your own. Music will be played for your inspiration. Suggested supplies list: canvas or canvas board, water cup, soft brush, slanted brush, broad/wide brush, pencil, eraser, and acrylic paints. There is a \$30 fee to be paid on the first day of class. Make checks out to Judika Lieberman. Registration is required; register online at www.somerslibrary.org or call 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.



Attend the inaugural New York State MEDAL OF HONOR PARADE

Saturday, July 21, 2018

in Carmel, N.Y.

Kickoff is at 1 p.m.

Presented by the New York State Medal of Honor Parade Committee
in cooperation with Putnam County Government
and the Putnam County Joint Veterans Council.

Recognize this year's Grand Marshals



GARY BEIKIRCH

U.S. Army | Rochester Medal of Honor Recipient



ROBERT O'MALLEY

U.S. Marines | Queens Medal of Honor Recipient



PAUL BUCHA

U.S. Army | Washington D.C. Medal of Honor Recipient



The parade route starts at the Palidin Center
on Seminary Hill Road then travels east
to Gleneida Avenue and continues north to Fair Street.

For more information visit,
www.pcjvc.org/mohd

Three Reasons to Consider a Revocable Trust

A revocable trust is an efficient and effective tool that can be utilized for asset management, asset protection, and estate planning purposes. It is often used as an alternative to a Last Will and Testament ("Will") for purposes of avoiding probate, but it has many other uses. Conversely, it can be overused at times and implemented for the wrong reasons.

A revocable trust is just that – revocable. Do not confuse it with the irrevocable Medicaid trust which is useful for different reasons. In a revocable trust, the person who establishes the trust is the creator and the person in control of the trust's assets is the trustee; initially, they are usually the same person. Since the trust is revocable, the creator maintains complete control over the use and enjoyment of the trust assets and can change or revoke the trust at any time.

There are many advantages to creating a

revocable trust. First, a revocable trust ensures the continuous management of your assets if, unfortunately, you become physically or mentally disabled. In essence, it replaces the need for a power of attorney for managing the assets within the trust. Even though a power of attorney is a necessary planning document, third-parties such as banks, brokers, and transfer agents may have more difficulty in dealing with a power of attorney. If you do not have a power of attorney and become incapacitated, a court proceeding known as a guardianship must be commenced. If the court decides that you cannot make your own financial decisions, for example, it will appoint someone (a guardian)

to make those decisions for you. This procedure can be time consuming and involves constant court intervention and supervision. A revocable trust can help avoid a guardianship proceeding.



By Salvatore M. Di Costanzo

A second advantage to creating a revocable trust is to avoid probate. The benefits of avoiding probate are multifaceted. By avoiding probate, your beneficiaries have immediate access to the assets in your estate, which enables them to receive their inheritances and move on with their lives in an efficient matter. Furthermore, if you own property in more than one state, like a vacation home, your heirs would have to probate your Will here in New York and then hire a second attorney to commence an ancillary probate proceeding in the other state. Most people do not realize this is necessary, and a revocable trust can help avoid the cost and headache of hiring multiple attorneys and commencing multiple proceedings.

Finally, and not to be confused with the asset protection advantages of a Medicaid trust, a revocable trust can be used to avoid a Medicaid estate recovery claim. Medicaid can file a claim against your probate estate to recoup benefits paid during your lifetime. The operative words here are "probate estate". Since a revocable trust avoids probate, Medicaid

cannot file an estate claim against the assets of a revocable trust. If you know someone who is on Medicaid with a house, co-op, or other residence in their individual name, you should contact us promptly to help avoid a Medicaid estate claim.

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. Visit his practice specific website at www.plantodayfortomorrow.com.

It's Summertime and the Sparklers Are Exploding All Over

It is the height of the summer celebratory season. Whether at a party or a barbecue, at the beach, a vacation house or a backyard, many Americans tend to include a bit of alcoholic refreshment in their social interactions. (It should always be in moderation and consumed responsibly.)

The natural inclination of some consumers is to gravitate to beer, but others are slaking their thirst with wine. And the choices seem endless, from whites to rosés to reds. For me, there is another wine category of which I am a strong advocate: sparkling wine.

Sparkling wines are one of the most versatile. Their fresh, bright and crisp characteristics highlight the acidity or the creaminess of many foods while the effervescence cuts through the fattiest of foods. They are equally suited for such food extremes as a lemon tart or creamy French brie.

But which sparklers to choose from? The current market reflects the growing popularity of sparkling wine. Last year, overall sales increased by 5 percent, with the highest growth, 16 percent, from Prosecco. Clearly, Prosecco seems to be the sparkler of choice for many Americans. Its soft style, medium carbonation and pleasant aromas all contribute to its popularity. At an average price well under \$20, it fits nicely into many consumers' budgets.

In my opinion, and to my palate, these

same attributes are drawbacks to this type of sparkling wine. There are other choices that offer more favorable aromas, taste and vivacity. These include French Cremant, Italian Lambrusco, American sparkling wine and Spanish Cava.

Of all of these choices, I generally favor Cava over other sparkling wines in the under \$20 price range. My rationale? Let me first focus on the broad differences in the composition and production of sparkling wines.



By Nick Antonaccio



First, the grapes. Pinot Noir, Chardonnay and Pinot Meunier dominate worldwide production. However, in Italy, the grape is Glera and the wine is Prosecco. In Spain, the grapes for Cava are those indigenous to the Catalonia region.

Second, there are several methods of producing sparkling wines that influence the style of the end product. The most common method is to introduce natural yeasts in individual bottles, commonly referred to as "Méthode Champenoise." A single bottle may contain up to 50 million bubbles; hence, the frenzy of froth when poured into a glass. This method results in the most complex and refined wines. Champagne and Cava are produced in this manner.

In the "Charmat" method, natural yeasts are introduced in tanks rather than individual bottles. Prosecco is produced in this manner. These wines tend to be a bit lighter and creamier with large and significantly fewer bubbles.

Third, and least desirable, is the direct injection of carbon dioxide into tanks of wine (think carbonated soft drinks).

By adopting the same process as the French for producing their bubbly, Cava winemakers are known for the sophisticated style of their wine. What makes Cava unique among all sparkling wines is its combination of grape varieties, grown here since the 19th century: Macabeo, Parellada and Xarel-lo. Try pronouncing these names after a glass or two of Cava. (Okay, let's try it: mah-kah-BEH-oh, Par-eh-LYAH-duh and Sah-REHL-loh.)

It is the masterful crafting and blending of these grapes that emphasize the individual characteristics of each variety and creates an end result that is greater than the sum of its parts. The Macabeo offers fragrant floral aromas, the Parellada offers a creamy mouth-feel and fruity

flavors of citrus and apples and the Xarel-lo offers ripeness, full body, acid and alcohol. What comes through the bubbles are intoxicating aromas and flavors with toasty, creamy notes, sure to please discriminating palates.

When planning your next summer get-together, ask your wine merchant to recommend several Cavas. A fresh new experience awaits you.

Nick Antonaccio is a 40-year Pleasantville resident. For over 20 years he has conducted wine tastings and lectures. Nick is a member of the Wine Media Guild of wine writers. He also offers personalized wine tastings and wine travel services. Nick's credo: continuous experimenting results in instinctive behavior. You can reach him at nantonaccio@theexaminernews.com or on Twitter @sharingwine.

Residents Chosen as Support Connection Ambassadors

Continued from page 6

her behalf. Her Team raised more than \$1,100.

Mary Jane is delighted to be a Support-A-Walk Ambassador: "Right now, there's not a lot I'm able to do physically to get involved. I was looking around thinking, what can I do to help? So when I was asked to be an Ambassador I was happy to say yes. I also want to show other senior citizens that if I can get through this, they can too."

Mary Jane encourages everyone take part in the Support-A-Walk: "It's something I believe in. It's a way that families and anyone can come together to support cancer survivors. The more people get involved, the stronger Support Connection will be for all the people who need them."

To donate to the Support-A-Walk, or to learn how to participate or fundraise, visit www.supportconnection.org or call 914-962-6402.

Crossword

ACROSS

1. Attack, with “into”
5. 4.0’s, hopefully
9. Raison d’ ____
10. Domingo and Pavarotti
12. California wine valley
13. Electric current unit
14. Great Lakes fish
16. Labor leader’s cry
19. Mrs Kramden would visit this Mohegan Lake Salon, ____ Nails
24. Pigeon preceder
25. Undersides
26. Boorish sort
27. “For goodness ___!”
28. “Cheers” bartender Woody
30. New, Lake Carmel hair salon ____ 109
34. Nobleman
38. Flight in the wee hours
39. Slightly improper
40. Important times
41. Game of Thrones character
Down
1. Most spotted card
2. Expected time to be here

3. Artist Jean
4. Nuclear device
5. Total U.S.A. output
6. Horror writer, Edgar Allan
7. Flight board abbr.
8. Compass point
10. Type of cross
11. Ambassador’s headquarters
15. Guillermo del Toro film based on a comic book character
16. California University
17. The highest degree
18. “Promise to pay” letters
20. Construction site machines
21. Family
22. Clamp shape
23. Grand Prix double curve
29. Smelter input
30. Opposite of post-
31. ____ Lingus (Irish airlines)
32. Nutritionist’s fig.
33. Guitarist Paul
35. Exclaim in great joy
36. Former electronics giant
37. Old time soap ingredient

1	2	3	4				5	6	7	8	
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			14	15							
16	17	18					19	20	21	22	23
24							25				
26							27				
				28	29						
30	31	32	33					34	35	36	37
38								39			
40							41				

We have the party. Do you have the kids?



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(Solution to puzzle on page 17)

1	T	2	E	3	A	4	R					5	G	6	P	7	A	8	S
9	E	T	R	E				10	T	11	E	N	O	R	S				
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26	C	H	U	R	L					27	S	A	K	E	S				
						28	B	29	O	Y	D								
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40	E	R	A	S								41	S	H	A	E			

SMALL NEWS IS BIG NEWS
914-864-0878

Protestors to Voice Opposition to Trump Nomination

Continued from page 5
this or prolong it.”

“We have to call on Schumer to whip the vote,” Button said, prompting the crowd to chant, “Whip the vote.”

When Kesten spoke, he added on to Button’s statements by saying only senators can confirm a Supreme Court judge. “But, we have to vote in November for the general election and vote in September in the New York State primary,” he said.

Button also continued to express concern over how Kavanaugh advocated for a system that gives the president more power over the appointment of independent or special council. “They should be nominated by the president and confirmed by the Senate.”

She also spoke about how Kavanaugh authored an article for Congress to enact a law that would allow civil suits and criminal investigations involving the president to be deferred while in office. “He could try to put this president above the law,” she said.

“We can’t afford to give up now. This is

when we need to work. We can’t indulge in being discouraged,” Button said. “We can’t afford to be discouraged, that’s a luxury. There’s work to do or else we will lose it all.”

Following Button and Kesten’s speeches, the Hudson Valley regional director for Schumer, Allison Biasotti, came out to address concerns of protestors.

“I will let the senator know you’re here and we appreciate your support against the fight. We can’t do it alone, and we need to get the public on our side,” she said. “I’m happy to forward along your messages and continue the conversation.”

Despite Biasotti’s words, protestors didn’t feel heard by Schumer and want to see his face more.

“Schumer has to ask all the tough questions, go through decisions and prolong it,” said Lolly Yacker-Winderbaum, a Peekskill resident. “There are citizens of the United States of America who don’t like what’s happening and our voices and opinions need to be respected also.”

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LEGAL NOTICES

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 KFAM 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.**

NOTICE OF FORMATION OF MWM BUILDING & SUPPLY SERVICES LLC. Articles of Organization filed with the Secretary of State New York (SSNY) on June 7, 2018. County: Westchester. SSNY designated as agent of the LLC upon whom process against it may be served. The Secretary of State shall mail a copy of process to: **35 Belmont Terrace, Yonkers, NY 10703. Purpose: Any lawful purpose.**

NOTICE OF FORMATION OF NORTH WHITE PLAINS AUTOBODY LLC. Arts. of Org. filed with SSNY on 6/12/18. Office location: Westchester County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail process to **Frank Annunziato, 43-47 Virginia Road, White Plains, New York 10603. Purpose: any lawful purpose.**

NOTICE OF FORMATION OF NOVA HARDWOOD FLOORS LLC filed with Secretary of State of New York (SSNY) on

continued on next page

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12/20/17. Office in Westchester County. SSNY designated as agent upon whom process against it may be served. SSNY shall mail process to: **47 Boyd Place, 2nd Floor, Bronxville, NY 10708. Purpose: any lawful purpose.**

SUPREME COURT OF THE STATE OF NEW YORK: COUNTY OF WESTCHESTER DEUTSCHE BANK NATIONAL TRUST COMPANY, AS TRUSTEE FOR GSAA HOME EQUITY TRUST 2007-5, ASSET-BACKED CERTIFICATES, SERIES 2007-5, Plaintiff, -against- ANDRES A. PENA A/K/A ANDRES PENA A/K/A ANDRE PENA, CITIBANK, N.A., GREENPOINT MORTGAGE FUNDING, INC, JOSE URENA, "JOHN DOE #1" through "JOHN DOE #12," the last twelve names being fictitious and unknown to plaintiff, the persons or parties intended being the tenants, occupants, persons or corporations, if any, having or claiming an interest in or lien upon the Subject Property described in the Complaint, Defendants. Index No.: 69643/2017 Date Filed: 11/30/17 Summons Plaintiff designates Westchester County as the Place of Trial Designation of Venue is based upon the situs of the Subject Property Subject Property: 797 Hartsdale Road White Plains, New York 10607 To The Above-Named Defendants:

YOU ARE HEREBY SUMMONED to answer the Complaint in this action and to serve a copy of your answer, or, if the Complaint is not served with this Summons, to serve a notice of appearance on the Plaintiff's Attorney within twenty (20) days after the service of this Summons, exclusive of the day of service (or within thirty (30) days after the service is complete if this Summons is not personally delivered to you within the State of New York) in the event the United States of America is made a party defendant, the time to answer for the said United States of America shall not expire until sixty (60) days after service of the Summons; and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the Complaint. **NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME** If you do not respond to this summons and complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending a payment to the mortgage company will not stop the foreclosure action. **YOU MUST RESPOND**

BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT. McCABE, WEISBEIG & CONWAY, LLC Dated: November 28, 2017 Melville, NY By: /s/ Sahar Ham-lani_SAHAR HAMLANI, ESQ. Attorneys for Plaintiff 145 Huguenot Street, Suite 210 New Rochelle, NY 10801 914-636-8900 914-636-8901 facsimile File # 17-302991 **This is an action to foreclose on property located at 797 Hartsdale Road, White Plains, NY 10607, which has been commenced in New York State Supreme Court, Westchester County, bearing index number 69643/2017, in which JOSE URENA has been named as a defendant and is required to respond to this notice.**

NOTICE OF FORMATION OF PRINCE CONSULTING, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on May 02, 2018. Office in Westchester County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: **Prince Consulting LLC, 184 Willowbrook Ave., Stamford, CT 06922. Purpose: Any lawful purpose.**

NOTICE OF FORMATION OF PREFERRED CHOICE HOME INSPECTIONS LLC. Articles of Organization were filed with the SSNY on 6/29/18. Office location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **PREFERRED CHOICE HOME INSPECTIONS LLC 117A E Main Street Suite 378 New Rochelle NY 10801. Purpose: Any lawful act or activity.**

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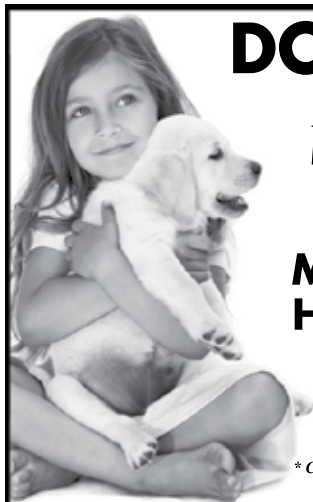
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Sports
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Hang a Louie!

Putnam Valley 9U Pride Salvages Sunday Split with Westchester Cardinals

RAY GALLAGHER PHOTO

Putnam Valley's Louie Peduto slides in safely at 2B for his Westchester Cardinals in their 11-5 win over SS Matt Quinn (L) and the Putnam Valley Pride in 9U Greater Hudson Valley Baseball League action last Sunday at Keating Field in the PV Town Park where the Cardinals (8-2) and the Pride (10-1-1) -- two of the top teams in the B Division --- eventually split their double-header when PV won the nightcap by a score of 13-7. Mike Frye (3 for 6, a walk and 2 runs scored), Jackson Weller (2 for 6, double, 2 RBI and 2 runs), Matt Quinn (nailed 2 runners out trying to swipe home in the win), Reece Horan (1 for 1, 5 walks, 2 runs) were big contributors on the day.

Sports

Putnam Valley Pride Salvages 9U Split with Westchester Cardinals



RAY GALLAGHER PHOTOS



Putnam Valley C Logan Moriarty can't get tag down in time to prevent run in Pride's 9U GHVBL loss to Westchester Cardinals last Sunday.



Putnam Valley's Jackson Weller makes a neat pick to record out in 9U Pride's 11-5 loss to Westchester Cardinals at PV Town Park. The Pride won the second game 13-7.



Putnam Valley IF Mike Frey is forced at 2B in the Pride's 11-15 loss to Westchester Cardinals in 9U Greater Hudson Valley Baseball League action last Sunday. The Pride won the second game 13-7.



Putnam Valley's Reece Horan swipes 2B in Pride's 11-5 loss to Westchester Cardinals in GHVBL 9U action last Sunday. The Pride won the second game 13-7.



Putnam Valley's Logan Moriarty slides in safely at 3B in 9U Pride's 11-5 loss to Westchester Cardinals last Sunday in GHVBL action. The Pride won the second game 13-7.

Sports

Lakeland's Sarsen Bound for Westchester County Hall of Fame



By Ray Gallagher
Examiner Sports
Editor

Okay, so let's start of this week's Direct Rays with an addendum to last weeks. I'm happy to report that due to some fancy 11th-hour angling, Mahopac will be admitting an 8th-grade team through the Mahopac Sports Association's football program in the Taconic Youth Football League for the 2018 fall season.

Originally, several coaches within the program informed me that the 8th-grade team was D.O.A., but they are going to put their best foot forward and try to salvage the season, which is great news. There will still be some tough sledding as the unit is dealing with a number's crunch, but Coach K.J. Koch and MSA football Director Dan Callahan believe this is the best approach for the MSA program.

It doesn't do much to diminish the original point of the column: Football, as we know it in America, is still the greatest game ever invented (IMO), but I'm still very concerned about the future of a game that was once untouchable...

So people throw the word "Legend" around pretty loosely these days, but I got one for you.

This past winter I nominated Lakeland field hockey/girls' lax Coach Sharon Sarsen for the Westchester County Sports Hall of Fame, and was thrilled to discover that my nomination of the 12-time NYS champion coach was recently accepted by the board of directors. Sarsen, a legendary field hockey coach at Lakeland and three-sport athlete at John Jay Cross-River is the very definition

of the word legend, a full-blown national icon when it comes to field hockey and perhaps the finest coach and motivator in state history, all sports included.

Affectionately known as "Sars", the coach has 617 career wins in 36 years of coaching Lakeland field hockey and has sent numerous players to D-I school and beyond (see team USA Captain Melissa Gonzalez). Additionally, she had 381 wins as girls lacrosse coach (which she has ceded head coaching duties), giving her a total of 998 varsity victories for her career. Lakeland's second win in the upcoming fall field hockey season will be her 1,000th coaching triumph as a coach at Lakeland. Sarsen's field hockey teams have won 12 state titles, including an unprecedented streak of nine in a row. Her lacrosse teams won 10 Section 1 titles before she passed the torch two years ago and now serves as an assistant coach. So when you think of local legends, make sure Sars is on your list. Congrats on the honor, madam; long overdue, indeed...

As I type this piece on Sunday night, we are just 56 days away from NY Giants RB Saquan Barkley's first hand off from QB Eli Manning #Stoked, which means we are just 56 days away from unleashing the kind of dynamic beast the Giants have never had in their back field. Barkley and ultra-explosive OBJ lined up together, I'm #DownWithTheSickness!...

Man, was pitcher Noah Syndergaard a sight for sore eyes last Friday night in the NY Mets' 4-2 triumph against the Washington Nationals. After a six-plus-week stint on the

disabled list, there's been a ton of talk about the Mets trading Syndergaard (5-1) and/or All-Star P Jacob DeGrom (5-4) before the upcoming July 31 MLB trade deadline to the starting pitching-deprived NY Yankees. The Yankees could win a World Series or two with either Syndergaard, just 25 years old, or DeGrom, 28, in their rotation. Both are Cy Young candidates when healthy, so, for me, there's no discussion about trading either hurler to the Mets' crosstown rival Yankees unless Yankee 2B Gleybor Torres, another top prospect and a catcher is in the conversation; simple as that. If the Yankees want to assuredly win a World Series or two in the next three years, that's the deal. Personally, I wouldn't trade either pitcher. I'd dump the rest of the lot if I could, starting with Yoenis Cespedes, and leap into the 2019 free agent foray like America's greatest diver, Greg Louganis...

In closing, if I were a young baseball lad looking for something to do from August 13-16th, I would strongly consider a four-day workout with the 2018 Section 1 baseball champions from Lakeland High

School. Learning baseball fundamentals of throwing, hitting, pitching, catching, fielding, and base running from guys like Hornet Coaches Casey, McCarthy and Sterlaci, plus the likes of Section 1 Player of the Year Joey Vetrano, Evan Berta, Leo Cummings, Zach Lerman, Eric Portella and the rest of the freshly-minted champs -- while fostering teamwork and self-esteem -- sound like a good deal to me. Four days of drills and game play for youngsters ages 6-12, beginners through intermediate players at Lakeland High School from 9 a.m. to noon for \$115 (includes camper T-shirt). So bring your baseball glove, your bat and some refreshments for what could be a wonderful learning experience for aspiring baseball players.

Rest in Peace, Aga Rukaj... taken from us way too soon by a devastatingly vicious and fierce attack from cancer. In my 40+ years of working in the Putnam Valley Parks & Recreation Dept., I never met a mom who could coach and love her wonderful kids (Adam & Alysiana), all kids, in fact, on the same incredible level. May she light up the heavenly sidelines like she did the gyms and fields that served as her second home. I will miss you dearly, sunshine!

Direct Rays

Shrub Oak Athletic Club

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SOAC Storm Floods Cooperstown, Wins 9U Title

Fresh off its YAC 9U championship a few weeks back, the Shrub Oak Athletic Club's 9U Storm team traveled to Cooperstown, NY, last weekend (7/13-7/15) to play in the 2018 Cooperstown Classic 9U Wood Bat Tournament where the Storm went 4-0 (2-0 in pool play, 2-0 in playoffs) to win the 9U championship. Pool play results included wins over Albany-Colonie Raiders 10-2; South Shore Massachusetts Seadogs 10-3. (Prominent Boston-area club team). Playoff results included



wins over South Shore Massachusetts Seadogs 4-2 and the championship victory over the Swansea (SIBL) All-Stars 8-4. The Storm was led in pitching by Thomas Imperati (2-0, 9IP, 0ER, 12K's), Louie Vernagallo and Nicholas Santobello each went 1-0. Vincent Lugo had 5IP with a save and 0.00 ERA. Hitting wise the Storm was led by Kevin Gordon (8 for 8, 1HR & 5 RBI), Nicholas Santobello (5 for 8, 7 RBI) and Imperati (6 for 10, 6 RBI). Co-MVP's were: Thomas Imperati & Kevin Gordon. The Storm will now continue to focus on its GHVBL season and are currently 19-0 in summer action (GHVBL & Tournaments). Members include: Louie Vernagallo, Ryan Hogan, Matt Clyman, Nicholas Santobello, Thomas Imperati, Vincent Lugo, Max Selinger, Michael Zumatto, Joseph LaPeruta, CJ Simone, Jake Bruno, Michael Lucia & Kevin Gordon; plus Coaches Lou Vernagallo, Anthony LaPeruta, Joe Lucia and Ron Santobello.

Put Valley Crowned Champions at East Coast Panthers Tourney



Potential members of the 2018-19 Putnam Valley High School varsity basketball squad reap the benefits of early-morning workouts by securing the East Coast Panthers elite summer basketball tourney title last Sunday, adding another chip to an already title-filled off-season, which includes tourney titles at Fordham and Ramapo summer camps. Coach Mike McDonnell's Tigers are expected to have another superb season this coming winter and the unit continues to push toward that with a full slate of off-season activity.

Tradition Starts Here!

Yorktown Softball Pipeline Rife with Titles, Talent; 14-U, 12-U Bring Home Bacon

Is it any wonder Yorktown High is sitting on back-to-back Section 1 Class AA softball championships?

On Saturday July 7th and Sunday, July 8th, the Yorktown Athletic Club travel softball program hosted its 2nd annual Huskers Heat tourney at Downing Park in 12U and 14U divisions with teams coming from Somers, Eastchester, Chester, Monroe, Moorestown, NJ, Cortland Manor, Yonkers, Brewster and Pelham Bay. The Yorktown 12U and 14U Huskers would each go 3-0 on Saturday to set up elimination games for Sunday when both teams would make it to their respective championship games. The 14U Huskers completed a perfect weekend defeating the Hudson Valley Wildcats by the score of 7-6 winning the 14u division. The 12U Huskers battled til the end, going two extra innings, but finally was defeated by the Monroe Crusaders by the score of 5-4, just one week after taking home the title at the Somers tourney.



14u YAC Huskers Softball team (L-R top): Coach Carl Piehler, Lisa Marie Pasquale, Kelly Jennings, Emily Piehler, Lauren Strauss, Breanna Vo, Leah Cohen, Jaime Cardello, Samantha Longo, Head Coach Lou Salvaggi; (L-R bottom): Coach Chau Vo, Ceila Torino, Olivia Salvaggi, Hailey Moran, Alana Espinoza



On Saturday June 30, the 12u Yorktown Huskers swept their way to the championship in the Somers Softball tournament. On Sunday, July 1st, in 95 degree heat, the Huskers finished it out by defeating the Proswing Lady Pride by a score of 13-5. The Huskers bats were on fire this weekend, outscoring their opponents by a total score of 46-13. On Saturday June 30, the 12u Yorktown Huskers swept their way to the championship in the Somers Softball tournament. On Sunday, July 1st, in 95 degree heat, they finished it out by defeating the Proswing Lady Pride by a score of 13-5. The 12U Yorktown Huskers include (Back row, L-R): Coach Anthony Centofanti, Coach Rich Cohen, Victoria Cipriano, Nikole Langan-Coyne, Amanda Cohen, Julia Centofanti, Samantha Ramos, Julie Rolle, coach Andy Reilly; (bottom row): Jazmine Morales, Isabelle Gomes, Emily Bierman, Sophia Reilly, Adrianna Albano. Not pictured: Alina Rivera, Alyssa Rivera and Jacqueline Valle.