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Incumbent  
Cortlandt Town  
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page 4**

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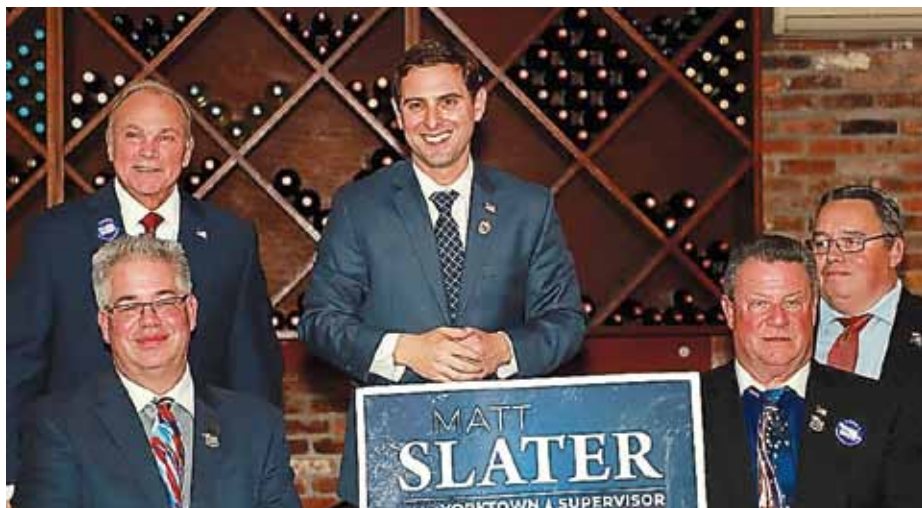
Covering Yorktown, Somers, Cortlandt, Croton-on-Hudson, Buchanan, Ossining and Peekskill

November 12 - November 18, 2019

SMALL NEWS IS BIG NEWS

Volume 11, Issue 516

## Diana, Lachterman Reelected to Town Board; Quast Returned as Town Clerk Slater Ousts Incumbent Gilbert to Win Yorktown Supervisor



Matt Slater and councilmen Ed Lachterman and Tom Diana (both in the forefront) were easy winners on Election Day.

BY RICK PEZZULLO

Matt Slater was elected Yorktown Supervisor on Election Day with a convincing victory over incumbent first-term Supervisor Ilan Gilbert.

With 100% of the votes reported by the Westchester Board of Elections, Slater, 33, received 5,543 votes (53%) to 4,936 (47%) for Gilbert.

"It is just incredible. It's an absolute honor. It is so humbling to have your support and your confidence," Slater told supporters after claiming victory. "Let's give it up for the new majority. We have a plan in place and we will hit the ground running. We are looking forward to achieving the promises we put forward in the campaign."

Slater is a lifelong Yorktown resident, married father of two young children and project administrator for the Board of Elec-

tions.

Gilbert, 63, said he was "cautiously optimistic" of being able to fend off Slater but felt he was constantly on the defensive throughout the campaign.

"I was very unhappy with the tone of the election. They were really spinning negatively and putting out misinformation," Gilbert said in an interview the day after the election. "Upon reflection I do believe that the party opposition goal from day one was for me to be a one term supervisor. So, in that sense the Republican Party leadership had a desire for change and (had a) great effort in getting the vote out."

Commenting on the controversy surrounding his and his Democratic team's decision not to participate in a candidate's debate sponsored by the Yorktown Cham-

*Continued on page 3*

## Rainey Reelected in Peekskill; Dems Sweep All 4 Seats

BY RICK PEZZULLO

With a three-to-one Democratic registered voter advantage in the city, the numbers held up on Election Day as Peekskill Mayor Andre Rainey and his trio team of incumbent councilwomen rolled to victory.

"I feel wonderful tonight. This is a win for the City of Peekskill," Rainey said after his triumph among supporters at BeanRunner Café. "We hope to continue the progress we have already made."

According to results from the Westchester Board of Elections, Rainey, 35, defeated former Coun-

cilman Vincent Vesce, 2,875 to 2,027.

Vesce, 47, whose father served as mayor for two terms in the early 1980s, said early voting put his team in the hole. Of the approximately 1,200 residents who went to the polls before November 5, 860 were reportedly registered Democrats.

"I really have no regrets. I think we really did everything we could," said Vesce, who congratulated Rainey and councilwomen Vivian McKenzie, Patricia Riley and Kathleen Talbot at BeanRunner. "We had a strong social media presence, great marketing team,

we went door-to-door, we went to all the events. It is what it is."

Rainey, Owner and President of NOO Moves Entertainment, which he founded in 2010, earned his second two-year term as mayor. The mayor position pays an annual salary of \$13,015.

"Peekskill has never been in better shape. We have turned the page from a time when a small group of conservative Republicans thought of Peekskill City Hall as their own personal friends and family club divorced from the reality of who the people of Peekskill are," Rainey remarked prior



PHOTO BY EARL JOHN POWELL

*Continued on page 3*

Vincent Vesce congratulated Mayor Andre Rainey at BeanRunner Café Election night.

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## Slater Ousts Incumbent Gilbert to Win Supervisor

*Continued from page 1*

ber of Commerce, Gilbert conceded it was something he may have wanted to "re-think."

"That's the nature of politics I suppose. I believed I was doing a good job," Gilbert said. "Obviously it hurts and I'm disappointed. Sometimes these things are meant to be. I'm very proud of what I have accomplished in the last two years."

Slater said Gilbert has "graciously offered" a smooth transition in the coming weeks, something Gilbert said he was never given by former Supervisor Michael Grace.

"Our organization is already in the process of putting a transition team in place which we will announce in the near future," said Slater, who will officially take office January 1 and earn a salary of \$122,845.

Meanwhile, in the race for two Town Board seats, incumbent councilmen Tom Diana and Ed Lachterman were elected to new four-year terms.

Diana received 5,510 votes and Lachterman 5,259, while Democratic newcomers Patricia Rothberg (4,631) and Sheralyn Goodman (4,641) were far behind.

Starting January 1, the Republicans will now hold a 3-2 majority on the board. Democrats Vishnu Patel and Alice Roker remain as councilmembers. Councilmembers receive a salary of \$19,820.

"I would like to thank the voters in Yorktown who came out and put their trust in me for another four years," Diana said. "I pledge to continue to work for all the residents of our great town."

"I would like to thank all of those that helped with this election and all of those who came out to support me at the polls," Lachterman said. "I look forward to serving the Town of Yorktown for another four years! God bless you all."

In a much closer race, Town Clerk Diana Quast held off Republican challenger Mary Capoccia, 5,291 to 5,134 to earn a new term.

Yorktown Town Justice Gary Raniolo was elected to a new four-year term, running unopposed.

## Rainey Reelected in Peekskill; Dems Sweep

*Continued from page 1*

to the election. "Peekskill, today is a multicultural, diverse community that is welcoming to everyone: new residents and lifetime residents, the young and the old, black and white, gay and straight, native born and immigrant, and every creed and culture."

In the race for three seats on the Common Council, Riley was the top vote getter with 2,698 votes, followed by McKenzie with 2,671 and Talbot with 2,602. Lauren Brady finished fourth with 2,015 votes, followed by Luis Segarra with 1,877 and Marlon Mahon with 1,770.

Each Common Council seat carries

a four-year term and an annual salary of \$8,686.

"It is with hope and optimism that the Peekskill Together team would like to extend our congratulations and best wishes to Mayor Andre Rainey, and Councilwomen McKenzie, Riley, and Talbot," Brady, Segarra, Mahon and Vesce stated on Facebook. "We are confident in the knowledge that Peekskill will continue to prosper, and we are hopeful that the Common Council will do their part to keep Peekskill moving forward."

"We know that the job of mayor or councilperson is a thankless one, with significant personal demands, and few rewards,

other than the satisfaction of participating and contributing. We are and will be grateful to these re-elected officials for the service they perform for our community," they added.

The council will have one empty seat in January after Councilman Colin Smith beat former Mayor Frank Catalina to win the District 1 seat on the Westchester County Board of Legislators. The council will appoint a replacement before a special election is held sometime next year for the unexpired term.



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# Fugaro-Norton Beats Incumbent McCarthy in Justice Race

BY RICK PEZZULLO

Democrat Maritza Fugaro-Norton defeated 12-year incumbent Dan McCarthy in the race for Cortlandt Town Justice on Election Day.

Fugaro-Norton, who has resided in Cortlandt for the last 14 years and has been a Court Attorney in the Westchester County Family Court for the last 12 years, received 4,833 votes (53%) to 4,234 for McCarthy (47%).

"What an amazing night! We did it! Maritza knew the only way to win was to work the hardest. With a lot of help from friends, family and many others she knocked on thousands of doors and made her case to the public. Hard work pays off! Now we celebrate!" Friends of Maritza Fugaro-Norton stated on Facebook.

Fugaro-Norton is only the second woman elected town justice in Cortlandt's history. Two years ago, Kimberly Ragazzo paved the way, defeating 28-year Republican incumbent judge Gerald Klein. The town justice seat is a four-year term and carries an annual salary of \$46,054.

McCarthy, who has lived in Cortlandt since he was five years old, was first elected to the bench



Maritza Fugaro-Norton (right) campaigned with County Legislator-elect Colin Smith and Cortlandt Supervisor Linda Puglisi.

in Cortlandt in 2008, succeeding his father, Daniel McCarthy, who served 30 years from 1977 to 2007.

"I would like to take this oppor-

tunity to extend a heartfelt thank you to my family, friends and all those who provided so much encouragement and support during the campaign, and over the past

12 years I've had the privilege to serve as Cortlandt Town Justice," McCarthy stated on Facebook. "While it is impossible to list everyone, I would first like to thank

my immediate and extended family - quite a large and rowdy gang - who provided extraordinary help, love and humor all along the way. To my good and lifelong friends, I thank you and look forward to being with you at the next party!"

"Serving as town justice has been one of my highest honors and privileges, with innumerable rewards and challenges, but I fully recognize that I could never have performed the job without the help of others who are the foundation of our Town Court. Chief Clerk Audrey Stewart, Court Clerks Teri Narsingh and Maria Pereira, and Court Officers Joseph Picone and Howard Moskalik, as well as the many others who have worked in the Court in the past, perform their jobs and deal with members of the public, often times in difficult situations, with class, exemplary competence and good humor," McCarthy continued.

"What I will miss most about this job, is no longer working with these great individuals and good friends. Lastly, I thank those who live and work in this great town for entrusting me with this important job these past years."



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# Democrats Sweep Three Local County Legislator Races

BY RICK PEZZULLO

Democratic candidates hit a trifecta on Election Day by sweeping the three local seats up for grabs on the Westchester County Board of Legislators.

In District 1, which includes Peekskill, Cortlandt and parts of Yorktown, Peekskill Councilman Colin Smith defeated former Peekskill Mayor Frank Catalina to become the first Democrat to represent the area.

According to the Westchester Board of Elections, Smith received 6,702 votes (53%) while Catalina picked up 5,929 votes (47%).

"I'm honored and humbled by the trust the people of Northern Westchester have shown in me tonight. I'm committed to representing everyone in this district, regardless of party, over the next two years," Smith stated. "I especially want to thank all of my friends in organized labor for their incredible support. My top priorities as county legislator will be fighting for working men and women, and to make our area more affordable for working families and seniors. Together, we're going to build a better Westchester."

"I also want to thank my Republican predecessor John Testa for his years of dedicated service to this



Legislator Catherine Borgia celebrated her landslide win with Ossining Councilwoman Elizabeth Feldman; (below) Vedat Gashi enjoyed his win with his family.

district and to Westchester County," Smith added.

Catalina, who expressed displeasure with Smith's campaign mailings after the two friends agreed not to engage in dirty politics, said he was proud of the campaign he ran.

"I would like to thank all of my supporters and voters. Although we came up short, we laid out our concerns and vision for this district with the hopes that they will be addressed," Catalina stated on Facebook. "I really hate citing individuals for fear of leaving someone out but here goes: to my wife Gina for everything and sticking with me

when others did not. To Larry and Karen Gomez my brother and best friend of more than 50 years. To my mother and her Silver Foxes who could pump out 3,000 mailers in one night. To Dan Pagano without whose support and friendship, this race would not have happened. In the end, we all will live happily after so THANK you all, I will cherish the memory of this race. In closing, we wish Colin Smith the very best, for if he does well, District One does well."

In District 4, Vedat Gashi crushed former Yorktown Supervisor Michael Grace for the right to succeed retiring longtime Legisla-

tor Michael Kaplowitz. The district includes Yorktown, New Castle and portions of Somers.

Gashi, an attorney who fled with his family to the United States from what is present-day Kosovo when he was four years old, received 8,468 votes (59%) to 5,939 (41%) for Grace, who is also an attorney.

"Thank you from the bottom of my heart. I love you all and promise to work hard enough to be worthy of the support you've shown," Gashi said to supporters on Facebook. "The work is coming and we'll be

ready for it. Thank you for the opportunity to do it."

Meanwhile, in District 9, incumbent Catherine Borgia pounded GOP challenger Robert Outhouse for the second straight election to earn her fifth two-year term. The ninth district includes Cortlandt, Peekskill, Ossining, Croton-on-Hudson and Briarcliff Manor.

According to the Board of Elections, Borgia received 6,811 votes (63%) to 3,975 (37%) for Outhouse, a retired Westchester County police detective.



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# Luongo, Smith Win Board Seats; Van Ross Elected Town Justice

BY DAVE HOFFMAN

Putnam Valley residents went to the polls last Tuesday, resulting in a few changes. Councilman Louis Luongo retained his seat, while Ralph Smith will join the board. Lawrence Cobb retained his position as Highway Superintendent, while Clement Van Ross was newly elected as a Town Justice. Town Supervisor Samuel Oliverio and Town Clerk Sherry Howard retained their positions, having run unopposed.

**Putnam Valley Town Board**  
Luongo, who ran on the Republican, Conservative, and Independence Party tickets, and Smith, who represented the Democrat, Conservative, and Working Families Parties, won the two council seats in the five-candidate race.

According to the Board of Elections, Luongo received 1,493 votes and Smith pulled in 1,344. Smith takes the place of Steven Mackay (Republican, Independence), who served as a councilman for eight years and finished fourth with 994 votes.

Also running were Anthony Williams (Democrat, Working Families), a member of the town Planning Board and Library



RALPH SMITH

Board of Trustees, who finished third with 1,097 votes. Rounding out the field was Patricia Villanova (Libertarian Party), who received 379 votes.

"I'm very humbled to be re-elected," said Luongo, who has served on the council for seven

years. "We've taken care of some health and safety issues. We've stopped smoking in the town park and put a moratorium on new vape shops and marijuana dispensaries."

Luongo also referred to new deicing regulations designed to



LOUIS LUONGO

enhance safety around the lake.

Candidates cited maintaining a budget in light of a low tax base as the biggest challenge facing the town.

"The taxes are unsustainable. We don't have a commercial district. Between the school, town,

county, and fire district, it never goes down, it always goes up," said Villanova, feeling the pressure of rising expenses as a long-time resident. "We have some big ticket items coming up that will have to be dealt with by the new town board."

Luongo also sees the lack of a commercial tax base as a key issue. "We're looking into the state to find out what can be done. Unfunded state mandates hurt a small town like us," he said.

## Town Justice

While Van Ross won the empty seat for new Town Justice, besting Terry Raskyn 1,429 to 1,224, the election of current Justice Gina Capone to State Supreme Court will leave a second vacancy that will be filled by appointment of the Town Board.

Raskyn hopes to be considered for the vacancy. "Congrats to Clem, and congratulations to Gina. I hope as a lawyer to appear before her some day," said Raskyn. "I love the law, and I've had incredible experience in term of representing some of the most vulnerable in our society. This is where they first encounter the justice system, and it should be done in a meaningful way."

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## Obituaries

### Patricia Rowan

Patricia E. Rowan, a resident of Yorktown, died November 6. She was 90.



PATRICIA  
ROWAN

She was born October 22, 1929 to John and Brenda Reagan. She married Earl T. Rowan from Pittston, PA on June 25, 1955. They were residents of Yorktown for 59 years. Mrs. Rowan worked for Mercy College in Dobbs Ferry in the Communication Disorders Dept. as a Administra-

tive Assistant.

She is survived by her loving children: Meghan Hizny (Jacob), Patricia A Rowan Francis (Arthur), Sean Rowan, and Thomas Earl Rowan (Jayne), and cherished grandchildren Christina Hizny, Michael Hizny, Kairat A. Francis, Hailian Rowan and Brianna Boniface. Patricia is also survived by her brothers John A. Reagan and James Reagan. She was predeceased by her husband Earl, granddaughter Christina Francis and sister Brenda Grieb.

### Andrew Alimonti

Andrew A. Alimonti, a resident of Shrub Oak, died November 4. He was 85.

He was born February 10, 1934 in Peekskill to Ann Conklin and Angelo Alimonti (Elizabeth). Mr. Alimonti served honorably for the United States Army 1956-1958. On October 3, 1959, he married the late Carol Heady. He was a life member to the Mohegan Lake Fire Department. He retired in 1991 from the Yorktown Highway Department as Superintendent.

He is survived by his children: Andrew

Alimonti, Debbie (Fred) Wright, Kevin (Maureen) Alimonti and Nancy Alimonti. He is also survived by five grandchildren: Michael, Ashley, Freddie, Meagan, Andrew and a great-grandson Rylan, his sister Judy (Jeffer) Brown, Dyrall (Ida) Alimonti, Joanne (Larry) Macchia and many nieces, nephews and great-nieces and nephews.

### Bruno Rohle

Bruno P. Rohle, a former resident of Yorktown, died November 3 in McKinney Texas. He was 91.

He was born in NYC February 26, 1928 to Paul and Caroline Rohle. He married the love of his life, Gladys Weichbrodt, on September 9, 1950. They recently celebrated their 69th wedding anniversary.

Bruno and Gladys moved to Yorktown in 1950 and resided there until 1990. He owned the Blue Print Company in NYC. He was an active member of St. Andrew's Lutheran Church, an avid bowler and golfer.

He is survived by his wife Gladys, son Robert and his wife Elizabeth, daughter Barbara Rohle, daughter in-law Maria, brother in-law Henry Borgelt, grandsons Nicholas, Kevin, Christopher (Katie), Andrew, Joseph and a great grandson Reese. He was predeceased by his son Edward Rohle, sister Erica Borgelt, and daughter in-law Julie Nigro.

### Carla D'Agostino

Carla D'Agostino, a resident of Peekskill, died November 2. She was 69.

She was born September 27, 1950 in Piacenza Italy to Giovanni and Rosa Scagnelli. She came to the United States with her family in 1960. On September 12, 1970, she married Albert D'Agostino.

She was a devoted and loving wife,

mother, and grandmother. She enjoyed spending time with her family, sharing recipes while baking for her grandkids. She liked to crochet special gifts for different family occasions.

She is survived by her husband Albert, two sons Albert and and his wife Lisa, John and his wife Tammy, daughter Christine Baez and her husband David, and two brothers, Giacomo and Pietro Scagnelli. She is also survived by 12 grandchildren: Giancarlo, Gino, Giovanni, Gabriela, Brianna, Giuliana, David, Jaydon, Arianna, Michelle, Christopher and Gianna.

### Alfred DeAngelis

Alfred DeAngelis died November 4 surrounded by his loving family in Somers. He was 98.

He was born in Yonkers on February 23, 1921 to Anthony and Frances (Longo) DeAngelis. On May 10, 1943, he proudly entered the Army during the Second World War and served as Technician Fifth Grade until he was honorably discharged in March of 1946. He received several medals during his service: the Asiatic Pacific Campaign Medal, the American Campaign Medal, the European-African-Middle Eastern Campaign Medal, the Good Conduct Medal, and the World War II Victory Medal.

On September 12, 1948, he married the love of his life, Sue and they were blessed with three beautiful and amazing daughters. Mr. DeAngelis was a hard-working man who was a self-employed building contractor.

He was, first and foremost, a family man. He and wife Sue were married for an amazing 71 years. Spending time with his family gave him immeasurable joy, especially with his four grandchildren and four great-grandchildren – each of whom held

a very special place in his heart. His faith in God was also very important to Alfred. He was a member of St. Joseph's Church in Somers for many years.

Mr. DeAngelis is survived by his adoring wife, Sue, three children, Rosemarie and son-in-law Timothy Pipes, Susan and son-in-law Christopher Panzarino and Angela and son-in-law Steven Webber. His four grandchildren, Dawn Marie Barley, Lisa DeRose, Steven Webber and Amber Webber and his four great-grandchildren, Milan Mancini, Ricky Mancini, Devon Barley and Austin Barley. He was predeceased by his siblings Rose DiSciorio, Joe DeAngelis and Mary Tolli.

### Donald Apostolico

Donald "Dinky" Apostolico, a resident of Ossining, died November 5 after a brief illness. He was 88.

He was born January 13, 1931, in Utica to Domenic and Catheryn (Giblin) Apostolico. He graduated from Ossining HS in 1949 and was in the U.S. Navy through 1953. On June 13, 1959, he married Donna Perry. They were married for 59 years. They had three children, Meg, Thomas (Sherry) and Karen Ryan (Tim), six grandchildren, and five great-grandchildren.

He was an engineer for General Foods in Tarrytown for 36 years, worked security at Scarborough Manor, and served 16 years as Chief Dispatcher for the Ossining Fire Dept. He was a Deputy Fire Chief for OFD and was a 63-year life-active member of the department.

He was predeceased by his parents, wife Donna, Siblings Jack, Marge and Jeanne, and is survived by his brother Richard of Ft Lauderdale, his children, grandchildren, great-grandchildren, and many nieces and nephews.

## Yorktown's Got Talent Competition

Get your talents rehearsed and come win big cash prizes with local celebrity judges. On the evening of Friday, February 7, 2020, Yorktown's Got Talent will be held at the Yorktown Stage. The event is a fundraiser for local Cub Scout packs. There will be two competition divisions: kids (16 and under) and adults (17 and older) with first place prizes in each division of \$300!

If you are a Yorktown resident, get your entries in before the deadline of December 1, 2019. Competition finalists will be announced on December 23, 2019. To en-

ter, upload your 2 minute audition video to YouTube and share it with us at: yorktown.got.talent@gmail.com. Make sure your video contains your contact information in case you are selected. All submissions are private and will only be viewed by the selection committee. Note that Yorktown residence must be confirmed to qualify as an accepted finalist. Check out www.yorktowngottalent.com for event updates.

For more information about Scouting and all of the wonderful activities your children can enjoy visit www.beascout.org.



### New Ossining Village Board

Robert Fritsche (left) and Omar Lopez (right) were elected to the Ossining Village Board on Election Day running unopposed. Meanwhile, voters overwhelmingly opposed three propositions in the Town of Ossining that would have changed the positions of town clerk, receiver of taxes and highway superintendent from elected to appointed.

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## 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 [rpezzullo@theexaminernews.com](mailto: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

# New Pretrial Criminal Justice Reform: The Impact in Westchester

On April 1st, 2019, New York State passed historic pretrial legislation, overhauling our deeply unjust bail, discovery, and speedy trial systems. Westchester residents and New Yorkers across the state demanded and celebrated this legislation to end mass pretrial incarceration and the criminalization of Black and brown communities. In Westchester County in 2018, over 1,000 people languished in jail each night. Over 65% were pretrial: they had not been convicted, but were behind bars because they could not afford bail. This system violated the presumption of innocence, criminalized low-income people, and led to the coercion of plea deals. It also wreaked havoc on the lives of tens of thousands of people each year. Imagine not being able to afford bail. It doesn't take very long—a day, maybe a week—to lose your job or your home, not much longer to lose your healthcare, access to education or custody of your children.

In addition to this money bail system, New York had one of the worst discovery laws in the country. Prosecutors did not have to turn over evidence until a person went to trial. This means that people were often asked to take plea deals without even the basic facts of the case. Thanks to the leadership of Westchester residents and our County Legislature, who passed a resolution in support of these reforms, this horrifying system will no longer be in place come January 1st.

In 2020, because of these legislative changes, many fewer people will be incarcerated pretrial, and prosecutors will now be required to turn over all evidence at the very beginning,

before any plea deal.

These are powerful, necessary changes. But real justice requires community investment in the neighborhoods that have been most devastated by mass incarceration. Our communities need affordable housing. Our communities need education. Our communities need job training. Our communities need mental health services. Our communities need quality, affordable healthcare.

Safety is having your needs met. As safety is many families' most important concern in Northern Westchester, it's important to understand that this is what safety looks like.

This is what is necessary for our families and neighborhoods to thrive.

The Path Ahead

No sooner did this legislation pass, that we are now seeing prosecutors across the state using the new legislation to demand more funding. DA Scarpino has requested an outlandish 42 additional staff positions. They are asking for this funding to be able to pursue business as usual—to prosecute the same number of illegitimate cases with the same advantage. This is not what our communities need. Rather, DAs should reallocate existing resources to implement this important new legislation. This will require them to rethink how they prosecute, to bring fewer needless cases and to reprioritize and reallocate their resources.

Discovery reform is an opportunity for prosecutors to be more thoughtful about charging, to apply scrutiny on the front end so that they are not pursuing wrongful or needless cases. It is an opportunity to exercise true

prosecutorial discretion.

For bail reform, there will be necessary funding allocations. The new legislation requires that courts provide court reminders. This is important to help make sure people remember they have court and make their court dates! The Department of Motor Vehicles does this to remind drivers when their inspection or registration is due. Additional funding to support transportation to court would also be welcome. However, we do not want to see pretrial services become a punitive system that makes it hard for people to keep their jobs or disrupt their ability to care for their families.

Fundamentally, what keeps us safe are community-based resources, housing, jobs, and other opportunities to meet our needs. As we enter into this crucial County budget season, we urge the County Executive to shrink the footprint of the criminal legal system and reinvest in our communities.

We urge you as residents to remind our elected officials to support this effort.

**The Westchester Pretrial Implementation Coalition**  
**Westchester Children's Association**  
**VOCAL NY**  
**Lower Hudson Valley Chapter of NYCLU**  
**The Legal Aid Society of Westchester County**  
**Westchester for Change**  
**Irvington Activists**  
**WESPAC**  
**Westchester Coalition for Police Reform, among others**

## Letters to the Editor

### Thank You, Peekskill!

**To the Editor:**

Once again, you have voted to keep Peekskill's progress rolling by returning us to office. We, Mayor Andre Rainey, and Common Council members Kathie Talbot, Vivian McKenzie and Patricia Riley, thank you for your continued support and expression of confidence in our policies and vision for Peekskill's future.

Our city's successes have been yours as well as ours. We can best accomplish our goals with your support and even more with your participation. We continue to need and welcome your input on all the im-

portant issues facing our community.

Our community is best served and will reach its greatest potential when we all work together. Let's get it done!

Thank you,

**ANDRE RAINEY**  
Mayor  
**KATHIE TALBOT**  
Deputy Mayor  
**VIVIAN MCKENZIE**  
Councilwoman  
**PATRICIA RILEY**  
Councilwoman

### Chamber Provided a Level Playing Field with Debates

**To the Editor:**

Well election day 2019 is finally in our rear-view mirrors and I, for one, am happy that it is "in the books!" I am proud to report that The Yorktown Chamber of Commerce was able to provide fair and professional de-

bates in a nonpolitical format for all the people of Yorktown; that our moderators Aaron Bock and Rosemarie Panio "knocked it out of the park" and exceeded all expectations with their candid questions and fairness;

*Continued on page 9*

### Thanks Again for The Great Honor of Leading Cortlandt

**Dear Cortlandt Residents,**

I want to thank you for once again, placing your support and trust in me to continue as Cortlandt's Town Supervisor. It is an honor and a privilege to be Supervisor of this great town and its' residents.

Over the years we've accomplished a great deal but as always we look to what we can do now and into the future to benefit our community.

I pledge to you that I will work to achieve that goal along with our board members, employees and volunteers who serve our community.

I wish you and your families a Happy Thanksgiving and a wonderful Holiday Season.

Thank you again for this great honor!

**LINDA PUGLISI**  
Supervisor  
Town of Cortlandt



# Mahopac Cyclist to Pedal 520 Miles to Support Women in Kenya

On November 14, Mahopac resident Adam Mitchell will be embarking on a 10-day trek by bicycle across the frigid terrain of northern Newfoundland, Canada to raise awareness and funding for a project led by the Maryknoll Fathers and Brothers in Ossining that provides vocational training for women in Elburgon, Kenya.

Mitchell's 520-mile-long, off-road journey will begin with a seven-hour ferry crossing to Channel-Port aux Basques, and finish at "mile zero" of the Trans Canadian Highway in North America's oldest, and easterly most city, Saint John's.

His route will be along the old the old railway corridor built in 1881, that was abandon years ago. While elevation is relatively low, 80% of the trail surface is old, large crushed stone railway track ballast, with overgrown stretches of hunting trails alongside the old tracks and abandon bridges, many in disrepair.

This type of trip does not include Air BnB, or cozy cabins. Mitchell will be completely self-supported, with all food and camping supplies packed on his bicycle. The journey will take him through remote parts of the island, under harsh and highly unpredictable weather conditions.

Mitchell was deeply inspired by his friend and local business owner Mary Courtney, who died suddenly on October 12, 2012 while volunteering in Africa, where she helped women and children build stronger communities.

"Mary was a mentor to me, someone



Adam Mitchell will be pedaling 520 miles through Canada.

who taught me about the potential of our choices, how they can have profound effects on so many people," he said. "My choice to follow a dream (crossing Newfoundland by bicycle), meanwhile honoring her legacy and the work she was committed to is something I know Mary would appreciate."

Mitchell has partnered with Maryknoll Missioner, Fr. Lance Nadeau who has

served the last 20 years as a Catholic missionary priest in Kenya, much of which has been spent administering to people suffering with AIDS. Currently, Fr. Lance's work is focused on developing career training and independence for women within the parts of Kenya where he serves.

This work is incredibly important for Kenya. According to the UN HD Index 2017, Kenya has an unemployment rate of 39.1%, one of the highest in the world. The unemployment rate for youth (18-35) stands at about 65%. Most employed youth are engaged in the unregulated informal sector and are subjected to low earnings and long working hours. The dire situation of youth employment is exacerbated by a shrinking economy, political instability, and intensifying income inequality.

Most of women's labor takes place in the home, subsistence agriculture, and informal trading such as selling produce or running small food stands, occupations that are not included in studies of employment. It seems reasonable to conclude that Kenyan women suffer economic marginalization like Kenyan youth.

Through the generosity of his friends and family, Mitchell hopes to support the work of Fr. Lance to improve the quality of

life for youth-women as they learn to skills for independence.

Fr. Lance would like to purchase 30 sewing machines for a women employment project in Elburgon, Kenya. It's Mitchell's goal to support this effort by raising money for these machines and resources.

100% of money raised by Mitchell will go toward supporting this project through the purchase of hardware, machinery and resources.

Mitchell will be equipped with lightweight video equipment and will have reasonable access to internet at points. For all of those willing to support his cause, he will be sharing the challenges and beauty of his wilderness trip across Newfoundland.

## Chamber Provided a Level Playing Field with Debates

*Continued from page 8*

that we provided the town and candidates a "level playing field" as a service to our community and for those of you who could not attend the debates were published on the Yorktown Chamber of Commerce Facebook Page for all to personally witness the level of professionalism and in the way these debates were handled.

The Chamber is looking forward to carrying on the tradition in the future and providing all the people of Yorktown the opportunity to witness and question candidates in order to make a well informed and educated decision as they head to the ballot box. The Chamber will continue to host its debates during any election cycle and the debates are always held, as they have always been, two weeks before any election. In the future we look forward to the participation of all candidates.

**SERGIO ESPOSITO**  
President, Yorktown Chamber of Commerce

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# Controversial Sewer District Referendum Vote Postponed

BY NEAL RENTZ

The controversial proposal to create Special Sewer District #2 for residents of the Lake Lincolndale and Lake Shenorock sections of Somers is on hold.

A referendum for residents of the two lake communities had been set for December 11 but it has been postponed, Supervisor Rick Morrissey announced at the November 7 Town Board meeting.

Morrissey said the sewer district plan would be revised and another vote date would need to be set. The project's Map, Plan and Report and the costs will be updated and be resubmitted to the town by the engineers it has hired for the project, he said.

There have been misconceptions about the project spread by some residents, Morrissey said. For example, there will be no zoning changes in the two communities if the sewer district is approved and any fees residents in those areas would go to the sewer district, not into the town coffers.

If the \$10 million from the DEP is not spent on a sewer project it will be lost, Morrissey said. Westchester County wants to spend all the grant money provided by the DEP so it can apply for more funding for other water quality preservation projects, he said.

If residents approve the new district, the Town Board would need approval from the Westchester County Board of Legislators to expand the county sewer treatment plant in Peekskill and the proposed sewer district plan would also need to be okayed the office of state Comptroller Thomas DiNapoli,

The project would ultimately cost about \$62 million and town officials have said they are actively applying for grants to reduce the cost. Somers is eligible to use \$10 million from the New York City DEP for the first phase of the project.

Costs would include capital construction, buy-in to the county sewer district for 10 years (which would cost between \$170 and \$184 annually) and annual operations and maintenance costs,

The plan is to complete the project in three phases. The first phase, which would include 65 properties in Shenorock and Lincolndale, would cost between \$10 and \$13 million. The second phase, which would include parcels in Shenorock, would cost between \$28.1 and \$30.1 million. The third phase, which would include properties in Lincolndale, would cost between \$21.1 and \$22.1 million.

The cost for the average home in the new district was originally thought to be \$1,200 annually at full buildout. The plan is to ultimately have 985 properties included in the sewer district. The town is planning is to take out a 30-year bond to pay for the project.

Steven Robbins, project manager for the engineering firm Woodard & Curran, which has been hired by the town to create the sewer district said at last week's meeting his firm has been in contact with Westchester County and the state comptroller's office to seek alternative ways to charge residents for the sewer project.

Since the Town Board will need to approve a new funding formula, "That will start a new public process," Robbins said.

Robbins said after communicating with Westchester County and the comptroller's office there are two potential new funding formulas for residents of the proposed sewer district. One option would be a "flat fee" to pay operations and maintenance costs with the range being \$900 to \$1,600 annually regardless of the size of a home, he said. "Each parcel would pay the same fee," he said.

A second option would cost residents between \$400 and \$2,200 annually, with the 90 percent based on property value and the other 10 percent based on the square footage of a home in the proposed sewer district, Robbins said.

Town Attorney Roland Baroni said since the sewer district plan is being revised new public hearings would be required. Once the public hearings are closed by the Town Board the town would have to schedule a referendum vote by owners of property in the proposed sewer district on a date between 30 and 60 days from the end of the hearings, he explained.

Town Board members agreed to the suggestion from Baroni to hold the referendum without requiring residents to get petitions to set up a referendum. Councilman Richard Clinchy suggested that the referendum be held in March or April because in January and February some residents take vacations or spend the winter out of town.

Councilman Anthony J. Ciriaco said if after completing the first phase of the project with the \$10 million from the DEP and the subsequent phase of the project were determined by the Town Board to be too expensive, "We will not go forward. There's a

failsafe in this process."

Morrissey agreed with Ciriaco, saying if grants are not provided for the other phases after the first phase he would not support the project going forward.

Ciriaco said if the \$10 million is not used by Somers for the sewer project other municipalities in the county will seek the money. "There's urgency here," Ciriaco said.

Residents were split about the creation of the district at last week's meeting. As she did previously, resident Linda Luciano strongly opposed the sewer project. She said the FAQ sheet distributed to residents about the proposal should have provided much more information.

Luciano said, contrary to statements from town officials, there is no urgency to spend the \$10 million from the DEP and the money does not need to be spent on new sewers. To preserve the lakes residents should clean and maintain their septic systems and they could be aided in doing so by using the \$10 million, she said.

Another critic of the sewer district project was Robin Anderson. She said a large reason for pollution of the lakes is the results of septic systems and the DEP money should be used to deal with septic problems.

Lake Lincolndale Resident Stephanie McQuaid Geiger spoke in support of the sewer project. Sewers were needed to deal with pollution in the lake which has blue-green algae, she said, maintaining septs in her neighborhood are threats to homeowners' drinking water wells.

McQuaid Geiger said the town needs to send out a mailing to residents with information about the sewer district plan. Clinchy said the town recently hired a public information firm to get additional information about the project to residents.

Another project supporter was Ellen Griffin. She thanked the Town Board seeking to bring the two communities "to bring us into the 21st Century," she said, noting septic systems are close to her drinking water well.

## No Tax Hike in Somers Supervisor's \$14.5M 2020 Budget

BY NEAL RENTZ

Somers Supervisor Rick Morrissey is proposing a \$14.5M 2020 budget that includes no property tax increase.

Morrissey announced his proposal to freeze taxes in next year's spending plan at the November 7 Town Board meeting.

Morrissey is proposing a tax rate decrease of .01 percent and a flat tax levy. He said last week he is not seeking to create or eliminate any programs and the ledger includes no layoffs. He is proposing the net addition of one employee in the highway department.

A public hearing on the proposed budget has been slated for 7 p.m. on December 5. Town Clerk Patricia Kalba said the plan is for the Town Board to pass next year's budget on December 12.



### Helping to Bag Hunger

Yorktown Councilman Vishnu Patel (center) recently joined store manager Jon Paul Lake and other store associates at ShopRite in Cortlandt in an annual effort to help put an end to hunger in the community.



A close-up photograph of two young children. The child on the left is seen in profile, whispering into the ear of the child on the right. The child on the right is smiling broadly at the camera. An orange circular graphic is overlaid on the left side of the image, containing the text "Promise lives in...".

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# Byrne Holds Food & Toy Drives throughout 94th District

Assemblyman Kevin Byrne (R,C,Ref-Mahopac) will be holding toy and food drives throughout the district to support those who are going through financial hardships this holiday season. Byrne will be partnering with the Brewster Community Food Pantry & First Presbyterian Church of Yorktown Food Pantry for the food drives, and Love Holds Life Children's Cancer Foundation for the toy drive.

"The holidays are a wonderful time we spend with family and friends and appreciate all the blessings we have received during the year. We can also celebrate the season by giving to others and helping those in need. By participating in our toy and food drives, you can help local families in need this holiday season," said Byrne.

The food drives will be held in Patterson, Somers, Putnam Valley, Yorktown, Carmel, and Southeast at local landmarks in each town. Any resident wishing to donate to this drive can bring non-perishable foods to any of the locations mentioned below between November 18 and December 18.

The toy drive drop-off will be held between November 4 and December 13 and will be located at Assemblyman Byrne's District Office. Any residents wishing to donate to this drive can bring new, unwrapped toys to his office between 9 a.m. and 5 p.m.

## When/Where: Food Drives (Drop-off between November 18th and December 18th, any time)

Patterson: Patterson Town Hall (1142 NY-311, Patterson, NY 12563)

Putnam Valley: Putnam Valley Town Hall (265 Oscawana Lake Road, Putnam Valley, NY 10579)

Southeast: Southeast Town Hall (1360 NY-22, Brewster, NY 10509)

Somers: Somers Town Hall (335 US-202, Somers, NY 10589)

Yorktown: John C. Hart Memorial Library (1130 E Main St., Shrub Oak, NY 10588)

Carmel: Mahopac Library (668 US-6, Mahopac, NY 10541)

Assemblyman Kevin Byrne's District Office: (3 Starr Ridge Road, Suite 204, Brewster, NY 10509)

## Toy Drives (Drop-off between November 4th and December 13th, 9 A.M. - 5 P.M.)

Assemblyman Kevin Byrne's District Office: 3 Starr Ridge Road, Suite 204, Brewster, NY 10509



Assemblyman Byrne at the First Presbyterian Church of Yorktown with Katharine Frase, Co-pastors Tami Seidel and Chip Low during Byrne's 2017 food drive.

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#### SEAFOOD CREPE LIGHT CREAM SAUCE

#### MIXED FIELD GREENS CANDIED WALNUTS, CHERRY TOMATO, BLEU CHEESE BALSAMIC HERB VINAIGRETTE

### CHOICE OF ENTREE

#### OVEN BAKED CARVED TURKEY

APPLE CHESTNUT STUFFING, GRAVY, CRANBERRY CHUTNEY,  
MASHED SWEET POTATOES & ROASTED ROOT VEGETABLES

#### ROAST LOIN OF PORK

DRIED MEDITERRANEAN FRUIT IN A CREAMY SHERRY SAUCE  
GARLIC MASHED POTATOES & ROASTED ROOT VEGETABLES

#### BAKED ATLANTIC SALMON

WRAPPED IN PHYLLO AND TOPPED WITH CRABMEAT  
CHAMPAGNE DILL SAUCE, BASMATI RICE & VEGETABLE MEDLEY

#### SLICED TENDERLOIN OF BEEF

RED WINE DEMI, GARLIC MASHED POTATOES  
ROASTED ROOT VEGETABLES

### CHOICE OF DESSERT

#### CRÈME BRULÉE

#### CHOCOLATE MOUSSE CAKE

#### NY STYLE CHEESE CAKE

#### RASPBERRY LINZER TART

#### BANANA-CHOCOLATE CHUNK BREAD PUDDING

#### COPPA PISTACHIO GELATO

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Business  
of the Week

Dogtopia  
Cortlandt

BY NEAL RENTZ

Putnam Valley resident Susan Misuraca said last week she is “an avid dog advocate and avid dog lover.”

“My love is dogs. My life is dogs,” Misuraca said.

Her job fits in with Misuraca’s passion for canines. She is general manager of Dogtopia in Cortlandt. “I’m a people person and I’m a dog person. So, I’m getting the best of both worlds,” she said. “I’ve had dogs all my life. I love dogs. I would do anything I can for them.”

The Cortlandt Dogtopia franchise opened in July in the Crompond Road building that formerly housed Canine Kindergarten.

Misuraca said Dogtopia is a day care center for dogs which also serves as a spa and overnight boarding facility for canines. “It’s kind of like a regular day care that you would send your children to,” she said. “We have open play all day for dogs and they come and just learn how to be a dog, they learn how to socialize with other dogs.”

Dogs are separated by size and temperament, Misuraca said. Prior to accepting dogs for their day care services, they do “a meet and greet,” when they are evaluated, she said. Prospective dog cli-



Putnam Valley resident Susan Misuraca is general manager of Dogtopia in Cortlandt, which opened in July.

ents “meet the pack and see how they like it” during the free play day, she said.

“Nap time” is held from noon to 2 p.m.

and dogs eat food in a crate, which is called a house, Misuraca said.

“We do all positive reinforcements,”

Misuraca said. “We do group sits. We teach dogs what is good behavior and what is bad behavior. All of our canine coaches have well over 100 hours of training.”

Dogtopia is staffed day and night, seven days a week, Misuraca said. “Our main priorities are the safety of our pets and employees and the cleanliness,” she said. “We’re the most exciting day every for dogs.”

Dogtopia’s playrooms are regularly fully cleaned and the facility is regularly sanitized, Misuraca said.

The play areas have several cameras and customers can download an app to watch their pooches at Dogtopia, Misuraca said.

The spa services include baths, nail trimming and teeth brushing, Misuraca noted. Overnight boarding is also offered, including on weekends.

Dogtopia, which began in 2002, has more than 100 franchises throughout the United States and some in Canada and is “growing every day,” Misuraca said.

*Dogtopia is located at 3655 Crompond Rd. (Route 202) in Cortlandt. For more information, call 914-930-8131 or send an e-mail to [susanmisuraca@dogtopia.com](mailto:susanmisuraca@dogtopia.com).*



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# Important Tips for Managing Diabetes at Home

BY JOAN BROWN

One in four Americans 65 and up live with diabetes, according to the American Diabetes Association. That makes it more important than ever to find ways to bridge the gap in diabetes control.

"Approximately one-third of our patients have diabetes in addition to their primary diagnosis," said Yael Reich, a nurse diabetes specialist with the Visiting Nurse Service of New York (VNSNY), who advises nurses on how to help patients and health plan members with diabetes manage their glucose levels. "This means our nurses are treating thousands of patients with diabetes on any given day."

As a registered nurse and diabetes educator with VNSNY CHOICE Health Plans, my colleagues and I know that every day people with Type 2 diabetes are warned by their doctors to monitor their diet and stay active to control blood-sugar levels and maintain their health.

We know how difficult it can be when they walk out the office door to follow the advice. When they get home, the kitchen shelves are stocked with processed foods, such as white rice and sugary cereals; it's difficult to find fresh or affordable produce in their neighborhood; and a regular fitness routine is something they never seem to get to.

Helping people better manage their diabetes and supporting them when lifestyle changes are needed is one of the most important things I do as a registered nurse and care coordinator. We have conversations every day about how to apply doctors' orders at home and keep diabetes under control for those who are at risk or coping with the disease. These strategies may be helpful for you as well.

## Shop Smart

You've heard it before, but when shopping and planning meals for yourself or a loved one with diabetes it's important to remember:

- Eliminate refined sugar.
- Add fruits and vegetables to the diet. If you can't get fresh, frozen is usually better than canned (check labels for sugar and sodium).
- Not all fruits are created equal. Green means go for certain fruits; greenish bananas have less sugar than deep yellow ones and green apples are better than red ones. Avoid grapes and raisins, which are high in sugar.
- Stay away from white flour; choose brown rice and whole-wheat pasta instead.
- Avoid salt and fat in cooking; if you do use fat, olive oil can be a great substitute for less healthy fats like butter.
- Limit juices and avoid sodas
- Control portions and don't skip meals.
- Have sugary items such as orange juice or hard candy on hand at all times in case of an emergency dip in blood-sugar level.

## Focus on What You Can Have

As a caregiver for someone with dia-

betes, you can limit your role as naysayer by involving your loved one in mealtime decisions and preparation. Remind them what they can have in addition to what they cannot. Offer meals that are roasted or sautéed in olive or canola oil rather than fried. Think spices rather than salt or sugary sauces. For a filling, healthy alternative dish, try legumes – lentils, chickpeas, beans – rather than white rice, which is high in carbohydrates.

There are plenty of diabetes-focused cookbooks that are full of helpful tips. Begin with the simplest one to avoid being overwhelmed.

Meanwhile, don't underestimate the

power of reward. With portion control and safety in mind, someone with diabetes (and their caregiver) can indulge in a small treat now and then to celebrate a good week. Think a fun-sized candy bar. You may find, as our nurses often do, that once the good feeling of healthy eating takes hold, a couple bites of sweets go a long way.

## Steps in the Right Direction

The directive "get plenty of exercise" can worry older people living with diabetes if it conjures up images of long jogging excursions or lifting weights at the gym. Instead, exercise can be part of daily life. A walk in the park or to the pharmacy or

a stroll through the apartment hallways to get the mail all count. Take the stairs instead of the elevator, at least for a flight or two. Exercise can even happen in front of the television, with a series of leg lifts or arm circles done right in your chair.

## Head-to-Toe Care

Diabetes is a systemic disease that affects the entire body. Pay careful attention to vision, as diabetes-related damage to delicate blood vessels in the eye can cause problems. When caring for someone with diabetes, communicate often about how

*Continued on page 22*

YEAR, MAKE, MODEL	MILES	STOCK	PRICE
2006 FORD EXPLORER	103400	19-141A	5,995.00
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2010 SUBARU LEGACY 5-SPD	104310	P8021B	8,995.00
2011 FORD TRANSIT CONNECT	83623	F135-19A	6,995.00
2012 NISSAN SENTRA	64656	19-535A	7,995.00
2012 VW JETTA S/W TDI	98000	CCC	11,995.00
2013 SUBARU OUTBACK	61126	P8234	14,995.00
2013 FORD MUSTANG CONV	33666	19-107A	15,995.00
2013 VW BEETLE CONV 50'S	58000	19VW-122A	15,995.00
2013 SUBARU OUTBACK	62338	P8164A	14,995.00
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2016 FORD MUSTANG	43690	P8198B	15,995.00
2016 SUBARU ESCAPE SE	35462	P8218	20,995.00
2016 SUBARU LEGACY	15606	P8194	19,995.00
2016 SUBARU CROSSTREK	25193	P8169	20,995.00
2016 FORD FIESTA SE	18069	P8095	11,995.00
2017 SUBARU LEGACY	24104	P8241	19,995.00
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# Happenings

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

## TUESDAY, NOV. 12

**Diaper Drive:** Genesis Jewelers of Yorktown, 32 Triangle Center, is holding its fourth annual Diaper Drive to support the Westchester County Diaper Bank through Dec. 13. Please bring any size, type or brand of disposable baby diapers or wipes. Anyone who brings a donation will be put in a raffle to win a lady Versus by Versace watch. The raffle will take place on Dec. 14 and you do not have to be present to win.

## WEDNESDAY, NOV. 13

**Senior Benefits Information:** A Senior Benefits Information Center is available every Wednesday from 10 a.m. to 1 p.m. at the Somers Library.

**New York -Presbyterian Programs:** Several programs have been scheduled for the coming days at New York-Presbyterian Hudson Valley Hospital, 1980 Crompond Rd. The Breaking Bonds Culinary Program will be held from 9:30 to 11 a.m. Registration: call 914-734-3159 or e-mail [communityaffairs@nyp.org](mailto:communityaffairs@nyp.org). Ask the Doctor: Lunch and Learn on cancer prevention will be held on Nov. 13 from noon to 1 p.m. Registration: call 914-734-3159. A Bariatric Support Group will meet on Nov. 13 from 6 to

7 p.m. Registration: call 914-734-3966. A Taste of Thai Cuisine will be held on Nov. 14 from 5:30 to 7 p.m. Cost: \$15. Registration: call 914-734-3780 or e-mail [hvh-teachingkitchen@nyp.org](mailto:hvh-teachingkitchen@nyp.org). A Cancer Support Group for Latina Women will meet on Nov. 15 from noon to 1:30 p.m. Registration: call 914-293-8424. The Yorktown Seniors Advisory Group: Wound Care Treatments will be held on Nov. 15 from 1 to 2 p.m. at Yorktown Town Hall, 363 Underhill Ave. For more information: call 914-734-3576. A Diabetes Education Class will be held on Nov. 15 from 2 to 3:30 p.m. Registration: call 914-734-3998. A Breast Cancer Support Group will meet on Nov. 18 from 7 to 9 p.m. Registration: call 914-962-6402.

**Craft Program:** Support Connection, Inc. announces a free program: Ladies Night Out: Mosaic Masterpieces will be offered from 6:30 - 8:30 p.m. at the Albert A. Cappelini Community and Cultural Center in Yorktown. It is open to people living with breast, ovarian and gynecological cancers. To learn more or to pre-register, which is required to attend, call Support Connection at 914-962-6402 or 800-532-4290.

**Ossining Library Programs:** Several programs have been scheduled for the Ossining Public Library. On Nov. 13 at 7 p.m. Local author Susan Rudnick will be at the

library to discuss her book, *Edna's Gift - How My Broken Sister Taught Me to be Whole*. Free. On Nov. 15 at 7 p.m. the Friday Night Concert Series, in honor of the late David Kornreich, will conclude with a solo concert by pianist David Fung. Free. For more information, visit [www.davidfung.com](http://www.davidfung.com). On Nov. 16 at 3 p.m. the Talk Culture Book Group will discuss Frederick Douglass's *Narrative of the Life of Frederick Douglass*. Copies of the book can be found behind the Information Desk. Free. On Nov. 18 at 7 p.m. the library's Board of Trustees will hold its regular monthly meeting.

**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).

**Climate Change Open House:** Assemblywoman Sandra Galef will host A Community Conversation on Climate Change" at the Cortlandt Town Hall, 1 Heady S., from 7 to 9 p.m. Attendance is free of charge and no RSVP is required.

**Active Shooter Response:** The Yorktown Police Department will hold a training session regarding Civilian Response to Active Shooter Events at 7:30 p.m. at the Yorktown Jewish Center, 2966 Crompond Rd. Info: 914-245-2324 or [www.yorktownjewishcenter.org](http://www.yorktownjewishcenter.org).

**How To Be Happy:** A new six-week course on how to be happy regardless of your situation is being held on Wednesdays from Nov. 13 through Dec. 18 at Chabad of Yorktown, 2629 Old Yorktown Rd., from 7:30 to 9 p.m. Fee (including textbook): \$80. For more info and to register visit [www.ChabadYorktown.com](http://www.ChabadYorktown.com), or call 914-962-1111.

## THURSDAY, NOV. 14

**Somers Library Events:** The following programs have been scheduled for the coming days at the Somers Library. Create beaded earrings on Nov. 14 from 5 to 7 p.m. This free program is intended for adults, teens & tweens entering grade six & up. Can't make it at 5 p.m.? Join us anytime up until 6:30 p.m. Since this workshop benefits a women's shelter, it could be considered for community service hours. The New Cambridge Trio will perform from 2 to 4 p.m. No registration needed - first come, first seated. Info: 914-232-5717 or [www.somerslibrary.org](http://www.somerslibrary.org).

**Yorktown Jewish Center Courses:** Several courses have been scheduled for the Yorktown Jewish Center, 2966 Crompond Rd. The Talmud class is held on Thursdays at 10:30 a.m. The Rabbi's class will be held on Tuesdays at 7:30 p.m. The Talmud class meets on Thursdays at 10:30 a.m. The Rosh Chodesh class (for ladies only) will begin on Nov. 19, at 7:30 p.m.

This class is for discussion and learning and no knowledge of Hebrew is required. Info: 914-245-2324 or [www.yorktownjewishcenter.org](http://www.yorktownjewishcenter.org).

**Acting Classes:** Four All Theater Company will be conducting acting classes every Thursday from 6:30 to 8 p.m. at the Field Library, 4 Nelson Ave., Peekskill. Class size is limited. Info: 914-737-1212,

## FRIDAY, NOV. 15

**Toys for Tots:** The Marine Corps Reserve's Putnam/Northern Westchester Counties Toys for Tots is getting underway. For more information call coordinator Bill Lewis at 845-528-7987 or send an e-mail to [MAHOPACT4T@YAHOO.COM](mailto:MAHOPACT4T@YAHOO.COM). For drop off locations visit [www.toysfortots.org](http://www.toysfortots.org) and click on drop off sites. Beginning today, and for weekends only, unwrapped toys at the Jefferson Valley Mall. Checks, made payable to the Toys for Tots Foundation, are also being accepted. Mail checks to 44 Somerset La., Putnam Valley, NY. 10579.

**Jewish Center Services:** At the Yorktown Jewish Center, 2966 Crompond Rd. Friday night Sabbath services begin at 6:30 p.m. And Sabbath services on most Saturdays will be held at 9:15 a.m. on most Saturdays. After the services Rabbi Sternstein conducts a learning session based on the Torah portion of the week. Light refreshments are served and everyone is invited to join us as we share in the warmth, knowledge and friendship within our congregation. Info: 914-245-2324

**Scholar-In-Residence:** First Hebrew Hosts Joe Rosenstein on Nov. 15 through 17 at First Hebrew. On Nov. 15, Rosenstein will discuss the making of his prayer book during First Hebrew's new Speaker Series, held on the third Friday of each month at 7:30 p.m. During Shabbat morning on Nov. 16, starting at 9:30 a.m., meditations and teaching will be woven throughout the service. On Nov. 17 at 10 a.m., he will be teaching about The Psalms of Hallel, which life affirming celebratory songs of praise, joy and gratitude is sung on certain holidays. Located on the border of Cortlandt and Peekskill at 1821 Main St., Route 6, First Hebrew serves the Jewish and interfaith communities in many of its surrounding towns. Visit [www.firsthebrew.org](http://www.firsthebrew.org), call 914-739-0500, or contact Rabbi Dana at [rabi@firsthebrew.org](mailto:rabi@firsthebrew.org) for more information.

**Temple Beth Am Services:** A Friday night Shabbat services will be held at 8 p.m. at Temple Beth Am. Temple Beth Am is located at 203 Church Pl. Yorktown. For information, please call our Rabbi at 962-7500 or email him at [rabbid@optonline.net](mailto:rabbid@optonline.net).

**Arts Fundraiser:** Bethany Arts Community Art is Community second Annual Fundraiser will be held from 7 to 10 p.m. at Bethany Arts Community, 40 Somerstown Rd, Ossining. Tickets are \$125. Info: 914-944-4278, [info@bethanyarts.org](mailto:info@bethanyarts.org) or [bethanyarts.org](http://bethanyarts.org).

**Tastes of Somers & Beyond:** The

*Continued on page 22*

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# Theme Suggestions for Your Holiday Dinner Parties

It's that time of year again. Festive times with family and friends are on the horizon and we're ready to party.

One way to create a unique festive atmosphere is a variation on the traditional holiday dinner party. Consider a wine and food gourmet gathering.

Let me preface this by stating up front that we've all suffered through a friend's idea of a "gourmet" dinner group, where everyone is encouraged to bring their favorite homemade food dish to "share good food and fun times." Unfortunately, one person's gourmet meal can be another person's gulag labor camp mystery meal.

Here's the antidote: introduce wine as a focal point of the gathering. When planning, base the food on a wine theme. The theme may be a particular varietal (Pinot Noir, Cabernet Sauvignon), a particular region (Tuscany, Napa/Sonoma), a combination of the two (Cabernets from different regions around the globe) or any other unique theme someone conjures up. (Grapes you've never heard of?)

The point is to have an underlying wine theme which your group can then build a food menu around. This is also a proven way to hone your skills of matching food

and wine.

Here's an example of a tried and proven approach.

A group of our friends has participated in many variations of gourmet gatherings over the years. We decided on the wine-themed approach a number of years ago and have been able to sustain a successful, convivial and educational experience. For each gathering, one couple in the group is responsible for setting the theme. One of them selects (and controls) the food menu and another is responsible for the wine selections. Other members of the group then receive their assignments: individual responsibilities for food preparation and, the twist, a committee approach to selecting the wines. (Increasingly these sub groups are mixed sexes.)

The wine committee meets as a group on the day of the gathering and ventures to a local wine merchant's shop to select the wines while the other members are toiling at home preparing the food dishes. One guideline: set a budget for the average price of a bottle, then select wines at the average price and, most importantly, at the opposite ends of the price spectrum. This will result in a broad range of tasting experiences. It also allows the spendthrift and the connois-

seur in the group to coexist peacefully.

This approach exposes the overall group, at table, to a broad education in wine, including opportunities such as matching food and wine, how one varietal planted in different regions has unique characteristics in each locale or how to appreciate similar wines across a broad price spectrum. The process also functions as a venue for group dynamics: conflict resolution, ego sublimation and negotiating skills.

In anticipation of the gourmet gathering, one member of the wine committee is responsible for memorializing the wine selections by presenting a wine listing for each member. Use this as a guide to rate the wines, identify those you wish to purchase on your own and as a way to be able to wake up the next morning to refresh your memory of what was actually served the night before.

During the meal, members of the committee present a wine, describing its attributes, why the particular wine has been chosen for the particular food course and soliciting opinions from the rest of the group.

What better way to expand your knowledge of wine than to meet with friends, enjoy good food and wine and engage in conversation? Speaking of conversation, it never ceases to amaze me how different the group dynamics function when wine is introduced into the mix. Unusual topics arise, hidden personality traits surface and

long-withheld inner personal secrets are freely shared.

Bon appetite! May your holiday gatherings be joyful and convivial. Send me an e-mail seeking further planning advice or describing your gourmet experiences.

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



By Nick Antonaccio



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## Crossword

### ACROSS

- 1. Table extender
- 5. Communication authorities, for short
- 8. Bow partner
- 10. Swing around
- 11. Chicken \_\_\_\_\_ or Mahopac Pizzeria
- 13. Set fire to
- 14. Car club
- 17. Attacks
- 19. Honest Abe would bring his pet here, \_\_\_\_\_ Veterinary Center
- 22. High-pH substance
- 23. 1060 to a Roman
- 24. Sidestepped
- 26. Men's formal attire
- 30. Pigeon's home
- 31. Accounts
- 32. And outs
- 33. "Check this out!"

- 2. Time piece
- 3. Sweep
- 4. Central points
- 5. Refuse at sea
- 6. Panacea
- 7. Hook shape
- 9. Most sinuous
- 10. Enclosed, for a pig
- 12. Auth. unknown
- 14. Setting of Auburn U.
- 15. Airplane flap
- 16. Low socks
- 18. Okla. neighbor
- 20. Make happen
- 21. Reo maker
- 25. Indian lentil sauce
- 26. Inspector in Brit. TV show
- 27. UN working conditions agcy.
- 28. Classic Olds
- 29. "That wasn't nice!"

### DOWN

- 1. Wisconsin's Fond du

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(Solution for puzzle on page 23)

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11	C	A	C	C	I	12	A	T	O	R	E				
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# The Joy – Yes Joy – of Fall Chores in the Garden

As a realtor, I am as interested in the responsibilities of the great outdoors as I am in indoor chores.

Alas, while I no longer am responsible for my garden since moving into my condominium, where a great team of gardeners keep the outdoor property shipshape, I remember with fondness my garden chores, which had always been particularly enjoyable in autumn, even more so than spring planting.

Autumn gardening can be very gratifying as deciduous trees and perennials start to yawn, preparing for a long winter's sleep, accompanied by that sweet smell that comes from plants releasing their chemistry and the crisp, clean sound of decaying leaves falling to the ground.

It all tells homeowners that they can rest for a few short months of shorter days, much like when the children are asleep. The only outdoor chore that remains is clearing the snow and ice.

While spring is probably everybody's favorite time in the garden, helping its rebirth after being pummeled by winter, I always liked fall for the finiteness of garden chores. When I pulled a weed, it stayed pulled and didn't replace itself with double the aggression. When I deadheaded perennials,

I knew that I could take a furlough from assuring that they were properly fed and watered, but would welcome them back in spring after we had both rested.

The proportions of my garden would change as I whacked back the perennial and annual growth, which made the vistas more open from one bed to the other. Also, it eliminated many of my planning mistakes from one season to the next, as I abandoned errant plans and moved bulbs and perennial roots to other locations.

My more creative joy came from choosing which mums I'd feature as the color transition from fall to winter. While you will see drifts of mum plants on some properties that have every color in the fall palette, I stuck to one color, two at the most.

For the longest display of mum flowers, it's best to buy those where most of the plant is still buds. When the mums fade, just leave them where they are; they maintain a nice mound throughout the winter and you can cut them back in early spring. If you're lucky, they may return, but sometimes they don't, depending on winter conditions.

My most gratifying fall job, as well as a good aerobic/resistance training exercise, was building up the mulch beds to make

them look well-tended, as well as to keep the perennial roots from heaving. I would always ask my tree service to send me a truckload of wood chips if they were very clean (no leaves) and process them into smaller chips. Truly, it's as good as expensive mulch. In fact, I like it better because it offers more texture and looks more natural to me.

Here are other garden tips at this time of year:

- Harvest any vegetables left on plants. It's important to pull out all of the crops because debris left over the winter can cause diseases to enter the soil and reappear the next spring.

- This is the time when you can add horse manure or compost to the soil, which allows plenty of time for it to break down.

- For those who like to bring houseplants inside, they should all be gathered into a shady area for a few days to get them used to lower light conditions.

- Perennials that are overcrowded or growing in a large ring with the center portion missing means that it's time to subdivide. You'll become popular with your neighbors if you share the excess. Cut back the remaining perennials to a height of three to six inches.

- Prepare for brilliant displays of daffodils, tulips and crocuses in spring by planting bulbs now. Do not plant them in tidy rows but rather "broadcast" them in drifts on the surface, and plant them where they land for a more natural look.

- For those who have the patience to endure the rigors of rose maintenance, it is time to prune dead branches and cut off any old flowers. Rose bushes should be mounded using topsoil or mulch and the canes should be cut back to six to 12 inches. For even better protection, the bush can be covered with a bushel basket.

- Also, this is the best time to transplant shrubs or young trees to new locations.

Note that my advice from personal experience is in the past tense now that I live in a condo. Oh, how I miss my garden, but giving advice is good therapy for me.

*Bill Primavera is a Realtor® associated with William Raveis Real Estate and Founder of Primavera Public Relations, Inc., a public relations agency ([www.PrimaveraPR.com](http://www.PrimaveraPR.com)) specializing in lifestyles, real estate and development. To engage the services of The Home Guru and his team to market your home for sale, call 914-522-2076.*



By Bill Primavera



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will be held the first week of December. **Deadline for submission of résumés is Wednesday, November 27th.**

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### LEGALS

Please be advised that the next meeting of the Planning Board will be held at **Town Hall, 265 Oscawana Lake Road on Monday November 18, 2019** for the purpose of considering the following applications: Regular Meeting Start Time: 6:00pm **AGENDA SKETCH 1. Perez, Octavio, Ridgcrest Road (TM# 83.56-1-5, 6 & 7/File: 2018-0187)** The subject property consists of ±2.72 acres of land and is located on Ridgcrest Road and within the R-1 Zoning District. The applicant is proposing to construct a single-family residence. **2. Maiuzzo Residence, - 351 Wood Street (TM# 63.-4-12/File: 2019-0205)** The subject property consists of ±1.5 acres of land and is located on 351 Wood Street and within the R-2 Zoning District. The applicant is proposing to construct a single family residence, driveway, well and septic system. A Site Development Plan and Major Grading Permit is required. **3. Fields, Harrison-15 Locust Glen Road (TM#73.-1-44/File 2019-0202)** The subjects property is comprised of +/- 1.99 acres and is located on 15 Locust Glen Road within the R-3 Zoning District. The applicant is proposing to construct a log cabin home on existing foundation. **4. Cooper/Bier-23 Twin Pines Road (TM#74.-1-5/File 2019-0201)** The applicant is proposing to demolish and reconstruct a single-family residence. The subject property is located in the Three Arrow Co-op and within the R-3 Zoning District. **5. Orentreich, David, 855 Route 301 (TM#39.-1-9/File 2019-0189)** The subject property consists of +

continued on next page



# Happenings

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

Continued from page 16

Church of the Good Shepherd, located at 39 Granite Springs Rd, Granite Springs, will hold its annual fundraiser at 7 p.m. Join us for a night of fun and festivities including delicious food and drink from local establishments, silent auction, 50/50 raffle and drawings for gift certificates from area businesses. Tickets are \$30 per person at the door; for more information and advance ticket sales, see our Facebook page: <https://tinyurl.com/cogs-ny>.

## SATURDAY, NOV. 16

**Shabbat Service:** Hebrew Congregation of Somers will hold a Shabbat Service at 9:30a.m., on Nov. 16 and 23 followed by Lunch & Learn, a discussion of the week's Torah portion led by Rabbi Shoshana Leis. Kiddush luncheon will be served. The service will be led by Rabbi Leis and Cantor Ruth Ossher. Email [info@hebrewcongregationofsomers.org](mailto:info@hebrewcongregationofsomers.org) or call 914-248-9532 for more information.

**Bagels And Bible At Temple Beth Am:** All are invited to study the Bible with our engaging Rabbi Robbie Weiner. Bagels and coffee are provided for all wishing to explore how the Bible is a mirror into our lives. No previous knowledge is required,

and all backgrounds are welcome. Temple Beth Am is located at 203 Church Pl. Yorktown. For information, please call our Rabbi at 914-962-7500 or email him at [RabbiW@optonline.net](mailto:RabbiW@optonline.net).

**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).

**Beauty And Boutique:** The Villa St. Francis Beauty and Boutique Fundraiser to benefit the Franciscan Sisters of Peekskill will be held from 10 a.m. to 5 p.m. at 250 South St. Licensed hairdressers will be available in the salon to cut and style your hair. The cost is \$20 for wash, cut, and blow

dry. Walk-ins are welcome but reservations are suggested. For questions or reservations leave a message at 914-719-5152.

**Bethel Springvale Inn Assisted Living Open House:** Are you, or someone you know, thinking about moving to an assisted living community? Do you worry that you can't afford it? If so join us from 11 a.m. to 1 p.m., at 62 Springvale Rd., Croton-on-Hudson and find out just how affordable it can actually be. If you have a minimum monthly income of \$3,000, then you can afford to live at Bethel Springvale

Inn Assisted Living. Please RSVP at 914-739-4404 Ext. 2204.

**Path Toward Wellness:** Support Connection, Inc. announces a free program: "Yoga: A Path Toward Wellness" will be offered from noon-1:30 p.m. at Club Fit in Jefferson Valley on the following Saturdays in November 16 and 23. It is open to women living with breast, ovarian and gynecological cancers. To learn more or to pre-register, which is required to attend, call Connection at 914-962-6402 or 800-532-4290.

## Important Tips for Managing Diabetes at Home

Continued from page 14

well they are seeing. And be observant. If your loved one used to read the paper every day but now leaves it untouched, ask about their vision and follow up with a doctor if necessary.

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Joan Brown is a registered nurse for the Visiting Nurse Service of New York Choice Health Plans.

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73.94 acres of land and is located on 855 Route 301 and within the PC Zoning District. The applicant is proposing to construct a 2,200 sq.ft. improvement to be utilized for equipment storage. Amended Site Plan approval and Major Grading Permit are required. **APPROVAL OF MINUTES 6. Approve Minutes of October 21, 2019 7. Approval Planning Board 2020 calendar**

**NOTICE OF PUBLIC HEARING PLEASE TAKE NOTICE;** at 5:00 PM on November 13th the Putnam Valley Town Board will hold a Public Hearing on the Proposed Local Law to Override the Tax Levy Limit Established in General Municipal Law 3-C IMMEDIATELY FOLLOWING the Putnam Valley Town Board will hold their regular work session meeting. **BY ORDER OF THE TOWN BOARD Sherry Howard Town Clerk Dated: 11-06-2019**

**Town of Putnam Valley Work Session November 13, 2019 5 PM 1.** Pledge of Allegiance **2.** Public Hearing on Local Law #2 to Override the Tax Levy **3.** Adopt the Town Budget **4.** Adopt the Fire District Budget **5.** Set public hearing on the de-icer law **6.** Discussion regarding Horton Hollow Road.

## MISCELLANEOUS

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# Rinse, Wash, Repeat!



## Lakeland Dynasty Secures 11th-Straight NYSPHSAA Region 1 Field Hockey Title

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

The Lakeland High field hockey program, under the guidance of Coach Sharon Sarsen, pose with their 11th-straight NYSPHSAA Region 1 Class B championship plaque after the Hornets' 3-0 victory over Section 9 champion Rondout Valley last Saturday at Lakeland where the 2018 NYS runner-up Hornets advanced to the Final 4 to face Section 5's Mendon at Williamsville North High School on Saturday. Members of the Lakeland team set for the trip to Buffalo include Erin Daly (C), Katie Lemma, Mia Smith, Jaden Ray, Emma Ryan, Emma Fon, Keirra Ettere, Sara Costa, Kristen O'Shea, Frankie Fava, Gabby Alfinito, Emma Halderman (C), Jenna McCrudden (C), Emily McGovern, Lauren Salazar (C), Raquel Nieves, Samantha Graap, Meaghan Casey, Nancy Pagliaroli, Daniella Hart, Isabella Basulto, Maeve Dineen-Herzog and Celeste Pagliaroli... see Field Hockey Notebook



## Sports

## Grid Notebook

# No.5 Yorktown Stumbles in Class A Title Loss to No.3 Rye

## No.2 Carmel Denied Class AA Crown, Falls to No.1 New Ro' Juggernaut

By Ray Gallagher  
Examiner Sports Editor@Directrays

And just like that, the curtain has closed on a banner local football circuit for teams in and about the Northern Westchester/Putnam County regions after both Class A Yorktown and Class AA Carmel were eliminated in their respective championships.

### CLASS A

The sledging was tough and the creases were thin-to-nonexistent for **YORKTOWN** senior RB Dylan Smith, Section 1's leading rusher through nine games, including six regular season games and three playoffs he had dominated during the fifth-seeded Huskers' run to the finals.

However, third-seeded Rye (9-1) made it their business to contain Smith -- to let anyone else but Smith beat them -- and that strategy paid huge dividends in the form of a 41-7 Garnet triumph in the Section 1 Class A championship at Mahopac High School last



RAY GALLAGHER PHOTOS  
Yorktown RB Dylan Smith fights for some tough yards in Huskers' 41-7 Section 1 Class A title loss to Rye Friday at Mahopac.



Yorktown RB Dean Patierno breaks tackle in Huskers' 41-7 Section 1 Class A title loss to Rye Friday at Mahopac.



Carmel Coach Todd Cayea barks instructions in Rams' 42-14 Section 1 Class AA title loss to New Rochelle Saturday at Mahopac.

Friday night.

State-ranked (No.13) Rye QB Declan Lavelle and WR Matt Tepedino played pitch and catch with the vaunted Yorktown (8-2) defense, hooking up for three scores. Tepedino, who earned MVP added a 55-yard pick six, leading to two scores in a game-changing 23-second span and a 28-0 halftime lead.

Tepedino torched the state-ranked (No.11) Huskers, who reached the state finals in 2017 and were making their third championship appearance in four years, for nine catches and 120 yards and three scores while Lavelle hit on 15 of 23 for 188 yards and four touchdowns.

Rye, which won its second Class A title since 2014 and ninth sectional title since 1993 (6 Class B, 1 Class C), will next play a NYSPHSAA wild card, Section 3 runner-up

Auburn, in the state regional final. 7:30 p.m. Friday at Mahopac High School.

Smith finished with 66 yards and the Huskers' lone score, much of his yards coming in the second half with the Garnets in cruise control. Smith finished his football season with approximately 1,534 yards and cemented his legacy among the former Cornhusker greats.

Despite the loss, classy, 15-year Yorktown Coach Mike Rescigno was able to take away many positives. He didn't get the 151st win of his Husker career, but he got something more from a band of student athletes he'll never forget.

"Yorktown is such a special place," the coach said. "Losing is never fun, but I have to tell you that I learned something from my team at the end of this game. The leadership from my kids will resonate with me forever

because they were outwardly reminding each other of how special their experience was. They were gracious to each other and their staff, selfless even in defeat. We have had some big wins in recent history, but somehow last night, in the midst of defeat, this group of kids raised me up as if we had won simply because they responded and reflected like men."

A few weeks now, after the loss has sunk in, players, parents and coaches will be proud of those facts...

### CLASS AA

Speed kills: We've heard it a million times. **CARMEL** (8-2) gave it all the second-seeded state-ranked (No.20) Rams had, but it wasn't enough against top-seeded, state-ranked (No.3) New Rochelle (10-0). Huguenot two-sport standout Jessie Parson track outraced

*continued on next page*



Yorktown QB Trevvon Johnson drops back to pass in Huskers' 41-7 Class A title loss to Garnets Friday at Mahopac.



Yorktown DB Evan Makar (2) breaks up a Rye shot at end zone in Huskers' 41-7 Class A title loss to Garnets Friday at Mahopac.



Carmel QB Andrew Nunez pushes ahead for some tough yards in Rams' 42-14 Section 1 Class AA title loss to New Rochelle Saturday at Mahopac..



# Sports

## Grid Notebook

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Carmel TE Will Boalt breaks big gain in Rams' 42-14 Section 1 Class AA title loss to New Rochelle Saturday at Mahopac.

the Rams for a school-record 327 yards and scored five touchdowns as the Huguenots wrapped up their fifth-straight Section 1 Class AA title by a 42-14 count at Mahopac High School.

Carmel had kept the speedster bottled up for a half, even taking a 14-7 lead on an Alex Beauchesne TD pass from QB Andrew Nunez at 4:29 of the third, but it was like Usain Bolt had charged into the Huguenot huddle after the break. Parson, the game's MVP, ripped off scoring jaunts of 14, 25, 77, 60 and 50 yards — all after the halftime intermission.

"We knew coming in that they were a team

that relied upon explosive plays," Carmel senior DE/TE Will Boalt said. "We were able to shut those plays down within the first half, but after that we got worn down, sweep after sweep. I feel as if the score doesn't represent the game, because it wasn't that far off until the fourth quarter."

The Rams had allowed just 53 points through the first nine games, and Parson put up 30 points in just one half. Clearly, his speed and athleticism was something the Rams could not simulate to prepare for.

New Rochelle will play Section 3 runner-up Utica Proctor in the state regional final Saturday (5 p.m.) at Mahopac in the NYSPHSAA tournament. Utica Proctor is the wild card team in the state's newly minted playoff format.

Beauchesne copped Most Outstanding Back honors, and caught two touchdown passes from Nunez, who hit on 9 of 21 for 117 yards.

Carmel Coach Todd Cayea admitted that the Rams, who were making their first sectional championship appearance since 2008, took their best shot but imploded in the fourth.

"I thought we kind of caved the last 10

minutes," said Cayea, the 25-year veteran, who last won it all in 1998. "It is what it is. This loss does not define our season, that's for sure. These are great kids and they showed that from day one."

This Carmel team will be remembered for quite some time, and in two years, when the Rams are purportedly dropping down to Class A, this program will challenge again.



Carmel WR-RB Alex Beauchesne (2) scored both Rams TDs in Rams' 42-14 Section 1 Class AA title loss to New Rochelle Saturday at Mahopac.



Carmel RB James Cox looks for crease in Rams' 42-14 Section 1 Class AA title loss to New Rochelle Saturday at Mahopac.



Haldane RB Darrin Santos carries in Blue Devils' 28-6 loss to Tuckahoe in Class D finals Friday night at Mahopac. Santos, just a junior, scored Haldane's lone TD in the season-ending loss.

## SHRUB OAK ATHLETIC CLUB

### ANNOUNCEMENT OF GENERAL MEETING

The Shrub Oak Athletic Club will hold its annual open meeting on  
**Tuesday November 19, 2019**  
at 7:30 p.m.

at the Copper Beach  
Middle School Library.

Members of the public  
are encouraged to attend.

*Questions and suggestions about programs  
are welcome.*



# Sports

## Soccer Notebook

# Ossining Tops Defending NYS Champ Monroe-Woodbury, 1-0 *Pride Wins 1st Regional Title, Head to NYS Final 4 for 1st Time*

By Ray Gallagher  
Examiner Sports Editor@Directrays

For the Ossining boys' soccer team, the expression 'Never Say Die' means more than the eighth studio album released by Black Sabbath in 1978, more than the 1954 Kentucky Derby-winning colt. Never giving up hope is what fueled the Pride to their first NYSPHSAA tournament victory last Wednesday, a 4-3 overtime triumph over Corning Painted-Post in the Class AA regional semifinal at the Wright National Soccer Campus in Oneonta.

Hope was all they had until Section 1 championship-hero Kevon Evans scored the tying goal off a corner kick with 31 seconds left in regulation. When hope turned to belief, Juan Pablo Estupinan hit the golden goal 4:52 into the first sudden-victory overtime to advance to Saturday's Region 1 championship at Pace University where the Pride saw Estupinan head home the game's lone goal. The goal put Ossining in its first



RICK KUPERBERG PHOTOS

Ossining senior striker Nolan Lenaghan beats Monroe-Woodbury defender in Pride's 1-0 NYS Class AA Region 1 title victory last Saturday at Pace University.



Ossining's Andrick Palma (17) works his wing during Pride's 1-0 win vs. Monroe-Woodbury in NYSPHSAA Class AA regional finals at Pace Univ. Saturday.



Ossining's Jose Pidalla works midfield in Pride's 1-0 NYS Region 1 Class AA title win over Monroe-Woodbury Saturday at Pace.

NYSPHSAA semifinal behind a 1-0 win over defending state champion Monroe-Woodbury last Saturday.

Ossining plays Long Island champion - Brentwood - at 12:30 p.m. next Saturday in the NYS Final 4 at Twin Towers Middle School in Middletown.

Against Section 9's Monroe-Woodbury, Estupinan charged the cage and deftly found Eric Monges' perfectly-placed corner kick. Ossining (19-2-1) G Carlos Zubarburu made eight saves to notch the shutout behind an airtight defense.

It wasn't all good news for the Pride, however, as Estupinan was awarded a second yellow card late in the game, thus disqualifying him from the state semis, which means Pride Captain Nolan Lenaghan and Evans will have to find another gear up top, and the entire unit will

need to fill the midfield void. The duo of Evans and Lenaghan have been among the most explosive in Pride history.



Ossining's Malcolm Phillips charges cage in Pride's 1-0 NYS Region 1 Class AA title win over Monroe-Woodbury Saturday at Pace.

## Somers Boys Place 2nd at Section 1 NYS Quals

Behind an impressive sixth-place performance from Somers sophomore Colin Brooks (who clocked in at 17:24) the Tusker boys' cross country team placed second overall in the Section 1 Class B NYS Qualifier meet last Saturday at Bowdoin Park where Brooks became just the fourth Somers sophomore in history to qualify for the NYSPHSAA Cross Country Championships Saturday at SUNY Plattsburgh. He and Coach Mike Lacko will head north to represent Section 1. Lacko praised the efforts of Head Coach Mike Lacko, Connor Fucci, Joe Torre, Luke Phlaen, Cole Willimen, Matt Reiman, Colin Brooks, Nico DeMarinis, Tommy Spencer, Thomas Parisi, Peter MacNeil, Assistant Coach Jesse Arnett and volunteer assistant coach Nico Ferro for their runner-up effort.



TONY HUMBERTO PHOTOS



Ossining players pose with Pride's first NYSPHSAA Region 1 title plaque after 1-0 win over Monroe-Woodbury.



# Sports

# Field Hockey Notebook

## Lakeland Tops Rondout Valley, Advances to NYS Final 4

By Tony Pinciario

Current University of New Hampshire field hockey assistant coach and former Lakeland great Megan Bozek remembers it like it was yesterday: The 2008 Section 1 Class B final at Lakeland, in which Putnam Valley completed an amazing sectional run with a 3-2 upset of the 2007 NYS Class A finalist Hornets.

"Shannon Scavelli, who was a sophomore or freshman at that time, hit the post off of a penalty corner, which would have given us the chance to win the game," Bozek recalled.

That would be the last time Lakeland lost to a Section 1 opponent. Beginning in October 2009, Lakeland has been the most dominant team in New York State field hockey history.

Lakeland has won 11 consecutive Section 1 Class B titles since, and had a nine-year state-title streak, 2009-2017.

During legendary Coach Sharon Sarsen's 37-year career, Lakeland has won 20 sectional titles and 12 state championships. Lakeland's first came in 1990 followed in 2003. The 2003 team was led by just two seniors – Danielle Fiore and Andi Coiro, who are currently the Lakeland JV and Copper Beach Modified field hockey coaches. The 2003 club featured four freshmen -- Melissa Gonzalez, Kara Connolly, Amy Voelkel and Rebecca DiSisto. This quartet led Lakeland to the 2006 state title. The first Lakeland state championships were in Class A.

Along with the 12 state championships, Lakeland has 19 trips to the state final four, including 17 title-game appearances.

Lakeland (18-1-1) advanced to its 19th state final four with a 3-0 win over Section 9 champion Rondout Valley. Lakeland will play Section 5 titlist Mendon in one semifinal, Saturday, 3 p.m. at Williamsville North High School (Section 6). The other semifinal has Vestal (Section 4) facing 2018 state champ Garden City (Section 11), also at 3 p.m. The semi-final winners meet for the title, Sunday, 3 p.m. Last year, Garden City scored in the second half to upset Lakeland, 1-0.

Nancy Pagliaroli, Jenna McCrudden and Mia Smith each scored for the Hornets.



RICK KUPERBERG PHOTOS

Lakeland players celebrate the Hornets' 3-0 NYS Region 1 title win over Rondout Valley Saturday.

That loss in 2008 led Lakeland to become even more determined to raise its collective level of play.

"I think that losing on our home turf and ending our season, we realized that we didn't want anyone else to end our season," said Bozek, who played at New Hampshire. "We wanted to be the reason why our season was over and that was making it all the way and winning the state title. So I do think that loss was an important motivator for the 2009 state title."

Lakeland players, as well as all of Section 1, benefitted from the Empire State Games for decades before the ESG's were cancelled. The Hudson Valley scholastic field hockey team was coached by Sarsen and it owned the most gold scholastic field hockey gold medals in the Games' history. Each year, the team was selected in May and practiced daily in preparation for the largest amateur sporting event in the United States, outside of the Olympics. Many Lakeland players were members of the Hudson Valley teams throughout the years.

Once the ESGs were cancelled, Sarsen pointed out the Hudson Valley Field Hockey

Club evolved from the Hudson Valley Region. As a result, Lakeland players from modified through varsity are playing together, for Sarsen, the majority of a calendar year.

"The Empire State Games afforded athletes training and opportunities unparalleled," said Sarsen, owner of a state-record 678 wins. "When the Empire State Games ended, I took many of the remaining girls to different events. As time has gone on, we have added many more camps, clinics, tournaments, showcases and qualifiers. We have U12 groups, U14 groups, U16 groups and U19 groups. As an event becomes available, we enter different numbers of teams based on our situation. We try to get as many kids who want to play as many of these opportunities as can be handled."

Current Lakeland senior Jenna McCrudden began playing, in third grade, for Sarsen in the Shrub Oak Athletic Club. After watching older sisters, Erin, Meaghan and Kelsey, dedicate themselves to the sport, Jenna kept the family tradition going.

"Being able to see how dedicated Lakeland field hockey players are, through my sister, really fueled me and my desire to

be a part of that program," McCrudden said. "I saw everything they got to do, how much fun they had, and everywhere they got to go with their team and I knew I wanted to be a part of that. I didn't know at the time that I would be the captain of this hardworking and dedicated team, all I knew was I wanted to be a part of it. I think playing all year with our club team keeps us learning consistently and keeps our skills strong."

Bozek watched her sisters, Emma, who played at North Carolina, and Dana, currently playing at Albany, play with Hudson Valley and she sees why Lakeland has supreme talent.

"I think the Hudson Valley club growing in strength in numbers and opportunities has had an immense impact on the current success of Lakeland," Bozek said. "I think having extra opportunities to train and be able to keep core groups of players together throughout the year makes a very big difference come fall. I think a lot of Lakeland players are able to experience high level of play at various tournament that the Hudson Valley field club attends and I think having that experience allows them to play a level up at the high school division."

While the players change annually with graduation, one constant is Sarsen, widely-considered the best field hockey coach in New York. Sarsen puts in as much time, if not more, than her players and she continues to exude energy and enthusiasm which filters down to the girls. And, one thing that has not changed is Sarsen's humbleness.

"I think we've had a group of very dedicated Lakeland players set the stage for our latest 10-12 years of Lakeland hockey," Sarsen said. "We play not only year round, but we play a lot year round. So many players and parents have bought into the tradition and commitment. Everyone is all in, all the time."

"This run has been amazing and we are enjoying every minute of it."

The Lakeland field hockey tradition fuels the current players on a daily basis, especially this year and now that the Hornets are back in the state final four.

"Seeing how successful our program has been in the past really pushes us to want everything they've accomplished," McCrudden said. "Although we have the 'new year, new team' mindset every year, there's this huge part of every Lakeland player that wants to be like Melissa (Gonzalez) and all the talented players before us. Especially having a coach, Shannon Scavelli, who was a part of this program really shows us what it's all about. Shannon was recently inducted into the Lakeland hall of fame. Seeing how successful she is and was allows us all to see what we have to do get there."

"There are eight players on the team who know what it feels like to bring home that state champ plaque. Now every single player on the team knows what it's like to bring home a section and a regional plaque and I really believe that every one of them deserves it. We are all so hungry, especially after last year's loss in the final."



Lakeland's Erin Daly sets up her move in Hornets' 3-0 NYS Region 1 title win over Rondout Valley Saturday.



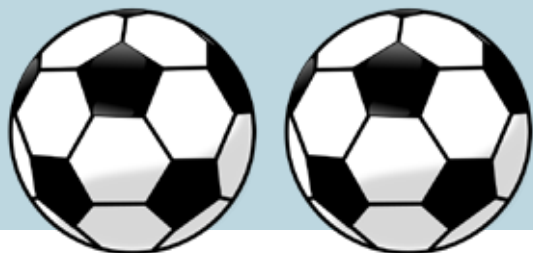
Lakeland's Jenna McCrudden set up a rip in Hornets' 3-0 NYS Region 1 title win over Rondout Valley Saturday.





**Ossining Drops Bombs on Monroe-Woodbury, 1-0, Advances to 1st NYS Class AA Final 4**

**Jump Around!**



RAY GALLAGHER PHOTOS

Ossining F Kevon Evans, a post-season hero thus far, takes flight over Monroe-Woodbury G Patrick Gillen in the Pride's 1-0 Region 1 Class AA NYSPHSAA championship win over the defending state champs from Section 9 on Saturday at Pace University. Evans, who has been a menace along the right wing all post season (inset), and the Pride advanced to the NYS Final 4 to challenge Long Island champion - Brentwood - at 12:30 p.m. Saturday at Twin Towers Middle School in Middletown... see Soccer Notebook