

**\$25,000  
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page 6**



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September 25 - October 1, 2018

SMALL NEWS IS BIG NEWS

Volume 10, Issue 457

**FREE**



## Helping Food Banks

Customers at the ShopRite in Cortlandt on September 21 may have had State Senator Terrence Murphy (R/Yorktown) bagging their groceries as he was there to celebrate the store's 20th anniversary of donating goods to help out local food banks. "I was glad I could be of some assistance, although one cashier told me I shouldn't give up my day job," Murphy joked.

## FERC Concludes Pipeline No Threat to Indian Point Plants

By Rick Pezzullo

The Federal Energy Regulatory Commission (FERC) feels the expansion of the Spectra/Enbridge AIM pipeline that runs in close vicinity to the Indian Point nuclear power plants in Buchanan poses no safety threat to the facility.

In a September 10 letter to State Assemblywoman Sandy Galef (D/Ossining), which arrived three days after state and local elected officials and community leaders stood outside the fences surrounding the nuclear plants in the Village of Buchanan and demanded FERC respond to questions asked in July about the potential dangers associated with the

pipeline, FERC Chairman Kevin McIntyre stated the Commission was satisfied with answers provided by the federal Nuclear Regulatory Commission (NRC) and an independent analysis.

"Based on these analyses, the Commission (FERC) found that the AIM Project will not result in increased safety impacts at the Indian Point facility," McIntyre stated.

Four members of the State Assembly penned a letter to McIntyre on July 24 following the June 22 release of a long-awaited Risk Analysis Report on the pipeline and requested answers no later

*Continued on page 2*

## Peekskill High Hoops Star Elton Brand New NBA GM

By Rick Pezzullo

The greatest basketball player in Peekskill High School's history will now be calling the shots for the NBA's Philadelphia 76ers.

Elton Brand, a 1997 Red Devils graduate who led Peekskill to two state championships before excelling in the NBA for 17 years, was named last week as the 76ers' general manager.

"It's a tremendous honor to be named General Manager of the Philadelphia 76ers, and for that, I want to thank Josh Harris and David Blitzer," Brand said in a team press release. "I've had the privilege of playing for this team and these amazing fans, so I understand and embrace

the expectations. I'm excited to help accelerate the development of our dynamic young core and watch them continue to come together as a team and reach new heights. This is a special team, an incredible opportunity, and we will lead a disciplined and determined path to building a championship organization."

Brand, 39, averaged 40 points and 20 rebounds per game at Peekskill High, played AAU basketball with future NBA players Lamar Odom and Ron Artest, and by his senior year he was consistently ranked among the top high school basketball players in the country. He was selected as New York State Mr. Basketball. After high school, Brand attended Duke

University, where he played for two years before becoming the No. 1 overall pick in the 1999 NBA Draft. In 2000, he was Co-Rookie of the Year.

Brand played in the NBA for 17 years, including parts of five seasons with the 76ers. He was a two-time All-Star. Since 2016, Brand has worked in a variety of basketball operations roles for the 76ers, most recently as Vice President of Basketball Operations for the 76ers and General Manager of its NBA G League affiliate, the Delaware Blue Coats.

"We are thrilled to announce Elton Brand as General Manager of the Philadelphia 76ers," said 76ers Managing

*Continued on page 20*



Elton Brand

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# FERC Concludes Pipeline No Threat to Indian Point Plants

Continued from page 1  
than August 31.

Multiple state agencies also requested FERC take additional action after determining FERC made many assumptions based on information provided by Entergy, owners of Indian Point, and Spectra Energy, the original builders of the 42-inch Algonquin pipeline project.

Cortlandt Supervisor Linda Puglisi, who has often cited that FERC approved the pipeline project in May 2014 before a risk assessment was completed, has pointed out the pipeline is situated next to where spent nuclear fuel rods will be placed in dry cask storage once Indian Point shuts down in 2021.

She continued to blast FERC last Thursday during a joint meeting of the Cortlandt Community Unity Indian Point Task Force and the New York State Indian Point Closure Task Force at Cortlandt Town Hall.

"To me, it was absurd," Puglisi remarked of FERC's approval of the project. "It was not common sense. It was really mindboggling that FERC would allow that prematurely without getting the report."

Mike Twomey, vice president of Wholesale External Affairs for Entergy, owners of the plants, noted at the meeting last week that Entergy requested the

pipeline be relocated 1,000 feet from critical equipment at Indian Point and insisted it be buried deeper in the ground.

"We did not express an opinion on this pipeline. Entergy did an assessment of the plant in the event there was a rupture of the pipeline," Twomey said. "We continue to believe the plant would withstand any event of the pipeline."

## Indian Point Licenses Renewed

Meanwhile, the two operating units at Indian Point, Unit 2 and Unit 3, received their renewed operating licenses last week from the NRC, ending more than 11 years of regulatory review. Entergy had applied for the licenses in April 2007.

"The issuance of these renewed licenses is the culmination of thousands of hours of work by hundreds of nuclear professionals at Indian Point and across our nuclear fleet and company," said Chris Bakken, Entergy's chief nuclear officer. "Indian Point is one of the most reliable electricity generating plants in New York State, and it repeatedly has been determined to be safely and securely operated. I congratulate our outstanding employees on achieving this milestone."

The receipt of the renewed operating licenses does not change the schedule for the retirement of the Indian Point units in accordance with a 2017 settlement

agreement between Entergy and New York State. Under the settlement agreement, Unit 2 will shut down by April 30, 2020 and Unit 3 by April 30, 2021. Entergy cited sustained, lower wholesale power prices as the main factor in its decision to enter into the settlement agreement and shut down the Indian Point units.

Twomey, responding to a question from State Senator Terrence Murphy (R/Yorktown), maintained the settlement agreement "probably accelerated the end of the relicensing process," but contended Entergy "would have eventually succeeded in getting license renewal."

"The NRC is satisfied with the safety of the plant. They have to evaluate that every day," he said.

The renewed federal licenses permit Unit 2 to operate until April 30, 2024 and Unit 3 to operate until April 30, 2025. The decision to seek renewed licenses that terminate in that timeframe was agreed to by all parties to the 2017 settlement agreement and is intended to allow for limited, continued operations of one or both units – if agreed to by both New York State and Entergy – in the event of unexpected and severe disruptions of the regional electric grid. Entergy does not have any expectation that either unit will run beyond its scheduled shutdown

in 2020 and 2021. In February 2017, Entergy filed with the NRC a Notification of Permanent Cessation of Power Operations certifying that it has decided to permanently cease power operations by those dates.

Entergy concluded the final refueling and maintenance outage at Unit 2 in April of this year, investing tens of millions of dollars to ensure continued safety and reliability. Entergy will conduct the final refueling and maintenance outage at Unit 3 in the spring of 2019.

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### Q: How do I benefit from knowing my risk of developing cancer?

**A:** Having a hereditary (genetic) predisposition to cancer raises your risk of developing cancer. That's why it's important to learn about your possible risk of a hereditary cancer syndrome through genetic counseling. Genetic counseling and possible genetic testing also benefit those without a genetic predisposition to cancer. If an analysis of your family history reveals an increased risk for cancer, I provide a risk-assessment that can benefit you and your family members.

### Q: What can I expect from genetic counseling and testing?

**A:** Genetic counseling – which may lead to optional genetic testing – helps you understand your cancer risk so you can take steps to catch cancer early enough to make a difference, consider prophylactic medications or surgery to reduce your risk of developing cancer, and use the information to help you and your providers make the very best decisions about cancer treatment. While genetic testing consists simply of a sample of your blood or saliva, the consequences of various results should be considered with the guidance and support of a genetic counselor.

### Q: What if I test positive for a hereditary risk of cancer?

**A:** Though unwelcome, the information can be lifesaving. If you have hereditary cancer syndrome, I review at what age you should start cancer surveillance, what your screening options are, and any steps that may reduce cancer risk. Following a cancer diagnosis, when patient and providers are faced with various treatment options, information about your hereditary risk can be a major factor in helping physicians recommend treatment for the best results.

### Q: Who can benefit most from genetic counseling?

**A:** Consider counseling if you have a personal or family history of the following: onset of cancer before age 50; multiple new cancers in the same person; a personal history of ovarian cancer; the same or related cancer in close relatives or family generations; Ashkenazi Jewish ancestry, and a personal or family history of breast, ovarian or pancreatic cancer.

### Did you know?

Knowing you have a hereditary risk of cancer can greatly help providers recommend the **treatment option for best results.**



# School Resource Officers Approved in Lakeland, Hendrick Hudson

By Rick Pezzullo

The Westchester County Department of Public Safety will be providing four police officers to serve as School Resource Officers (SRO) in the Lakeland and Hendrick Hudson school districts.

The positions were unanimously created Monday by the Westchester County Board of Legislators through an amendment to an existing intermunicipal agreement (IMA) with the county which adds three new SRO's. The existing IMA previously provided one SRO at Walter Panas High School.

The new SRO positions were created at the request of the Lakeland and Hendrick Hudson School District superintendents. One of the new SRO's will be assigned to Hendrick Hudson High School. The other two additional SRO's will be assigned to Lakeland at Van Cortlandtville Elementary School and Lincoln Titus Elementary School.

The new SRO's will begin immediately with the two new elementary school positions continuing through the last day of school in 2021. The IMA for the Hendrick Hudson SRO runs through the last day of school in 2023.

The four SRO positions will be fully funded by the school districts through annual payments by the school district to the county. When school is not in session, the SRO staff will be assigned to patrolling Westchester County's vast parks system during the busy summer season.

Following the vote, Legislator John Testa (R/Peekskill), a retired teacher from the Peekskill School District, said, "I am grateful to my colleagues for joining me in support of this intermunicipal

agreement. We have no more valuable asset in our communities than our children and it is imperative that we provide a safe, secure and nurturing environment in which they can pursue academics as well as the important social and civic responsibilities that they will use for the rest of their lives. We have seen the tremendous benefits that having School Resource Officers as a daily presence in Walter Panas High School and I know

that our younger kids will benefit from those relationships as well."

SRO activities include deescalating potentially violent situations in an emergency, preventing and investigating criminal activities, preventing juvenile delinquency, working with educators and administrators on programs to prevent drug abuse and most importantly to serve as a role model and source of positive input and mentoring youth.

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# Cuomo Ripped for Allowing Sex Offenders to Vote at Schools

By Anna Young

State Senator Terrence Murphy (R-Yorktown) was joined by local police and school officials recently blasting Gov. Andrew Cuomo for signing an executive order that allows convicted sex offenders to vote at school polling places.

Cuomo signed an executive order in April that would provide conditional pardons to more than 25,000 felons who have completed their jail sentence but remain on parole. Prior to Cuomo's order, those who had been convicted of a felony and served time in prison were restricted from voting until they completed their sentence and parole.

The pardon restores the parolees' ability to vote in primary and general elections only after 7 p.m.

But what rankled local police and school officials was learning that the polling place for a Level 3 sex offender, who was convicted in 1987 for raping and sodomizing a five-year-old girl, is Hawthorne Elementary School.

"These dangerous sex offenders who are serving their time on parole can now enter elementary schools to vote," Murphy said at a press conference at the Mount Pleasant Police Department. "Where is that fair? This is outrageous."

There are more than 450 Level 2 and 3 sex offenders living in Westchester, according to

the county's sex offender registry.

Murphy and other officials shared their disgust, adding that Cuomo signed the executive order without feedback from elected officials, law enforcement, the Board of Elections and school districts and none were notified before the executive order was issued.

Mount Pleasant Town Supervisor Carl Fulgenzi said officials never received notification of the executive order. He learned about the law after reading a newspaper article.

"If there was communication, he (Cuomo) would have known it's Back to School night at Hawthorne Elementary," Murphy said. "If we communicated, I don't think we would be standing here today. This is a massive problem. It isn't fair."

Mount Pleasant Police Chief Paul Oliva said a police officer would be assigned to each polling station during Thursday's primary election. He said he wasn't aware of the executive order until Murphy brought it to his attention, asserting that his department would ensure the safety of children and voters.

Chappaqua Superintendent of Schools Dr. Christine Ackerman announced during Wednesday's Board of Education meeting that there is additional security at school polling stations on Thursday. She said local school superintendents are advocating for


polling stations to be removed from school property to guard against safety issues.

At the press conference, Westchester County Board of Elections Republican Commissioner Douglas Colte said commissioners throughout the state have proposed legislation requesting all schools be closed on Election Day. While Colte said he believes Cuomo is more concerned with protecting criminals than children, he is optimistic the legislation will pass.

Under the current law, registered sex offenders are allowed on school grounds and government offices with written permission

from their parole officer and the school superintendent. They can only enter school grounds after 7 p.m. on when polls are open and must leave the school once they finish voting.

"To my knowledge, and I have checked with other superintendents, no one has sought permission from a superintendent to vote," said Lakeland Superintendent Dr. George Stone. "These are folks that have already demonstrated that they don't follow the rules, so I would certainly not be looking for a large number of requests coming in the next few hours before the vote will take place."



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# Hero Officer Receives Liberty Medal for Saving Woman, Dog

By Rick Pezzullo

State Senator Terrence Murphy (R/Yorktown) presented New York Police Department Officer James Talbert with a New York State Liberty Medal at a ceremony held behind Yorktown Town Hall earlier this month for saving a woman and a dog from a burning car on the Taconic State Parkway in Yorktown in July.

"I'm sure anyone who found themselves in the same position would do what I did," said Talbert, who lives in Mahopac. "It was natural for me to stop. I didn't think twice."

The Liberty Medal is one of the highest civilian honors a New Yorker can receive. Murphy said he has only given out three others during the four years he has been in office.

"Presenting this award to Officer Talbert is one of those moments in politics that is a pleasure," said Murphy. "He has one of the toughest jobs there is. He disregarded his own safety to help someone else. Even when he was off duty, he was still doing his job. What Officer Talbert did was literally save someone's life."

While driving to his home in Mahopac from a friend's house, Talbert saw a vehicle overturned and on fire on the Taconic Parkway. Punching out the sunroof, he pulled a 59-year-old woman to safety. At



State Senator Terrence Murphy presents Liberty Medal to James Talbert of Mahopac while Assemblyman Kevin Byrne looks on.

RICK PEZZULLO PHOTO

the woman's request, he ran back to free her Yorkshire Terrier.

"My training kicked in when I saw the overturned car. When I pulled the woman out, she was semi-conscious and startled, but was all right. She was yelling for 'her baby,' so I didn't hesitate to go back

in and get her dog," Talbert said.

Assemblyman Kevin Byrne (R/Brewster), a former volunteer firefighter and EMT for the Kent Volunteer Fire Department, spoke of the dangers associated with responding to such an accident. "It can be very difficult and dangerous

to deal with a car fire. The word 'hero' is often overused in politics. That's not the case with Officer Talbert. He's absolutely a hero," Byrne said.

Among the guests attending the ceremony were Talbert's fellow NYPD members including Sergeant Sergio De La Mota and Police Officers Ryan Sheehan, Amir Cepeda, Michael Derosa and Kevin Navarro. His proud family members and friends on hand included his parents, Tim and Robin, his brother, Jake, grandparents, Ginger and Bill, his uncle, Matt, his girlfriend Brittney Bennett, and his friend, Kim Bennett.

The New York State Liberty Medal is given to individuals who have merited special commendation for exceptional, heroic, or humanitarian acts and achievements on behalf of their fellow New Yorkers.

In July 2016, Michelle Margilaj, a bartender at Il Laghetto Restaurant in Mahopac, was awarded a Liberty Medal for rescuing an eight-year-old boy from drowning in Lake Mahopac. In December 2016, Murphy presented then 19-year-old student, Cullen Malzo, with a Liberty Medal. Malzo had rescued two teenaged girls from an overturned car that had skidded into Lake Mahopac.

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# Peekskill Drug Trafficker Sentenced to 11 Years in Prison

By Rick Pezzullo

A Peekskill man was sentenced last week in federal court to more than 11 years in prison for conspiring to distribute crack cocaine in the city between 2013 and 2017.

Edward Holliman, 63, pled guilty on April 24 before U.S. District Court Judge Cathy Seibel, who imposed a sentence of 135 months behind bars.

“Edward Holliman used a housing project in Peekskill as his personal market, peddling his drugs with no regard to their addictive destruction,” said Manhat-

tan U.S. Attorney Geoffrey S. Berman. “Thanks to the coordinated efforts of the FBI and the Peekskill Police Department, Holliman’s marketplace is closed for good.”

“Edward Holliman has been a persistent threat to the public safety of Peekskill residents and a major distributor of crack cocaine in Bohlmann Towers for the past 15 years,” said Peekskill Police Chief Donald Halmy. “His arrest and successful prosecution will surely serve to improve the quality of life of residents of the building. I’d like to praise the City of Peekskill detective

division, FBI Safe Streets Task Force and the Office of the United States Attorney for their tireless efforts in this investigation.”

According court filings and statements made at public court proceedings, over the course of many years, Holliman supplied and distributed crack cocaine in and around Bohlmann Towers. To facilitate his narcotics distribution business, Holliman had several “workers,” co-conspirators whom Holliman managed and supervised, and who distributed crack cocaine that Holliman supplied to them to users.

Holliman used his mother’s apartment

in Bohlmann Towers to store crack cocaine. During the execution of a search warrant at that apartment on the day of Holliman’s arrest in October 2017, law enforcement recovered more than 50 grams of cocaine belonging to Holliman. Between 2013 and 2017, Holliman sold and distributed between 2.8 and 8.4 kilograms of crack cocaine as part of the charged conspiracy.

In addition to the prison term, Holliman was sentenced to five years of supervised release and ordered to pay forfeiture in the amount of \$30,000.

# 185 Unwanted Firearms Turned in at Peekskill Gun Buyback Event

By Rick Pezzullo

A Gun Buyback Event September 15 at United Methodist Church in Peekskill resulted in 185 unwanted firearms being turned in to Peekskill Police.

In two-and-a-half hours, officers collected 97 handguns, 86 shotguns and rifles and two assault rifles and ran out of the \$25,000 budget set aside for the program.

“All of these guns, from the smallest to the largest, the oldest to the newest and the cheapest to the most expensive, had the same thing in common, they were unwanted and were potentially deadly in the wrong hands,” Police Chief Don Halmy said in a release. “Although this program

was “no questions asked,” many people were eager to talk about the guns. A recurring sentiment from many of the participants was how they never felt comfortable having a gun in a shoebox somewhere, or in dresser or a closet, easily accessible to someone who may find it. Others stated that they had young children in the house and did not feel comfortable keeping it any longer. Whatever the reason, every little bit helps when it comes to making the city of Peekskill a safer place.”

Local artist Geoff Feder will be melting the firearms down into a work of art, a sculpture, which will be unveiled in the near future.



Guns lined up on table that were turned in by residents.

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## Obituaries

### Roger Backus

W. Roger Backus, a Putnam Valley resident, died peacefully at his home on September 18. He was 81.



W. Roger Backus

Mr. Backus was born in the Bronx to Walter and Marion Backus on July 2, 1927. He went to NYC schools graduating from DeWitt Clinton High School. He was a WWII veteran serving in the U.S. Navy. He

then went to Delahanty School of Architectural Drawing in NYC before beginning work in the family business as a stone cutter eventually becoming a partner.

Mr. Backus married Barbara L. Mulry on September 30, 1950 in Saint Margaret Church Riverdale, New York. He volunteered for the Boy Scouts of America on the Local and District Level; from 1972 until 1992 he was the Ranger at Clear Lake Scout Reservation in Putnam Valley. He was involved locally in Putnam Valley as: Treasurer of the Putnam Valley Library, President of the Putnam Valley Ambu-

lance Corps. A member of the Putnam Valley Board of Education for 15 years.

He is survived by his wife Barbara Backus and his children Mathew and Susan Backus, Parthenia Backus, Mark and Debi Backus, Marion Backus, Luke and Debbie Backus; along with 12 grandchildren and 12 great-grandchildren.

### Lucille Lopez

Lucille Lopez, a resident of Croton-on-Hudson, died September 17. She was 94.

She was born to Valentine and Elizabeth (Rubino) Drudi on August 20, 1924 in New York, NY. She was married to her beloved husband of 60 years Manuel Lopez until his passing in January 2008. During WWII, she was proud to be one of the "Rosie the Riveters" in the Hudson Aviation Defense Plant, Greenwich Village plant where she helped manufacture airplane parts. She was a member of the Croton Seniors, enjoyed water aerobics at Premier Fitness, and was a parishioner at Holy Name of Mary Church. She gave back to her community through Meals on Wheels. She had a great sense of humor, she will be dearly missed by her family and friends.

She is survived by her loving son Raymond Lopez and daughter Barbara

Streany, cherished grandchildren Cheryl Polito, JoAnn Streany, Gina Gomes, Diana Streany, and Joseph Streany, Jr., and by adored great-grandchildren Taylor, Amanda, Daniella, Carl, Angelo, Nicholas, Ryan, and Siena.

### Florence Canero

Florence M. Canero, a resident of Somers, formerly of Ossining, died September 19, surrounded by her family. She was 75.



Florence M. Canero

She was born April 15, 1943 in Ossining to Robert and Arlene Rose. She was a graduate of Croton Harmon High School. In 1960, she married the love of her life, Charles M. Canero, Sr. in Briarcliff Manor. Flo was a life member of the Millwood Fire Dept. Ladies Auxiliary and the Hudson Valley Volunteer Fire Association Ladies Auxiliary. Member of the "Happy Wanderers" of Yorktown and was an Election Inspector.

She is survived by her husband Charles Canero Sr., children Janice Canero, Diana (Walter) Quast, Kathleen (Joseph) Calcutti, Brenda (Chris) Canero, Charles, Jr. (Beth-Anne) Canero, Jennifer (Matt) Scarduzio, Brian Canero, Abigail and Bullet, her mother Arlene Rose, two sisters Lisa and Roberta and one brother Robert.

### Harold Gecker

Harold Gecker, a resident of Somers, died September 16 at Westchester Medical Center. He was 79.

He was born in New York City and raised in Brooklyn, where he attended Madison High School and later attended Seattle University. He worked as a teacher in the Pleasantville School system for 30+ years.

He was predeceased by his parents, Fred and Beckie Gecker, his twin brother Leon Gecker and his sister, Rose King. He is survived by his partner of 30 years Carol Brown of Somers, her daughter Cheryl Osher (Robert) of Ridgefield, CT, her son Jeff Roda of High Falls, NY, his sister Frances Grill of New York City and his sister-in-law Irene Gecker of Hamilton, NJ, his grandchildren Henry and Charlotte Osher, and many nieces, nephews and friends.

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## Op-Ed

# ETPA Will Have No Long-Term Impact on Ossining's Home Values

By Elliott Sclar and Valerie Stahl

Since the historic vote on September 5th in which the Ossining Village Trustees approved the Emergency Tenant Protection Act (ETPA), I have grown concerned with the way opponents to the act have misrepresented the effects, stoking fear in many Ossining residents. It is important that Ossining residents understand the facts and know that the ETPA is a win-win for tenants and homeowners.

To understand why ETPA came to a vote, some larger background is important. Nationally there is an affordability crisis. Over half of all renters are considered rent burdened. That means that their rent takes more than 30 percent of their gross incomes. It was not always this way. Average family

incomes adjusted for inflation have been virtually flat since approximately the 1980s. At the same time inflation adjusted rents have risen. The result is that local governments everywhere are confronting increasing amounts of homelessness and working families are finding that ever-larger portions of their incomes are going to pay rent.

Ossining Village Trustees, in adopting ETPA, have taken the one step within their means to ameliorate the local immediate manifestation of this larger crisis. It does not make rent burdens disappear, but it does soften the burden on working families. ETPA allows rents to rise in line with housing operating costs.

Community Voices Heard, because they were concerned about the potential

impact of ETPA on local homeowners, asked us to examine the property taxes and property value implications of adopting this state-run program. As 19 other Westchester municipalities already had ETPA, we were able to analyze the actual long-term impact of the program in Westchester County. Looking at a 15-year period of real estate boom, bust and then boom, from 2002 to 2017, we found no negative effects on property taxes or assessed valuations in the communities that had adopted it. In one instance, 2017 home valuations were on average statistically better in communities with ETPA than the communities without ETPA.

In the vote's aftermath, local landlords concerned with their bottom-line have already tried to create fear among

homeowners about the impacts of the regulation on local property values. These claims are largely unsubstantiated. In the debates leading up to the Trustees' vote, our study was the only empirical data presented during the entire period of deliberation. Historical evidence is key in contextualizing future policy outcomes.

With ETPA's passing, the future of Ossining has the potential to include tenants who may have otherwise been displaced, with little to no impact on local owners. ETPA is ultimately a win-win for both Ossining's tenants and homeowners.

*Elliott Sclar is a Professor Emeritus of Urban Planning at Columbia University.*

*Valerie Stahl is a PhD Candidate in Urban Planning at Columbia University.*

## Letters to the Editor

# Thanks for Help Given Following Fire at Miracle Home Improvements

To the Editor:

Our building where we run our business out of recently had a fire. First and foremost, thankfully nobody was injured. That being said, the experience we had was still extremely frightening, and it was something we personally thought would never happen to us. It was something out of a TV drama, or what is seen frequently on the news.

When I drove around the corner to our building on Albany Post Road in Croton, I was unaware that a fire had broken out. It had happened so fast that no one in our office was able to contact me as to what

was going on. There had to be at least 30-40 Firefighters, Ambulances, Police Officers, Con Ed, and many onlookers. When I reached my husband who was there at the time the fire broke out, we both watched helplessly as they were all battling the fire. We thought we were losing everything we had built together, our livelihood and twenty years of hard work and love put into this building/business.

What we did not realize at the time was how effective and how amazing these first responders were.

It was because of their swiftness and

quick response, that they were able to save our building. After investigation, it was established that the fire started from Lightning, and spread pretty quickly throughout the interior of the walls. These firefighters risked their lives---they entered without knowing the cause or the severity and yet they put their lives on the line to put out this fire.

Although a good portion of the building was damaged, and smoke/soot damaged most of our contents, it could have been much worse. It was all materialistic, which can be overcome. Yes, we have to relocate in order to repair the damages, and yes, it will be a headache, but the alternative could have been much worse.

We have had an outpouring of love, and prayers and offers of help from our neighbors, friends, family, clients, and our vendors. We couldn't be more grateful. We live in such a great community and are so fortunate to have our business in Croton.

We personally want to thank the following Fire Departments: Cortlandt, Montrose, Buchanan, Croton, Verplanck, Montrose VA, and Ossining; Our local Ambulance Core, Police Officers, and Con Ed. Thank you Thank you Thank you!!!!

We also want to thank Joe and Sylvia Marino, our neighbors, who gave us

the key to their home; they made it so much easier for us in the aftermath by just being there for us. We also want to thank the Matra family who reached out to us and offered us office space just down the road from us until we can get back into our building. Many others also reached out with the offer of office space as well. Last but not least, we can't thank our employees enough for their concern, help and patience – we are very fortunate all around. And blessed.

Sincerely,

**ROBERT AND MARY SNIFFEN,  
Miracle Home Improvements**

## Letters Policy

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

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

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## Op-Ed

# Special Interests' Grip on the NY State Legislature

By Larry Kilian

Are we paying attention to how the New York State Senate works? All too often it represents special interests and not us. Case in point: using standardized test scores to evaluate teachers. In an attempt to improve our schools, New York State started using standardized test scores to evaluate teachers. There is now a consensus of opinion that that was a very bad idea. Two years ago, the State Education Department put a 3-year moratorium on the practice because of concerns about its validity.

On May 2, the NY Assembly, by a vote of 133 to 1, passed a bill (A10475) to remove test scores from teacher evaluations. In support of this bipartisan effort, a similar bill (S08301) was introduced in the NY Senate with the support of 54 co-sponsors – only 32 votes are needed to pass a bill in the senate. Problem solved? No. Enter special interests.

In New York, the for-profit charter school industry has spent millions of dollars to influence state legislators and oppose legislative candidates who do not support their for-profit industry. Why should we care? Charter schools are

funded with public money, taking much needed dollars away from our public schools.

The Republican leadership in the state senate never brought this bill with 54 co-sponsors up for a vote. Instead they introduced and passed a bill (S8992) with the support of my senator, Terrence Murphy (SD40), which included an increase in the number of charter schools. It also weakened the requirement for non-public schools with extended day programs to provide instruction equivalent to public school instruction – a position favored by Senator Simcha Felder, a Democrat who votes with the Republicans to give them a one vote margin to control the legislative agenda of the senate. The result: the law requiring the use of test scores to evaluate teachers is still on the books – problem not solved because of special interests.

Another example: gun violence. In the wake of yet another horrific school shooting, in March, the State Assembly with bipartisan support, passed a bill (A089768) 115 to 20 which would allow a judge in cases of extreme risk to remove guns from dangerous persons even if

they were not yet charged with a crime. Inexplicably, my assemblyman, Kevin Byrne (AD94), voted against this bill. A similar bill (S07133A) was introduced in the senate with 30 co-sponsors – with 32 votes need to pass. Enter special interests.

Tom King, the president of the New York State Rifle and Pistol Association and NRA board member, opposed the legislation. It was never brought to a vote in the NY senate. The result – nothing done because of special interests. If our Republican representatives had asked us what we thought, I bet they would have found that even a majority of gun owners wanted them to pass this bill to protect our children from school shootings and families from domestic violence. Special interests prevented the measure from coming up for a vote – State senators can block measures without making their position public. We need to know. This needs to change!

Special interests have the right to spend millions of dollars to contribute to candidate campaigns and oppose those candidates who fight against them. We, the people, have a right to judge whether

our representatives are representing us or special interest money.

In both cases described above, there was broad bi-partisan support for a bill in the Assembly and no vote in the Senate. Take the time to find out what your representatives are doing in Albany. That's harder than it used to be. For, example, The Northern Westchester Examiner rarely publishes our representatives' votes, their positions even on important issues, and which special interest groups are giving them money. Are our representatives accepting contributions from special interests such as the charter school industry, public utilities regulated by the state or businesses working on the gas pipeline?

Vedat Gashi assembly candidate (AD94) and Robert Kesten senate candidate (SD40) have told me that they will represent us and not special interests. Let's pay attention and work together to change Albany so it works in our interest.

Larry Kilian is Co-chair, Issues and Resolutions Committee, for the Yorktown Democratic Committee

## Letters to the Editor

### Murphy Should Work to Provide Full Funding for Public Education

To the Editor:

Someone reading your recent report about the state grant for improvements to a youth center in Peekskill ["Murphy Delivers Grant to Remodel Youth Bureau," September 18-24] might think that state Senator Terrance Murphy wrote the \$50,000 check from his person account.

"It's an honor and a privilege to be able to do something like this," Murphy enthused. Officials at the center "touted Murphy for investing in the community..."

Presumably, the Peekskill Youth Bureau earned this grant on the strength of its programs for addressing the needs of Peekskill families. More importantly, the grant comes from taxpayer funds, not money that Murphy has personally

donated or raised. The delivery of a giant (fake) check may provide politicians with a nice photo op, but it is taxpayers who are investing in this program, not the ribbon cutters!

A better performance measure for Terrance Murphy and his colleagues in the state Senate is whether they are providing full funding for public education. Recent history suggests that Albany has not excelled in this regard, to say the least.

Improving our schools will do much more to improve opportunity for young people than remodeling a single youth center, Senator Murphy, even if it doesn't get your picture in the paper.

ROB ABBOT  
Croton-on-Hudson

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# Cortlandt Vape Shop Cited for Selling to Underage Youth

A Cortlandt business was cited Thursday for selling a nicotine-based product to a youth who was under 21 years of age.

Westchester County Police sent the youth into three stores in Cortlandt as part of compliance checks to ensure that the shops, which sell tobacco and vaping products, were complying with County laws that prohibit such sales to persons less than age 21. The tobacco/vape compliance checks were funded under a grant from the Cortlandt Community Coalition.

The first location visited was Vapor To-

bacco King at 2085 East Main Street. The youth was permitted to purchase a package containing four mango-flavored pods, a nicotine product totaling \$16, without being asked to show identification. A summons was issued to the business, which is returnable in Cortlandt Town Court at a future date.

Compliance checks were also conducted at two other businesses in town, which refused to sell nicotine products to the youth after his identification showed he was under age 21. Those businesses that passed

the compliance checks were DT Vapor and Smoke, 2081 East Main Street, and Cortlandt Smoke and Vape, 2153 Albany Post Road.

"Westchester County Police regularly conduct compliance checks to ensure that local businesses are not selling alcohol, tobacco, e-cigarettes or nicotine-based products to people under age 21. We will continue to conduct these checks and will continue to work in partnership with the Cortlandt Community Coalition to encourage young people to make safe and healthy

choices," Public Safety Commissioner Thomas A. Gleason said.

Earlier in the week, county police conducted compliance checks at two stores in Mount Kisco. One store passed while the other failed the compliance check by selling a nicotine product to the underage youth.

In June, the Westchester County Board of Legislators passed legislation that raised the age for the purchase of tobacco and related products in the County from 18 to 21. County Executive George Latimer signed the legislation into law days later.

## Police to Hold 'Coffee with a Cop' Event at McDonald's

Westchester County Police are inviting members of the Cortlandt community to a "Coffee with a Cop" event on Wednesday, Oct. 3 at McDonald's on Route 6 in the Cortlandt Town Center.

The event, which will be held from 8 a.m. to noon, will give residents an opportunity to chat with the county police officers who patrol the town. The goal is to build relationships and trust between the officers and the people they serve.

"Police officers most often meet the public while responding to calls or handling stressful incidents," Commissioner Thomas A. Gleason said. "We look forward to simply sharing a cup of coffee

and some conversation with the people of Cortlandt."

Gleason said the event was a great opportunity for residents to discuss community issues and concerns or find out more about the work police officers do.

"We are grateful to the folks at McDonald's for opening their doors to us and hosting this community event," he said.

Coffee With a Cop was started by the Hawthorne (CA) Police Department and has spread nationwide as a simple but effective way for police to build stronger relationships with the community. Oct. 3 is National Coffee With a Cop Day around the country.

"The Coffee with a Cop events are designed to let citizens come into a local restaurant or coffee shop, sit down with an officer, and talk about anything," said

Sgt. Chris Cognac of the Hawthorne PD. "Coffee with a Cop has a mantra of no agenda and no speeches – keep it simple, keep it transparent, and keep it real."

## Police Blotter

### State Police

**September 20** - State Police from the Cortlandt barracks arrested Steven Cilento, 33, of Peekskill, for Burglary in the third degree, a class D felony. On September 8, troopers responded to Rumba Bar on Oregon Road in the Town of Cortlandt for a report of a burglary. After nearly two

weeks of investigation in collaboration with the City of Peekskill Police Department, and the Westchester County Real Time Crime Center, investigators determined Cilento burglarized the Rumba Bar. Entry was forced into the establishment, and approximately \$2,000 in U.S.

*Continued on page 12*

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**Business  
of the Week**

## Farmers Insurance Andi Gamboa Agency Cortlandt

### By Neal Rentz

Fishkill resident Andi Gamboa opened his Farmers Insurance Agency in Cortlandt in May, but his career was not always in insurance.

He was previously employed by Enterprise Rent-A-Car in a variety of capacities, including selling used cars for about eight years, Gamboa said last week. Working as a car salesman was his first professional introduction to the insurance business, Gamboa recalled.

"Recently I just made the jump," he said. "It was an opportunity to own my own business, to put myself in a better position where I could have a little more control of my business. Because I sold so many cars I had a constant stream of clientele that already did business with me."

Gamboa said business has been good so far for his agency. "I can't complain, It's alive and breathing," he said, adding business has been improving this month with people back from vacations and returning to school.

The agency will hold a grand opening on Saturday, October 13 at noon. Gamboa's agency sells insurance for homes, life, autos, commercial



NEAL RENTZ PHOTO

Fishkill resident Andi Gamboa opened his Farmers Insurance Agency in Cortlandt in May.

properties, pets, motorcycles, boats and RV's. The agency offers "pretty much every type of insurance except health

insurance," he said.

Gamboa said he chose the Crompond Road location because, "I felt like this

was the common ground" surrounded by such municipalities as Peekskill and Yorktown. "I'm right in the middle," he said.

Gamboa's agency has been helping out the local community by doing two book bag drives in August in which book bags were donated to children in need who live in Peekskill. He said his goal was to increase the number of agents working for his firm. He currently employs two staff members and he would to eventually add two more employees.

Gamboa said he did not enter the insurance field just for the money. "There's more to it," he said. "It's a service industry. It's something that I feel is important. Everybody needs insurance. And I'm good at educating people. I'm good at talking. I'm good at understanding what people's needs are."

*Farmers Insurance Andi Gamboa Agency is located at 2141 Crompond Rd. in Cortlandt. For more information, call 914-600-7160 or visit <https://agents.farmers.com/ny/cortlandt-manor/andi-gamboa>. The agency is open weekdays from 9 a.m. to 6 p.m.*

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# Struggling Population Grows Despite Economic Recovery

Despite broad indicators of economic recovery, many children, adults and families in New York State, including those in Westchester and Putnam counties, are falling behind, according to a report released by United Way of New York State.

The 2018 ALICE (Asset Limited, Income Constrained, Employed) Report shows 3.2 million households in New York representing 45 percent of the overall population lack enough income and resources to pay for basic needs such as housing, food, child care, transportation and health care. In Westchester and Putnam, about 40 percent of the population are in a daily struggle for stability. This includes not only families who fall below the poverty line but other working families whose incomes cannot keep up with the cost of living.

According to the study, in this area a family must earn a minimum of \$88,000 a year (what the report refers to as the survival budget) to cover the basic costs of food, housing, transportation, healthcare and childcare for a family of two adults, one infant and one pre-school child.

When taken as a region, Westchester and Putnam, one of the most affluent areas in the country, have nearly four in

10 households that are in a state of daily struggle.

Alana Sweeny, President and CEO of United Way of Westchester and Putnam, said that while unemployment continues to drop, these new jobs are lower paying with fewer benefits than those before the 2008 economic crisis. Moreover, the cost of living in Putnam and Westchester continues to increase at a staggering rate, particularly the cost of healthcare and childcare.

"While we are hearing good news on the economic front, in terms of aggregate measures of economic growth and health, more than a third of residents in our communities are living on the edge," said Sweeny. "What is most concerning is that hourly wages and salaries available to these families in the economy have not kept pace with expenses."

Since New York State released its first ALICE Report in 2016, an additional 30,000 families in New York have joined the ranks of ALICE with low wages, depleted savings, and increased costs.

In Westchester, the number of ALICE families now make up 29 percent of the county's 342,216 households – up from 24 percent just two years ago. An addi-

tional 11 percent of families fall below the poverty line, up one percent since 2016. While numbers in Putnam County held steady, nearly one in three households are struggling. ALICE families make up 28 percent of the county's 34,762 households and another five percent fall under the poverty line.

While the percentage of ALICE households and households falling below the poverty line was larger in Westchester's cities: Mount Vernon (60 percent); Peekskill (55 percent); Yonkers (53 percent); New Rochelle (45 percent); White Plains (42 percent); none of the communities were untouched, even more affluent areas such as Scarsdale (9 percent); Armonk (11 percent) Bronxville (14 percent); and Bedford (22 percent).

"More than four out of 10 working people in New York State live at or below the ALICE survival threshold, sometimes working multiple jobs in attempt to make ends meet," said Ruth Mahoney, Capital Region president and regional retail leader, KeyBank, which was a major sponsor of the ALICE project. "The ALICE Report shines a light on how deep this crisis is, and through KeyBank's support of and partnership with the United Way, we hope

to raise awareness and advance dialogue around the understanding that if we want our communities to be stronger, the people who live and work in them need improved pathways to financial stability and the opportunity to thrive."

About United Way of Westchester and Putnam

United Way of Westchester and Putnam (UWWP) works with government, business, non-profits and community leaders to solve complex problems. We focus on children, adults and families living on the financial edge. Our aim is to put them on a path toward self-sufficiency, so they might thrive and contribute to a stronger community. Our 2-1-1 helpline takes nearly 80,000 calls a year, providing online resources to resolve everything from basic to critical to urgent needs - heating, food, shelter, tax assistance, mortgage questions, childcare, natural disaster and crisis calls. We provide job skills training and financial education to adults. And we help more and more children and their parents to make sure children are reading on grade level by 3rd grade, a critical marker of academic success and future viability in our society.

## Support Connection Honored as 2018 Top-Rated NonProfit

Support Connection has been honored with a prestigious 2018 Top-Rated Award by GreatNonprofits, the leading provider of user reviews about nonprofit organizations. This is the fourth consecutive year Support Connection has earned this distinction. Support Connection provides free support services, such as counseling, support groups and other programs, to people affected by breast and ovarian cancer.

This Top-Rated Nonprofit award presented by GreatNonprofits is based on the large number of positive reviews Support Connection received: online reviews written by volunteers, donors and clients. People posted their personal experiences with the organization.

For example, one woman, a cancer

survivor who reached out to Support Connection, wrote: "Personal, warm, targeted, confidential support right when I most needed it, after my breast cancer diagnosis. My emotional and financial needs were at their peak then, and their FREE services gave me enormous relief from those pressures. In following years, their various programs supported my changing needs. Invaluable. Best staff, who understand where you are coming from because they are survivors also. Couldn't have gotten through this challenge without their support!"

While the Top-Rated Awards run through the end of October, Support Connection was part of the inaugural group to qualify for the year. Being on

the Top-Rated list gives donors and volunteers more confidence that this is a credible organization. The reviews by clients, volunteers, and donors show the on-the-ground results of Support Connection. This award is a form of recognition by the community.

Support Connection Executive Director Katherine Quinn said: "It is especially rewarding to receive this award again because it's based on reviews from the people who know us best: people who reached out to us and found the help, understanding and guidance they needed to get through some of the most difficult challenges anyone can face. We are also proud of the positive reviews from those who have volunteered for or donated to us. We are extremely hon-

ored to receive this recognition."

### About Support Connection

Support Connection, Inc. is a 501 (c) (3) not-for-profit organization that provides free, confidential support services and programs to people affected by breast and ovarian cancer. Founded in 1996, Support Connection is based in Yorktown Heights, NY, but through our toll-free services and website we serve people throughout the country. To learn more, visit [www.supportconnection.org](http://www.supportconnection.org) or call: 914-962-6402 or 800-532-4290. Support Connection Breast and Ovarian Cancer Support: We've Been There. We Care. It's annual Support-A-Walk will be held on Sunday, October 7 at FDR State Park in Yorktown.

## Police Blotter

*Continued from page 10*

currency was reported missing. Cilento was arraigned before Town of Cortlandt Court, and remanded to the Westchester County Jail without bail.

**September 16** - State Police from SP Cortlandt arrested Amanda A. Deagan, 25, of Cortlandt, for DWAI Drugs with a prior conviction within 10 years, a class E felony. She was traveling on the Sprain Brook Parkway in the Town of Mount Pleasant, when she was involved in a two-car motor vehicle crash. Investigation

revealed that she was impaired by drugs, and was subsequently arrested.

**September 15** - State Police from SP Cortlandt arrested Luis V. Barreto Angamarca, 26, of Peekskill, for DWI. He was traveling on Furnace Dock Road in the Town of Cortlandt, when he was involved in a one-car motor vehicle crash. Investigation revealed that he was impaired by alcohol, and was subsequently arrested.

**September 2** - State Police from SP Cortlandt arrested Ismael A. Canas, 49, of Croton-On-Hudson, for DWI. He was

traveling on State Route 9 in the Village of Croton-On-Hudson, when he was stopped for a vehicle and traffic law violation. Investigation revealed that he was impaired by alcohol, and was subsequently arrested.

State Police from SP Somers arrested Jordan N. Harold, 22, of Somers, for DWI. She was traveling on Bridge Lane in the Town of Somers when she was stopped for a vehicle and traffic law violation. Investigation revealed that she was impaired by alcohol, and was subsequently arrested.

State Police from SP Cortlandt arrested

Charles R. Barton, 76, of Yorktown, for DWI. He was traveling on Route 6 in the Town of Cortlandt when he was stopped for a vehicle and traffic law violation. Investigation revealed that he was impaired by alcohol, and was subsequently arrested.

**August 31** - State Police from SP Stormville arrested Adam J. Heyd, 37, of Somers, for DWI. He was traveling on the Taconic State Parkway in the Town of Putnam Valley when he was stopped for a vehicle and traffic law violation. Investigation revealed that he was impaired by alcohol, and was subsequently arrested.



# County to Add 78 Hybrid Buses to Bee-Line Bus Fleet

By Anna Young

Westchester County Executive George Latimer announced last week that 78 diesel-electric buses will be added to the county's Bee-Line Bus System fleet next year.

With clean air, efficiency and performance at the forefront of reducing greenhouse emissions, Latimer said the 60-foot transit buses will save the county more than 850,000 gallons of fuel while preventing 12,400 tons of greenhouse gas emissions from polluting the environment.

"Westchester County's decision to put our Bee-Line fleet at the head of electric innovation directly ties into our mission to help the county become more cognizant of our environment," Latimer said at a press conference last Friday at the Cerato Bus Facility in Valhalla. "By adding hybrid buses to our transit system, we are reducing our environmental impact through lower emissions and supporting a healthier community."

Officials said the diesel-electric buses can operate up to one mile on battery power and are equipped with start-stop technology that automatically shuts down and restarts the diesel engine to reduce the amount of time the engine is idling or when the bus is stopped at an intersection. The hybrid buses will be

fully integrated into the fleet next summer.

Less than half of the \$89 million bus contract with New Flyer of America, Inc. is funded through the county budget. Roughly \$25 million was provided by New York State and \$27 million came from the federal government. Electronic components for the system will be supplied by BAE Systems Power & Propulsion Division.

"With this \$27 million in federal funding, Westchester County can ensure that residents have access to a modernized, efficient transportation infrastructure that meets their needs," Rep. Nita Lowey (D-Harrison) said. "As the ranking member of the House of Appropriations Committee, which oversees federal funding allocations, I will continue to make sure that the lower Hudson Valley has the resources to serve residents, support economic growth, and prosper."

Assembly members Amy Paulin (D-Scarsdale), Buchwald (D-White Plains) and Thomas Abinanti (D-Pleasantville), Congressman Eliot Engel and state Sen. Shelley Mayer (D-Yonkers) agreed the county is a proven leader in energy efficiency. Officials said the buses will dramatically reduce the release of toxic substances and limit health risks for resi-

dents while saving taxpayer dollars.

"Westchester County and New York State are once again leading the way on positive and substantive environmental changes to our infrastructure," Buchwald said. "When we talk about protecting the environment and leaning into sustainability we mean it, and to be able to do it with Westchester's buses is a great opportunity."

The county's Bee-Line Bus System, which is operated by the county's Trans-

portation Department and DPW, is the second largest transit bus fleet in the state.

"BAE Systems is widely regarded as a proven industry leader in transit bus electrification," Department of Public Works commissioner Hugh Greechan said. "The hybrid buses are truly state-of-the-art in terms of clean air, performance and user friendliness, and double the efficiency of our current Bee-Line buses."



ANNA YOUNG PHOTO

Shrub Oak's Nick Barreira, pictured with his classic 1970 Camaro, was one of roughly 700 people on September 16 who showcased their antique automobiles during the 36th Annual Road Knights Auto Club Car Show. The car show, which takes place annually at the Peekskill Riverfront Green Park, features vehicles from the 1920s to 2018, and raises funds to benefit the many charities the Road Knights sponsor.

**Want To See George "Score" Another Great Interview?**

**Then Get On Deck with George Ondek!**

***This week:***  
**C&C Unisex Hair Design**  
*Located in the JV Mall*  
 C&C Unisex Hair Design, located on the second floor of the Jefferson Valley Mall is celebrating its 35th Anniversary. As explained by salon manager Murat Gunes, since Opening in 1983, this family oriented salon has been serving the Northern Westchester community with the finest cuts, coloring and chemical services, and employs about thirty people. *They are truly a "cut" above!*



From Left Manager Murat Gunes, guest co host and manager of Bath and Body Works at the JV Mall, Jennifer Valleau, George Ondek



Some of the employees of C&C: from left, Jacqueline, Bob, Murat, Michelle, Brandy and Rosenna

**Watch on Cablevision Fridays noon and 10:00 pm on the local Cablevision access channel and local government channels throughout Westchester, or on Youtube anytime by typing in George Ondek and the name of the guest or name of the show.**

***This week's sponsor: C&C Unisex Hair Design, Jefferson Valley***



# A World of Wellness...In a Chair

By Brianna Miller,  
Marketing Associate at Northern  
Westchester Hospital

A dimly lit room sets the scene for today's session. A sense of calm washes over the packed room as the instructor hands each yogi a cotton ball dabbed with aromatic essential oils. Today's scent is a combination of myrrh and frankincense, both used to enhance emotional well-being. Shoes are kicked off, eyes are closed, and the group takes deep breaths in unison as the instructor creates a sacred space for spiritual awakening. Her final touch is playing the most soothing music you've ever heard. Not bad for a Monday morning.

In this yoga studio there are no mats, you don't need to bend like a pretzel, and you certainly don't need to be able to stand on your head. The asana, or poses, are done while seated in a chair.

Toni Russo, a holistic nurse at Northern Westchester Hospital (NWH), leads a yoga class for seniors each week at the Bedford Community House. Chair yoga is a way to bring the mental, physical, emotional and spiritual benefits of yoga to a wide range of people, especially to those who can't enjoy them through traditional practice. "It's a safe, simple and comprehensive practice that brings the transformative power of mat yoga onto



Yoga class for seniors at the Bedford Community House.

the chair, said Toni. "But yoga is only part of the story. Taking my lead from the seniors, I've added many self-care modalities to the class."

## A Nutritional Component

At the start of each class, Toni incorporates a nutritional component. Today, the group learns that grocery items like sugar, fried foods, and foods high in fat, stimulate the generation of free radicals, the oxygen molecules known to damage the cells lining our blood vessels and organs. The class is excited to learn, however, that black coffee contains a rich dose of antioxi-

dants. "I'm on a roll. I've had two cups already," says someone in the group as the rest laugh and cheer.

## Tap Your Stress Away

The class next practices what Toni calls tapping, an Emotional Freedom Technique that can help anyone manage their body's emotional response to stress. "Notice what's happening inside your body," said Toni in a soothing tone. Following her lead, the group taps the outside of their hands. "Pick one thing that's happening that's getting in the way of you having the best day ever. Rate it from zero to ten and feel it in your body."

The group taps the space between their eyebrows, their temples, then underneath their eyes. "Now say to yourself, 'Even though I have this problem, I still love and accept myself completely.'" Toni noted that tapping is scientifically proven to bring down the intensity of stress to a more manageable level. Said senior yogi, Diane Gittleton, "I use this technique whenever I'm feeling overwhelmed and it never fails me."

## Reduce Your Joint Pain

Once the group has reduced their stress levels, it's time for the chair yoga session to begin. The yogis are impressive – mastering Sun Salutations, Mountain Poses, and Pigeon Poses from their chairs. These movements help the seniors keep their joints lubricated and make movement less painful. "My friends and I joke that as we age, we go to bed with Bengay, wake up with arthritis, and get diagnosed with something else in between," said Catherine Migliaccio of Bedford Hills. "Since I began the chair yoga class with Toni, I don't have as much joint pain as I once had." Another dedicated senior, Ellen Cundari said, "When I wake up, every joint in my body hurts. But when I leave here, my body moves better. Who knew I'd be doing yoga at age 90!"

*Continued on page 20*

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# Happenings

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

## Tuesday, Sept. 25

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

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

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

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

**Taconic Postcard Club:** The Taconic Postcard Club will meet at 7 p.m. at the Yorktown Museum, 1874 Commerce St., top floor. Jim Leiner will present Postcards and Politics. The program will trace the history of postcard use during

presidential campaigns. You are welcome to bring your own postcards of presidents and presidential campaigns. The free program is open to the public. Info: 914-737-0944.

**Audubon Society Program:** From 7 to 8:30 p.m. the Saw Mill River Audubon free public program: Wildlife of Ecuador will be held at the Ossining Public Library, 53 Croton Ave. Note that the library closes at 6 p.m. this day, so use the back-of-building entrance for the Budarz Theater. Info: 914-666-6503, [office@sawmillriveraudubon.org](mailto:office@sawmillriveraudubon.org) or [www.sawmillriveraudubon.org](http://www.sawmillriveraudubon.org).

## Wednesday, Sept. 26

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

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

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

## Thursday, Sept. 27

**Yorktown Jewish Center Classes:** The Yorktown Jewish Center, 2966 Crompond Rd., is offering a wide selection of courses this year. Family Tensions in the Bible led by Rabbi Stanley Urbas—will be held on the first and third Mondays of the month at 11:00 a.m.; 10/15 is the first class. Rosh Chodesh Studies for Women will be led by Marsha Sternstein-In the evening, but dates vary so check with the office. Talmud and Contemporary Issue, led by Wendy Segal-, will be held on Thursdays at 10:30 a.m. Introduction to Hebrew will be led by Cantor Isabel Kopstein. Contact the office for details. Advanced Hebrew, led

by Cantor Isabel Kopstein, will be held on Wednesdays at 10:30 a.m. Ten Minutes of Torah-, led by Rabbi Sternstein, will be held on-Shabbat mornings at approximately 10:30 a.m. Mishneh Torah (Maimonidean thought) will be led by Rabbi Sternstein on-Tuesdays at 7:30 p.m. Bible Chanting 101 will be held on Sundays, Oct. 7, 14 and 21, from 10:15 to 11 a.m. An ability to read Hebrew is required. Info: 914-245-2324 or [Yorktown-jewishcenter.org](http://Yorktown-jewishcenter.org).

**Support Connection Office Hours:** Anyone can visit the Support Connection office. 40 Triangle Center, Suite 100 Yorktown to donate to this year's Support-A-Walk, pick up Walk materials and tee-shirts; learn how to form a team or start fundraising. Through Sept. 28, Support Connection will be open weekdays 9 a.m. to 5 p.m. After that, special extended office hours will be in effect as follows: Sat. Sept. 29 from 9 a.m. to 2 p.m.; weekdays Oct. 1 through Oct. 5, 9 a.m. - 7 p.m. This year's Support-A-Walk will take place on Sunday, Oct. 7 (rain or shine) at FDR Park, Route 202, Yorktown. It is held to bring attention to the needs of people with breast and ovarian cancer and to raise funds for Support Connection's free support services for those living with these diseases. To learn more, visit the Support Connection Web site, [www.supportconnection.org](http://www.supportconnection.org) or contact Support Connection: 914-962-6402 or [walk@supportconnection.org](mailto:walk@supportconnection.org).

**IBM Retirees Club:** The Tri-State IBM Retirees will meet at the United Methodist Church hall, 1176 E Main St, Shrub Oak. The scheduled speaker is Anthony Maddalena, pharmacy manager at the NYP/Hudson Valley Hospital. Coffee and light refreshments will be served at 1pm; meeting starts at 1:30pm. Info: Peg Ryan at 914-528-5916.

**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 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 more information on Lasdon and all Westchester County parks go to [parks.westchestergov.com](http://parks.westchestergov.com).

**"Dramatic Escape:"** The Peekskill NAACP will present a special screening of "Dramatic Escape," with a panel discussion to follow the film at, 6:30 p.m. Peekskill Middle School auditorium. The program is free. Info: [overnorth@aol.com](mailto:overnorth@aol.com), or 914-960-1830.

**Interfaith Experience:** First Hebrew is holding and Interfaith "Sukkah" Experience at 7 p.m. People of all faiths are invited to First Hebrew to experience "Sukkot," the Jewish Fall Harvest Festival," where meals are traditionally taken in outdoor tents or a booth known as a "sukkah." Sukkot takes you outside to appreciate nature and the bounty of God. Dress for outdoors; in case of rain we will move indoors. First Hebrew Congregation is just west of the Beach Shopping Center on Route 6, on the border of Cortlandt and Peekskill, at 1821 East Main St. Info: 914-739-0500, [fhc@firsthebrew.org](mailto:fhc@firsthebrew.org) or [www.firsthebrew.org](http://www.firsthebrew.org).

**Retirement Planning:** Solving the Retirement Puzzle will be held from 7 to 8 p.m. at the Briarcliff Manor Public Library, 1 Library Rd. The program is a free educational workshop led by CFP and CPA Paul Petrone. Registration is required; call 914-941-7072 Ext. 1.

Sukkot Programs Sukkot event will be held today and tomorrow at Temple Beth Am, 203 Church Pl., Yorktown. On Sept. 27 at 7:45 p.m. Wine with Weiner will talk Sukkot. Come to Beth Am for an informal conversation with the Jewish community on the issues that affect our lives. On this particular night, we will discuss our connection to Sukkot and discover her hidden meanings. Congregants and non-congregants alike are invited to take this journey with our Rabbi. No previous knowledge is required, and all backgrounds are welcome. For information, please call our Rabbi at 914-962-7500 or e-mail him at [rabbiiw@optonline.net](mailto:rabbiiw@optonline.net). A fun Shabbat and Sukkot Celebration will be held on Sept. 28 at 8 p.m. Temple Beth Am will celebrate the holiday of Sukkot with guitar, stories and fun! Also, we will have our outdoor communal celebration in the Sukkah, where everyone will have an opportunity to shake the Lulav and Etrog, our meaningful holiday symbols.

## Friday, Sept. 28

**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



# Happenings

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computer class. Info: Cheryl at 941-2416 Ext. 315.

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

**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 in the summer at 8 p.m. And Sabbath services on Saturdays will be held at 9:30 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 [yorktownjewish-center.org](http://yorktownjewish-center.org).

## Saturday, Sept. 29

**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](mailto:yorktownzen@gmail.com).

**Putnam Valley Shabbat Service:** Looking for a modern Shabbat service steeped in Jewish tradition? Come to Temple Israel of Putnam Valley, a Conservative Egalitarian Synagogue situated on beautiful Lake Peekskill. Our inclusive, community-lead services start at

9:30 a.m. on Saturdays and are held in Hebrew and English. Enjoy a comfortable atmosphere where participation is appreciated and afterwards stay for our delicious Kiddush lunch. Services are free; Family Memberships are \$250 per year and include High Holiday Services. The synagogue is located at 140 Lake Drive in Lake Peekskill. For more information, call 845-528-2305.

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

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

## Sunday, Sept. 30

**Ossining Library Event:** The Ossining Public Library, now marking its 125th Anniversary year of service to the community, is pleased to present two area musical favorites, The Forget-Me-Nots and David Ray, in a free concert at 2 p.m. Info: 914-941-2416 Ext. 327, [jtrapasso@wlsmail.org](mailto:jtrapasso@wlsmail.org) or [www.ossininglibrary.org](http://www.ossininglibrary.org).

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

## Monday, Oct. 1

**Gut-Brain Connection:** The Gut-Brain Connection will be held at the Somers Library today from 6:30 to 8 p.m. and Oct. 5, from 1 to 2:30 p.m. Please register for one program only. Space is limited; please register on our online calendar at [www.somerslibrary.org](http://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.

## Yorktown Chamber of Commerce Member Appreciation Night Dinner



(L-R:) Honoree Patricia Hallinan and the Board of Directors of John C. Hart Library, Above; Honoree Thomas Newman of T3 Logo Wear and Chamber VP Sergio Esposito, at left; Honoree John Recchia of DAS Auto Parts Center and Chamber VP Sergio Esposito, at right.



# What to Do with Fall Leaves

In the weeks ahead, the leaves of our maples, oaks and ash trees will be turning colors through the miracle of photosynthesis and falling to the ground. You can actually hear them as they hit and cover the lawn. In my last home, the property hosted a giant maple tree in the middle of the front lawn and another maple of equal age in our back yard, and in my youth, before I could afford a lawn and landscaping service, I got stuck with the job of raking the brown, orange, red and yellow leaves from the ground.

It was a formidable job that had both its positives, like good exercise, and negatives, like leaving me with piles of leaves to be reckoned with. Actually I would leave those piles in place for a few days so that my young daughter could have the fun of jumping in and out of them. But, unlike what many homeowners in my town do, I never placed them in paper bags to be picked up by the town sanitation services. After all, why should I give away such a valuable commodity?

Some of the last leaves to fall during

the fall season would simply be left on the ground, and I would plow through them with my lawnmower to reduce their volume and to speed up their decomposition time. That would result in a large volume of material that could be used partly for mulch and partly to the chore of making "black gold" in my compost pile in a back corner of my yard.

While a large pile of leaves will decompose, the process is very slow, but leaf volume and decomposition time is greatly reduced by shredding. After my daughter was finished playing in the piles of leaves, I would mow over the piles several times with my mower. Actually a certain percentage of the shredded leaves can be applied to the lawn as fertilizer, but if it's more than ¾-inch deep, you could end up with yellow and

brown patches of lawn come spring.

A percentage of the mulch was allocated to my perennial shade garden, which was formidable, shaded by the two aforementioned maple trees. Also, I used the mulch in my vegetable garden, which over the years dwindled from a wide va-



riety of vegetables (even corn), to just a few vines of melon and cucumbers.

During the first few seasons of more extensive vegetable gardening, I even used the mulch to cover those stretches of the garden that hosted cold-hardy vegetables like carrots and beets. By springtime, I would simply turn those rotting leaves into the soil.

Because decaying leaves use up nitrogen, I would replace nitrogen with an organic source like composted animal manure before spring planting.

I also used shredded leaves as good mulch for my flower beds, which would gradually turn into compost and, again, tilled into the soil. To make it all look prettier, I would sometimes cover bare

soil first with shredded leaves, then with a top layer of bark mulch which I would buy in bags from my garden center

It is recommended to keep total mulch depth to three inches or less and to make sure that it doesn't touch the base of tree trunks or the base of shrubs since this can encourage pests and disease.

If you don't have a good place to mulch on your property, you might contact your local municipality to ask if it maintains a town compost pile for residents' use. This is where those bags of leaves that some residents leave at curbside go to contribute to a large compost pile made available to the public.

I was once asked why collected leaves cannot be burned. Simple, it is illegal to burn leaves anywhere in New York State. The smoke from burning leaves contains dangerous compounds and is harmful to one's lungs especially to children and the elderly. Also, any outdoor fire can cause an accidental brush or house fire.

And again, why destroy so valuable a contribution to garden and lawn?

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](http://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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Crossword

ACROSS

- 1. Friend
- 4. Modern navigational aid, for short
- 7. Go on and on
- 10. Abbr. for some generals
- 11. Fleming who created 007
- 12. Brit. recording giant
- 13. Select
- 14. Revolved
- 16. Breakfast fruit or Cortlandt Manor bank
- 18. Giving
- 19. Fastened with pegs
- 21. Menu option
- 22. Elephant \_\_\_\_, carnival treat
- 26. Writer, Lawrence
- 29. Great Barrier \_\_
- 33. Cortlandt Manor Farmers Insurance agency
- 34. Spore-producing bacteria
- 36. Canoe equipment
- 37. OJ's trial judge
- 38. Black gold
- 39. Beethoven's "Minuet \_\_"
- 40. Nine-digit ID
- 41. 2nd letter addendum

42. Zodiac sign

- Down
- 1. Ponder on
  - 2. Copies
  - 3. Canada city
  - 4. Cracked up
  - 5. Check endorser
  - 6. Elder
  - 7. Legendary humanoid in the Himalayas
  - 8. "You said it!"
  - 9. Cruel pirate
  - 15. Anchorage locale
  - 17. Las Vegas state, abbr.
  - 20. Throws off course
  - 23. Tentacle
  - 24. Prepare again, as water for tea
  - 25. Everett of 'Citizen Kane'
  - 27. Jamaican tangelos
  - 28. Key \_\_\_\_
  - 29. Sluggers' stats
  - 30. Alton Brown's show, Good \_\_\_\_
  - 31. Subj. for an M.B.A.
  - 32. Sci- \_\_\_\_
  - 35. Cut off

1	2	3		4	5	6		7	8	9
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40				41				42		

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(Solution to puzzle on page 19)

1	B	2	R	3	O		4	G	5	P	6	S		7	Y	8	A	9	K
10	R	E	T				11	I	A	N				12	E	M	I		
13	O	P	T				14	G	Y	R	15	A	T	E	D				
16	O	R	A	17	N	G	E				18	K	I	N	D				
19	D	O	W	E	L	E	20	D											
		21	S	A	V	E		22	E	23	A	24	R	25	S				
							26	D	27	U	R	R	E	L	28	L			
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34	B	A	C	I				35	L	L	I			36	O	A	R		
37	I	T	O					38	O	I	L			39	I	N	G		
40	S	S	N					41	P	S	S			42	L	E	O		

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# Peekskill High Hoops Star Elton Brand New NBA GM

*Continued from page 1*  
Partner Josh Harris said. “He is a 17-year NBA veteran, a two-time NBA All-Star, won Rookie of the Year, and is a former Sixer. He is a unique talent who is intelligent, hardworking and has an incredible feel for the game. This is a player’s league and Elton’s strong relationships and commitment to culture are very important as we grow this team. We’re excited to have him as our GM as we work toward our goal of winning an NBA championship.”  
“We are lucky to have Elton Brand as our new GM,” said 76ers Co-Managing

Partner David Blitzer said. “His integrity, passion for the game of basketball and commitment to our franchise has earned him the respect and confidence of his peers. To have homegrown talent like Elton, in a leadership position...will undoubtedly continue to push the 76ers organization forward.”  
The Philadelphia 76ers are one of the most storied franchises in the National Basketball Association, having won three World Championships, earning nine trips to The Finals and making 48 playoff appearances over 69 seasons.

# A World of Wellness...In a Chair

*Continued from page 14*  
**The Benefits**  
According to the National Institutes of Health, the benefits of chair yoga include improved core strength, balance, muscle tone and flexibility, deeper and fuller breathing, increased oxygen intake, and positive feelings. Toni benefits from the class, too. “As a holistic nurse, my intention is to give full attention to the whole self of each person.” I’ve worked with some of these people for four years and have watched them grow physically, emotionally and spiritually.”  
**Community, Friendship, and Trust**  
Toni Russo’s class empowers seniors at a time in their lives when many feel they’re losing power. Senior yogi, Margaret McHugh, who had knee replacement surgery with Dr. Karas at NWH, agreed. “Before my surgery, I couldn’t do the things I loved doing. I felt myself aging,” reflects Margaret. Thanks to the surgery and this class, I feel empowered. I left my home in Ireland when I was eighteen and now I’m going back at age 81 feeling better than ever.”

Toni and the Bedford Seniors agree that the most important benefit of the class is the one that’s most understated. “Everyone knows that exercise offers great benefits,” comments Toni. “But the sense of community, friendship and trust that this class has built within a healing and wellness framework is truly astounding.” For Margaret McHugh, chair yoga is a bridge to new friends. “I lost my husband in January and through this class, I’ve made new friends in my community.”  
A relaxed group of seniors slips shoes back on and together exits the sacred space created within the Bedford Community House. Some head home, others congregate in the meeting area for healthy treats and another cup of antioxidant-rich coffee. Again, not bad for a Monday morning. Namaste.  
*Editor’s Note: For more information on chair yoga in our community, contact Grace O’Shaughnessy, Director of Community Health Education and Outreach at Northern Westchester Hospital at [goshaughne@northwell.edu](mailto:goshaughne@northwell.edu).*

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## LEGAL NOTICES

**NOTICE OF FORMATION of MAR Sweet Homes LLC.** Articles of Organization filed with the Secretary of State of New York (SSNY) on 8/6/18. Location: Westchester County. SSNY designated as agent for service of process on LLC. SSNY shall mail a copy of process to **United States Corporation Agents, INC, 7014 13th Avenue, Suite 202, Brooklyn NY 11228. Purpose: Any lawful purpose.**

**NOTICE OF FORMATION OF YONKERS MANAGEMENT SERVICES, LLC.** Articles of Organization filed with the Secretary of State of New York (SSNY) on 8/13/18. Location: Westchester County. SSNY designated as agent upon whom process against it may be served. SSNY shall mail a copy of process to **185 Briggs Avenue, Yonkers, NY 10701. Purpose: Any lawful purpose.**

**NOTICE OF FORMATION OF HF SERVICES LLC.** Articles of Organization filed with Secretary of State of New York (SSNY) on 08/07/2018. Office Location: Westchester. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to principal business address: **54 Lawrence Drive, Apt A, White Plains, NY 10603. Purpose: Any lawful act or activity.**

**NOTICE OF FORMATION OF SHED-EZIGNS2 LLC.** Articles of Organization filed with the Secretary of State of New York (SSNY) on June 14, 2018. Office location: Westchester County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to: **The LLC, 11 Field Street, Peekskill, New York 10566. Purpose: For any lawful purpose.**

**NOTICE OF FORMATION OF FELINE VETERINARY MEDICAL CENTER, PLLC,** Arts of Org filed with Sec. of State of NY (SSNY) 8/2/18. Office: Westchester County. SSNY has been designated for service of process & shall mail process to **10 Brady Lane, Somers, NY 10589. Pur-**

**pose: Veterinary Medicine.**

**NOTICE OF FORMATION OF EVOLUTION LOCKSMITH, LLC** a domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of NY on August 08, 2018. The office of this LLC is located in Westchester County. Secretary of state is designated as agent of the LLC upon whom process against it may be served. Secretary of State shall mail a copy of any process against the LLC to **90 Stratford Ave., White Plains, NY 10605. The purpose of the LLC is to engage in any lawful act or activity.**

**MARK WHALING** being a natural person of at least eighteen years of age and acting as the organizer of the limited liability company formed under Section 203 of the Limited Liability Company Law of the State of New York certifies that the name of the limited liability company is Whaleshark, LLC. The Articles of Organization were filed with the State on August 31, 2018. The purpose of the limited liability company is to engage in any lawful act or activity within the purposes for which limited liability company companies may be organized pursuant to Limited Liability Company Law. The office of the limited liability company is to be located in Westchester County. The address of the limited liability company is **10 Ormond Place, Rye, NY 10580. The Secretary of State has been designated as agent of the LLC upon whom process against it may be served.**

**NOTICE OF FORMATION OF SHAKER WAY LLC.** Articles of Organization were filed with the SSNY on 9/12/18. Office location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **SHAKER WAY LLC 4 New King Street, Suite 140, White Plains, NY 10604. Purpose: Any lawful act or activity.**

**NOTICE OF FORMATION OF SUMMIT GENERAL CONSTRUCTION LLC.** Art. Of Org. filed with SSNY on 9/11/2018. Office Location: Westchester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to **7 Arbor St, Yonkers, NY 10701. Purpose: any lawful purpose.**

**NOTICE OF FORMATION OF SUPRANOWITZ CONSULTING LLC.** Articles of Organization were filed with the SSNY on 9/13/18. Office location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **190 Lake Shore Drive Pleasantville**

*continued on next page*

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continued from previous page

NY 10570. Purpose: Any lawful act or activity.

NOTICE OF FORMATION OF META-CR, LLC., Consulting Co. filed with SSNY

on 9/17/2018. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Meta-CR, LLC, 591 Warburton Ave., Ste. 373,

Hastings-on-Hudson, NY 10706. Purpose: any lawful act or activity.

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## Man's Indomitable Will to Overcome the Forces of Nature

The forces of nature have persisted, some say dominated, in vineyards since early winemaking days. The macro forces such as drought, torrential rainfalls, hailstorms and hard frosts have plagued helpless grape growers.

The micro forces of nature have been tackled repeatedly, most recently in the last 50 years, including the development and use of man-made chemicals. Numerous chemical compounds are used today to repel or destroy plant-eating and grape-eating insects, fungus, mildew and multiple organisms that affect the physiology of grapevines and maturing grape clusters.

It is man's imposition on the balance of nature in the vineyard that has increasingly come under fire by conservationists and preservationists. Only in the past decade has there been a movement by grape growers to address the dangers of man-made insecticides, pesticides and fertilizers. And what has this response been? Sustainable agricultural practices. Increasingly, farmers are seeking a symbiotic relationship with nature to preserve their crops through organic and biodynamic farming.

The use of man-made chemicals proliferated through the 20th century. Cheap

and effective, they were viewed as a panacea by many grape growers.

Then, after several decades of consumer advocacy, many chemically dependent farmers began to revert back to the organic, more natural practices for fighting off insects and diseases.

However, chemical dependency still flourishes in many grape-growing regions across the globe. I've read numerous accounts of neighboring farms in which the fog of chemical spraying is wind-swept into an organic-centric farm, compromising the sustainable goals of the organic farmer.

Where are science and nature headed in this evolving climate of chemicals versus nature? For decades, agriculturists have sought to hybridize grape plants to create strains that are insect- and/or disease-resistant. By grafting branches of one sub variety of Cabernet Sauvignon onto another sub variety, new clones of resistant Cabernet have been created. However, this natural clonal selection has had mixed results. Nature continues to thwart science.

Undaunted, science continues to focus its endeavors in concrete laboratories, rather than natural fields, to combat and overcome nature's forces.

I've reported on science's efforts to al-

ter grape genes to create supergrapevines, fulfilling every wish of grape growers for defeating nature's macro and micro forces. These have met with resistance from "Never GMO" advocates. Research continues but any such mutations are long off.

I just read a report published by the French National Institute for Agricultural Research (INRA), Europe's top agricultural research organization, which takes a different tack on creating supergrapevines.

They have focused their initial laboratory efforts on breeding disease-resistant grape varieties: supergrapevines that are not mutations nor genetically modified. After 20 years of effort they have successfully created in their laboratories four new grape varieties (two red, two white) that have been authorized by regulators to be grown in France. Crops are expected in a few years. It is estimated that the use of pesticides will be reduced by 80 to 90 percent, a health and cost benefit to grape growers – and consumers.

The reaction from the wine community? Mixed.

In favor: Spraying for fungal disease may be reduced from up to 15 times per year to a mere two times. What a cost savings – and a boon to the environment.

Not impressed: Why mess with Mother Nature? Rather than replant vineyards,

just switch to organic farming. Bam! Problem solved.

In favor: The new grapes will breathe fresh air into currently planted centuries-old grape varieties.

Not impressed: Thomas Dormegnies, a French winemaker and researcher reacted: "Grape varieties in Europe have been developed by monks over centuries to suit the local soil. That is a wonderful heritage."

In favor: The new grapes introduce new profiles of aroma, bouquet and taste, portending an exciting future for the wine industry.

Not impressed: Dormegnies opines that creating grapevines never before paired will lead to "artificial and unnatural 'Frankenstein wine.'"

Science inexorably moves on. Whether INRA's research is moving the wine industry forward, sideways or backwards is debatable. Time – and nature – will be the ultimate judges.

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 @shar-ingwine.



By Nick Antonaccio

You Heard It  
Through the  
Grapevine



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



**Home,  
James!**

**Calidonna Scores Lone  
Yorktown Goal  
in Win vs. State-Ranked New Ro'**

BOB CASTNER PHOTO

Yorktown junior James Calidonna (26) nets the game-winning goal for the state-ranked (No.20) Class A Huskers, who knocked off state-ranked (No.11) Class AA New Rochelle, 1-0, last Friday, knocking the Huguenots from the ranks of the unbeaten and putting the reigning Class AA champion Huskers back on everyone's radar (not that they were ever off)... see Soccer Notebook



## Sports

## Grid Notebook

# Kaiser, Balancia Run Wild in Somers' Win over Yorktown

By Ray Gallagher  
Examiner Sports Editor  
@Directrays

Both visiting Somers and Yorktown High packed Charlie Murphy Field last Friday in anticipation of the near-annual showdown between coach Tony DeMatteo's Tuskers, who had limped out of the gate with a 1-2 start, and Coach Mike Rescigno's defending Section 1 Class A champion Huskers, who were off and running at 3-0 while celebrating it homecoming day.

The game was going according to Yorktown's blueprint when, suddenly, with the Huskers racing out to a 21-7 lead, the game went off-script and Somers (2-2) scored 28 unanswered points in the second half en route to a 35-21 non-league triumph over the 2017 NYS runner-up Huskers (3-1).

Somers HB Charlie Balancia and burly FB Jack Kaiser rush 38 times between them behind a dominant offensive line for 363 yards and five touchdowns, Kaiser plowing and endowing for four scores. Balancia, just a junior, had a game-high 198 yards and another score.

Butterflies had consumed Somers throughout the first half, but once the nerves settled, the Tuskers went to work behind an offensive line – including John Squitieri, Dom Cheek, Mac Joyce, Joe Griffith, Joe Calandrucci and Liam O'Loughlin – that opened gaping holes for a barrage of Somers backs.



RAY GALLAGHER/AGE KAMALSKY

Somers NG Charlie Grindrod pressures Yorktown QB Tommy Weaver in Tuskers' 35-21 win over Huskers.

the ball in our offense to read the blocks and hit the holes hard. We worked hard all week. This was the single most important game to us all year, especially at their homecoming. Everyone contributed and it payed off big time."

When Yorktown QB Tommy Weaver scrambled before uncorking a 40-yard TD strike to TE Naim Sinanaj for a 21-7 lead in the opening minutes of the second half, the Huskers were rolling: Until

#KaiserRoll got buttered up. Kaiser (165 yards on 23 carries) punctuated a methodical 80-yard drive with a one-yard dip to paydirt. Trailing 21-14, Somers stole momentum and began to pile on when Kaiser went 62 yards in the final minute of the third quarter and tied the score at 21-all when steady K Kevin Grabber hit the PAT (Grabber, a weapon, was 5-5 on PATs and habitually pinned Somers at the 20 on kick-offs).

It took two Huskers to catch Balancia from behind when he busted off a 71-yard jaunt, which set up another Kaiser touchdown and a 28-21 Somers lead with 8:17 to play. Balancia finished the scoring moments later from 22 yards out, as Coach DeMatteo, the

legendary ringleader of the elephants, reveled with Tusker Nation.

Weaver completed seven passes for 140 yards and rushed seven times for 70 yards while Smith had a two short touchdown runs for Yorktown, but the Huskers could never get in rhythm offensively in the second half.

Next up for Yorktown, which was ranked No.27 in NYS coming in, is a Friday (7 pm) visit from state-ranked (No.14) Our Lady of Lourdes, a daunting task indeed.

Somers will visit Brewster Friday (7 pm).

**BREWSTER** (3-1) came back down to earth in a 36-7 setback to undefeated John Jay (4-0), who saw QB Bryce Ford go for a combined 431 yards, resulting in four TDs passing and running. The Bears had no answer.

**HEN HUD** (1-3) finally reached the win column in a 40-6 trouncing of LAKELAND (0-4) when Sailor WR Donte White scored three TDs in all phases, one receiving, one rushing and one on a



Somers LB Kevin Grabber gets hold of Yorktown QB Tommy Weaver in Tuskers' 35-21 win over Huskers last Friday.

"We finally got all of our nerves out in the second half and got a huge swing of momentum before the half (when Kaiser got the Tuskers on the board)," Balancia said. "Our O-line blocked perfectly, and it was just up to all of the backs running



Tuskers John Squitieri (76) and Conor Jaykus (24) celebrate one of four TDs scored by Somers FB Jack Kaider in 35-21 win over Yorktown.



Somers RB Charlie Balancia is caught by his shirttail on TD-saving tackle by Yorktown LB Eddie Capone and Trevon Johnson (3) in Tuskers' 35-21 win over Huskers.

60-yard punt return. The Sailors will visit a struggling Fox Lane outfit Friday (7 pm) while the Hornets visit rival WALTER PANAS (1-3), a 49-7 loser to Lourdes, Friday (7 pm).

## CLASS AA

**CARMEL** (3-1) made short work of visiting North Rockland in a 27-0 Homecoming Day rout, pitching its third shutout of the season and setting up a Week 5 showdown with undefeated, state-ranked (No.30) John Jay EF.



# Sports

## Grid Notebook

continued from previous page



Patriotic Carmel Rams storm field decked in red, white & blue before 27-0 Homecoming Day rout of North Rockland.



Somers HB Charlie Balancia is stopped for one of the few times he would be contained by Yorktown LB Jack Tinari in Tuskers' 35-21 win over Huskers.

Carmel RB Sam Duke had his way. The senior rushed 20 times for 107 yards and a touchdown and was a menace on defense. Ram QB Peyton Cayea was serving up



Yorktown RB Dylan Smith hits paydirt for one of two TDs he would score in 35-21 loss to Somers.

an aerial show, dispensing TD passes to Chris Jordan and Will Boalt and finding his favorite target Joe Mascetta for 53 yards on five completions. James Cox capped the scoring with a 30-yard scoot to paydirt.

Duke, and many other throughout the section, believe the Rams are just starting to scratch the surface.

"I totally agree," Duke said. "I believe that as a good as we are doing now we are nowhere near our full potential yet. Our defense has been looking very strong, but I believe as we get later in the season our offense will be feared. We have a huge test this week against Jay and I think this game will help set the tone for the rest of the season. I know our coaches will have us ready and we will just put our pads on, keep our hands down and play football."

The Rams also stormed the field in fancy fashion, flashing 50 American flags before a raucous SRO crowd, something that gives goosebumps to many in the community.

"It's an amazing feeling, but sad thinking this is my last year," Duke admitted. "As a team, we are very thankful for everyone who has served and sacrificed their life for this great country."

Carmel just gets it!...

MAHOPAC probably suffered its worst loss in the second-season Dom DeMatteo era, falling 23-21 at home against RCK, on a fourth-quarter safety no less. There were bright spots but the loss triggers dread when it comes to playoff potential during a rough 1-3 start. QB Anthony Corrado threw for a TD pass to Rheel Allen and rushed for another score



Yorktown TE Naim Sinanaj snags TD catch over outstretched Somers DB TJ Deagan in Huskers' 35-21 loss to Tuskers last Friday.

and 155 yards on 10 carries. Indian RB Tim Cegielski rushed for 141 yards and a score on just 15 carries. The Indians will host Ramapo this Friday (7 pm) while Mahopac recognizes the 30-year anniversary of the undefeated 1988 bowl champions.

### CLASS B

PUTNAM VALLEY (1-3) saw the cream of the crop in a 48-14 loss to state-ranked (No.7) Ardsley. The Tigers will host reigning Section 1 champion Pleasantville Saturday (6 pm). With no J.V. program to speak of, the Tigers are headed into a pivotal rebuilding situation that could take some time...

### CLASS D

HALDANE (2-1) made short work of Section 9's Onteora when RB Sam Giachinta mashed for four touchdowns and 130 yards on just 14 attempts. Brad Dowd snagged a 39-yard TD catch from QB Daniel Santos...

### CHSAA

KENNEDY CATHOLIC (3-0) routed St. Dominic's (Long Island), 35-0, for the second time this season when Myles Proctor went for 215 yards and three scores on just nine carries. Seth Surret (4 carries, 45 yards & 12 yard TD catch), Ryan Johnson (2-5, 25 yards, TD), Eric Volpi (7-yard TD grab), Tyler Outhouse (2 catches, 57 yards) and Kieran Meyer (TD) were prominent figures in the offense while Brandon Gibson (INT), Cole Esposito (12 tackles, 1 sack) and Wyatt Rumpf (10 tackles, 1 sack) led a ferocious defense.

The Gaels visit Cardinal Spellman this week with a strong chance to improve to 4-0. Spellman barely beat St. Dom's, 7-0, but the Gaels can ill-afford to look past a Spellman outfit that defeated Kennedy twice last year, including a season-ending 16-14 NYCHSFL playoff loss to the eventual Class A champs. You know what they say about payback.

## SHRUB OAK ATHLETIC CLUB ANNOUNCEMENT OF GENERAL MEETING

The Shrub Oak Athletic Club will hold its annual open meeting on **Tuesday, October 23, 2018 at 7:30 p.m.**

at the Copper Beach Middle School Cafeteria.  
Members of the public are encouraged to attend.

**Questions and suggestions about programs are welcome.**

Nominations for the following positions  
will be accepted only at this meeting:

President, Executive Vice President, 2 Vice Presidents,  
Secretary and Treasurer

**For more information call 962-7099**



## Sports

## Soccer Notebook

# Kiss of Death Alive, Strikes Local Soccer Clubs

By Ray Gallagher  
Examiner Sports Editor  
@Directrays

So, the Kiss of Death has struck again: Everybody knows that as soon as I prop you up in these pages, the fall will often follow. Last week, we featured the Class AA Ossining and Class A Brewster boys' teams, and the state-ranked (No.5) Class AA Mahopac girls in this here space, and right around the same time we went to print previously state-ranked (No.14) Ossining got knocked off by perennial state-ranked (No.10) powerhouse Arlington, which was no big surprise given the Admirals' penchant for owning Section 1 Class AA soccer foes.

But Class A Brewster got upended in a surprising 4-2 loss to Gorton later in the week, and the Lady Indians were then derailed in a 2-0 loss to mighty North Rockland and another 2-1 setback to Clarkstown South. Three teams featured, four key losses: The Kiss of Death lives!



RAY GALLAGHER/BOB CASTNER/RICK KUPERBERG/JERRI COHEN PHOTOS

Mahopac's Nick Pawliczko (19) heads one clear against defense from Carmel's Ryan Taormina in Indians' 2-0 win over Rams last Thursday.



Mahopac's John Shea (17) steps in front of Carmel's Danny Weiner to make play in Indians' 2-0 win over Rams last Thursday.



Yorktown's Chayce Buono is hounded by Panas' Emma Anderson in Huskers' 2-1 loss to Panthers last week.



Putnam Valley's Lindsey Cohen and Croton's Melissa Stok battle for 50-50 ball in Croton's 2-1 win last Friday.



Mahopac's Niko DeCola, who scored both goals, gains control against Carmel's David Romero

likes of Arlington and New Rochelle for the right to represent in the state tournament.

As for Brewster, let's pump the breaks. Somers and Yorktown are two of the premier obstacles in the days ahead, and those two games will tell us a lot about the Bears, who got back on track and improved to 4-2 with a quality 2-0 win over Lakeland Friday behind goals from Pat Feehan and Geo Zanetto, but a string of crazy



Mahopac's Karl Thimm and Carmel's David Romero get after head ball in Indians' 2-0 win over Rams last Thursday.

Now listen, we're still high on all three programs, especially since this was a wild week across the board on the Section 1 soccer circuit.

Ossining recovered two days later with a 1-0 win over Fox Lane on a Nolan Lenaghan goal, and the Pride would do well to reach the Section 1 Final 4 this season, battling the

will help determine whether of no the Bears are in it to win it: Monday, Nyack at Brewster; Tuesday, Somers at Brewster; Thursday, Brewster at Nanuet; Saturday, Mahopac at Brewster.

As for Mahopac, the Lady Indians will be just fine, as evidenced by Saturday's 1-0 win over Yorktown. The loss to North Rockland was a grudge match, something the Raiders had been carrying with them since last November when the Indians staged a great quarterfinal upset to end their season. In the end, the two could potentially meet again; either in the semis

of finals, dependent upon their respective seeds. For now, Mahopac needs to focus on the league title, with an eye on the big picture down the road...

**BOYS' NOTES:** In the biggest game of the week, **YORKTOWN** upended state-ranked Class AA New Rochelle, 1-0, when James Calidonna, assisted by Timmy O'Callaghan, scored the lone goal. For a Yorktown team that has been up and down early on, this signals the beginning of what could be a magical run to the Class A Final 4 or bust. Gritty Pat Boyle

*continued on next page*



# Sports

## Field Hockey Notebook

# Somers Hoping to Take Next Step, Lakeland Clips Mamo'

By Tony Pinciario

A strong finish to the 2017 season, including a trip to the Section 1 Class B Championship semifinals, provided SOMERS with momentum and a sense of confidence coming into 2018.

"We had a good feeling because we have a great group of girls, not only skill-wise, but also attitude-wise," senior and four-year varsity player Rosalie Murphy said. "Our returnees are very strong and we have a very strong starting lineup. Each girl brings something different to the team."

Somers has won three of its first six games, including victories over perennial Section 1 Class B finalist Rye and Section 1 Class C finalist Pawling. Somers also defeated an improved Nanuet team, 3-1. Somers scored twice, both on penalty corners, in a four-minute span of the second half.

Following an upbeat preseason in which Somers welcomed new coach, Michelle Armstrong, the Tuskers opened the season with a 1-0 triumph over Pawling in a Somers' Tournament first-round game.

"Pawling was very aggressive which tested our patience and ability to stay composed, which we did," said Murphy, a starter on the forward line. "It was a great test for us and a huge win for us. It brought up our confidence."

Despite a loss to Scarsdale in the championship game, Somers knew it had to forget it and focus on its next game - Rye. Playing against a strong Rye team also made the Tuskers come in prepared and psyched.

"We talked about what Scarsdale did that worked on incorporating it into our game and we took everything they exploited against us and worked on it so we were not vulnerable against Rye," Murphy said, "but we rose to the occasion."

The result was a 2-1 victory and Somers added the win over Nanuet. Even though Nanuet took a lead three minutes into the game, Somers answered 42 seconds later when Emma Kittridge converted an Isabella Del Vecchio pass. Erin Clark snapped a 1-1 tie with 13:05 remaining in the game, assisted by Kittridge. Somers made Nanuet pay for a defensive foul in

the circle on its third goal, four minutes later, as Del Vecchio scored her first goal of the season, assisted by Murphy.

"What's pleased us is our overall improvement," Murphy said. "Even after a win, we talk about what we have to improve on. We've also become closer and closer, as a team, which has helped us on the field."

**LAKELAND** continued its winning ways with victories over Scarsdale, 9-2, and perennial Section 1 Class A champion and three-time state-titlist Mamaroneck, 2-0. Mamaroneck won state titles in 2004, '14 and '15. While Lakeland, now 7-0 this season, has won nine consecutive sectional and state titles, Mamaroneck has been the Section 1 Class A champion 10 of the last 11 years, including the last six.

Julia Cummings said Lakeland looks forward to playing Mamaroneck.

"We know it's always going to be a challenge," Cummings said. "We go in expecting a fast and intense game. It's a great experience because we are constantly thinking during the game which really tests our knowledge of the sport. A highly-

competitive game like Mamaroneck teaches us a lot and allows us to step up and play the best that we can."

Lakeland received goals from Cara O'Shea and Samantha Graap. Goalie Kellie Smith made three saves, but she received a huge life from teammate Emily Kness, who made a goal-line save to keep Lakeland up 1-0.

"Emily made an incredible play," Cummings said. "The ball was sent into the circle and a Mamaroneck player was standing in front of the goal. She tipped the ball and Kellie dove to try and stop it, but luckily it hit the post. Then more players ran in and were getting really scrappy, trying to hit it in. As this happened, Emily ran and dove behind Kellie. Emily was on the ground, her hands and knees, as the ball was shot again and she saved it and cleared it out."

Lakeland opened its week with the victory over Scarsdale as O'Shea finished with a hat trick. Kness had two goals and two assists, Erin Daly also scored twice and Julianna Cappello finished with one goal and three assists.

*continued from previous page*



Yorktown's Hailey Soliz gets airborne against Panas' Haley Ortiz, Alex Sudol and Ella Yaeger in Huskers' 2-1 loss to Panthers.



Mahopac's Bryan Tenenpaguay rips shot stopped by Carmel G Chris Ciecira in Indians' 2-0 win over Rams last Thursday.

saved the Huskers' hide when he flew in on defense and prevented a game-tying goal in the game's waning moments. His spectacular defensive play helped preserve the victory for the reigning Section 1 Class AA champion Huskers, who are obviously legit Class A title contenders this season when they bring the A-game.

"In our two losses this season we got in our own way," Yorktown Assistant coach Justin Huff said. "Come playoff time we'll be ready to play anyone and will be looking for some revenge against Beacon and Tappan Zee. We're officially a Dr. Jekyll and Mr. Hyde-type team. We seem to have turned things around for start of the league schedule this week."

They'd better have because if folks want to see something completely off the hook this week, they'd best be at Yorktown on Thursday (6 pm) when Somers pays a visit in what should be a raucous environment with the league chip potentially on the line. The Huskers have already stunned the Tuskers this season, Somers will be looking to extract its pound of flesh...

**SOMERS** defeated Pleasantville, 1-0, when Ethan Cukaj scored from Jon Riina,

but truth be told the Tuskers need to score more than once in a game against a Class B foe if they mean the kind of business they are capable of. The Tuskers put up a 7-spot in a shutout of Panas when Lucas Fecci and Diego Giron each scored two goals and dished as assist for the surging state-ranked (No.19) Tuskers (7-1), winner of five in a row. Film doesn't lie and Coach Brian Lanzetta's Tuskers look scary good on film, and once they become a cohesive unit watch out...

**MAHOPAC** senior Niko DeCola put on a second-half show in a 2-0 win over host CARMEL, scoring twice in dictating tempo throughout. His 45-yard laser off a free kick tickled twine and was a sight to behold...

**GIRLS' NOTES:**  
The **WALTER PANAS** Panthers came up with two theatrical wins this week, defeating bordering rivals, **YORKTOWN**, 2-1 in OT, and **LAKELAND**, 1-0, in the final minute. Noelle Fuller, the Panthers' keeper, made 19 saves and emerging Julia Araujo scored on a free kick with 48

seconds left to beat Lakeland. Against Yorktown, Kaitlyn Roazzi and Araujo found the net. Reckon my man -- Panas Coach Kyle Pierce -- has the Panthers playing above their ordinary level after these two huge wins. Lakeland also suffered a 1-0 loss to **SOMERS** when Mia Klayman scored the lone goal off an assist from Dahlia Pepe...

**PUTNAM VALLEY** had a rough week for a team with high hopes and legit talent, losing a pair of 2-1 games to Croton and Hastings. Hey, it's early, but it's time to get your ducks in a row if the Tigers are going to make another Class B Final 4 run.



Panas' Julia Araujo has emerged as a viable force in recent wins over Lakeland and Yorktown.

# Kaiser Rolls Yorktown!



## Somers FB Notches 4 TDs in Tuskers' 35-21 Win

RAY GALLAGHER PHOTO

Somers sophomore FB Jack Kaiser plows for a good chunk of his 165 yards and four touchdowns in the Tuskers' (2-2) 35-21 victory over host Yorktown (3-1) last Friday night when Somers erased a 21-7 deficit to stun the Homecoming Day crowd at Charlie Murphy Field... see Grid Notebook



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